

SEPTEMBER 2009 Rs 30

# harmony

*celebrate age*

defeat

DIABETES

everything you wanted to know

## **The magic of the sari**

Featuring Malvika Singh,  
Laila Tyabji, Dr Sarayu Doshi  
and Visalakshi Ramaswamy

Actor **Divya Seth Shah**  
celebrates life with mother  
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# One for all

In a world that seems to increasingly worship at the altar of the ego, putting society before self may be considered an anachronism. But for our silver heroes, the recipients of our annual Harmony Silver Awards, it's a way of life.

Our honour roll of winners for this year's awards is ready and their achievements are nothing short of incredible. Four women and six men—from urban centres like Delhi, Mumbai and Guwahati to rural areas like Korba in Chhatisgarh, Tejgarh in Gujarat and Sangamner in Maharashtra—whose impact has been far-reaching.

Two of our winners have dedicated themselves to reviving parched earth in our rural hinterland. While one has sparked off a movement in planting seeds and saplings to transform arid zones into green carpets, the other's extensive studies in conservation have inspired people across the world to develop sustainable methods of harnessing and saving water with the use of tanks. Two winners believe good health should be a fundamental right for all—one doctor has worked tirelessly for poor rural women, performing over 70,000 caesareans (once attending to 382 patients in a single day) and another has administered vaccines to children in slums, free of cost, for 20 years in a bid to eradicate polio as well as providing free medical care to tribals for 15 years.

Three of our heroes have attempted to battle the effects of poverty and disadvantage. One of them, an octogenarian no less, has developed adult literacy programmes for women in slums and then completed a counselling programme to help them cope emotionally; another has overcome her own demons from the past to nurture over 1,000 orphans; and the third has devised an innovative way to give impoverished urban rickshaw pullers a new source of income. Meanwhile, two winners have attempt-



Donald Woodrow

ed to level the playing field for the differently abled with vocational and life-skills training to become functionally and financially independent. Finally, our tenth winner, dismayed by what he calls the callousness of corporate Special Economic Zones (SEZs), has advocated a new model—the Green Economic Zone (GEZ)—that will make Adivasi communities economically self-sufficient while preserving biodiversity and local livelihoods.

Are you intrigued to learn who they are? While some of our winners have achieved public recognition for their efforts, these are not household names in our country. But we believe they should be. That's the driving force behind Harmony Silver Awards: turning the spotlight on real people with real achievements that have a real impact on millions of lives. The names of our winners will be revealed next month in the magazine, as will the stories and struggles of their remarkable lives. Let these lives be an inspiration to us all; it's time to think beyond our own comfort zones and open our eyes to what lies beyond. You can make a difference—you just have to believe it.

## A Dhirubhai Ambani Memorial Trust Initiative

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**A NEW CONNECTION:** Social networking websites change the lives of four silvers



**LIFE, IN FULL BLOOM:** Growing gerberas adds colour to the life of the Randhawas

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# column one

Committed to safeguarding your health, we have always brought you recipes without sugar or with safe alternatives. That's because we know—as the world does—that diabetes is a silent killer that takes a toll on your health by complicating an array of already existing diseases and conditions. This issue, we look at diabetes inside out ("Silent Killer"). A disease of much greater proportions than we realise, it kills indiscriminately—the affluent being easier targets owing to undisciplined lifestyles. Comprising a quick guide on what causes diabetes, risk factors, symptoms, lifestyle management, diet, exercise (including yoga), taking control on one's own, and the newest products and services, our article will serve you for many years, despite forever changing statistics. We can bring down the numbers—but it will take rigorous self-restraint and awareness among one and all.

Raising awareness about issues close to you is one aspect of *Harmony*. Keeping you rooted to your culture, ideals and philosophies is another. This month, we bring you a glimpse of a garment that seamlessly binds generations. The origin and evolution of the sari have been beautifully illustrated in *Indian Saris: Traditions, Perspective, Design* by Vijai Singh Katiar (Wisdom Tree; Rs 3,495). *Harmony's* Consultant Editor Malvika Singh weaves its beauty and significance in words, highlighted by accounts from sari connoisseurs Laila Tyabji, Sarayu Doshi and Visalakshi Ramaswamy. Visuals from the book heighten the experience. Write in and describe the rarest gem from your own collection. The best five will be featured on [www.harmonyindia.org](http://www.harmonyindia.org)

—Meeta Bhatti

I had always nurtured a desire to learn yoga. I was introduced to a course conducted under the aegis of Ambika Yoga Kutir by a friend who was impressed by the teachings of the great yogi Nikam Guruji who propagated *Hatha* Yoga for over 50 years. I found that yoga unfolds before us an ocean of knowledge that is three-dimensional, providing food for body, mind and soul. Thus yoga disciplines the human body as a whole. The effect of such teaching can be felt physically, mentally and philosophically; people often reduce yoga to a mere physical exercise whereas it is actually scintillating. Recently I bought the book *Yoga for Silvers*, written by Shameem Akhtar and published by Harmony. This book must be read by every silver—putting its teachings into practice will bring flexibility to our bodies and tranquillity to our minds.

Vanita Kumta, Via email

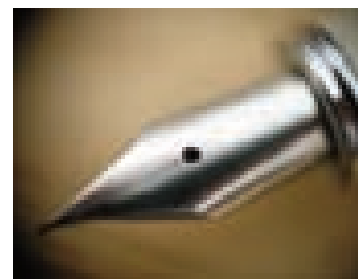
I read the cover story on crimes against silvers ("How Safe Are You?") in the August 2009 issue of *Harmony*. Today, so many elders live alone, and security is extremely important. To make them less vulnerable and give them a sense of peace, the government, police and social organisations must come together to ensure their safety. This is the need of the hour. Another interesting feature was the interview with Shamshad Begum ("Gramophone Goddess"). Her golden voice struck a chord with millions of Indians and a talent like hers will never be forgotten.

Ghanshyam H Bharucha, Mumbai

I recently read the August issue of *Harmony*. I would like to reach out to the younger generation and request them not to abandon their parents. Focused on building their careers, they forget what's truly im-

portant in life. They are bartering their present for an illusory future. I urge them to reconnect with their parents in order to be real winners. Similarly, elder parents must also cooperate with their children and live their golden years in happiness with their children and grandchildren. The media is a strong social force and I request it to encourage intergenerational bonding as much as possible.

Ramchandra Sadani, Chennai



## AN INVITATION FROM HARMONY

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

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

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O»FACE OFF

## It's in the GENES

Why do some people age faster than others? It's all in the genes, say researchers—of the 20,000 to 25,000 known human genes, **around 1,500 genes play a key role in ageing skin.** Researchers in the global biotechnology division of P&G Beauty, the cosmetics division of Procter & Gamble, found that skin ages in separate ways, each controlled by its own 'suite' of genes, reports London newspaper *The Times*. One of the most important is hydration, the process by which the skin retains its moisture levels using molecules that bind water into the skin. As skin ages, the genes that produce such molecules appear to become less active and the ability to retain water diminishes, leading to wrinkles. Up to 700 genes are implicated in this process. Similarly, as people age, the genes (about 40) that degrade collagen—a molecule that gives the skin structure and strength—become too active, causing skin to develop lines and wrinkles. And inflammation involves about 400 genes that tend to become overactive with age.

This discovery, however, does not negate the role of environmental factors in skin ageing. The team found that while there were about 3,800 genetic mutations in aged skin that had not been exposed to the sun, the number of changes across the same genes rose to nearly 10,000 in sun-aged skin. By narrowing down the DNA involved with skin ageing, P&G Beauty hopes to create drugs and creams that can stimulate some genes and suppress others to restore the blush of youth.



O»NEWSWORTHY

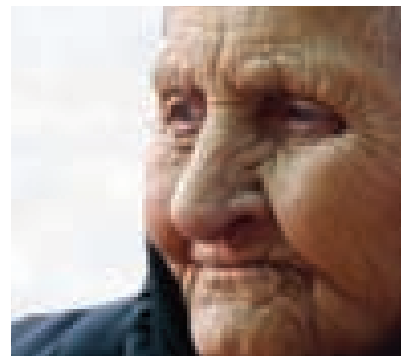
# Ride easy

The Chandigarh Traffic Police has come to the rescue of silver drivers who find city roads and parking lots increasingly unfriendly. In a one-of-a-kind initiative, it is now issuing **special car stickers to silvers** so their cars can be easily identified in parking lots and on roads. Simultaneously, it has directed the Municipal Corporation to issue instructions to parking contractors across the city to give cars bearing these stickers priority and help while parking. The stickers—bearing a hologram of Chandigarh Police and 1090, the number of the senior citizens' helpline—will be issued to all silvers who have an identity card from the Social Welfare Department, which certifies them as residents of the city. If you are one, contact your nearest police station to get your sticker.



## Social STRATEGY

**'Building a society for all ages'**—that's the name of the strategy launched by the UK government to secure a brighter future for UK's ageing population. The initiative includes reforms to the pension system; measures to outlaw age discrimination in goods, facilities and services; and an 'age insurance' scheme that will protect pensioners from having to sell their homes to pay for homecare (see *Orbit*, August 2009). The government has also announced that it will review the default retirement age (DRA). Currently, employers can require all staff to retire at 65. And while the majority



## Presidential push

If you haven't received your pension, perhaps the president can help. In late July, President Pratibha Patil launched **helpline.rb.nic.in, Rashtrapati Bhavan's new helpline portal** that promises to process your petition and direct it to the ministry or department concerned within seven working days. You also get a unique registration number (URN) to track the progress of your petition. "We receive about 400 petitions per day

from people, many of which relate to their pensions," Christy Fernandez, secretary to the President, tells media. "We set up this portal so senior citizens have a reliable mechanism to let them know what is happening to their petition. Further, we are trying to convert all petitions received on paper to the digital format." The website is in English at present, but Rashtrapati Bhavan plans to introduce it in other languages soon.

of people retire before 65, 1.3 million people choose to work beyond state pension age (60 for women and 65 for men), and many more say they would work past 65 if their employer permitted it. In October, the government will also organise a summit to explore the changing role of grandparents and evolve mechanisms to help strengthen their relationships with their grandchildren. The strategy also envisions the use of smartcard technology to provide silvers greater access to health, transportation and leisure services. "We must make the most of the opportunities that longer lives bring," Minister for Pensions and the Ageing Society Angela Eagle tells the BBC.



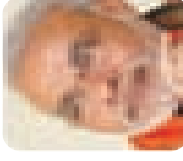
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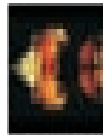
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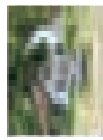
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#### O» ANALYSE THIS

## COMPOUND INTEREST

**T**he world is closer to an anti-ageing pill following the study of a biochemical. According to a study published in journal *Nature*, the **antifungal agent rapamycin may well have “life-extending properties”**. When researchers at the Barshop Institute for Longevity and Ageing Studies at the University of Texas fed rapamycin to ageing mice, it increased the life expectancy of males by 28 per cent and females by 38 per cent. Produced by soil bacteria and first discovered on Easter Island in the South Pacific in the 1970s, rapamycin is already used as an ‘immunosuppressor’ to prevent organ rejection in transplant patients. Now, however, it has been

additionally found to block activity of an enzyme called TOR, which regulates cell metabolism, cell growth and protein manufacture in response to environmental cues. “We believe this is the first convincing evidence that the ageing process can be slowed and lifespan can be extended by a drug therapy starting at an advanced age,” says Professor Randy Strong, who was part of the study team. However, it may be premature to celebrate. As rapamycin suppresses the immune system, it may render users vulnerable to viruses, bacteria and even cancer. Therefore, the team is now studying the compound further to create a new drug with the same effects, minus the pitfalls.



## Calories count

Scientists have proved that caloric restriction can delay ageing process in primates. A 20 year-study on 76 rhesus monkeys at the University of Wisconsin in the US has established that **cutting calories by about 30 per cent can prolong life and prevent age-related disorders** such as cancer, diabetes, heart disease and brain atrophy. Rhesus monkeys have an average

lifespan of about 27 years in captivity. However, the oldest of the study participants have already survived to 29—translated to humans, it would mean about six extra years of life. “Caloric restriction reduced the risk of developing an age-related disease by a factor of three and increased survival,” study leader Professor Richard Weindruch writes in journal *Science*.

## O»FIRST RESORT



## Four-star flats

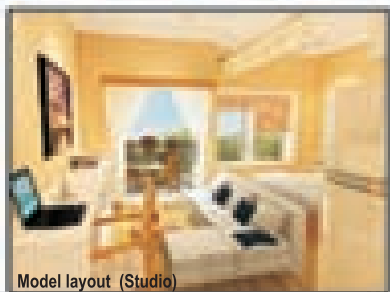
**AMRITSAR** will house the first of a chain of homes across India —**Impact Senior Living Estates (ISLE)**—that promises hassle-free, four-star living for silvers. The Impact Group has been launched by Harpal Singh, non-executive chairman, Ranbaxy Laboratories, in partnership with Deepak Nirula, founder and former managing director of Nirula's Restaurants. The Amritsar project envisages a community of 250 apartments spread over 10 acre with top-of-the-line security; 24/7 medical facilities with backup from Fortis Hospital; housekeeping; food and beverage services; transport services; avenues for fitness and entertainment; and even value-adds like a business centre, certified trainers for painting, music, dance and yoga; and service apartments for visiting relatives. Bookings are open.



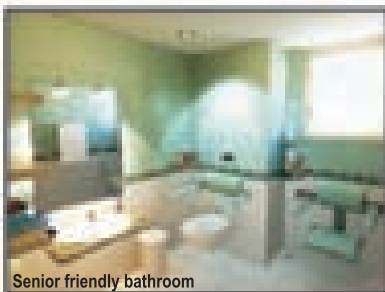
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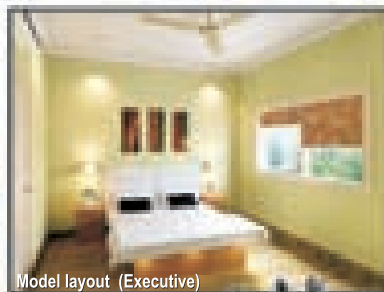
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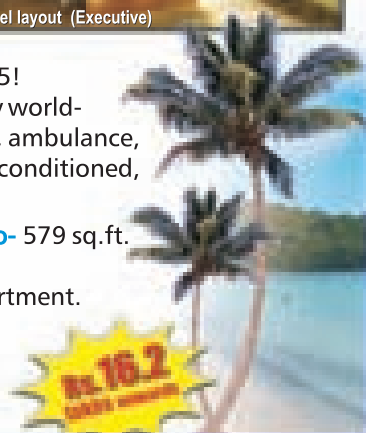
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## O» TRENDS

# SILVERglobe

*"Global ageing is changing the social and economic nature of the planet," says Richard Suzman of the National Institute of Ageing in Maryland in the US. He's referring to a demographic study of 52 countries by the US Census Bureau commissioned by the Institute, which points to a silvering world. Here are some highlights of the report:*

The number of people over 65 hit about 506 million in mid-2008—this will double to 1.3 billion by 2040, accounting for 14 per cent of the total global population. People over 65 are on course to overtake the number of infants under the age of five for the first time in history—the lines on the graph will cross within a decade.

62 per cent or 313 million people over the age of 65 now live in developing nations—by 2040, this will exceed 76 per cent, with the absolute number of older people in developing countries topping 1 billion.

Each month, 870,000 people turn 65; in 10 years, 1.9 million people will celebrate their 65th birthdays each month; and by 2040, their numbers will have doubled to 1.3 billion.

People over 80—the 'oldest old—are multiplying faster than any other age group, with their ranks set to grow by 233 per cent between 2008 and 2040.

In **China**, the number of people over the age of 65 will more than treble from 106 million today to 329 million by 2040; the proportion of South Koreans over 65 will also treble from 10 to 29 per cent.

The population of silvers in **Bangladesh and Pakistan** is expected to swell by 260 per cent and 206 per cent respectively.

By 2040, **India** will have 20 per cent of the world's silvers, up from the current 7 per cent—an increase of 274 per cent.

**Singapore** will see the most dramatic change, with the silver contingent rising from 9 per cent today to 33 per cent in 2040.

## O» ANALYSE THIS

## Advantage AMERICA

**T**his is sure to make the British stiff upper lip quiver. In the first international comparison of cognitive function of silvers, **American elders outperformed their English counterparts.** Conducted by the Peninsula Medical School and Cambridge University in the UK and University of Michigan in the US,

the study compared 8,299 Americans with 5,276 Britons over the age of 65. The same cognitive tests were administered to the two groups in the same year. The cognitive performance of 75 year-olds in the US was as good, on average, as that of 65 year-olds in England. The mean score for the combined cognitive scale was 12.5 (out of 24) for the youngest group of English adults (ages 65-74) and 8.3 for the oldest group (age 85 and older), while the scores for the youngest and oldest groups in the US were 13.8 and 10.1, respectively.

The team also discovered that although lifestyle diseases were more common in the US, they were also better treated. "Given the good results achieved by the American oldest-old, we can hypothesise that the more aggressive diagnosis and treatment of hypertension and other such cardiovascular risks in the US may lead to less cognitive decline. Further, US citizens tend to retire later, and this too can have an effect on cognitive performance," observes Dr Iain Lang of Peninsula, who was part of the research team.

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91 days to 180 days	6.50	6.50
181 days to 1 year	7.00	7.00
<b>Above 1 year to 2 years</b>	<b>7.75</b>	<b>8.25</b>
<b>Above 2 years to 3 years</b>	<b>8.25</b>	<b>8.75</b>
<b>Above 3 years to 7 years</b>	<b>8.50</b>	<b>9.00</b>
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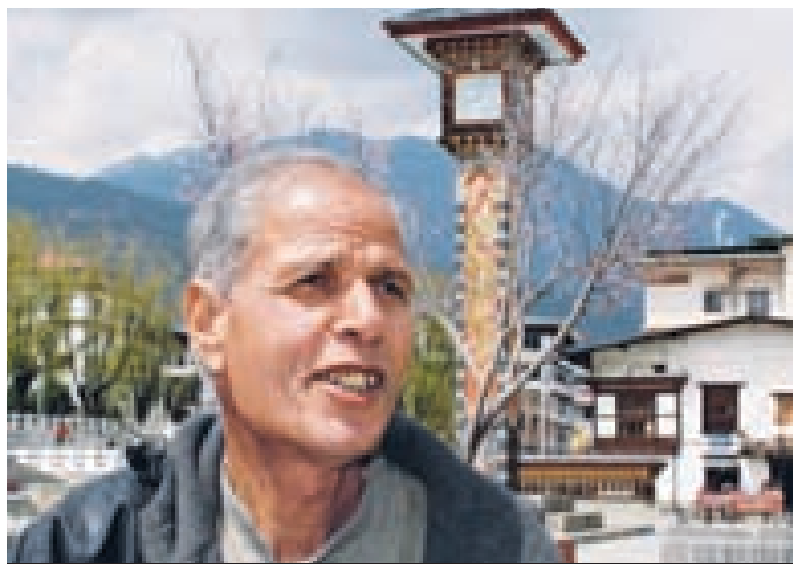


## O»H PEOPLE

# Sun worshipper

He comes from a family of Brahmin priests in Rajasthan. But **Bhagwat Nandan**, 59, who recently won the Sierra Club Green Energy and Green Livelihoods Achievement Award, believes spirituality cannot be found in scriptures alone. Three decades ago, he decided to teach poor children in his village near Tilonia. Impressed by his methods, the Barefoot College in Tilonia approached him to spread literacy in other villages. A decade later, Nandan also became one of the first Barefoot solar engineers—a team of villagers including illiterate women and unemployed youth who were trained to install solar home

lighting systems in their villages. So far, Nandan has helped install solar power in 362 villages in Rajasthan. He has also travelled to remote Africa, Bolivia and Russia to educate villagers on the advantages of solar power. “Though there are initial hiccups owing to the language barrier, we overcome that with bilingual user manuals,” he says. Barefoot’s solar electrification process is co-ordinated by a Village Environment Energy Committee (VEEC) that prepares the community to take ownership of solar units introduced in the village. Each family pays a monthly contribution for the maintenance of the units.



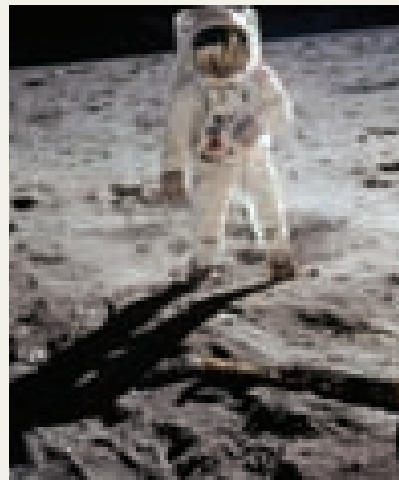
## IN PASSING

Actor **Leela Naidu**, once featured in *Vogue*’s list of ‘World’s Ten Most Beautiful Women’ passed away on 28 July after a prolonged bout of influenza. She was 69.

Rajmata of Jaipur and icon of beauty and style **Maharani Gayatri Devi** passed away on 29 July. She was 90.

Award-winning Malayalam actor **Murali** passed away on 6 August after a heart attack. He was 55.

## ACTION PLAN FOR SEPTEMBER



**Fly to the moon:** If you’d like to take giant steps on the moon with Neil Armstrong as part of the historic Apollo 11 mission, log on to [WeChooseTheMoon.org](http://WeChooseTheMoon.org), an interactive website created by the John F Kennedy Presidential Library and Museum to celebrate the 40th anniversary of the lunar landing on 16 July 1969. The site is divided into 11 stages with animation, archival photos, audio and video that bring the mission to life, making you part of the entire experience. You can use the ‘Mission Tracker’ and navigation buttons to move back and forth through the mission at your own pace. At the end, there’s even a personalised certificate you can download to show that you took part in the mission! So go ahead, relive the excitement—and share it with your grandchildren.

## BIRTHDAYS

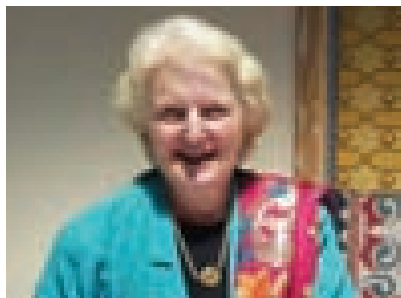
- Cuban Communist leader **Fidel Castro** turned 79 on 13 August
- American actor **Robert De Niro** turned 66 on 17 August
- Lyricist **Gulzar** turned 73 on 18 August
- Actor **Saira Banu** turned 65 on 23 August



## O» MEDIA WATCH

## ONLY 17% OF CZECHS

believe they can enjoy a quality life in retirement, with 49 per cent saying it is impossible, reveals a new national poll. Their greatest fears: illness, financial deprivation and loneliness.



## Alive, and KICKING

**DON'T LET THE CARTOON-LIKE COVER** and the tongue-in-cheek title of *Not Dead Yet* (HarperCollins UK) fool you. British rabbi Julia Nueberger's book, sub-titled 'A Manifesto for Old Age', is much more about anger than humour. Anger at the way silvers are being marginalised, their potential ignored, their talents wasted. From age discrimination, the right to work and barrier-free mobility to the need for good housing, open access to learning, well-paid caregivers and even the right to die, Nueberger's "Grey Rage" touches every aspect of silver life. A timely call to arms that we hope to see in Indian bookstores soon.



## THEY GOTTA DANCE!

**T**hirteen silvers ranging from 59 to 83 years old; 12 women and one man adding up to 36 dancing feet and thousands of cheering fans—that's the story of the **NETSational Seniors, the first silver hip-hop dance squad of the US National Basketball Association (NBA)**. And *Gotta Dance* is a documentary that shares that story with the world, from their audition to the first time they performed in front of thousands of basketball fans for their home team, the New Jersey Nets. Apart from rehearsal footage, director Dori Bernstein gives us a glimpse into the life of each silver dancer, showing us what motivated

them to sign up and how the experience has transformed them. "I've witnessed ageism and it stinks," says Bernstein in a press release. "I've also seen the opposite. In theatre, age is revered; professionals are sought out for their wisdom, their experience, their professionalism. I wanted to make this film to celebrate age and to inspire and challenge elders to embrace life, to get out there and take on something they always dreamed of doing." Indeed, *Gotta Dance* has struck quite a chord—following the success of the film, a team is now being assembled to take it to Broadway as a theatrical production.



Check out the film's website [www.gottadancethemovie.com](http://www.gottadancethemovie.com) and the website of the NETSational Seniors [www.gottadancewithus.com](http://www.gottadancewithus.com)



## O»OFFBEAT

## Russian ROULETTE

**A**fter conquering the global playgrounds of the rich, Russian billionaires have found a new pastime: **the search for eternal youth.** According to a report in online journal *rbth.ru*, the country's new royalty is investing immense sums of money on anti-ageing ventures. For instance, former metals trader Oleg Deripaska has put scientist Vladimir Skulachev on an annual \$ 5-million retainer to develop 'youth tablets.' Telecommunications mogul Dmitry Zimin (*see pic*) has also put his money into the anti-ageing pharmaceutical sector



while Timur Artyomov, creator of one of Russia's largest chains for the sale of cell phones, has launched an anti-ageing institute with a start-up investment of \$ 25 million. As for the results of these ambitious endeavours, Skulachev is said to have developed an antioxidant that has worked well during animal trials—a 20 year-old horse that was blind for eight years has apparently regained its sight as have several test cats and dogs. And researchers at Artyomov's institute have successfully managed to increase the lifespan of test worms by 20 per cent, with trials on mice about to begin. Whatever the progress of these ventures, the report suggests that the scientists (and their moneyed sponsors) are playing their cards very close to their chest—an old Russian habit!



## MARK OF AGE

**L**ike wrinkles on a face, **buttercups on a field are a mark of its age,** according to Dr John Warren. The scientist from the Institute of Biological, Environmental and Rural Sciences in Aberystwyth, Wales, has devised a unique method of calculating the age of meadows by counting the number of buttercups with more than five petals. Dr War-

ren found that for every 100 buttercups in a field, seven years can be added to the age of the meadow for each flower that had 'too many' petals. This fascinating discovery, lauded by many experts as an "elegant, low-tech science", will help historians, natural historians and geologists understand how ecology changes over time and identify the oldest grasslands in the UK that have been untouched by ploughs for up to 1,000 years.

## O»LOVE THAT

## Nothing but silver

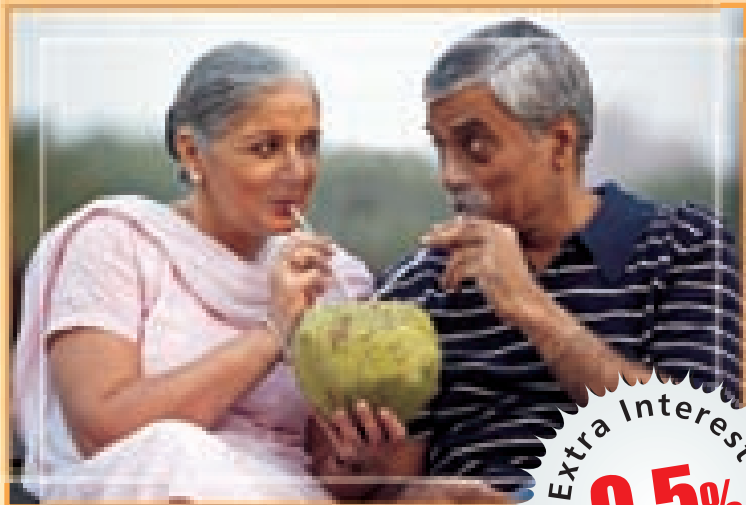
**A charity calendar featuring silvers in the buff** is raking in the pounds for British charity Dartmouth Caring, which helps the elderly and vulnerable. The calendar, titled *A Celebration of the Mature Individual*, features 17 amateur models from Dartmouth, Devon, aged between 51 and 73, and has been shot by photographer Anthony Waring. As *westernmorningnews.co.uk* reports, the calendar is tasteful and attempts to bring out the personality of each subject—a team of women rowers on a beach; a woman feeding a man ice-cream; a man sitting in a laundrette while his clothes wash. The calendar, priced at £ 4.99 (about Rs 400) a copy, is expected to raise about £15,000 (about Rs 1.2 million). "We help people stay in their own homes and we're a point of contact with the outside world for many elderly people," says Dee Nutt, chairman of Dartmouth Caring. "This money will help us pay for our lunch club, day trips, home visits and transport for hospital appointments."

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# HEALING HEARTS

Seven years ago, an article in a newspaper caught my attention. It was about two youngsters from Pune—Adhik and Bharti—who were working in Kashmir to rehabilitate Muslim girl orphans affected by militancy and natural calamities. The two had started the Borderless World Foundation (BWF) in Kupwara, an area with a predominantly Muslim population. Though they had limited funds at their disposal, the two had abundant enthusiasm.

As I had developed a vast network of contacts as a lifelong member of the Rotary Club, I decided to get involved with the BWF and help in whatever way I could. I am also the founder trustee of the Pune Heart Brigade, which has attended to more than 36,000 EMS cases since 1999.

With hard work, correspondence with institutions, multinationals and individuals in and outside India, today BWF can boast of housing 106 girls at three centres in the valley—Kupwara, Birwa and Anantnag. The centres are supervised by local

committees under the guidance of a team, which takes care of finance and planning. People from all castes and communities have helped generously with donations that are collected by



Hemant Patil

**A FRIEND INDEED:** Audhi, 70, stays in close touch with all the children at BWF

BWF coordinators placed in various cities across the country.

In January 2008, when we arranged an educational tour for the girl orphans to Pune and Mumbai, we were flooded with requests from many families in both cities to host the children. Today students of Tata Institute of Social Sciences (TISS) visit BWF centres every year and guide the children in various fields. Recently BWF won the first prize of the National Annual Report Award for Transparency and Accountability in the Voluntary Sector. Four of our children were also awarded prizes at the National Photography Competition held in Delhi.

BWF plans to open seven more centres in J&K next year and I am proud to be associated with them. In this second innings of my life, I am filled with immense happiness when the BWF children call me up every Sunday to talk to me and to place their humble requests for books, CDs and other little things. I have discovered that the most beautiful reward is a smile filled with happiness and hope.

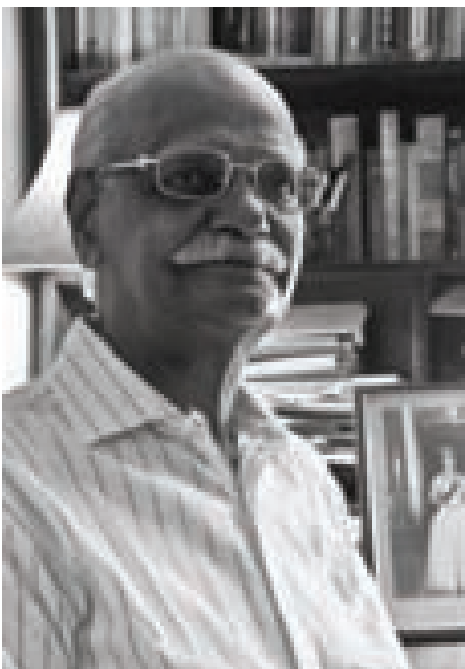
—Mohan Audhi, Pune

## FAITH FIRST

I am an 84 year-old 'super silver.' I attribute my vitality and zest for life to meditation and *pranayama*. I had a long, fulfilling career in the Air Force from which I retired in 1980. I enjoy writing and my articles have appeared in several newspapers and magazines. My first book *Images at Eventide*, which was largely autobiographical, was published in 2006. The book was exhibited at the Frankfurt Book Fair and also marketed in the US. Now I plan to dedicate my second book to all my silver friends. It's

full of humorous anecdotes from my life as I truly believe that laughter is the best medicine. I would like to share one of the episodes of my life (that also finds a mention in the book) with you. Though the incident has more to do with faith than humour, it never fails to inspire me.

It happened when I was posted to the air attache's staff of our high commission in London. As I was settling down to the day's engagements my old pal Angelo Lobo walked into my office—bolstered by crutches. He had suffered a motorcycle accident while travelling with his fiancée.



Utkarsh Sanjanwala

Though she survived minor bruises, he ended up with multiple fractures. The chief of air staff had sent him to London for surgery. A leading British surgeon operated on Angelo. He scooped out the gangrene, did a bone graft and put his leg in a plaster. Two such surgeries later, pus still oozed out of the stitches.

One evening when I paid Angelo a visit, he looked totally crestfallen. The surgeon had asked him to prepare himself

#### **SMILING SOLDIER: Karayi finds strength in prayer and humour**

for amputation. I had always believed that when everything else fails, prayer and faith can still work miracles. I urged Angelo to pay a visit to the shrine of Saint Bernadette in Lourdes, France, and pray for recovery. Initially he scorned the idea, convinced that there was no hope. A week later, he went to Lourdes and spent a few days there. On his return, the surgeon operated on him again and the leg healed completely in a few days. Later, Angelo even regained medical permission to resume flying. When I bid farewell to him at Heathrow airport, I still remember his eyes shining with tears. In the distance, we could hear a church bell ringing as if to convey: "Ask and it shall be given to you; seek and ye shall find it; knock and it shall be opened unto you." I still believe there is nothing we cannot achieve as long as we firmly and fully believe we can.

—Wing Commander (ret'd) P K Karayi, Mumbai

## **A SURVIVOR'S STORY**

I still remember the day—the balmy morning of 25 October 2005. I had finished my meagre breakfast of two Marie biscuits and tea, and was reading the newspaper just before heading to the gym when I felt a numbing paralysis seep into my left arm and leg. In a flurry of events, I was rushed to the hospital. The diagnosis: a massive stroke and clot in the brain. As doctors in the intensive care unit discussed the complications of possible haemorrhage, there was just one thought that rang incessantly through my head: "How could this happen to me? After all, I exercised rigorously everyday; avoided fried food; and ate in moderation."

In the days that followed, the doctors called in my entire family—my son Saumil, my daughter Annie, my son-in-law Harsh, my granddaughter Seher and my husband Girish—for a session on stroke management. I was put on passive physiotherapy while I was still in the ICU, though I was completely flaccid. A week later, I was shifted to the general ward. From my bed near the window, I saw the entire neighbourhood sparkling with Diwali celebrations. As the crackers lit up the sky, I decided that my life would not be shrouded in gloom. I refused to be an invalid.

I launched myself into the physiotherapy exercises with as much balance and stamina as I could muster—which was not much as I could hardly stand. A month later, I was discharged from hospital. I was still bedridden. Within three months, following a series of passive exercises I slowly regained the strength to do mat and free-hand exercises. I started picking up weights, took Botox injections and continued my physiotherapy with intense fervour. My family rallied around me and their unrelenting love and understanding worked like a magic pill. There were days when I buckled and fell into a heap on the floor; when I wept and screamed with pain and frustration; when I was angry with the whole world. But I never gave up trying.



#### **LADY COURAGE: Dani with Gujarat Chief Minister Narendra Modi at the launch of her book**

In October 2006, my doctors pronounced me 'fit as a fiddle'. I wrote a book on my experience—*Diary of a Survivor*. Besides my story, the book also offers vital information on stroke management. I now intend to set up a trust to help those who cannot afford the expensive treatment. To all my silver friends out there who are debilitated by any illness, I have the following words by Dr Abdul Kalam that inspired me in my darkest hour: "Waves are my inspiration. Not because they rise and fall, but because each time they fall, they rise again."

—Smita Dani, Ahmedabad





Dr Jane

# Barratt

## A global shame:

The need for policies and initiatives to eradicate elder abuse

Older people today are more visible, active and independent than ever before. However, as the silver population across the world grows, so does the problem of elder abuse. What's worse, this social malaise is expected to escalate. Each year hundreds of thousands of older people are abused, neglected and exploited by family members and others. They suffer serious health implications and psychological disturbances, including heightened stress, anxiety, depression and helplessness. Consistently unreported for various reasons, it is difficult to put an end to elder abuse unless people recognise it and let someone know. The World Health Organisation (WHO) defines abuse of older adults as "a single or repeated act, or lack of appropriate action, occurring in any relationship where there is an expectation of trust that causes harm or distress to an older person." Elder abuse can take place at home, in other residential settings, or in a community (WHO, 2002).

### TYPES OF ELDER ABUSE

Elder abuse is any form of mistreatment, action or inaction by any individual or institution, which causes harm, threatens harm or jeopardises the health or well being of an older person. Elder abuse takes on several forms according to the type of harm caused—physical abuse, sexual abuse, psychological abuse (verbal

assault, humiliation, threat, or other abusive behaviour), financial abuse, and neglect (failure to take care of an older person's basic needs or forceful confinement or restriction of his/her movement). Also prevalent is discrimination against seniors owing to their age. This can be catastrophic if combined with factors like gender, race, colour, language, religion, sexual orientation, ability, economic status, or geographic location.

### WHAT ARE THE RISK FACTORS?

Studies show that elder abuse tends to take place in residential settings as well as institutional settings, especially long-term care facilities. A number of situations seem to put the elderly at risk of violence. In some cases, strained family relationships may worsen as a result of frustration stemming out of the older person's dependency. In others, a caregiver's dependence for accommodation or financial support may cause conflict.

Social isolation is a significant risk factor. Many silvers are isolated because of infirmities, or through loss of family. Cultural and socioeconomic risk factors include the depiction of older people as weak and dependent; erosion of intergenerational bond; restructuring of the basic support network for the elderly; systems of inheritance that affect distribution of power within families; and migration of young couples to other cities, leaving elderly parents alone. Older men are at risk of abuse in about the same proportion as women. But in cultures where women have inferior social status, older women are at a greater risk of being abandoned when

widowed. Within institutions, abuse is more likely to occur where care standards are low, staff are poorly trained or overworked, interactions between staff and residents is difficult, the physical environment is deficient, and where policies operate in the interests of the institution rather than residents.

### HOW CAN NATIONS PREVENT ELDER ABUSE?

Countries around the world are at varying stages of national and local response to the protection of the elderly. While some countries include abuse of the elderly under their legal statutes and have developed systems for treating cases of abuse, others have a more limited response. There still remains a great deal of debate as to the value of legislation in preventing elder abuse in a community.

### SOCIAL SERVICES

In general, countries that deliver services to abused elders have done so through existing networks such as home care services. These typically include medical, legal, psychological and financial aid, as well as support with housing and other environmental issues. Other interventions include emergency shelters, support groups, and helplines. In some low-income countries, there are local projects to help older people plan programmes and develop their own services.

### HEALTHCARE

Few intervention programmes for abused elders are housed in hospital settings and many doctors do not diagnose abuse because it is not part of their training. Some symptoms



include delays between illness and seeking medical attention; vague explanations for ill-health from either patient or caregiver; differing case histories from patient and caregiver; frequent visits to emergency departments because a chronic condition has worsened despite a care plan to deal with this at home; functionally impaired older patients who arrive without their main caregiver; and laboratory findings inconsistent with the history provided.

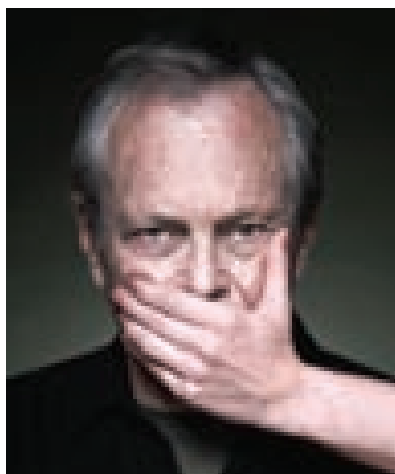
### EDUCATION AND PUBLIC AWARENESS CAMPAIGNS

Public education and awareness are important elements in preventing abuse and neglect. The aim is to inform practitioners and the general public about the various types of abuse, how to identify the signs of abuse and where help can be obtained. The media can also be a powerful tool to reduce stereotyping of the elderly. Educational programmes are usually more successful if information on abuse is woven into wider topics, such as successful ageing or healthcare.

### SOME EXAMPLES FROM AROUND THE WORLD

**Austria:** Initiatives to support older adults include the 2004 parliamentary law to ban age discrimination. The National Senior Citizens' Advisory Council was set up as an umbrella organisation comprising government, experts and representatives of pensioners' organisations. The Federal Act on Accommodation in Residential Homes was established in 2005 to protect residents of elder homes and people with disabilities. In 2004, the Residential Home Contracts Act was also set up for the residents of nursing homes. The Act stipulates the obligation on the part of the owner of the nursing home to provide information on the range of services offered.

**Europe:** There has been good cooperation on elimination of elder abuse between four organisations: the Association of Shelter Homes for Older People in Finland, the Association



of Swedish-Speaking Pensioners in Finland, The Central Union for the Welfare of the Aged and Helsinki University (Palmenia). Research on elder abuse has gone up in Europe—a third of all investigations focus on health or social integration/inclusion, about 10 per cent work on the economic situation, 4 per cent on lobbying, 3 per cent on education and 2 per cent on abuse of all kinds. A Finnish investigation shows that 7 per cent of women and 2.5 per cent of men over 65 years have been abused within their families. In most cases, the perpetrator is a family member. In many municipalities, older abused persons are placed together with other similar people in shelter homes. This is not right because older people have special needs that are not fulfilled in homes with other residents. It is important they find some

emotional balance in a shelter before returning back to normal life.

**Spain:** The Centre Reina Sofia (Valencia, Spain; [www.centroreinasofia.es](http://www.centroreinasofia.es), [www.centroreinasofia.es/english/](http://www.centroreinasofia.es/english/)) works to enhance the visibility of elder mistreatment in Spain. In 2008, the Centre conducted its first nationwide research on the ill-treatment of elders; the findings were also published the same year. Since 2004, the Centre, in cooperation with the Spanish Confederation of Associations of Elderly Persons (CEOMA), has contributed to 'Desatar al Anciano y al Enfermo de Alzheimer', a programme that promotes the abandonment of physical constraint in the care of elderly and Alzheimer's patients. This year (2009), the Centre is organising the 2nd International Competition on Photography of Violence. To contribute to World Elder Abuse Awareness Day, the theme is violence against elders. Other initiatives on elder abuse worth noting include the one undertaken by the Federation of Elder Persons Associations in Catalonia with the Autonomous Government of Catalonia.

**Philippines:** In the Philippines, the Coalition of Services of the Elderly Inc. (COSE) has been working to protect the rights of seniors and form a strong older people's organisation. Local governments have responded through concrete programmes. Currently, COSE is campaigning for the Social Pension Bill, which is cash assistance for needy elders.

Elder abuse is not the next person's responsibility—it is yours and mine. We must create an environment where ageing is an accepted part of the life-cycle, where anti-ageing attitudes are discouraged, and where older people are given the right to live in dignity and opportunities to participate in educational, cultural, spiritual and economic activities.

---

*Dr Jane Barratt is Secretary General, International Federation on Ageing*



Mimlu

# Sen

## A primordial woman:

Wise and joyous in her art, artist Anju Chaudhuri is Mother Nature incarnate

**L**et's not talk about paintings in front of which silence is the only tribute. Let's talk about the painter. I first met Anju Chaudhuri in the company of Paritosh Sen in the spring of 1970. I was still an adolescent slug, 20 going on a reluctant 21. Anju was already an accomplished artist at the time, living and working at the Cite des Arts in Paris at the invitation of the Alliance Francaise and the French Ministry of Culture.

Born in Kolkata, brought up, in her own words, in the atmosphere of a garden, albeit a royal garden, cherished by her peer, her elder brother, the brilliant and witty writer, filmmaker and producer Shanti Chaudhuri, whose salon buzzed with the chatter of eminent artists and intellectuals of Kolkata—Satyajit Ray, R P Gupta, Paritosh Sen, Ashok Mitra junior, among others—Anju majored in arts at the Government Art College in Kolkata, and went on to the west coast of India, to the University of Baroda where she trained under Narayan Shridhar Bendre.

Her landscapes, which she carried that crisp spring morning so casually in a roll under her arms, which she spread on the floor for me to look at, were soaked in the deep warm colours of a Gujarat she had left behind her. Shocking pinks and mauves



Rahul Krishnan

and brilliant splashes of colour floated on patches of bright green, in scintillating oceans of aquamarine. I confess I was daunted by this hurricane of a woman whose lacerating tongue and torrent of words, like the *kalbaishakhi* winds of our native Bengali lands, rattled at the door of my consciousness, saying, 'Hello? Is there anybody there?' When I told her I was learning French at the Alliance Francaise and that I was housed with a French family in exchange for hours of babysitting, she growled at me, suddenly saying in Bengali: "So you've come all the way here from India to wipe the bottoms of French babies?"

Suddenly, my own life seemed purposeless, without a real core. She made me think. There was a twinkle in her eye. She reminded me, even in those times, of an ancient mother goddess, an eco-feminist before her time, thoroughly beautiful and pure, inside and out. I saw her as a rosy smiling Leviathan floating in waters, innocent, fragile, vulnerable.

After Baroda, Anju Chaudhuri went further west. To London, with a Commonwealth Scholarship, to study at the St Martin's School of Art. From London she came to Paris where she went to the Ecole des Beaux Arts and to Atelier 17 where she learnt print-making under the tutelage of William Hayter and Krishna Reddy. The experience of being in London in the swinging '60s and Paris in May 1968 influenced her deeply. When I met her in 1970, Anju was a radical in every sense of the term, and more.

Looking back, I realise it must have been a challenge to impose herself in a world that was predominantly masculine, whether in Kolkata or Paris. Anju instinctively drew her forces from nature, unfailing source of energy and light. Her terrific energy, her power of breath, sheer *vata*, Saraswati herself, combined with an unassuming mastery over her medium, her infinite palette of colours and chrome, Anju, over the years, developed into the

great master painter she is today, leaving her masculine peers far behind.

Anju's artistic career seems staggering. She has participated in solo and collaborative experiences worldwide—India, Europe, America, North Africa and Australia, in Biennales and Triennales; her works are found in important collections and famous galleries. In Cadaques, Spain; Ljubiana, Slovenia; Digne

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**With an unassuming mastery over her medium, her infinite palette of colours, Anju developed into the great master painter she is today over the years, leaving her masculine peers far behind**

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les Bains and Sarcelles in France; International Biennial in Auvergne; Triennial de Chamelier in France; Triennial of Bharat Bhavan in India; International Contemporary Prints, Kuala Lumpur, Malaysia; Asian Prints, Kangawa, Japan; Berlin Inter-graphic 90 in Germany; Italy; Bulgaria and Poland.

She has exhibited in galleries such as the Birla Academy in Kolkata; Lalit Kala Academy in New Delhi; National Gallery of Modern Art in Mumbai; at the Strasbourg Fair at Saga; FIAC at the Petite Salle in the Pompidou Centre at the Ubersee Museum in Germany; at the Stedlijk Museum and the Gemente Museum in Holland; and at the Seignhoki Town Hall, Galleria Harmonica in Finland.

Her works are found in important collections at the National Gallery of Modern Art in New Delhi; at the Chandigarh Museum; the Birla

Academy; the National Library in Paris with the French Ministry of Cultural Affairs; and Town Hall of Sarrebourg and in Sarcelles in France. At the Asia Society, Bronx Museum, New York; Arts Council of England; Victoria and Albert Museum, London; and at the Museum of Reunion in Reunion Island.

Anju Chaudhuri's wisdom in art has been in submitting to life, in her sheer *joie de vivre*. Those of us who have had the privilege of sharing this journey with her in relative proximity in this perpetual shuttle between destinations, between time zones, between cultures and sensibilities, know there's a snapping point somewhere out there. Art has been her springboard when life has failed her. And her vast experience as an artist and earth mother have come together in her recent works that are outbursts of explosive, joyful colours. Her untitled works on organic plant paper, coloured subtly in pastels and sepia, are delicate maps into the very sources of organic life.

Wherever she is, Anju Chaudhuri recreates a garden to play in. Adorable and adoring friends surround her always but she is always pristine, solitary. Somewhere within her is this great space that she portrays in all her work—whether it is an insignificant little tear, or a burst of colour, painted with great precision and cunning, always breathing with vivacious life, porous as clay, fashioned, fashioning.

Anju was, and is today, Mother Nature herself, playfully igniting emotions as she pastes a leaf, hoists prayer flags, which flutter over bright green seas. She heaves a load off our backs as she tears up the egg box junk, has us slip on a banana skin or glide like an onion peel in delicate whorls of air currents.

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*Mimlu Sen is an author, musician, and translator. She lives in Paris*



# GloryDays

Freedom fighter and staunch feminist **Sushila Patil** looks back on a life lived without fear and regrets. **Rajashree Balaram** reports

If I had not burnt all my English books during the Swadeshi movement, I would not have had any trouble reading your magazine," says centenarian Sushila Patil as we hand her a copy of *Harmony*. Her regretful words are starkly at odds with the unabashed mirth in her eyes. It's the same dry humour that sets the tone for the next two hours of our meeting. We are at Mahila Mandal Girls School in Kurla, Mumbai, which Patil founded in 1951. The centenarian continues to visit the school every month and is an active participant at all important meetings. "You should hear her speech every Independence Day," says principal Malti Kadam. "Her voice is so powerful it's hard to believe she has crossed 100." Indeed Sushila Patil does not look her age. In her bright, polka-dotted orange sari, her posture is proud and erect. Her face has few lines. Her hair has more black than grey. And her eyes are more mischievous than mellow. Except for her dentures and her gnarled fingers there is little that reveals that she has traversed a glorious century.

Born in 1909 in Shirpur village near Dhule in Maharashtra, Patil was the youngest of 10 daughters and two sons. A descendant of the Deshmukh clan—close aides of Chattrapati Shivaji—she spent her formative years in a rambling fort. Early on, her large orthodox joint family afforded her a close view of the domestic drudgery that women were subjected to. "At the age of eight, I had decided that I would never wear a veil over my head or cook and clean for a man," says Patil. As women were not sent to school

in rural areas at the time, she spent the first eight years of her life in closeted oblivion. When she went to live with her older sister in Nasik, she issued her family an ultimatum: send her to school or she would commit suicide. "I used to sit outside a nearby school and listen to the teacher and students reciting Marathi alphabets, numbers and multiplication tables," she recalls. "That's how I picked up the basics." When her father found out about her defiance he beat her up badly. She simply told him: "I won't give up even if you kill me."

Her father eventually acceded to her demands. Her sister got her in touch with reformer Ghatge Maharaj who recommended her to another great reformer Maharshi Dhondopant Karve. Karve ran a school-cum-hostel,

Stree Shiksha Sansthan, for widowed women and young girls in Hingna. Patil joined the institute, topped all exams and finished her fourth and conclusive grade. As the school did not have higher education, she spent the next few years at the Sansthan tending to general housekeeping. She moved to Mumbai in the late 1920s and enrolled at Shirodkar School in Lalbaug to further her education and find a job. She taught at the school and lived in a hostel nearby. "I hated cooking, so I used to eat my breakfast at the Adarsh Dughdalaya and ordered my meals through a tiffin service." At the age of 20, she finished seventh grade—the equivalent of matriculation in those days. While living at the hostel, she often escaped for *prabhat pheri* (morning march) at three in the morning to join other youngsters



Patil (first row, third from right) on an excursion to Karnala caves with then mayor of Mumbai, Anjana Magar (second from right) and her friends





Patil refuses to let age or fatigue shackle her freedom. She fractured her left knee four years ago but continues to wake up at 6 am to wash her clothes

in the area and sing patriotic songs in the lanes and bylanes of Mumbai. "Our songs were blatantly mutinous; it's a miracle we weren't jailed," she says with a chuckle. "I had befriended the gatekeeper at the hostel and used to sneak into my room in the early hours of the morning."

Patil was a great admirer of Mahatma Gandhi, Sardar Vallabhbhai Patel, Pandit Nehru and Lal Bahadur Shastri. She attended all their speeches whenever they visited Mumbai and took copious notes as they spoke. She

even had each speech autographed by the speaker. "I lost the diary some years ago and I have never forgiven myself for that carelessness," she says with a sigh. She continued to be single till her mid-30s when she finally met her match. She would often go out with friends to a photo studio in Parel to get a group picture taken. Once when the photographer did not give them the prints on the assigned day, she lost her temper at him. "He did not retaliate. Later I felt guilty when I learnt that he could not develop the prints as there was a power cut in the

area," she says sheepishly. A year later, while attending Gandhi's discourse in Juhu, Mumbai, Patil went up on stage to touch the Mahatma's feet. The photographer standing nearby approached the Mahatma at the same time. Assuming they were a couple, Gandhi blessed them both with "a long and happy married life". Patil looked up to realise that it was the same photographer she had fought with earlier. For the shy Damodar Yeshwant Patil, it was an epiphany. He wooed her for a year before she finally fell in love with him. The two married in a simple ceremony at Alandi on 14 August 1947, a day before India gained Independence. "I stated four conditions," she says. "That he would never lie to me; that I would never be asked to wear a veil over my head; that I would never be confined to cooking and keeping house; and that I would always be considered an equal." Patil sought freedom in every area of life. She urged her husband to leave his job at the photo studio and start out on his own. In 1951, the two bought space on lease to open a photo studio in Kurla and eventually purchased it.

Domestic concerns never overrode her altruistic leanings. Teaming up with Mumbai mayor Anjana Magar and her friends, she started the Mahila Mandal School for underprivileged children in Kurla in the early 1950s. After bearing four children—two sons and two daughters—she rejoined activism in mid-1950s. Disillusioned by the floundering ideologies of the Congress, she joined the Communist Party headed by Krishna Desai. "He was a true lion of a leader and I mourn his loss even today," she says. However, it was during the Samyukta Maharashtra Movement in 1950s that she shone her brightest. She joined hands with Prabhodhankar Thackeray, Bal Thackeray, Acharya Atre and Madhu Dandavate to spearhead the demand for the creation of a separate Marathi-speaking state. "We dodged police *lathi*-charge and often retaliated with full vigour," she says.



# Women are different and so are their knees

**K**nee replacements have been a highly successful surgery for more than 30 years. There are more than half a million people who undergo Knee replacement surgery. Out of them 70% patients are women and that number continues to grow. For the first time, there is a knee implant designed especially for women. The new Gender Solutions Knee is the first and only knee replacement shaped to fit Women.

Women and men are different in many respects, including their knees. Traditional knee replacements are sized and shaped to fit an average of men's and women's knees. As more and more women have knee replacement surgery, it's become apparent that traditional knee replacements, while highly successful in alleviating pain, may not feel or move like your natural knee. Studies show that Woman knees tends to be narrower than a man's and their hips are wider. The Gender Solutions Knee is designed to accommodate those differences and is the only knee replacement shaped to fit a woman's anatomy.

**Individual results depend on many factors, such as patients' physical condition, activity level, body weight etc.**

**"Everybody should go for surgery, rather than suffering from pain"**

**Mrs. Pushpa Bhargava, 70 yrs**



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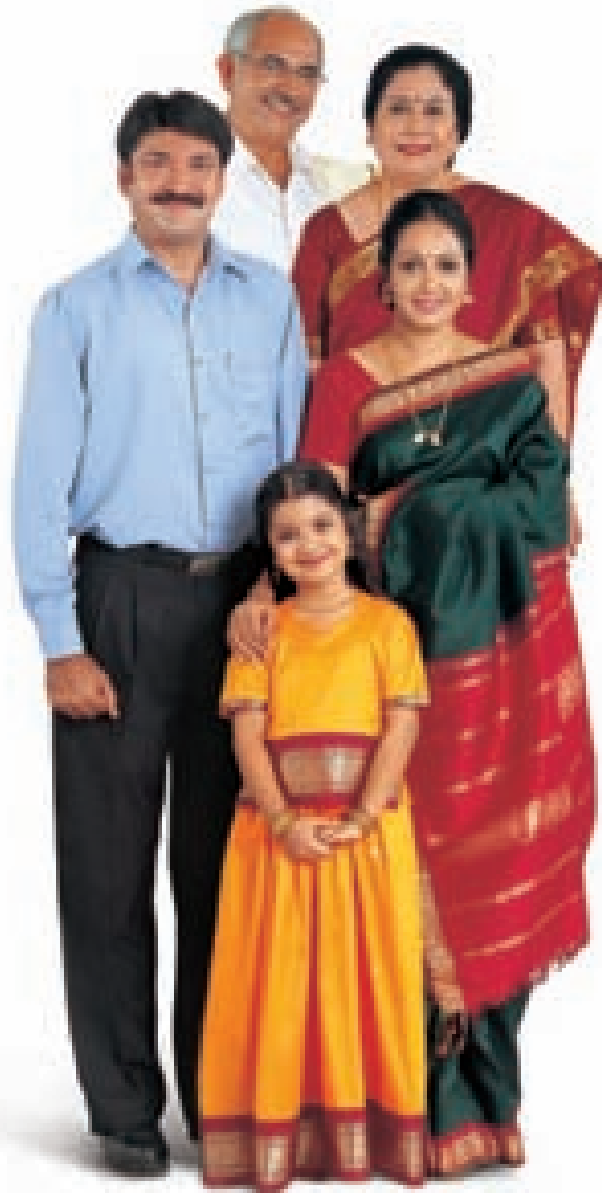
(From top) With Shiv Sena supremo Balasaheb Thackeray, and former Union Finance Minister Madhu Dandavate during the Samyukta Maharashtra Movement; with Congress MP Priya Dutt; on a hunger strike at Gandhi Maidan; (opposite page) with her husband Damodar Patil



She retired from her fiery crusades in the 1960s and devoted more time to her school. She also taught disadvantaged children at her house in Kurla till the early 1990s. "Today no one really cares for the welfare of the downtrodden anymore," she says with vehemence. "I think the Kashmir issue has mushroomed simply because of the gross neglect of people's basic needs." Though she disapproves of the "hollow ideologies" of most political parties, she never fails to cast her vote. Recently she urged her younger son Kiran, a photographer, to contest in the local elections. He refused saying he could not rouse people or deliver inspiring speeches. "I told him, 'Don't worry about that, I will do that for you,'" she says, meaning every word.

Patil's eyes shine with pride when she mentions her two choreographer grandchildren and mist over with tears when she remembers her husband who passed away in 1989. But she refuses to let age or fatigue shackle her freedom. She fractured her left knee four years ago and uses a walking stick, but continues to wake up at 6 am to wash her clothes. She underlines her credo with an incident from her past: "Once at a public discourse, I offered Gandhiji a glass of water. He took a sip and returned the glass to me. When I discarded the water, he admonished me saying I could have used the remaining water to water the plants instead of wasting it. That's why how I want to live. I want to use every drop of my life meaningfully." We know Patil means every word—last year she went on a hunger strike to save a children's playground in Kurla from encroachers. "The problem with us is we give up too soon," she adds. "We should never give up on our dreams."

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# Lights, camera, CONFESSIONS

Actor Divya Seth Shah revels in the differences between her and mother Sushma Seth, reports Rajashree Balaram

**The greatest gift my mother ever gave me was her unstinting faith in me.** Right from our childhood, my sister, my brother and I were always sure that she would support us in any dream that we wished to pursue. I believe it was the boundless love and security she showered on us that made us the confident people that we are.

**Mom made every event and ceremony a ritual to be enjoyed—not tolerated.** Whether it is birthdays or festivals, we have always celebrated everything with gusto. Today I am married into a wonderful joint family where I spread the same enthusiasm for all festivals that bring us closer.

**As a mother, she has never been an extremist.** She is neither an uncompromising disciplinarian nor an overindulgent mother hen. She likes to live her life her way and she believes others—including her children—should do the same. I don't remember her ever passing a disparaging or discouraging remark on anyone's chosen way of life. No negative opinions, just gentle advice and acceptance; that's what mom is all about.

**I don't think I have inherited any of her marvellous qualities!** She is a very positive person who believes everyone has a strong core of goodness; only circumstance and bad choices make people nasty. That is a huge revelation to a sceptical soul like me. I take a little longer to trust people.

Shah with mother Sushma Seth and daughter Mihika

Funnily, mom and I gravitate towards the same kind of people.

**I have a volatile temper that bothers her greatly.** I spent my teenage years fighting with the world and arguing with my mother over everything from late nights to the length of my skirt. My father used to run for cover, but mom always took me on headlong. As for my dad, he was a businessman, but he was very supportive of my mother's career. He was incredibly compassionate and generous. It's been eight years since he passed away but I only miss him more with each passing day.

**Of course, mom and I have our little disagreements all the time.** But we resolve it the way all mothers and daughters do—we argue and argue and argue. And then we order a lot of ice-cream and indulge together.

**We are always honest towards each other.** I have even been brutally blunt. But I could dare to be so only because she encouraged open dialogue. Some years ago, I was keen on trying *bhang* during Holi. Though mom warned me not to, I went ahead. And I ended up with a lousy hangover. When I recovered and asked her why she was not more insistent while curbing me, she said "I knew you would do it. Just as I knew I will be there to take care of you if anything happened." She is unflappable that way.

**We don't critique each other's performance.** We talk about it, enjoy it and let it go. I have always veered towards roles that I know she would

approve off! Though I have liked all her performances, I loved her in *Prem Rog*, Merchant Ivory's *In Custody* and a Punjabi film *Chand Pardesi*.

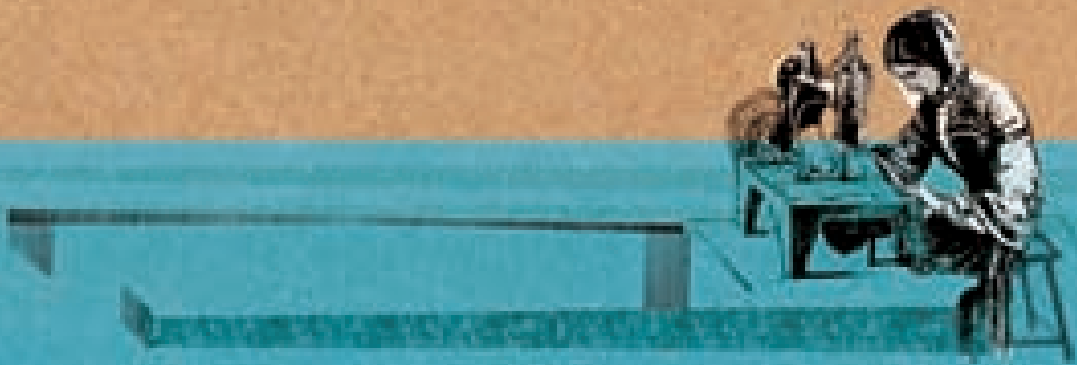
**We make sure we take time out for each other.** I have rarely taken her for granted. And after I became a mother, never ever. I remember how, when I was a kid, Mum used to caution me whenever I tried something reckless like jumping off a high wall. Today when my daughter does the same thing, I finally know what it is like to have your heart in your throat.

**Her touch can cure anything—fever, bad traffic or heartache.** My daughter Mihika thinks her *nani* is an angel incarnate sent on earth exclusively to love and protect her. Of course, that's because her *nani* accedes to all her demands, whether it is that extra slab of chocolate or extended playtime! I often point out to her how some of the stringent rules she imposed on me as a mother are no longer valid for her granddaughter. But I guess, grandparents have the luxury to enjoy the bond without demands or anxiety.

**I may have hurt her at times.** But I feel that an apology, like an admission of love, must be made instantly when the situation demands it. I hope there are no apologies due mom. Are there?

**I am not scared of growing old.** Of course, I am scared of ailments and dependency. But as I grow older, I plan to do yoga, eat right and pray that I have my mother's genes!





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FROM GUWAHATI'S SLUMS

AND HERE'S A  
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A lady at the age of 80 came to the aid of women from the slums of Guwahati. Along with a literacy programme, she set up a tailoring school where these women could learn the craft for free and become self-reliant. We will honour her efforts on 1<sup>st</sup> October at Harmony Silver Awards 2009 - an event that pays tribute to silver citizens who have made a difference in the golden years of their lives.

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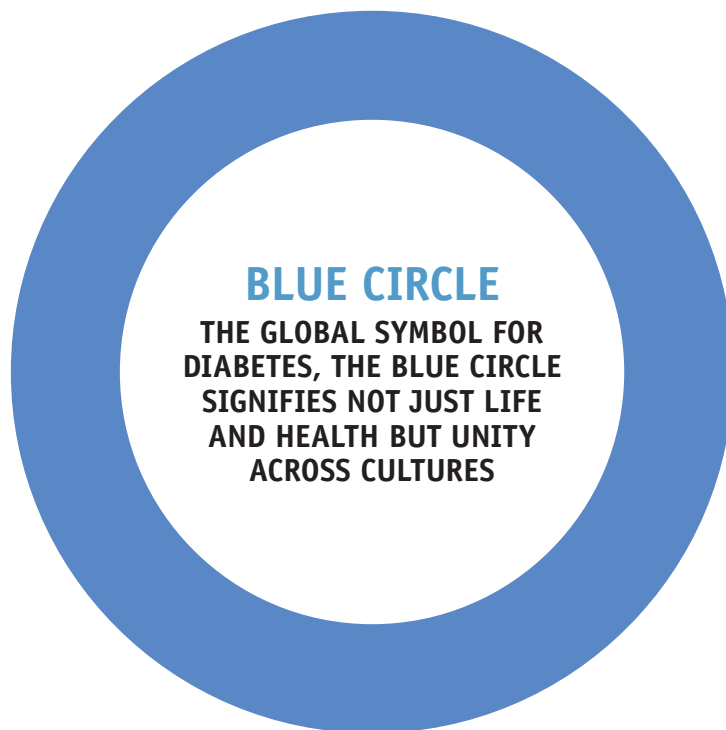
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## SILENT KILLER

The condition and its associated complications like stroke, heart disease, blindness and renal failure are rapidly turning diabetes into a health catastrophe, reports **Anjana Jha**



The American Diabetes Association claims that a person is diagnosed with diabetes every 21 seconds. And the World Health Organisation (WHO) tells us that the year 2025 will see 300 million people across the world affected by diabetes. Currently, 20.8 million suffer from diabetes in the US—approximately 7 per cent of its population. TIME magazine predicts that the numbers will double by 2025.

More frightening, the disease is expected to be three times worse in Africa, the eastern Mediterranean, the Middle East, and Southeast Asia. Already achieving the du-

bious distinction of becoming the world's diabetes capital, India has an estimated 41 million diabetics. Expected to increase to 57 million by 2025, the figure could touch 79 million in 2030. The growing silver population is one of the main reasons behind this surge. Though the disease starts at a much later stage in developed countries, the majority of diabetics in India are in the 45-65 age group. The implications of this disease are enormous.

Though diabetes causes only about 5 per cent of all annual deaths globally [WHO], it contributes to the development of poten-

## SYMPTOMS

"Signs and symptoms of the two kinds of diabetes are usually similar and include high blood sugar level resulting from insulin deficiency or insulin resistance," says Dr K P Singh, senior consultant diabetologist at Fortis Hospital, Mohali.

## Type 1 &amp; 2

- Increased thirst
- Frequent urination
- Increased hunger
- Weight loss
- Tiredness
- Irritability
- Blurred vision
- Tingling or numbness in hands and feet

## Type 2

- Slow-healing sores
- Frequent fungal or bacterial skin infections
- Frequent urinary tract infections
- Areas of darkened skin— patches of dark skin in body folds and creases, particularly armpits and neck

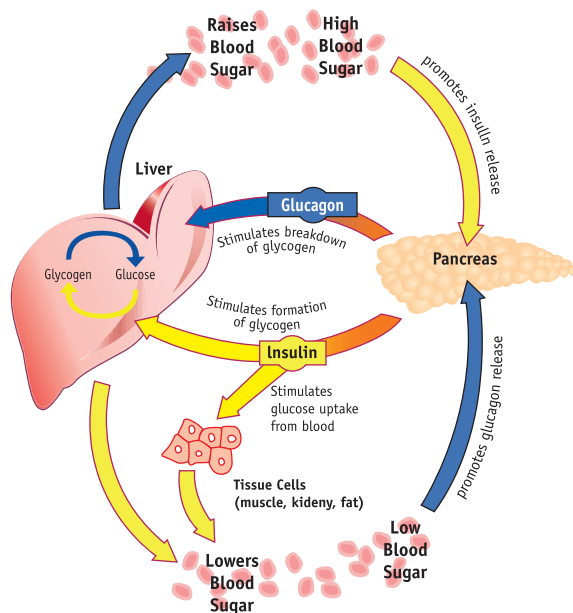
tially life-threatening conditions including heart disease, stroke, hypertension, blindness and renal disease.

## UNDERSTANDING DIABETES

No matter how unbelievable it may sound, there was no treatment for diabetes before 1955. Research witnessed a major turn with the manufacture of oral hypoglycaemic drugs. It took another four years before the disease and its types were recognised. "One of the most common medical disorders, diabetes occurs owing to the malfunction of the body's ability to use the energy in food," says Dr Suhas Gopal Erande, consultant diabetologist at Akshay Hospital & Diabetes Speciality Centre in Pune.

A hormone called insulin helps glucose in the blood stream to enter the body cells. In other words, insulin serves as the key to open cell doors and remove sugar from the blood. The body's inability to respond to the insulin produced by the body (insulin resistance) or make enough insulin (insulin deficiency) increases the sugar level in the blood resulting in diabetes.

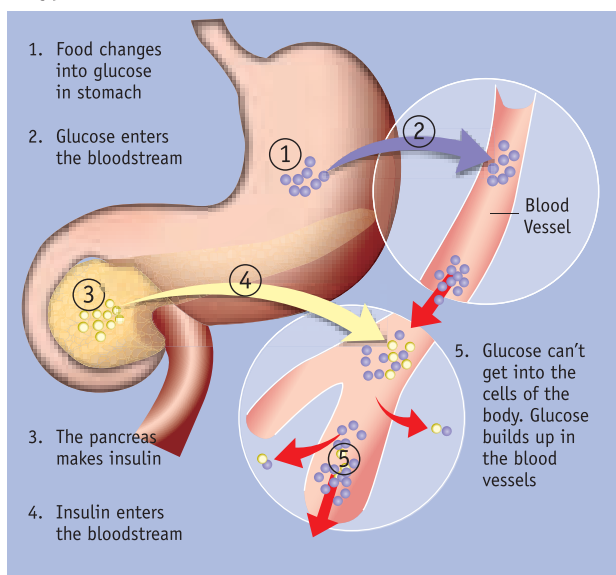
Insulin is a natural hormone made by beta cells in the pancreas that controls the level of sugar glucose in the blood. It enables the cells to take glucose from the bloodstream and use it for production of energy, or preserve it in the liver in the form of glycogen. Diabetes is mainly classified as type 1 and



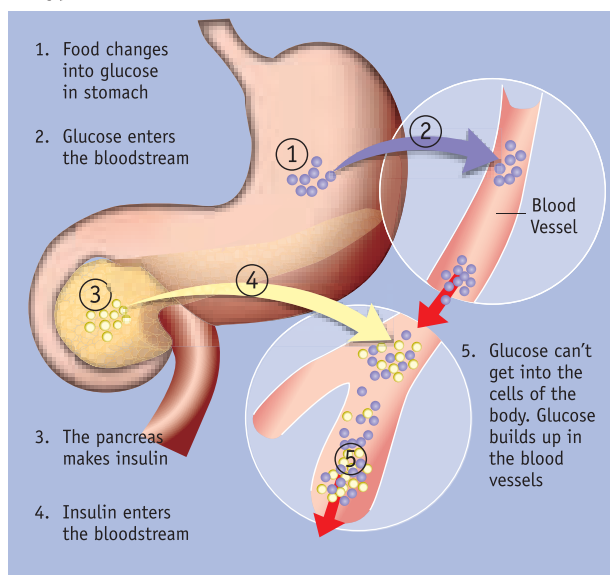
type 2. An autoimmune reaction, type 1 diabetes results from inadequate production of insulin—such diabetics are dependent on external insulin. "Though type 1 can occur at any age, it is more common in children and young adults and accounts for less than 3 per cent of all diabetes cases in India," informs Dr Erande. It is also known as insulin-dependent diabetes mellitus (IDDM) or juvenile diabetes.

The incidence of type 2 or non-insulin-dependent diabetes mellitus (NIDDM) has increased in recent decades and accounts for over 90 per cent of diabetes cases. Though an adult-onset condition with patients mostly over 40, it is being increasingly detected in children, adolescents and younger adults. Patients respond to oral

## Type 1 Diabetes



## Type 2 Diabetes



medication initially but may soon require insulin for better management.

Gestational diabetes develops in about two per cent of all pregnant women every year. Usually a temporary condition, it disappears after delivery but leaves the woman at higher risk of type 2 diabetes in later years. Incidence of secondary and nutrition-related diabetes mellitus is comparatively insignificant.

First discovered in the 1920s, insulin derived from cattle (bovine) and pigs (porcine) has been highly purified since the 1970s. After the introduction of genetically produced 'human' insulin in 1982, the vast majority of patients requiring insulin treatment are prescribed human insulin. "It is biosynthetic insulin made by using e-coli bacteria," explains Dr Debasish Maji, professor and head of medicine at Vivekananda Institute of Medical Sciences in Kolkata. "Though it has no allergic reactions, antibody formation is still evident in substantial number of users (55 per cent) of human insulin. However, the percentage is much lower compared to that in animal-derived insulin. Costing significantly more than porcine insulin when it first appeared in Indian markets around 1987, the comparable price of human insulin has now resulted in phasing out both bovine and porcine insulin completely. Today, 10 ml vial of human insulin costs around Rs 120 to Rs 130."

### DIAGNOSING DIABETES

Screening for diabetes is recommended at regular intervals as many individuals don't show any symptoms in the initial stages. According to Dr Vikram K, diabetologist at Diacare in Bengaluru, measuring blood sugar levels after fasting is most common and more than 126 mg of blood sugar per decilitre of blood (126 mg/dL) is considered abnormal. A random blood glucose test is another common test. However, it is not very reliable. In oral glucose tolerance test, blood samples are taken before and after swallowing a liquid containing glucose. If the blood-sugar reading remains 200 mg/dL or more after two hours of drinking the glucose solution, it indicates inadequate insulin production.

The most accurate diagnostic test is by measuring glycosylated haemoglobin or similar glycosylated proteins such as fructosamine. These tests accurately reflect the effects of high blood sugar levels. As blood glucose levels keep fluctuating, they give an average value of the past two to three weeks. Once diagnosed with diabetes, patients should undergo complete check-ups annually. However, glucose levels should show as abnormal more than once before a diagnosis of glucose intolerance or diabetes is made.

### HYPOGLYCAEMIA

Hypoglycaemia is a common associated problem and a limiting factor for sugar control. Occurring when glucose levels in the blood are too low, hypoglycaemia is more common in diabetic patients taking insulin than those on oral medication. "Hypoglycaemia or hypoglycaemia unawareness (lack of early symptoms) occurs more frequently in people who control their blood sugar levels with insulin," explains Dr Sujeet Jha, head of endocrinology and diabetes, Max Healthcare in New Delhi. "Repeated low blood sugar levels reduce production of certain hormones that cause symptoms of low blood sugar."

Older patients with type 2 diabetes are not only at high risk of severe hypoglycaemic episodes, but also more prone to reduced awareness of such episodes. It is common in seniors with a long history of diabetes or those who have been on insulin for a long time, especially people with heart or renal disease and who take oral medications to stimulate insulin secretion.

While symptoms of low sugar in the early stages (sweating, tremors, hunger and anxiety) can protect against severe hypoglycaemia, those who drink excessive amounts of alcohol, who are always tired, or take beta-blockers (to control high blood pressure) may not notice or recognise them. More severe symptoms include lack of coordination, weakness, lethargy, blurred vision, bizarre behaviour, confusion, unconsciousness and even seizure. In case of hypoglycaemia, eat 15 gm (three tsp) glucose or sugar, or drink 100 ml (1/2 glass) of regular soft drink or fruit juice to raise blood sugar immediately. But over-treating low blood

### INSULIN DEVICES

External insulin is almost always injected under the skin to enter the blood.



#### Different devices to inject insulin include:

##### Insulin syringe:

Manufactured with different measures, the size required depends on insulin dose. Each syringe should be used only once.

##### Insulin delivery pen:

Available in various shapes and sizes, a replaceable insulin cartridge is inserted into the device. Some pen devices pre-filled with insulin are disposable.

##### Insulin pump:

Containing short or rapid acting insulin, the externally worn pump is programmed to deliver insulin into the body through an infusion set (a fine needle or flexible cannula inserted just below the skin) for two to three days.

## RISK FACTORS

"Though not many risk factors are known for type 1 diabetes, certain factors increase the risk of developing the condition," says Dr Vikram K.

**Type 1:**

**Maternal history:** If mother was aged less than 25 or had pre-eclampsia (pregnancy-induced hypertension) during pregnancy. At birth: Neonatal jaundice or respiratory infection just after birth.

**Family history:** If a parent or sibling has type 1 diabetes.

**Genetics:** Presence of certain genes.

**Viral exposure:** This triggers autoimmune destruction of islet cells in the pancreas.

**Type 2:**

**Weight:** Fatty tissues increase resistance to insulin.

**Inactivity:** Physical activity helps control weight, burn up glucose as energy and make cells more insulin-sensitive.

**Family history:** If a parent or sibling has type 2 diabetes.

**Age:** Risk increases with age, probably owing to less exercise, weight gain and loss of muscle mass.

**Pre-diabetes:** Blood sugar level more than normal but not high enough to be classified as diabetes often progresses to type 2 diabetes.

**Gestational diabetes:**

Gestational diabetes during pregnancy increases risk of developing type 2 diabetes in later years.

## NATURALLY SWEET

Stevia or stevioside may soon be a healthier option for those with a sweet tooth. Emulating Japan and China where it has been in use for about 60 years, the method to produce a water-based

extract from stevia leaves has been devised by the Food Technology Department of Lakshmi Narayan Institute of Technology, Nagpur. Safe and carbohydrate-free, there are no side-effects.

Biscuits and sugar look-alike pills can be prepared by crystallising the stevia extract. As alternatives, these could be consumed by diabetics and people suffering from hypertension.

sugar may cause blood sugar levels to rise too high, which can be dangerous.

"Controlling sugar level is very important in elderly diabetic patients," says Dr Anjana Bhan, consultant endocrinologist at Max Medcentre in New Delhi. "Though risk of hypoglycaemia always exists for patients on medicines or insulin, it can be avoided by understanding the condition and medication well. Diabetes is a chronic progressive disease and trying to get quick results does not help. Aggressive control makes one prone to high and low sugar levels and it can be very harmful."

## DIABETES MANAGEMENT

Controlling diabetes with drugs, diet and exercise is important as the condition can otherwise lead to serious complications. A diabetic patient should not only lead a disciplined lifestyle but go for regular tests. This helps the doctor to monitor the disease and assist the patient to live well.

**Diet:** A proper diet with appropriate calorie and nutrient intake is often the only treatment necessary for many diabetic patients. Correct balance of fibre, protein, fat and type of carbohydrates can keep blood sugar levels within normal range and maintain weight appropriate to age, height and gender. The vital connection between diet and diabetes is discussed in nutritionist Dr Anjali Mukerjee's column on page 42.

**Exercise:** Most medical professionals include a physical fitness plan in the management programme for diabetic patients.

Exercise helps patients lose weight, build stamina, maintain muscle tone, lower blood sugar levels, reduce blood pressure and cholesterol level, decrease stress, and make body tissues more sensitive to effects of insulin. Dr Joe Lewis, head of research and development at Kaya Life, reiterates the importance of exercise. "Exercise benefits people of all ages—whether 50 or 75! During short bursts of exercise, the body draws its energy from glucose stored in the liver or muscles. When exercise is continued, muscles take up more than the normal rate and lowers blood glucose." Turn to page 43 for more from Dr Lewis.

**Yoga:** The role of yoga in controlling diabetes is enormous. Among numerous benefits, yoga helps improve blood circulation, promotes digestion, enhances pancreatic activity and stimulates insulin secretion. The relaxation techniques of *pranayama* and different *asana* contribute to decreasing stress and high blood pressure levels. For yoga *acharya* Shameem Akthar's take on how yoga practices can help manage diabetes naturally, go to page 48.

## DIABETIC FOOT

"Besides heart, kidney, eyes and nerve-related complications, diabetic foot can be dangerous for diabetics," warns Dr K P Singh of Fortis Hospital. Poor blood circulation or nerve damage (neuropathy) can result in insensitivity or loss of ability to feel pain, heat and cold, and therefore there are greater chances of diabetics suffering from minor cuts, scrapes, blisters or pressure sores. Untreated, these minor injuries may





lead to ulceration and more serious complications like gangrene or amputation.

### SELF-MONITORING

Self-monitoring helps keep track of daily blood glucose variations, thereby reducing the risk of sudden complications. Frequent hypoglycaemia (low blood sugar) can be harmful. Glycosylated haemoglobin tests give average values over a period but self-monitoring devices give daily readings. "Self-monitoring is particularly important for insulin-dependent diabetics who need to check sugar levels every day, sometimes even several times a day," emphasises Dr V Mohan, chairman and chief diabetologist at Dr Mohan's Diabetes Specialities Centre and WHO Collaborating Centre for Non Communicable Diseases Prevention & Control in Chennai. While patients on oral medication need to check once a month, self-monitoring is not necessary for those on diet control.

"Self-monitoring devices are quite accurate in measuring sugar levels," confirms Dr Vijay Negalur, honorary assistant professor of medicine at Mumbai's Rajiv Gandhi Medical College and president of the Association for Diabetes Care and Prevention. However, the glucose meter should be checked if the variation exceeds 4 per cent during repeat tests. Despite the wide range of self-monitoring of blood glucose products available in our country, about 65 per cent of patients don't use any device.

### TAKING CONTROL

Lifestyle has a tremendous impact on diabetes. "Urbanisation and changing lifestyle are mainly responsible for the unprecedented growth of diabetes in our country," maintains Dr Erande. "Increase in elderly population also results in such age-related degenerative disorders." In more than 80 per cent of the population at risk, the onset of the disease can be delayed by losing weight. Walking for 30 minutes every day and maintaining ideal body weight may help prevent the disease altogether.

The Diabetes Prevention Programme—a major clinical trial that studied more than 3,200 people aged over 25 years—showed that despite having impaired glucose tolerance people were able to delay the onset of diabetes by more than 2.8 years with lifestyle changes. In those already diagnosed with type 2 diabetes, lifestyle changes could delay the need for insulin shots. The findings were published in the *New England Journal of Medicine* in February 2002.

The reasons why some diabetic patients develop renal disorders remain unidentified. While improved cholesterol lowering and anti-hypertensive agents make a positive contribution to reverse or delay the progression towards diabetes-related complications, advances in medication and devices have revolutionised day-to-day management of diabetes.

### CANCER ALARM

A discovery by the European Association for the Study of Diabetes has set alarm bells ringing globally—including among almost 41 million diabetics in India. Data from 340,935 diabetics in Germany, Sweden, Scotland and Britain has found that the structure of certain insulin analogues make them bind to

the IGF-1 receptor, known for its involvement in promoting tumour. The research, recently published in journal *Diabetologia*, revealed a possible link between a long-acting insulin analogue, insulin glargine (Lantus), and cancer. With malignancies being more frequent in patients treated with glargine, a

significant link between such patients and those diagnosed with cancer was shown. While Sanofi Aventis, the manufacturer of Lantus, disputed the claims made by the study, the American Diabetes Association also advises patients using insulin not to stop taking it until more information is available.

### FOOT CARE

#### ACCORDING TO NATIONAL INSTITUTES OF HEALTH, USA, THE FOLLOWING STEPS CAN PREVENT COMPLICATIONS:

**Control your diabetes** to keep blood sugar close to normal.

**Check your feet every day** for cuts, sores, red spots, swelling or infected toenails. Wash feet properly with warm water and dry them well, particularly between the toes.

**Keep skin soft and smooth** and apply skin lotion or cream on feet but avoid between the toes.

**Wear shoes and socks at all times** and avoid walking barefoot, even indoors. Wear seamless socks that absorb moisture and well-fitting shoes that protect the feet.

**Protect feet from hot and cold** and guard against the sun during summer.

During winter months, wear padded seamless socks and avoid radiators or open fires, water bottle or heating pads on the feet.

**Keep blood flowing to the feet** and avoid tight socks or restrictive footwear. Put up your feet while sitting, avoid crossing your legs for long periods, and move toes and ankles to improve blood flow. Smoking reduces blood flow to the feet.

**Be more active** and go walking, dancing, swimming and bicycling—these are good forms of exercise and easy on the feet, unlike running and jumping. Wear shoes that offer good support.

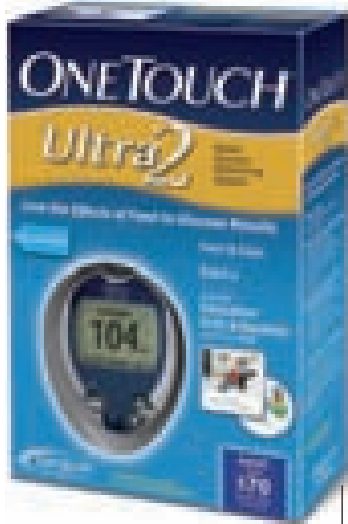
**Communicate with your doctor** and check sense of feeling and pulse in your feet at least once a year.

## PRODUCTS AND DEVICES

### Glucometers:

A glucometer or blood sugar monitor can save you the trouble of trudging to your neighbourhood clinic. It is a self-diagnostic device that is portable, easy to operate and shows accurate results. It calculates blood sugar level in less than 10 seconds. A test strip with a blood sample (just one drop) is inserted into the device and results appear on the monitor. Glucometers without strip handling are also available, wherein you put a drop on the chip and the result appears on the screen.

*OneTouch Ultra2*, Rs 2,200; *OneTouch Ultra*, Rs 1,800; *OneTouch Horizon*, Rs 990; *Accu-Chek Integra*, Rs 2,890; *Accu-Chek Active*, Rs 1990; *Ez Smart*, Rs 1,050; *Ez Smart-168*, Rs 1,000; *Cleverchek*, Rs 2,490



**Insulin pens:** Some insulin pens use replaceable cartridges of insulin, while some models with a pre-filled cartridge are disposable. A dial is adjusted to select the required dose of insulin.

*NovoPen 3*, Rs 600 (durable); *Novolet*, Rs 284; *FlexPen*, Rs 566 (disposable); *SoloSTAR*, Rs 850

according to the readings. *MiniMed Guardian Real-Time*, Rs 127,000



**Insulin syringes:** The most common approach to insulin injection, insulin syringes are available in different configurations. Usually ranging from 28 to 31 gauge, the higher gauge has the smaller needle. Price ranges between Rs 8 and Rs 10

**Insulin pumps:** Continuous insulin delivery is ensured round the clock according to a programmed plan unique to each insulin pump wearer. *Accu-Chek Spirit*, Rs 130,000; *MiniMed Paradigm 715*, Rs 186,000

**Test strips:** Good quality test strips for blood sugar monitors allow you to get fast, easy and accurate reading.

*25/50 strips for OneTouch Ultra*, Rs 825-Rs 1,600; *10/25 strips for OneTouch Horizon*, Rs 275-Rs 600; *25 strips for Ez Smart*, Rs 350; *50 strips for Cleverchek*, Rs 720

**Sensor-augmented insulin pumps:** A sensor-augmented pump gives blood glucose readings every five minutes. *MiniMed Paradigm Real-Time*, Rs 320,000

**Lancing devices:** Normally supplied with a glucometer, lancing or piercing devices are used to provide a drop of capillary blood for testing blood glucose. *Accu-Chek Softclix*, Rs 425; *Ez Disposable Lancets (100)*, Rs 180

### Diabetic shoes:

Designed to provide anti-bacterial, anti-fungal and anti-microbial environment for feet, the shoes protect against ulcers and infections, while the toe cap prevents feet from injuries.

*Crocs Rx Cloud*, Rs 1,250; *Crocs Rx Silver Cloud & Silver Cloud II*, Rs 1,995; *Diasole (customised by Diapro)*, Rs 1,850 (men) & Rs 1,550 (women); *Diacomfort*, Rs 900



Managing blood sugar levels is difficult but not impossible. **Swati Amar** brings you three representative studies of diabetics who have battled the odds to live a qualitative, fulfilling life

## RAVI BHASKARAN

70, Chennai

Being the oldest recipient of the Best Speaker award at the Toastmaster's Club in Chennai is yet another accolade for this septuagenarian. A mentor for several organisations and clubs, Ravi Bhaskaran is an active member of Madras Players, a renowned Chennai-based theatre group. A keen cricketer who once represented his college and university, even playing at state level, Bhaskaran had a long innings as a sales and marketing executive. Today, he is management consultant for three companies and works part-time.



ChennaiPIX

Diagnosed as diabetic at the age of 16, Bhaskaran didn't let his condition come in the way of his achievements. Juvenile diabetes was unheard of in 1955. When symptoms of weight loss, excessive thirst and frequent urination necessitated a visit to the doctor, he was asked to start insulin injections immediately.

With no history of diabetes in the family, an attack of mumps was concluded to have been responsible. His board exams had just finished and Bhaskaran had been dreaming of joining college and playing for the cricket team. Though he followed all medical advice to keep his blood sugar under control, he decided to remain quiet about the condition. This enabled him to play for Loyola College and Madras University while pursuing his graduation, law and postgraduate degrees.

Awareness on juvenile diabetes was very low in those days, and getting a job could have proved difficult. Deciding not to disclose his problem, Bhaskaran obtained a sales job after a year and embarked on a career that lasted 42 years. Working for different

### One in every four Indians is either a diabetic or a potential diabetic

companies in Bengaluru, Hyderabad and Visakhapatnam, he lived alone.

Friends helped out during a few incidents of unconscious spells because of hypoglycaemia but he never had to be hospitalised. Counselling sessions conducted by his diabetologist Dr Viswanathan helped him plan his life. "One has to follow a strict diet, exercise and take regular insulin shots," says Bhaskaran. "My mother was very supportive and encouraged me in whatever I wanted to do." The sessions still continue—now with Dr V Mohan, his diabetologist's son.

Not quite the most eligible bachelor, Bhaskaran recalls how his mother had considered his marriage with a hearing and speech-impaired girl. But destiny had different plans and he eventually married Maria Rosario, an office colleague. "Maria is the best thing that

ever happened to me," says Bhaskaran, still very much in love with his 66 year-old wife. The stabilising factor in his life, she built a caring and supportive ambience at home.

Bhaskaran faced many ups and downs vis-à-vis his career. Introduction of insurance schemes in organisations made it necessary to reveal his condition. Promotions came to a standstill and he had to move to smaller companies for senior positions. Deciding to quit in 1996, he joined a management institute and helped a friend market a management development programme. Working till the age of 65, he promoted the programme, became a counsellor and looked after placements—a fulfilling second career that he still pursues as a consultant today.

A diabetic for more than five decades, fitness is an integral part of Bhaskaran's life. An avid walker, he has added stretching exercises and mild weight training to his regime on his doctor's advice. "Except for visits for regular check-ups, I stay away from hospitals," he smiles.

## RESOURCES

**Diabetic Association of India**

S L Raheja Hospital Road  
Mahim, Mumbai-400016  
Tel: 022-56529999  
Email: [info@rahejahospital.com](mailto:info@rahejahospital.com)

**M V Hospital for Diabetes & Diabetes Research Centre**

4, West Mada Church Street  
Royapuram, Chennai-600013  
Tel: 044-25954913/15, 65612288,  
65612299  
Email: [drvijay@mvdibabetes.com](mailto:drvijay@mvdibabetes.com)

**Diabetic Foot Society of India**

Tel: 044-26630606  
Email: [vbnmurthy@gmail.com](mailto:vbnmurthy@gmail.com)

**Delhi Diabetes Centre & Foot Care Research Centre**

U-29, West Patel Nagar  
New Delhi-110008  
Tel: 011-25871666; 09810262600  
Email: [damirdfsicon9@yahoo.com](mailto:damirdfsicon9@yahoo.com)

**PRASANAM Diabetic Foot Clinic**

298A, Guru Nanak Marg  
Officers' Campus  
Sirsi Road, Jaipur-302012  
Tel: 0141-2352173; 09829053173  
Email: [archanasogani@yahoo.com](mailto:archanasogani@yahoo.com)

**MADHAV MURALIDHAR ACHARYA**

72, Mumbai

Joining the Indian Navy after finishing school in 1956, Acharya resigned after 10 years to join a chemical company as security inspector. After he fainted in office one day in May 1985, he was rushed to hospital. His blood sugar was 450 mg/dL and he was prescribed oral medication.

"I was diagnosed as diabetic but I did not incorporate any lifestyle changes," he admits, realising that lack of awareness about the consequences of lifestyle was a prime reason behind a poor health graph. "Despite being a vegetarian, I ate rich food indiscriminately without doing any physical exercises."

The condition of his heart deteriorated, eventually resulting in complications in 1991. Bypass surgery in November 1994 was the turning point for Acharya. Retiring six months later, he underwent a complete lifestyle makeover. When Dr Vijay Negalur and Dr Vijay Panicker founded the Association for Diabetic Care and Prevention in 2000, he became the general secretary. Motivated to focus on his health and social commitment, he decided to spread awareness regarding the importance of lifestyle changes to keep diabetes at bay.

Today, Acharya liaises with doctors to plan and organise diabetes camps. A trustee of the ex-servicemen's association in Thane, he has also continued the family tradition of being trustee of a *dharamshala* at Balajyotirlingam temple near Nashik. In Dombivili on the outskirts of Mumbai where he lives, Acharya sometimes uses unusual methods to disseminate information about diabetes—like donning the garb of saint Vasudeva who spread the message of Panduranga.

"I try to make people understand that more than medicines and exercise, overall lifestyle change can improve

the quality of life of a diabetic. This has been my personal experience." A diabetic for 24 years, Acharya continues to lead an active life. Walking 3-4 km every day and doing yoga (especially *pranayama*) every morning after his puja have benefited him a lot. He takes the Ayurvedic treatment *panchakarma* for his heart.

"Creating healthy eating habits from childhood is important and I tell people to pack *poli (roti)* and *bhaji* (vegetables) in the child's tiffin box and not *batata wada* (fried potato cutlets)," he says with a chuckle. "Taking up social goals makes one happier, with a healthier attitude," he adds.

**VIJAY K AGRAWAL**

66, New Delhi

After 15 years of being on insulin injections, Agrawal recently shifted to oral medication. An alumnus of BITS Pilani, he worked in different departments of Indian Airlines after a brief stint as an Indian Air Force pilot. In 1981, he moved to the US to complete his MS from Nebraska Lincoln University and stayed on to work in various companies, finally retiring from IBM in 2003. He came back to India 18 months ago and recalls how difficult his life was as a diabetic in the US.

It took at least six months to get an appointment with an endocrinologist. Feeling tired constantly, Agrawal consulted his physician. Blood tests confirmed type 2 diabetes and a medication plan was designed. Controlling his blood sugar was an uphill task and the doctors frequently experimented with different medicines. Byetta injections at one point of time resulted in severe nausea, loss of 10 pounds and hospitalisation. Fortunately, the medication was changed after discharge. For several years, four shots and several blood sugar monitoring checkups was a daily routine. He took up to 70 units of insulin a day. The frequent highs and lows in blood sugar resulted in heart complications, making way



Vilas Kalgutkar





Mihir Singh

for the need for stents four years ago. Though his wife and children remain in the US, Agrawal decided to return to India after retirement. Treatment under Dr Sujeet Jha of Max Healthcare and Dr Ashok Sethi of Escorts helped stabilise his blood sugar after many years.

The absence of low sugar symptoms despite severe hypoglycaemia was proving to be dangerous. Reducing insulin dosage repeatedly, the doctors finally stopped it recently. He was put on sitagliptin and metformin; smaller dose of another medication may be

added later. Agrawal's blood sugar is now just above the ideal range with no low sugar problem.

Today, Agrawal gives prime importance to his diet, meal times and exercise. "Now that my condition has stabilised, I look forward to a better quality of life," he says. Playing bridge at the Gymkhana Club and online, the 66 year-old doesn't miss his hectic life in the US. "I have learnt the importance of discipline. Regular blood sugar monitoring is important for doctors to decide correct dosage of medication."

## ADVANCES IN TREATMENT

GLP-1 and GIP are incretin hormones that regulate glucagon levels in the blood. The attention has now shifted from increasing the level of insulin to reducing the glucagon level in the blood. This approach of treating type 2 diabetes focuses on enhancing and prolonging the action of incretin hormones. Normally after food, type 2 diabetics have decreased incretin effect owing to reduction in GLP-1 secretion, resulting in low insulin secretion. Problem is GLP-1 administered to counter this reaction, it doesn't stay in the blood for more than two minutes.

Two main therapeutic strategies have been developed to overcome this. The first involves the use of a long acting GLP-1 receptor agonist, which is an analogue that mimics the action of GLP-1. Exendin-4 or Exenatide (Lilly) is one such analogue used for type 2 diabetics who have inadequate glucose control. Drugs like Byetta or Exenatide enhance glucose-dependent insulin secretion by pancreatic beta cells, suppress inappropriately elevated glucagon secretion, and slow gastric emptying. However, these drugs require to be administered as subcutaneous injections.

The second alternative is to use DPP-IV inhibitors or gliptins. Gliptins are a novel class of oral anti-diabetic agents that enhance and prolong the physiological actions of incretin hormones by inhibiting the enzyme DPP-IV, which plays a major role in glucose metabolism and is responsible for the degradation of incretins. At present, Vildagliptin (Novartis) and Sitagliptin (Merck) are the only two gliptins that can be given as monotherapy or in combination with other oral drugs. In contrast to the common side-effects of existing oral hypoglycaemic medications, gliptins appear to be well tolerated, have low risk of hypoglycaemia, do not cause weight gain, and can be administered orally.

Continuous glucose monitoring system is one of the latest advances in diabetes treatment. Consisting of a sensor inserted just under the skin, the device measures interstitial fluid glucose levels every five minutes. The results recorded over three or four days give graphic representations of glucose fluctuations and help diabetologists make necessary adjustments in management plans.

Gaining popularity among diabetics with poor blood sugar control,

insulin pumps are used for continuous insulin delivery, 24 hours a day. The insulin amount is programmed and administered at a constant rate (basal rate), which can be altered to allow for variation in lifestyle. The pump can be programmed to deliver a bolus (large dose of insulin) during meals to cover the excess demands of carbohydrate ingestion.

Newer models of pumps are closest to artificial pancreas and do not require any tubing. Placed directly on the skin, any adjustments needed for insulin delivery are made through a PDA-like device, which can be kept within 6 ft on a tabletop or in a pocket or purse. The pump, used in tandem with the newer continuous glucose monitoring system, is probably the most exciting innovation in pump technology. However, the cost is quite prohibitive at Rs 150,000 to Rs 180,000 with consumables costing anything between Rs 5,000 and Rs 8,000 per month.

Though still in the preliminary stages, research in stem cell therapy appears promising. There has been no significant development in pancreatic transplantations but insulin inhalers have failed," says Dr Mohan.

—Inputs by Swati Amar





Dr Anjali

# Mukerjee

## Diet and diabetes:

A nutritious and healthy menu for diabetics

Diabetes is now a worldwide epidemic. A highly preventive disease, it can shorten one's lifespan. Diabetes makes people age faster, even the affluent. In fact, type II diabetes is the kind that afflicts the affluent. It precipitates owing to an urban lifestyle that includes little or no exercise, consumption of refined foods, poor stress management and excessive drinking, to name a few factors. Gorging three to four times a week on desserts, white breads, pasta, white rice, *maida* biscuits, pizzas, burgers, pastries, *naan*, *rumali roti*, noodles and other highly processed starches and restaurant foods hampers our ability to utilise insulin and makes us pre-diabetic. At this juncture, there's a risk of developing high blood pressure, atherosclerosis, obesity, high cholesterol, high triglycerides and type II diabetes. A high triglyceride reading coupled with a low HDL implies a pre-diabetic condition known as insulin resistance. This condition leads to premature and unnecessary ageing, affecting your heart, arteries (causing high blood pressure), liver, eyes, extremities, appearance, moods, and emotional state of being.

Managing diabetes in senior citizens is a challenge, as several diabetes-like symptoms overlap with visible signs of ageing. When planning a diet for an elderly diabetic patient, the emphasis is often laid on major nutrients and its total proportion in relation to diet. The common man often does not know the nutrient composition of foods and therefore does not understand what to eat and how much to eat. In this article I have tried to highlight the foods that can be eaten by senior diabetic patients.

### THE DAILY MENU

Diabetes is a nutritionally treatable condition. *Methi* (fenugreek) has been used since ancient times to manage diabetes and cholesterol. It is rich in fibre and clinical tests (on animals) show that it can bring down blood glucose and cholesterol. It also helps improve digestion and reduces phlegm. One teaspoon of *methi* seed powder taken twice a day before meals for a month may help



*Methi* (fenugreek) seeds help manage diabetes, bring down cholesterol, improve digestion and reduce phlegm

reduce blood glucose levels in some diabetics. If you are on medication, you may be able to reduce drug dosage in about a month after checking with your physician. We have been able to control blood sugar at our centres successfully by using *methi* seed powder in combination with other herbs and diet modification.

If modified to factor in higher fibre, protein and vegetable content, a vegetarian diet can have tremendous benefits. Vegetables have antioxidants that reduce free radical activity that is highly pronounced in diabetics. Raw and partially cooked vegetables contain enzymes necessary for digestion, absorption and almost every chemical activity in the body. They are rich in phyto-nutrients that are biologically active and extremely beneficial in preventing diabetic complications (neuropathy, nephropathy, etc). Additionally, they help prevent cancer, lower cholesterol, relieve arthritis, and reduce acidity. Whether you are a vegetarian or a non-vegetarian, you can always derive benefits by increasing the intake of both cooked and raw vegetables. However, if you have high cholesterol along with diabetes, it would be better to turn vegetarian.

### HEALTH TIPS

- Increase fibre in your diet as it controls blood sugar. You can do this easily by eating whole grains, whole puls-

es, nuts, seeds, fruits and vegetables. You can also take one tablespoon of isabgol daily and add some wheat bran or oat bran in your *chapatti* to increase fibre content.

- Most pulses have a low glycemic index. Have a bowl of *channa dal*, *moong dal*, *rajma* or *kabuli channa* with vegetables as a meal by itself. It helps keep blood sugar in control. Eat frequent meals every three to four hours to prevent fluctuations in blood sugar.

- Avoid eating sweets and fried foods as they can worsen the condition.

- Eat some sprouts every day. They are rich in protein, calcium and nutrients that help increase immunity and balance blood sugar.

- Stress depresses immunity and promotes diseases. It produces cortisol, a hormone that can slow down your immune system. Stress triggers free radical damage and can upset blood sugar and make you age faster. You can control stress by using relaxation techniques like meditation, *pranayama*, listening to music or taking a short holiday.

- Avoid refined foods like white rice, *maida*, dessert, soft drinks and chocolates.

- Take antioxidants like vitamins A, C, E and selenium. They help protect the body against unnecessary ageing.

- Certain minerals like zinc, chromium, selenium and magnesium help control blood sugar imbalances. Discuss this with your doctor if you are diabetic.

- Stop smoking; it increases clot formation that is already pronounced in diabetics.

- Certain herbs available in pharmacies are especially good for controlling diabetes. 'Karneem' made from *karela* (bitter gourd) is one such herb. Syrup made from *jamun*, known as 'jambukasav', is another such herb that can help control blood sugar. You may have to gradually reduce your dosage of diabetic medication after consuming these. Check with your physician before doing so.

- Try to walk for 30-40 minutes daily for better digestion and preventing unnecessary rise in blood sugar.

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Nutritionist Dr Anjali Mukerjee is the founder of Health Total, a nutrition counselling centre.  
Website: [www.health-total.com](http://www.health-total.com)



## WEIGHT WATCH

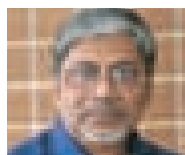
DR JOE LEWIS ANSWERS YOUR QUESTIONS  
ON DIET, WEIGHT AND EXERCISE

**Q:** I am a diabetes patient and on a diet as prescribed by my nutritionist. How can I control diabetes with exercise?

**A:** Along with prescribed diet and medication, exercise is very important to manage diabetes. In addition to controlling sugar and improving insulin sensitivity, it reduces weight, improves fitness and reduces risk of heart disease. Exercise benefits people of all ages—whether 50 or 75! During short bursts of exercise, the body draws its energy from glucose stored in the liver or muscles. When exercise is continued, muscles take up more than the normal rate and this lowers blood glucose.

A workout routine includes different types of exercises. Plans should be discussed with your doctor, especially if you are on medication or insulin. Monitoring glucose during or after the workout with a glucometer can avoid any possibility of hypoglycaemia (low blood sugar). To improve circulation, endurance and stamina, begin with aerobics—it's essential for the next round of strength training. Choose any activity—walking, swimming, using a treadmill or riding a stationary bike. Jog if your doctor advises you to do so; otherwise avoid jerky motions. An ideal plan is aerobics two to three times a week for 20-40 minutes with a good warm-up for 10 minutes and a cool down for five minutes.

Strength training should be added after establishing a good aerobic programme. You can lift weights at a gym or at home or invest in a set of resistance bands that are quite handy and offer a variety of movements. Begin with two to three times a week with one set of 10-15 repetitions. Exercise at the same time of day will ensure the most predictable glucose response. Measure the effect of your exercise plan with glucose levels—the information will help your doctor monitor your medication or insulin dose.



Dr Joe Lewis is head of research and development at Kaya Life, a chain of professional weight-control centres (SMS Life to 54646)



If you have a question for Dr Mukerjee or Dr Lewis, write to [contact.mag@harmonyindia.org](mailto:contact.mag@harmonyindia.org)

# Fest-feast

**DR PUSHPESH PANT** LINES UP AN UNUSUAL SNACK MENU FOR THE FESTIVAL SEASON

**I**t takes one ingredient and one experimental whirl to shake out the monotony from a recipe. I do it all the time with most of my recipes. Here are three that will

turn the festival around. You can, too. Send in your twists to tried and tested recipes and I will display the four best in *Harmony's* December issue—a delicious way to end 2009!

## Sabz ke Shaami

*Soya and gram patties*

**Preparation time:** 45 minutes

**Cooking time:** 30-45 minutes

**Serves:** 4

### INGREDIENTS

- Soybean granules: 100 gm
- Bengal gram (*kala chana*): 100 gm
- Milk: 200 ml
- Onion: 1; medium sized, peeled and diced fine
- Green chilli: 1; deseeded and chopped fine
- Ginger: 1-inch piece, scraped and diced
- Brown cardamom: 1 pod, crushed coarsely
- Brown bread: 1 slice
- Meat *masala*/*garam masala*: 1 tsp
- Oil: 1 tbsp
- Low sodium salt to taste

### METHOD

Boil the *chana* in a pressure cooker and grind to a coarse paste. Soak soy granules in milk for four hours till they absorb the milk. Drain and blend with brown bread, *chana* paste, powdered spices and cardamom pods. Squeeze a little to remove excess moisture. Divide the mixture in equal portions and, between moist palms,

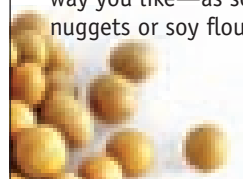
shape them into small, tight balls. Flatten and place a small portion of diced onions, ginger and chilli mix in the middle and roll again into balls. Flatten to make patties. Keep aside. Line a non-stick pan with a thin film of oil and put on high flame.

Reduce the heat to medium and fry the patties carefully in batches till they are evenly browned and acquire a crisp crust on both sides. Serve with onion rings, wedges of lime and green mint chutney.



### FRESH FACT

Soybeans are full of protein and essential amino-acids. They also pack in a lot of calcium, magnesium and fibre. Enjoy them the way you like—as soymilk, soy nuggets or soy flour.



## Never say no. Specially to dessert

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



No sugar added in the product. Contains artificial sweetener and for calorie conscious. Not recommended for children. \*Zero calories from Sucralose only.



Meetha bhi. Diet bhi.



## Dilruba Daliya

*Oatmeal and cream*

**Preparation time:** 30 minutes

**Cooking time:** 30 minutes

**Serves:** 4

### INGREDIENTS

- Oatmeal:  $\frac{3}{4}$  cup
- Sugar-free sweetener: 1 tbsp
- Honey: 1 tbsp
- Orange juice (without sugar): 3 tbsp
- Double cream: 200 ml
- Raspberries (or any other berries or fruits of choice): 3 cups
- Fresh mint springs to garnish

### METHOD

Gently warm the honey in the orange juice and leave to cool. Preheat the grill. Spread the oatmeal in a very shallow layer in the grill pan and toast, stirring occasionally, until browned. Leave aside to cool. Whip the cream in a large bowl until you get soft peaks. Gently stir in the oats, honey and orange juice. Add sugar-free sweetener (optional). Reserve a few raspberries/fruit for garnish. Layer the remainder with the oat mixture in four tall glasses. Cover and chill in the refrigerator for two hours. About 30 minutes before serving, transfer the glasses to room temperature and garnish with some raspberries and mint sprigs.

When it comes to sweets, never say never again.

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



No sugar added in the product. Contains artificial sweetener and for calorie conscious. Not recommended for children. \*Zero calories from Sucralose only.



Meetha bhi. Diet bhi.

# Shantarey ki Kheer

*Oranges in a creamy avatar*

**Preparation time:** 15 minutes

**Cooking time:** 90 minutes

**Serves:** 4

## INGREDIENTS

- Short grain rice: 50 gm
- Milk: 2 cups
- Sugar-free sweetener: 1 tbsp
- Honey: 1 tbsp
- Orange: ½; small in size and finely grated including rind
- Double cream: ½ cup
- Chopped pistachios: 1 tsp

## METHOD

Mix the rice with milk, honey, sugar-free sweetener (optional) and orange rind in a saucepan and bring to a boil. Reduce heat, cover with a tight-fitting lid and simmer gently for about an hour, stirring regularly. Remove the lid and continue cooking and stirring for about 15-20 minutes, until the rice is creamy. Pour in the cream and simmer for five to eight minutes more. Sprinkle chopped, toasted pistachios and serve hot.



## FRESH FACT

Oranges are rich in beta carotene—an anti-oxidant that prevents cellular damage. They are also an excellent source of potassium and help maintain a robust cardiovascular system.



Vilas Kalguter: FOOD STYLING: Anita Sarin

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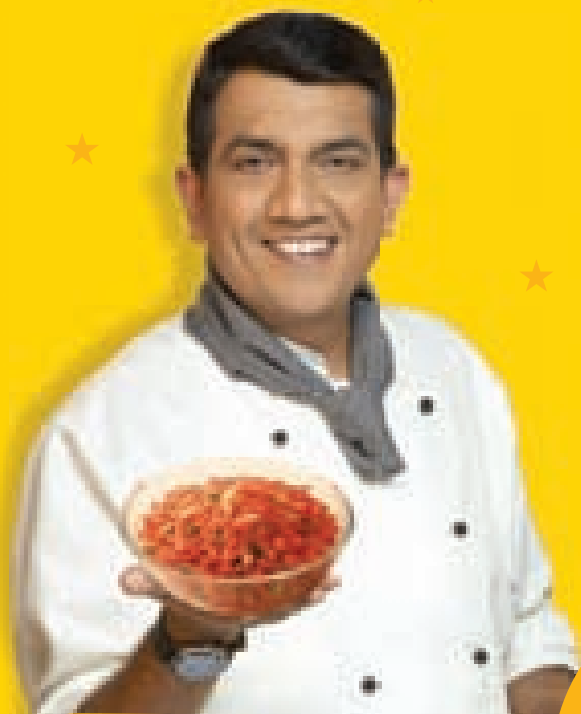


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Meetha bhi. Diet bhi.



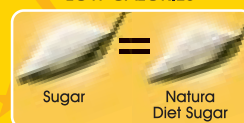


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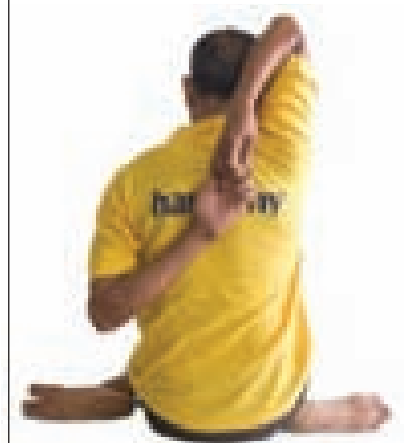
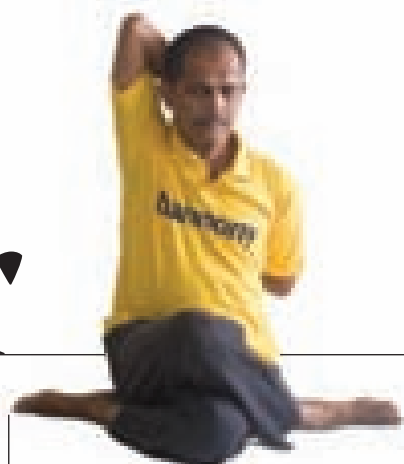
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Shameem

# Akthar



Haresh Patel

## Yogic moves Cow-face pose (Gomukhasana)

Sit down with your legs out in front. Fold your right leg at the knee to pass it over the left leg. Fold left leg. Adjust both legs so the right knee is on top of the left. Pass your right hand over the back to touch the left shoulder. Hook the fingers of your right hand with those of your left hand, behind your back. Hold a scarf between both hands till you achieve flexibility. Ensure your back is straight. Hold this pose for as long as comfortable, breathing evenly. Release. Repeat with the left leg and hand.

**Benefits:** This gives the body a complete workout. It promotes joint flexibility and removes the stiffness associated with diabetes and hypertension. It enhances breathing, reduces stress, and massages the glands. It's a cure-all pose with the least contraindications.

## Combat diabetes:

Manage the condition naturally with yoga's practices

**A**mong all chronic ailments, type 2 diabetes responds best to a regular yoga regimen. Within six weeks, most diabetics find their body has lost its stiffness; their stress levels drop drastically; emotional yo-yos are controlled, with the sense of irritability or anxiety lowered; and attendant problems like hypertension and obesity are also controlled magically.

This happens because of several reasons: the complete stretch and gentle exercise tone arteries, relieving the pressure on blood circulation. This helps control high blood pressure and manages cholesterol levels, a causative factor in diabetes. Yoga also seems to have a preventive effect on the nerve damage that chronic diabetes triggers. Further, weight loss with yoga is long-term and sustained owing to reduction of hunger and natural blood sugar control. This is caused by the smooth flow of blood throughout the body and to the muscles, which translates to efficient blood sugar management.

Similarly, the large pancreas that lies across the left abdomen is toned and massaged by yogic stretches. This encourages its repair and rejuvenation.

Further, the harmonising effect of yoga's breathing practices and relaxation induced by meditation reduce stress effectively. As stress is a major culprit in the elevation of blood sugar, this powerfully nips the problem in the bud.

For diabetes control, your personal practice has to be both stimulating and relaxing. Stimulating yogic moves such as sun salutation (*surya namaskar*) and breathing (*pranayama*) practices like bellows breath (*bhastrika*) and skull-cleansing breathing practice (*kapalabhati*) help eliminate muscular stiffness, while relaxing practices such as forward bends (*paschimottanasana*), the hare pose (*shashankasana*) and psychic union pose (*yoga mudrasana*) help de-stress and repair the system by thoroughly massaging and toning the pancreas and adrenal glands.

You can begin with a gentle practice and gradually incorporate a more challenging routine as diabetes is among the few ailments where most poses are allowed, including advanced inversions such as the headstand (*sirsasana*) and balancing poses like the peacock (*mayurasana*). Also, breathing practices must form a large component—at least one-third of the entire duration—of your daily exercise regimen as the curative benefits of such practices in chronic cases are immense.

Shameem Akthar is a Mumbai-based yoga acharya



If you have any queries for her, mail us or email at [contact.mag@harmonyindia.org](mailto:contact.mag@harmonyindia.org)  
(Please consult your physician before following advice given here)



# *Music for life*

**T**he next time your heart beats faster while listening to music, enjoy the impromptu therapy session. Researchers from Pavia University in Italy have proven that **music can control blood pressure and treat heart attack and stroke.** Earlier studies have revealed that while heart rate and blood pressure increase during fast-paced music, they decelerate during slower tempos. In the new study, participants aged between 24 and 26 years were divided into two groups of 12 each. One group of experienced singers included nine women while the other group comprising people with no musical background included seven women. Both groups listened to five different tracks

of classical music through headphones, with a silent pause lasting two minutes to study the effect of music on them. The findings—rising crescendo induces stimulation, while falling crescendo induces relaxation—increase the understanding of how music can be used in rehabilitative medicine. “Music may suffice for rehabilitation,” Dr Rajesh Shenoy of Padmashree Medicare in Bengaluru tells *Harmony*. “Though further study is required before concluding that music can be used as a therapeutic tool to lower blood pressure levels and combat cardiovascular diseases, it is the safest human trial. As senior citizens are prone to hypertension and other related ailments like diabetes and cardiovascular diseases, music can be tried as an aid.”

## STRESS POSITIVE

**W**hile chronic stress can lead to acute mental and physical problems, acute stress occurring for short periods may actually strengthen memory and the learning process.



A new study conducted on trained mice has established these positive effects. Stress hormone corticosterone, also known as cortisol, is present in the brain's prefrontal cortex, the area that controls emotion and learning. Senior study author Zhen Yan at the University of Buffalo explains the need for 'positive' stress, saying, "Stress hormone has both protective and damaging effects on the body. We need stress to perform better, but don't want to be stressed out." Mice made to swim for 20 minutes made fewer mistakes going through a maze and completed the trek 60-70 per cent of the time. In comparison, mice that were not stressed at all made more mistakes. "Stress sometimes leads to better performance," agrees Dr Manish Arora, clinical psychologist at Chandigarh's Sparsh Therapy & Rehabilitation Centre. "However, continuous acute stress could be hazardous."



## Total RELIEF

**F**rench researchers have offered hope to rheumatoid arthritis patients with the development of an intervention drug called masitinib. The drug has been tested on 43 patients resistant to present treatment options. It obstructs the action of mast cells in the immune system believed to be involved in the development of rheumatoid arthritis. The study, published in *Arthritis Research and Therapy*, claims that masitinib significantly reduces the severity of active arthritis. According to researcher Olivier Hermine, the study demonstrates the viability of mast cells as a therapeutic target. Emphasising that treatment should keep the disease in remission rather than be a remedy when the condition aggravates, Hermine adds that the worst side-effects end within three months of treatment; this makes masitinib suitable for long-term treatment routines. "The new discovery seems to be a promising treatment option," Dr Satya Prakash Maheshwari, orthopaedic surgeon at Delhi's Maheshwari Hospital, tells *Harmony*. "But its effectiveness will be known only when it's available on the market."

## Dose and don'ts

**POPPING PARACETAMOL** without giving it a second thought may not be as harmless as you believe. Unless used within the prescribed dosage, paracetamol could lead to liver damage. Discussing the safety parameters of the drug, the US Food and Drug Administration Committee (FDA) recently recommended stricter black box warnings on labels of medicines with paracetamol combinations. Restricting consumption of the drug (also known as acetaminophen) to a maximum intake of 4 gm a day has been suggested. Increasing cases of acetaminophen-related liver problems in the US has resulted in the current FDA review. The risk of the liver getting affected increases with the excessive consumption of paracetamol in combination with codeine, found in cough and cold medications. "It is the safest analgesic if taken in the prescribed dose," Dr Randhir Sood, gastroenterologist at Sir Ganga Ram Hospital in New Delhi, tells *Harmony*. "It is highly recommended for fevers. However, it should be taken under prescription as physicians are aware of the side-effects. Patients should be cautious about self-medication and avoid any chance of overdose."



# Face the fats

Consuming large amounts of polyunsaturated fat could make you vulnerable to inflammatory bowel disease. A study at the University of East Anglia, Norwich, reveals that **high intake of linoleic acid found in vegetable and seed oils like sunflower, safflower, soy and corn as well as nuts like walnut may be implicated in one-third of ulcerative colitis cases.** Data based on dietary habits of more than 200,000 people also reveals that omega-3 fatty acid found in salmon and herring reduced chances of developing ulcerative colitis by 77 per cent. Linoleic acid gets converted into arachidonic acid (a component of the cell membrane in the bowel), which can get converted into numerous inflammatory chemicals. High levels of this acid were present in the bowel tissue of 126 persons who developed ulcerative colitis after about four years on an average. "There are no dietary modifications to benefit patients with ulcerative colitis, although, based on the study's findings, a diet low in linoleic acid may merit investigation," says lead author Dr Andrew Hart. "Just linoleic acid is not responsible for the development of ulcerative colitis," says Dr Savitha Desai of Desai Nursing Home in Hyderabad. "There are many factors, including the use of aspirin and smoking. The dietary and lifestyle habits of Indians are also different."



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A new study recently published in *Daily Mail* suggests that **foods rich in antioxidants and omega-3 can reduce inflammation and the long-term need for painkillers.** So, include apples, avocados, fish and a glass of red wine in your daily diet to relieve arthritis and joint pains.

---

promotion

## Nobel Guide



Dr Rajeev Narvekar is consultant prosthodontist at Jaslok Hospital and head of the Centre for Advanced Dentistry at Breach Candy Hospital, Mumbai.

Contact details: Tel: 022-23692528

Email: narvekar.rajeev@gmail.com

Nobel Guide is the placement and restoration of dental implants using CAD CAM technology. This is computer guided, minimally invasive surgery where the implants can be placed without opening the gums. Recovery time is negligible (e.g. discomfort and swelling) and it is so accurate that the bridgework can be placed at the time of surgery. Hence the name, 'Teeth in an Hour'.

***Q1. I have heard people talk about how long it takes to complete the implant process, but then I heard the time frame wasn't right. What is the real truth?***

Implants are in different situations and different types of bone. Yes, some cases require the implants to heal in the bone and the treatment time is 3 months. But this treatment can also be done in a process called Immediate Loading where the bridgework is placed at the time of surgery. Nobel Guide aids in this process as the implant positions are already predetermined and the bridgework can be pre-made.

***Q2. I am missing all of my teeth and wear full upper and lower dentures. I can no longer tolerate my lowers. Will I need an implant for every tooth I am replacing on the lower jaw?***

These are the cases, which are best treated with Nobel Guide. The surgery for the entire jaw is painless, the teeth are placed immediately and the patient is back to a normal life immediately. A patient who is missing all her/his teeth would require anywhere from about 6 implants for the upper jaw to 5 implants in the lower jaw. There are certain technical criteria that need to be met to determine whether the patient can be treated with Nobel Guide or needs conventional implant treatment. The benefit to patients and clinicians alike is astounding with Nobel Guide.

***Q3. Is there any discomfort associated with getting implants?***

Since Nobel Guide is flapless procedure with minimal invasion, it allows to be placed painlessly and recovery is much faster as compared to other conventional implant surgery.



# Lost and found

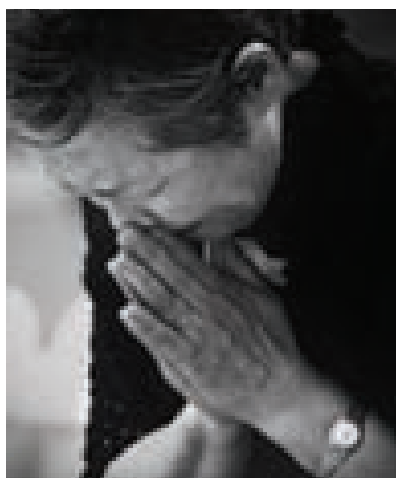
Bereavement is not about holding on but letting go, says **Dr Arleen Churn**

Regret has many faces and many meanings. Those who have lost a loved one may regret acts left unperformed or words unspoken. We may regret the loss to ourselves of someone who loved and supported us unconditionally. And our friends and relatives may regret that we have been so saddened and are suffering such a loss. It is an emotion involving sorrow and remorse, and one that often demands some act of penitence.

Our act of penitence is often carried out as some form of ongoing after-death apology. For example, we African Americans are known to be extremely vocal at funerals, frequently moaning, 'I'm sorry' and 'Please forgive me.' As a form of penitence, some people begin to perform acts they know would have pleased the departed. They might start to attend church regularly (at least for a while), return to school, or participate in family activities—all to make up for not having done these things while the deceased was alive. In the same way, others might give up behaviours they know displeased their loved one. Either way, the mourner may derive a small sense of comfort from believing that the departed would be pleased or proud of his or her effort to make up and be forgiven for past conduct. Often we hear grievors lament, 'If I had only known'—which means, of course, they really did know—of deeds left undone and acts of kindness they could have bestowed upon the deceased. Certainly that was true in my case.

The manner or cause of our loved one's death can sometimes delay our regret. In the case of a severe and prolonged illness, for example, we might first feel relief, followed by regret. But the manner of death—alone, after

prolonged suffering, or as the result of an accident or violent crime—can also be a cause of regret, as can the age of the deceased. Our regret is always that much greater when someone dies young or in the prime of life. But, life is a gift and death is a given. How and when we die is but a small



**If someone has vowed to 'always be there' for us, we may feel that he or she is our possession. If we interpret that to mean 'mine and mine alone', the loss can leave a permanent void**

part of the mystery of life, known only to the Creator, the giver of life, and we must, therefore, learn to live through the 'could have/should have' phase of mourning and move on to the realisation that there is no way to undo or redo the past. All we can do is forgive ourselves, adopt a new attitude about

life in general, and begin to cherish each day as a new beginning.

In group therapy sessions, many people confess that what they really regret is that they no longer have their loved one physically available to them. Simply put, just knowing and accepting the reality that the deceased is 'no longer there for me', is the one regret they find most difficult to overcome. In this sense, their regret is actually for themselves rather than for the deceased. Even the lyrics of a popular song recorded in the 1960s by The Four Tops have led us to believe that *If ever you need me, I'll be there*, and often we take that pledge literally, which makes it all the harder for us to accept the fact that when a loved one dies neither we nor the deceased can continue to keep that promise.... If someone has vowed to 'always be there' for us, we in turn may come to feel that he or she is our possession—my husband, my wife, my baby, my home girl, my main man, my woman. If we interpret that to mean 'mine and mine alone', the loss can leave a permanent, unfillable void.

Soothing words of *Old Testament* scripture can almost always be found in Psalm 23, "The Lord Is My Shepherd", which reassures us: "Yea, though I walk through the valley of the shadow of death, I will fear no evil, for Thou art with me...." God, the psalm tells us, will be with the griever in this dark hour, and He will also accompany the deceased on his journey of passage from life to death.

*Excerpt from The End Is Just the Beginning (Harlem Moon; Rs 650; 256 pages). Dr Arlene Churn is a pastor and author who has taught at several universities and schools in America*

**“Life always gives us the chance to achieve something we really want; whether we take it or not is up to us.”**

**SUBHASH CHANDRA SHARMA, 65**

## Life's lessons

Courtesy: S C Sharma

After completing my education in Meerut, I joined Indian Drug and Pharmaceuticals Ltd in Rishikesh. Having spent my entire working life in Rishikesh, I decided to settle down here after my retirement in 1995. Though I had grown to love Rishikesh I was not blind to its shortcomings. Bothered by the quality of education, I decided to start a school of international standards. I set up an ashram initially, acquired land and developed the property. With Sai Baba's blessings, my wife Geeta's support and a decade of hard work, Sri Sai Baba International Public School was inaugurated in 2005.

Located on the Haridwar-Dehradun highway, the school is nestled amid 5 acre of peaceful and pollution-free

surroundings and provides amenities that you see in big cities—both for day boarding and hostel accommodation. Affiliated to the Central Board of Secondary Education (CBSE), it's an English medium institute that integrates nature-oriented teaching with ethical and physical sciences. The classrooms are spacious—there are art and recreation rooms, computer laboratory and a well-equipped library, all with 24-hour power backup. There is also a medical centre, a football ground and basketball court, and a swimming pool.

Rishikesh is a small town and people cannot afford hefty fees. So students are charged only Rs 700 a month, while hostel and transport facilities are provided free of cost; vegetarian

food is served every day at the mess even to day scholars.

I truly identify with the school's motto: *Nasti vidya samam tapah* (there is no penance like education). I endeavour to give students the confidence, knowledge and skills to shape their destiny. It gives me tremendous satisfaction to see children attend school—at present there are more than 400 students. I enjoy interacting with them and learning from them.

My wife and I now plan to establish a vocational training institute for local youngsters. Stepping into my silver years has given me the opportunity to give back to society. Life always gives us a chance. It's up to us to take it.

—As told to Nitika Bajpayee

## CRAFTING A FUTURE

EXPERTS ANSWER YOUR QUERIES AND CONCERNS ON JOBS AFTER RETIREMENT

**I want to start a business in handicrafts. How much investment would it require and what kind of returns should I expect?**

Owing to the abundance and diversity in regional craft skills, India has a magnificent channel of handicraft units. For setting up a handicraft enterprise or a cottage industry, you first need to set up a firm showcasing skills of artists from a particular region. The procedures and compliances have to be in writing. Then, you can go ahead and get the unit registered and get in touch with nodal authorities to further augment the business. But the whole process can take a lot of time and I would not recommend it. Instead, here's an option with minimum investment and greater returns. You can acquire a loan from any bank for setting up a handicraft unit. A minimum investment of about Rs 300,000 is required for the raw material and daily wages. You can contact artists who make authentic handicrafts and can buy the articles from them directly at lower prices. Or else, you can ask some artists to come and work out of your premises on a daily wage system and make the articles. This way, you can supervise the process from close quarters. For this, you will have to arrange the raw material and tools so it may be difficult. Once you have some stock ready, you can get it photographed and print a catalogue.

Selling handicrafts should not be a problem as many wholesalers and



importers keep acquiring stock from different entities. To lighten your work, you could hire a manager for the groundwork. Initially, the returns may not be high, but this business has long-term potential. Go for it.

—Geeta Prakash

*Prakash runs a handicraft unit in Jaipur since 1991*

**I am a retired Air Force officer. I want to teach young students preparing for competitive exams for the Forces. Do you think it is a good idea and will it give me sufficient monetary returns?**

I salute you for thinking of using your skills for the future of our country. It's a great idea and you should go ahead with it. To make it more feasible, why don't you start taking classes at an academy that specialises in imparting training for defence

competitive exams? You can contact any such academy or institute near your locality and apply as faculty. The basic infrastructure will be readily available, which will spare you many administrative hassles, and the salary would be attractive too. Most of these academies yearn for professional guidance and there is not much work pressure. This will give you ample time to concentrate on other things as well. You won't regret it.

—K K Tiwari

*Wing Commander (retd) K K Tiwari teaches at such an academy in New Delhi*

**I have a shop in a good neighbourhood in Chandigarh and about Rs 400,000 to spare. I want to start an enterprise dealing in sanitaryware and fittings. Do you think it is a feasible idea? Please guide me.**

Your city houses one of India's largest wholesale markets for sanitaryware. For setting up a shop like this, you will need to register the business with civic authorities and seek approval. Once this is cleared, you can work on acquiring the stock. Get in touch with wholesalers to make purchases and add to the stock by acquiring material from wholesalers in other cities. This will give you an edge over competitors in your neighbourhood. Once the stock is buffered, you can start your business. Do not expect good returns initially. It is a booming market, so returns will be higher if you are willing to wait. Also, do not forget to advertise your business and get it listed on local search engines.

—Pramod Aggarwal

*Aggarwal runs a wholesale sanitaryware business in Ghaziabad*

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# ROVIO, THE ROBOT



Biddibot





Hyderabad-based software company Buddibot has launched a mobile web camera that helps families stay in touch with distant silvers

**A**t first glance, Rovio appears to be a hi-tech, remote-controlled toy; a turtle-like creature in metal and chrome that darts this way and that, and wanders all over the house. But amusement is the least of its functions—it is actually a mobile web camera (web cam) that helps families keep in touch with silver members and monitor their movements through streaming audio and video.

Patented by WowWee Technologies, a Canadian firm, the web cam operates on software designed by Buddibot, a web-applications company headquartered in Hyderabad, India. The omni-directional device with microphones is wi-fi enabled, which means it can be integrated with high-frequency wireless local area networks. What's more, it can be controlled from anywhere in the world through the Internet.

Rovio is much more than a remote, roaming surveillance system, though. "It is easy to navigate and elders can set reminders for medication and

diet," says A S Machiraju, co-founder and marketing head, Buddibot. "Through the use of 'Virtual Assistant' networks, it can facilitate social interaction on the Net and even look for information on search engines on any topics of your choice. As for entertainment, it can access music and videos over the Internet for playback on a PC. And when its battery runs out, Rovio will remind you to plug it into the dock for charging."

While Buddibot is primarily targeting NRIs, the company hopes people across India will also buy Rovio for their elderly parents who live alone. The device costs Rs 14,850 and you have to shell out another Rs 1,750 for an annual subscription for connectivity and Web services. At present, the device sells only in Hyderabad but will soon find its way to electronic stores in all major Indian cities.



**You can order it online at [smartbotsdirect.com](http://smartbotsdirect.com), or call (0) 9848022382 for more details.**

#### BACK-UP PLAN

Japanese company Prop has designed an airbag that cushions silvers in case of a fall. Specially designed for elders with epilepsy, who are vulnerable to injury, the 1.1-kg device looks like a traveller's waist pouch—it is worn strapped around the middle. In-built sensors detect movement and are programmed to know when things have gone wrong; a slip on something wet, a stumble on an uneven paving stone or a fall down the stairs. The moment the device detects that the body is accelerating towards the ground, it springs to action in precisely one-tenth of a second, releasing two inflated bags—one behind the head and the other around the hips—each containing 15 litre of gas. There are only two problems: first, it does not protect those who fall forward; second, the proposed price, \$1,400 (about Rs 67,700), is more than a little inflated.

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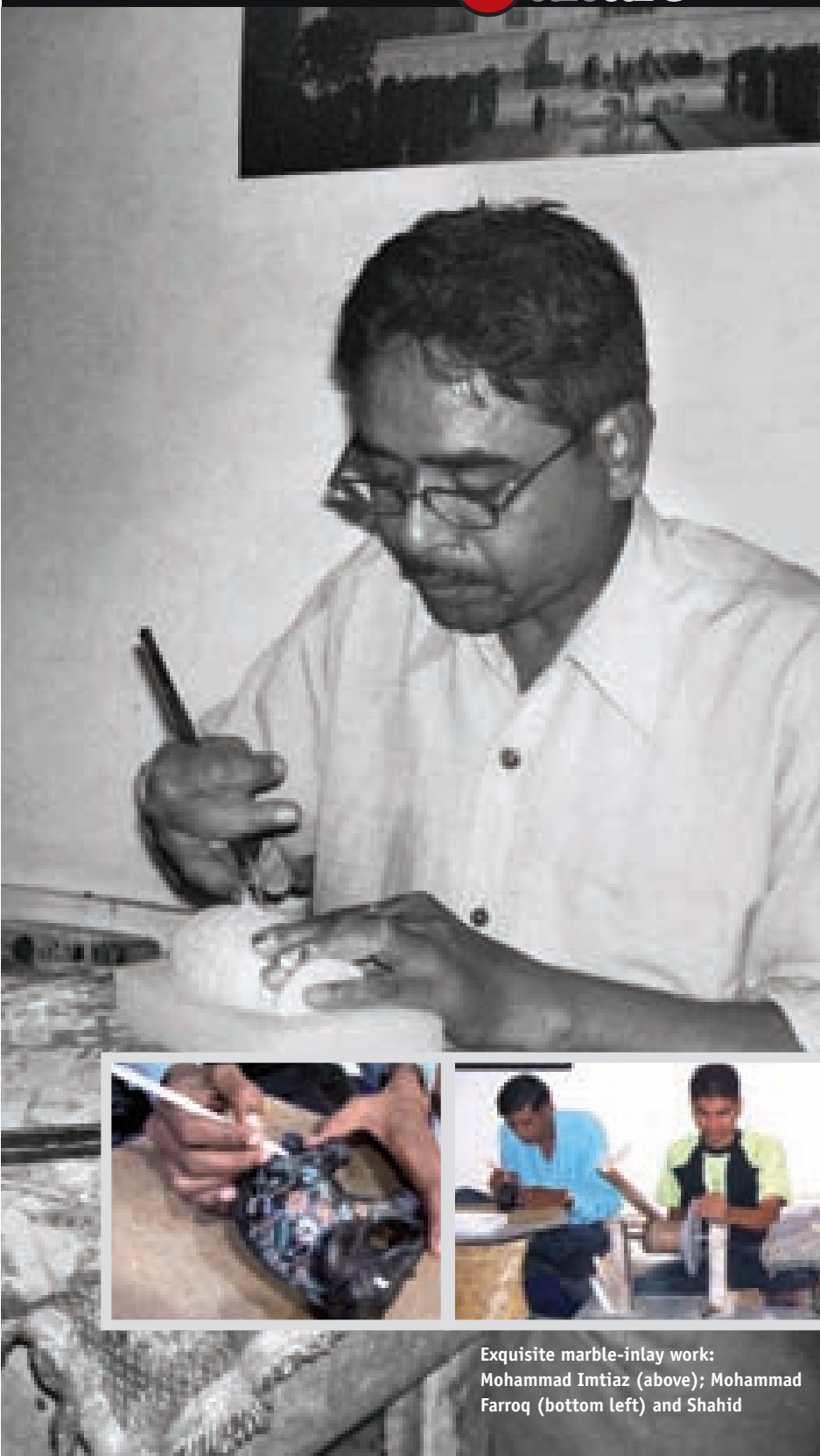
## Men of STONE

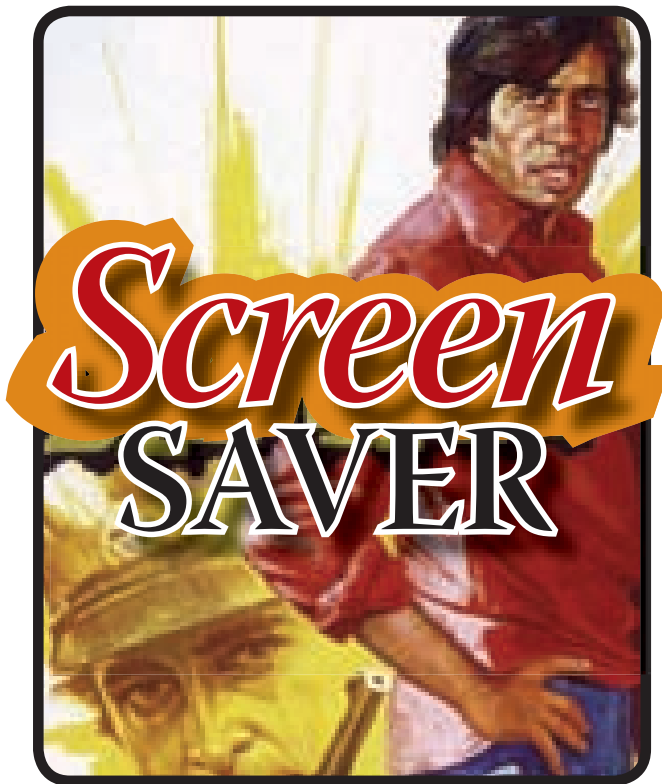
In Agra, Nitika Bajpayee meets a family of marble inlay artisans

Our family has been doing marble inlay work for the past 400 years," Agra-based marble inlay artist Mohammad Imtiaz proclaims with pride. A descendant of one of the engravers who worked on the Taj Mahal, the 41 year-old Imtiaz mastered the skill under his uncle Mohammad Farroq, 59. Now his son Shahid spends his afternoons learning the art. "I feel it in my blood," says the 16 year-old with fervour. Casting inlay on marble involves long hours of concentration. The family practices a traditional style of inlay using precious and semi-precious stones like black onyx, turquoise, lapis lazuli, moss agate, malachite and tiger's eye. At Agra Marble Shoppy where they work, they have wrought magic on articles like tabletops, jewellery boxes, pen stands and vases. At present, they are working on a tabletop that will take about four months to be completed. Typically marble inlay artisans are paid between Rs 100 and Rs 150 for a day's work—a pittance compared to the craftsmanship involved. "Youngsters are not interested as the art involves painstaking work and modest wages," says Imtiaz who feels the art is in desperate need of revival. "I felt very proud when Shahid first inlaid the motif of a leaf on marble," he says. Fatherly pride apart, the trio admits to arguing over pattern, design and colour. "My father's designs are modern and contemporary, while my granduncle is a purist," says Shahid diplomatically, trying to strike a fine balance. "I try to imbibe the best of both."

Manish Rawat

Exquisite marble-inlay work: Mohammad Imtiaz (above); Mohammad Farroq (bottom left) and Shahid





In a column for *Harmony*, SMM Ausaja says we must preserve our cinematic heritage

**C**inema history is not a topic of much interest among today's youth. There are multiple reasons for this. The National Film Archive of India does not have the funds for a national presence in the media. There is no corporate house willing to back any project on cinema history as it wouldn't be compatible with its marketing strategy targeting the youth. And there is no palpable awareness to either celebrate or preserve cinema heritage in society. Ironically, while we join the West to celebrate Michael Jackson's music on his death, an obituary of lyricist Gulshan Bawra is relegated to the inside pages

**C**INEMA

of India's most read newspaper with a photo of Anand Bakshi! More Indians would know and applaud Gulshan Bawra songs than Jackson's, but the media in general is not bothered.

The fact that we remain the world's largest producer of films speaks volumes about the strength of cinema as a cultural force. Such is the power of cinema in India that top stars pull more crowds than politicians, there are 'temples' devoted to several stars, and our star concerts draw packed houses across the globe. It makes you wonder why cinema in India, despite its power and glory, hasn't been archived, documented and preserved the way it should have been.

'Silent' cinema arrived in 1913 with Dadasaheb D G Phalke's *Raja Harishchandra* and the 'talkie' era began with Ardeshir Irani's *Alam Ara* in 1931, making the film industry in India almost eight decades old. It is therefore criminal that film archiving didn't formally exist in our country till 1964 when the government finally established the National Film Archive in Pune. In Europe and America, film archiving began in the 1930s. By the time we realised the need to archive cinema in 1964, most priceless films were lost forever. Hardly two per cent of silent films made between 1913 and 1931 are accessible today. Even the films of the 1930s, 1940s and 1950s are hard to find.

My romance with cinema began when I was eight—my class was taken for the theatre screening of Manmohan Desai's *Suhaag*. The '70s and the '80s belonged to Amitabh Bachchan and I began to collect his postcards, magazines and posters. As I grew older, I included all Hindi cinema classics to my collection of memorabilia. This passion wasn't common with people—at least till the late 1990s. This worked to my advantage as I managed to build a great collection—from 1931 onwards—which includes posters, lobby cards, song-synopsis booklets, LP records and old film magazines. When I felt my collection was finally worth displaying, I began to approach corporate entities for help to set up an exhibition. Nobody

# Song of life

**FOLLOWERS** of Sacred Sentimental International Limitless Songs, better known as FOSSILS, is a Mumbai-based group of women over the age of 75 who meet every Thursday to sing old classics of Judy Garland, popular American actor and singer of *The Wizard of Oz* fame,

**C**MUSIC

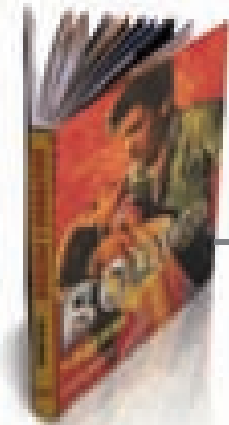
and Brazilian singer and Broadway star Carmen Miranda (see pic). The weekly session is a warm blend of skilful piano rhythms and lusty singing. Most are teachers and, expectedly, the group has a stringent set of rules related to timing, include a 'late-coming' penalty



responded positively. I realised a book would be better for reaching out to people. Amitabh Bachchan released *Bollywood in Posters* before the international media in Macau at the International Indian Film Awards (IIFA) in June 2009. If my book is appreciated by today's generation and widens their interest in cinema history, I would call it a success. For the elderly, the book would be a journey of nostalgic memories of their favourite films.

In a recent interview, I was referred to as "the country's youngest film historian" by *Hindustan Times*. It was scary and made me wonder. But I don't mind being a lone traveller as long as I manage to do my small bit to preserve India's cinematic heritage.

*SMM Ausaja, 39, is a Mumbai-based film historian*



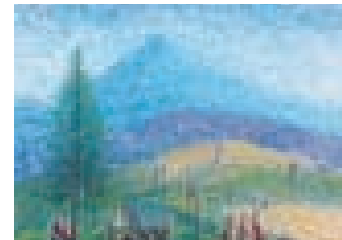
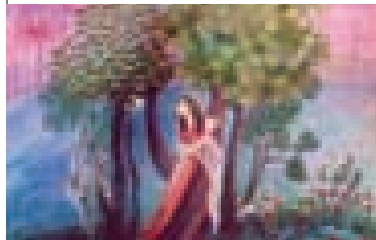
**BOLLYWOOD IN POSTERS**  
By SMM Ausaja  
OM Books International;  
Rs 2,500; 274 pages

Ausaja's debut book showcases posters of classics of Hindi cinema spanning eight decades, along with credits and famous songs, besides interesting anecdotes. The films include *Achhut Kanya*, *Barsaat*, *Ram Rajya*, *Awara*, *Do Bigha Zameen*, *Kaagaz Ke Phool*, *Madhumati*, *Pyaasa*, *Mughal-e-Azam*, *Jewel Thief*, *Sahib Bibi Aur Ghulam*, *Bandini*, *Waqf* and *Aradhana*. After his first acquisition—a hand-painted poster of the Amitabh Bachchan hit *Kaalid*—he went on to build his collection with help from producers, film historians, distributors, cinema hall owners and vendors. Indeed, much of this enviable collection, which includes a poster of the Bengali classic *Charulata* hand-painted by Satyajit Ray himself, has been amassed through arduous trips to junk dealers across the country.

they religiously adhere to. The feisty group first got together 35 years ago. Though there were just four women then, today they are a raucous group of 15. They have a song for every reason and occasion—whether it is each member's name, anniversary or sometimes even a funeral. Members admit that though the songs bring them together, the hopes, dreams and secrets they share strengthen their bond. To join FOSSILS, contact Rita D' Mello at 022-22021214.



## MOUNTAIN WOMAN



FOR MONICA TALUKDAR, PRESERVATION OF PAHARI ART IS A LIFELONG MISSION, REPORTS NATASHA PATHAK

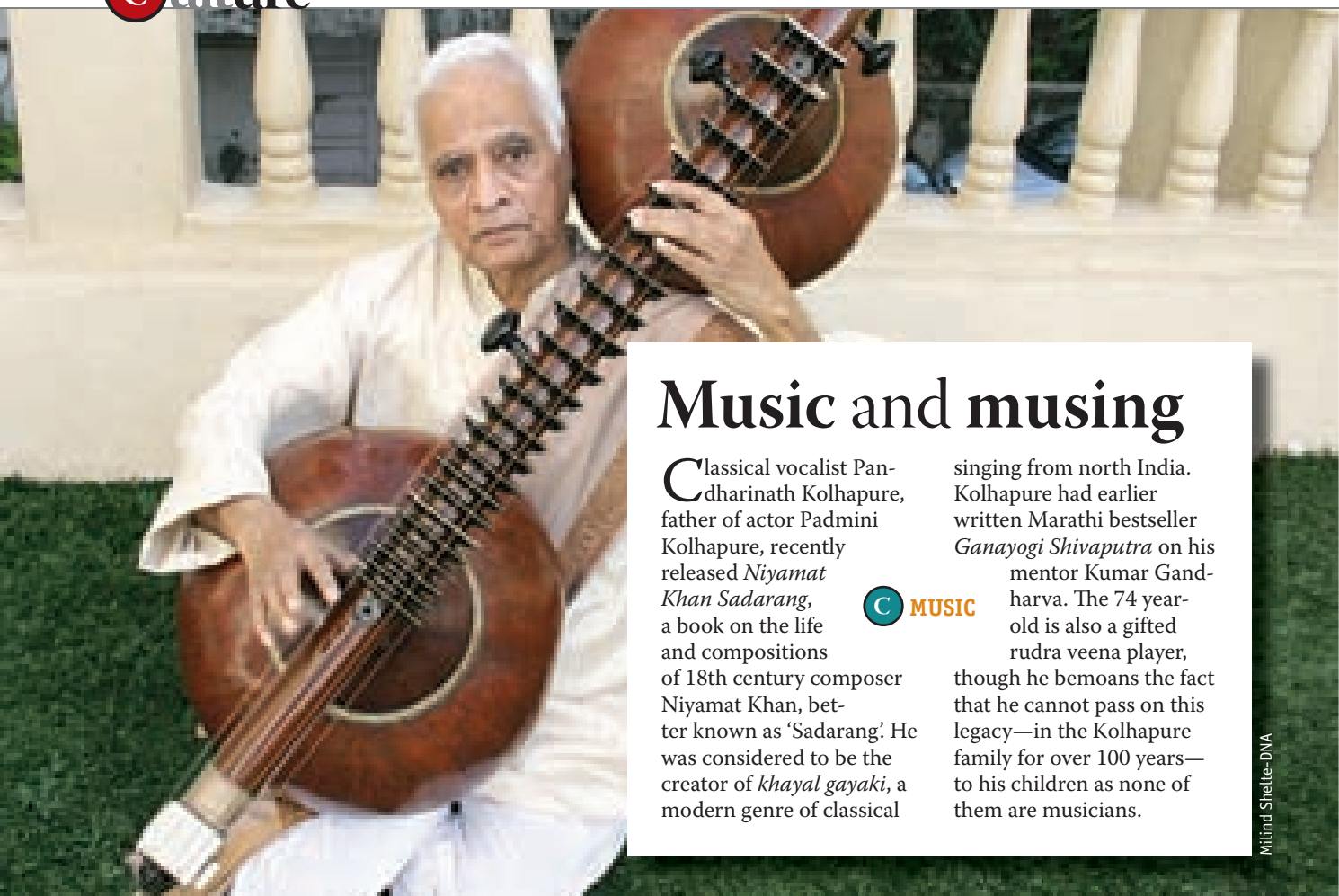
Dehradun-based artist Monica Talukdar (*see pic below*) is founder-president of Doon Art Society, established in 2008 to create awareness about Pahari and Kangra art. Pahari art comprises unique art forms of Uttarakhand characterised by tempera miniature paintings of hilly areas with exquisite detail. Kangra paintings are miniatures with an emphasis on Radha-Krishna legend and Indian mythology. The Society has organised many exhibitions and workshops on art and art appreciation. Besides promoting art awareness, it collects and preserves landscapes depicted in Pahari and Kangra art. Many



such Pahari paintings are in the Lalit Kala Akademi in Lucknow and Talukdar plans to retrieve some to display in Dehradun. While some Pahari paintings form part of private collections of Talukdar's friends, others are exhibited in galleries in various parts of the country. Sketched by court artists of the Tehri, Garhwal and Kumaon kingdoms, Pahari art offers interesting glimpses into the lives of the royals and, consequently, has immense historical value. "The intricate geographical depiction of foliage, fauna and landscape of the bygone era reflects the scenic legacy of the land," says Talukdar, who at 71 still pursues her passion: painting.

Focussing on landscapes and cosmic rhythms of life, she has had solo exhibitions in Chandigarh, Allahabad, Delhi, Mumbai and Dehradun. She has creatively juxtaposed bamboo, fossil and wood carvings to create a striking abstract installation at ONGC's Golden Jubilee Museum in Dehradun. Known for her short, impressionistic brushstrokes and minimal use of colours, Talukdar is an idealist at heart. "Don't run after established names and genres," she says. "Let your soul speak to the canvas."





## Music and musing

Classical vocalist Pandharinath Kolhapure, father of actor Padmini Kolhapure, recently released *Niyamat Khan Sadarang*, a book on the life and compositions of 18th century composer Niyamat Khan, better known as 'Sadarang'. He was considered to be the creator of *khayal gayaki*, a modern genre of classical



**MUSIC**

singing from north India. Kolhapure had earlier written Marathi bestseller *Ganayogi Shivaputra* on his mentor Kumar Gandharva. The 74 year-old is also a gifted rudra veena player, though he bemoans the fact that he cannot pass on this legacy—in the Kolhapure family for over 100 years—to his children as none of them are musicians.

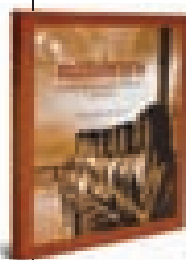
Mitind Shelte-DNA

## Hope in the air

Here's some heartening news for all those saddened by the muffled voice of Indian classical music amid the current cacophony of remixes. On 8 August, The Indian Music Academy held its first forum at the India Cricket Association in Mumbai's Bandra Kurla Complex. The three-day event, inaugurated by former president A P J Abdul Kalam, was attended by a host of luminaries from the world of Indian music, including Pandit Hari Prasad Chaurasia, Pandit Jasraj, Durga Jasraj and singer Shaan. Experts from the field discussed the global opportunities for all forms of Indian music; the role of the government, corporate houses and media in encouraging classical music and developing the Indian music industry; and the actions needed to protect, encourage and strengthen Indian music. Speaking about the need to archive traditional music, Dr Kalam, a well-known classical music enthusiast, said, "We should not fall prey to the remix culture and must promote our music globally." For his part, Sujit Banerjee, music connoisseur and secretary in the Ministry of Tourism, offered to promote Indian folk and classical music at the forthcoming Commonwealth Games with road shows at venues. Master flautist Pandit Hariprasad Chaurasia's words were even more optimistic: "Once, one of my concerts in Varanasi was attended by more foreigners than Indians! It's my music that ensures me a free passage into any country around the world."

## AYURVEDA ON YOUR TABLE

AFTER the eminently readable *Cooking at Home With Pedatha* launched two years ago, Pratibha Jain and Jig-



yasa Giri have come up with another delicious offering: *Sukham Ayu: Cooking At Home with Ayurvedic Insights*. The book incorporates brilliant Ayurvedic wisdom with simple recipes for daily home cooking. And explains how the correct combination and compatibility

of ingredients is vital to a healthy 'Ayurvedic' meal agreeable to all body types. Priced at Rs 495, the book has just 112 pages—slim enough to fit on any kitchen shelf.



# THE OVERSEAS INDIAN

Highlight the experience of elders in the Diaspora, urges **Vrinda Nabar**

Given that the international/transnational is Bollywood's flavour of the season, I wouldn't be surprised if a film about a cine-star being detained by US Immigration is already projected for future release! Yet few who express outrage each time a celebrity of Indian origin is frisked and see it as linked to racial profiling in the wake of 9/11 may know that the presence of people of Indian origin across the globe (a presence now generally referred to as the South Asian Diaspora) is older than commonly believed, and had its beginnings in various, not always glamorous forms during the 19th and early 20th centuries. In *Global South Asians*, historian Judith M Brown refers to the three kinds of migration during this period: indentured labour, contract labour and "Free Indian movement". In Amitav Ghosh's novel *Sea of Poppies*, the passage of indentured labour to the West Indies acquires near-thriller suspense towards the end but except for sporadic use this theme has not found common favour with writers or filmmakers.

South Asian writers like Jhumpa Lahiri and Chitra Banerji Divakaruni have used the often conflicted lives of the members of the Diaspora, while the plight of illegal immigrants is a central theme in Kiran Desai's *The Inheritance of Loss*. Filmmakers like Mira Nair (*Mississippi Masala*) and Gurinder Chadha (*Bhaji on the Beach* and *Bend It Like Beckham*) combined gender and migration to highlight the complexities of the transnational experience and, as the upwardly mobile Indian middle classes chose foreign destinations for their summer jaunts,

the dialectics of the transnational became incorporated into the themes of Bollywood cinema as well.

This interplay between India and Indians abroad has been used in Bollywood cinema for some time now, the most recent being *Love Aaj Kal* in which romance is overlaid with issues of female emancipation, rewriting what was seen as conventional and traditional. It is perhaps not surprising, given Bollywood's predilection for mixing up issues, that this effort at being different is balanced by a subplot that underscores its age-old theme of

**In India alone, a whole generation has tried to come to terms with a separation its elders never knew, along with its attendant insecurity**

love played out amid obstacles and family opposition and that this subplot eventually shows the hero what he must do to get his woman. What is mildly encouraging about much of this cinema is its projection of women who step out of stereotypical moulds even though their acts of rebellion may not always reach a logical conclusion.

But what is far more obvious is the near absence of older individuals and the way geographical mobility and migration has affected them. Except for Gurinder Chadha's films, which are sensitised to their angst and cultural

confusion (and she does not belong to Bollywood), hardly any movie so far has used this theme. The older generation continues to be cast as stereotyped *dada-dadi*, *nana-nani*, etc—fringe characters at celebratory events—even though it needs no great insight to see that they have been most dramatically affected by the movement across continents. In India alone, a whole generation has tried to come to terms with a separation its elders never knew, along with its attendant loneliness, insecurity, hopelessness—emotions that are any way incumbent on old age. In the movie *Saraansh*, made some two decades earlier, this reality was touched upon for perhaps the first and the last time.

Yet this theme contains profound sociological questions we cannot wish away. I have had students of Indian origin in my classes abroad weep during class discussions on a story like Banerji Divakaruni's "Mrs. Datta Writes a Letter", which describes the broken dreams of a widowed woman who leaves her home in Kolkata to go and live with her married son and his family in the US, confessing how they saw themselves in it; and one hopes that the self-introspection induced makes for a little more sensitivity and reaching out. But, if the nation-transnational theme is going to dominate Bollywood, I earnestly wish our own local talent recognises the need to give our seniors their long-overdue place in the not always sanguine sun of its geosphere.

*Vrinda Nabar, 61, is a Mumbai-based feminist writer*

# An unstitched classic

Malvika Singh salutes the sari, “the crown of India’s cultural chain”

If India has to be described by one great and classical skill of the hands, weaving is the most evocative symbol. Texture, colour, pattern, motif come together and represent the individual cultural strains of different parts of the subcontinent, enhancing and establishing the plurality that makes India truly special. Here, textiles are the fabric of life, with all the social complexities interwoven on a vast variety of looms—the warp and the weft merging, creating light and shade, emphasising the infinite subtle nuances of this fine and robust civilisation.

Much has been said about the sari and there is no ‘dress’ that can compete with it in the realm of elegance. The drape, the pleats, the *pallav*, whether in a four-yard or six-yard or nine-yard sari, spell tactile, sensuous femininity. As ‘modern’, 62 year-old ‘independent’ India matures as a fledgling democracy, the urban and semi-urban woman seems to be shedding her traditional form of dress, opting for a westernised, unisex mode of clothing in an effort to hide social insecurities in a globalising world. This has been the singularly most absurd and unwarranted

A Kanchipuram sari with temple motifs signifying the *gopuram*—the towering sculpted gateways of South India



development in the cultural metamorphosis happening in the country. Women wearing hot pants, short skirts, long ugly gowns and other such comic garb, have made a caricature of themselves at the cost of wearing the versatile sari, the appropriate two piece *munda vastra*, the sparse sarong, or the *ghagra odhni*. Young women look awkward and strange in their new fashions—features, build and gait, skin colour, all come stand in sharp contrast to the alien costume. Not so with the sari.

Weaving styles and techniques vary, as do motifs and colour, weights and lengths of the sari. The most complicated is the nine-yard sari, worn predominantly in Maharashtra on the western coast of India. It is draped in such a way that it balloons around the legs like harem pants with the end tucked into the waist at the back. Fisherwomen wear it high, leaving their legs, knee down, exposed as they have to wade through water; the women of the court cover their legs till the ankle. The finest images of women wearing splendid nine-yarders are seen in portraits by Raja Ravi Varma. He had the ability to depict all the movement and texture of the different fabrics with their shimmering flat gold worked borders—amazing renderings of the style at its best. Here, a warp in one dark hue usually had a light contrasting colour as the weft that created the *dhoop-chaun* (sun and shade) effect.

From sheer, see-through muslin to heavy, brocaded silks, India has an unmatched directory of textiles. The colour palette of natural dyes too is like no other. From very simple to immensely intricate and complicated weaving techniques, the variety boggles the mind. Khadi, the purest and finest, is when the yarn is hand-spun

and then hand-woven. The counts determine how fine and translucent the end result will be. Mahatma Gandhi made khadi the symbol of liberty and freedom from alien domination. Today, a truly special khadi sari with an *asli* (real) zari plain border is an expensive 'heirloom'.

When the Mughals ruled 'Hindoostan' they introduced new motifs, external embellishments and added to the colour palette. From Persia came the very unusual hue of aqua contrasted with the yellow of turmeric and the clear shades of *pyaazi* and *phalsa*. Textile styles evolved with the many influences that entered the culture but the techniques withstood the test of time. Colonial rule saw a stagnation and decline in the traditional handloom sector and it is because of the continuing use of the sari that the industry was not completely crippled.

After 1947, Jawaharlal Nehru and TT Krishnamachari believed that the sector needed to be restored and revived and put Pupul Jayakar to the task of identifying the various techniques and getting the looms working once again. She travelled through India and set up weaver service centres in every region that had a unique process of weaving and dyeing. She and Kamaladevi Chattopadhyay with many other committed people who assisted them, put traditional Indian looms back in business. For her part, by wearing only traditional saris from across the many regions of India, Indira Gandhi showcased the best and made the wearing of handlooms fashionable and stylish.

State-sponsored initiatives like the Vishvakarma exhibitions and the Pudu Pavi experiment enhance the quality and design of saris and set a



Traditional drape of mundum neriyaathum, Kerala



Woman in muga silk mekhala chador, Assam



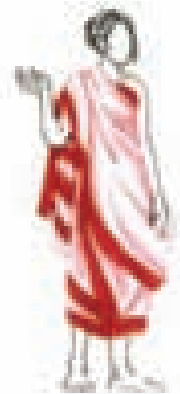
A drape variation of mundum neriyaathum, Kerala



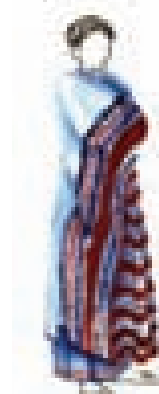
Kasavu sari draped in nivi style, Kerala



A woman from Sarguja, Chattisgarh



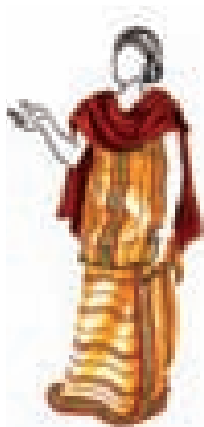
Another drape variation from Sarguja, Chattisgarh



Woman from Toda community, Ooty, Karnataka



Draping style from Kodpad, Chattisgarh



Mekhala chador worn by Bodo community, Assam



Drape of Santhal women, Bihar



Drape of Santhal women, Orissa



Draping style of Santhal community, West Bengal



A two-piece sari drape from Jalpaiguri, West Bengal



Draping style of Muria community from the interiors of Bastar, Chattisgarh

fresh benchmark. From Patola and Andhra Pradesh along the coastline going up to Orissa, and on to South-east Asia, you see the best examples of tie-dye *ikat* in the world, binding the many cultural linkages of the larger region.

The diversity of style is indeed extraordinary: *mangalgiri*, *pochampalli*, *chanderi*, *baluchari*, *paithani*, *maheshwari*, *venkatagiri*, *upada*, *jamdani*, *gadwal*, *tangail*, *kota doria*, *sambhalpuri*, *bomkai*, the bold patterned saris from Chettinad, silk *kanjivaram* in contrasting colours, *tanchoi* and *kinkhab* from Varanasi—the list goes on.

Despite many bemoaning the 'demise' of the sari, there has been a huge revival and rejuvenation of handloom textiles over the last decade in particular. Saris coloured with vegetable dyes and where the warp and weft create a wonderful soft patina, with real *zari* threads used both in the body as well as in the borders and the *pallav*, are new treasures for those 'collectors' who live by the sari, who drape it upon their person, women who are intrinsically feminine and sensuous.

As India aims to become an economic giant, the *bhandar* of design, motif and colour linked to the tested techniques operated by the skill of hands must be conserved and brought into the mainstream. These extraordinary, multiple skills, our traditional information technologies (IT), are India's legacy industries that we must hold in trust for the generations that follow. Our many identities that define our plural culture allow us to stand apart as a modern civilisation that survives on a strong foundation of sustainable structures. To corrode and destruct them as we ape economically rich but younger civilisations and some, less mature 'nation states', is inappropriate. Our planners must see the importance of respecting inherent strengths when they structure models of development, if only to keep India and Bharat buoyant in the period of change.

Like the tiger at the top of the food chain, the sari, representing the textile tradition, is the crown of the cultural chain. Natural environment and tangible heritage are both essential for our future and need proactive conservation, renewal, revival and restoration.



Bhil woman from Jhabua, Madhya Pradesh



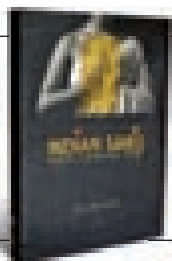
Khond sari, Andhra Pradesh



Another drape variation from Oraon community, Jharkhand



Women from Kachari community, Assam



Images from ***Indian Saris: Traditions, Perspectives, Design*** (Wisdom Tree in association with the National Institute of Design; Rs 3,495; 200 pages) by **Vijai Singh Katiyar**. A veritable primer on the sari, this large-format book provides information on the plethora of weaving techniques from across India, myriad ways to drape the sari, its rich history and design vocabulary as well as the contemporary design initiatives to renew the country's engagement with this magnificent garment.





## Laila Tyabji

NEW DELHI

The mere mention of the word 'sari' brings a smile on Laila Tyabji's face. The effervescent 61 year-old owns more than 200 of them and each has a memorable story behind it. "I received my first sari—an exquisite *chanderi* with gold motifs—from my grandmother on my 18th birthday," she reminisces. "It still remains my most cherished gift." As founder member and chairperson of Dastkar Haat Samiti, Tyabji works closely with craftsmen, and therefore knows everything about weave, thread and finish. "My cupboard is full of saris and I know the history behind each one," she says. "For instance, the grey *kantha* sari I am wearing is woven in a small village in West Bengal by a lady called Taptira Begum. I remember her weaving the sari and the special prawn curry she cooked for me when I visited her. So every time I wear this sari it takes me back to that wonderful experience and that makes it even more special." A few years ago, she got a charcoal grey *bandhini* sari handcrafted for her mother. "By the time I returned from Kutch with the sari, my mother had already passed away," says Tyabji who wore the sari for the first time five years after her mother's death.

For the past 10 years, Tyabji has only worn saris. And she has made it a habit to hand over a sari from her wardrobe to her assistants every time she buys a new one. "No wonder most of my juniors are always eyeing my saris," she says with a chuckle. She is particularly fond of the Ikat weave: "Every region where Ikat is woven has a different character that is reflected in the weave." Though Tyabji's taste appears classic, she has nothing against the younger generation that prefers synthetic saris with Swarovski crystals and sequins. In fact, she approves of the idea of experimenting with different styles of blouses. "At least we are growing past boredom."

—Nitika Bajpayee

Mihir Singh

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A cotton sari from Vilandai Devanagar, Tamil Nadu, with its body in a texture of weft stripes. Its somewhat plain *pallav* is characterised with subdued motifs and zari in the ground.

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# Visalakshi Ramaswamy

CHENNAI

Visalakshi Ramaswamy has been an avid collector of the Chettinad weave for over 50 years—her collection comprises over 100 saris. However, her passion is not merely driven by sartorial elegance but a lifelong pursuit to preserve the heritage and art behind the sari. Chettinad saris are characterised by bold designs, such as checks and stripes, on coarse cotton or tall temple borders on fine silk. They come in a variety of vibrant colours—sundrenched orange, saffron, vermillion and black. The colour palette typically stands out in startling contrast to the barren landscape of Chettinad. The 63 year-old Ramaswamy has been documenting traditional Chettinad motifs for years now and has compiled a design directory. Her collection also includes a few antique saris that are over a 100 years old. But she rarely wears them. Every now and then, she airs the saris, washes them in cold water and puts them back. Part of her collection is on display at the sari museum at Dakshinachitra, the crafts village near Mahabalipuram, of which she was the former chairperson. She even lends saris for photography sessions and exhibitions, but makes sure they are handled with care.

Ramaswamy feels strongly about preserving traditional heritage of Chettinad saris. She also runs a weaving unit in Chettinad to revive the rich weave. She is involved in every step of the weaving process—assigning colour combinations; supervising quality; and marketing the saris to select buyers. “As the wheel of fashion rotates, saris might just come back in vogue with a huge bang,” she hopes. Till then, she intends to create awareness about Chettinad saris, encourage weavers, and collect Chettinad saris, in the hope that one day her crusade will be a worthwhile point of reference for future generations.

—Radhika Mohan



V Ramesh



Vilas Kalguter

## Dr Sarayu Doshi


MUMBAI

Dr Sarayu Doshi was raised in the days when women only wore saris all day—at home, to go to college or at work. An art graduate from Elphinstone College, Mumbai, she started wearing saris while she was in college. “The only saris available then were the white Khatau mill ones, which came with a colourful border and cost Rs 20,” she says. “Though the amount may seem like a pittance now, it was a huge sum back then. One could get a *tola* of gold for Rs 30!” After her marriage to Vinod Doshi, the heir of a reputed business family from south Mumbai, Doshi went to the US where she did a course in art history from the University of Michigan. It was in the US that Doshi’s first conscious bond with the sari was forged. “I wore different saris every day and used to receive many compliments from foreigners.” Around the same time, back home in India, Pupul Jayakar and Kamaladevi Chattopadhyay were trying to revive regional weaves in the wake of independence. “My interactions with Pupul gave me an insight into the various weaves and weaving techniques,” says Doshi. “I learnt how

to differentiate a *nilambari* from a *pitambari* and how to recognise a collector’s piece.

Jaykar had started a series of weavers’ service centres across the country where professionals helped weavers refine their design sense. Doshi often used to visit these centres and interact with weavers directly. Over the years, she gained a discerning eye for rare weaves and genuine designs. Today, she has more than 150 saris in her wardrobe including the finest *kanjeevaram*, *dharmavaram*, *gadhwai*, *venkatgiri*, *paithani*, *chanderi*, *patola*, *ashavali*, *baluchari*, *dhakai*, *muga*, *banarsi*, *jamdani* and *tanchhoi*. She is also fond of embroidered and hand-painted saris and has a sizable collection of saris with *phulkari*, *kantha*, *kutchi* and fine *parsi* threadwork, along with *kalamkari*, *bandhni* and *madhubani*. Though there was a time she used to travel all the way to Varanasi to pick up a *banarasi*, she now buys saris at handloom exhibitions. Her choices are led purely by instinct. “Sometimes a design or colour just clicks with me. I go with that gut feeling.” In her late 60s now, Doshi plans to build a sari museum in the future. “I feel sad when I see the tradition dying,” she says. “A museum would help spread both knowledge and encourage preservation.”

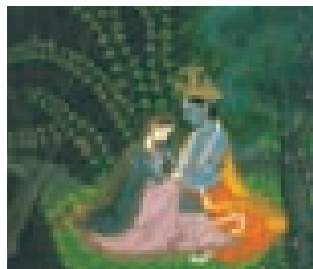
—Bindi Mehta



Details of the *pallav* of  
a Kanchipuram silk sari.  
Contrary to high levels of  
contrast that is identified  
with Kanchipuram, this sari  
is harmonised with a low-  
key contrast.



## PASSAGES



# SEASON OF SPLENDOUR

IN THE EARLY YEARS OF THE 12TH CENTURY SRI JAYADEVA WROTE *GITA GOVINDA*, WHICH REMAINS UNRIVALLED AS A LYRICAL, ROMANTIC POEM IN INDIAN LITERATURE. JAYADEVA'S ZEST FOR NATURE FINDS EXPRESSION IN THE BEAUTIFUL DESCRIPTIONS OF THE SEASON AND THE FORESTS AROUND BRINDAVAN

*In spring when tender Malayan  
breezes fondle the beautiful creepers  
of clove*

*And huts and bowers resound with the  
mingled noise of bees and kokila birds*

*Hari here in the forest dwells, in eager  
dance with the womenfolk*

*It is hard to endure being parted in  
spring, my friend!*

*In spring when the women of absent  
traders wail and lament, distracted  
with love*

*When swarms of bees on the tidy  
bakula branches fill the clustering  
flowers*

*Hari here in the forest dwells, in eager  
dance with the womenfolk*

*It is hard to endure being parted in  
spring, my friend!*

*In spring when the violent odour of  
musk is the scent of the tender tamala  
sprout*

*When the cloud of kimsuka flowers,  
the nails of the love god's fingers, tears  
young hearts*

*Hari here in the forest dwells, in eager  
dance with the womenfolk*

*It is hard to endure being parted in  
spring, my friend!*

*In spring when the love lord's  
golden staff is seen in the colour*

*of kesara flowers*

*When bees that come to the clustering  
patala make that flower the quiver of  
love*

*Hari here in the forest dwells, in eager  
dance with the womenfolk*

*It is hard to endure being parted in  
spring, my friend!*

*In spring when youthful karuna trees  
look laughing at those who lose their  
shame*

*When spear-shaped boughs are stud-  
ding the quarters piercing those who  
are parted from love*

*Hari here in the forest dwells, in eager  
dance with the womenfolk*

*It is hard to endure being parted in  
spring, my friend!*

*In spring—the natural friend of the  
young—charming with fragrance of  
madhavika*

*And the jasmine scent, overpowering,  
swaying with folly the minds of even  
the sages*

*Hari here in the forest dwells in eager  
dance with the womenfolk*

*It is hard to endure being parted in  
spring, my friend!*

*In spring when blossoming mangoes  
thrill to the clasp of the tremulous  
vernal creepers*

*When the Vrindavana forest is  
cleansed by the water of Jamna  
meandering through the wood*

*Hari here in the forest dwells, in eager  
dance with the womenfolk*

*It is hard to endure being parted in  
spring, my friend!*

*This, the description—the forest in  
springtime, delightful—threaded with  
phases of passion*

*The purpose of which is to recollect  
Hari, wells up in utterance of Sri  
Jayadeva*

*Hari here in the forest dwells in eager  
dance with the womenfolk*

*It is hard to endure being parted in  
spring, my friend!*

*Attended by scent of opening ketaki  
flowers, clothing the forest with robes  
of silk*

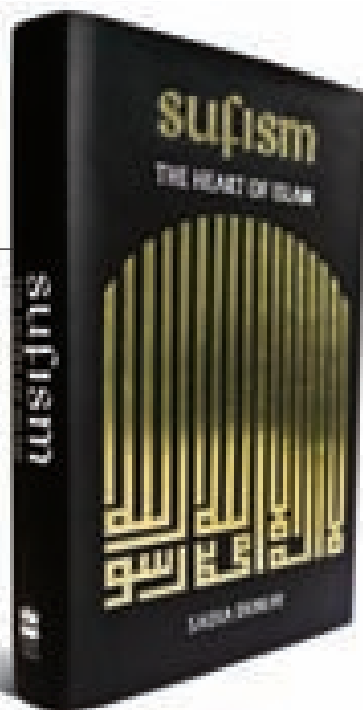
*Pollen of clove vines, the wind here  
burns the heart like the gushing forth  
of the love god's life*

*These days when fevered ears re-echo  
with low-toned kokila, crying of  
pigeons in play on mango sprouts  
shaken by bees gone greedily there for  
the smell of the honey*

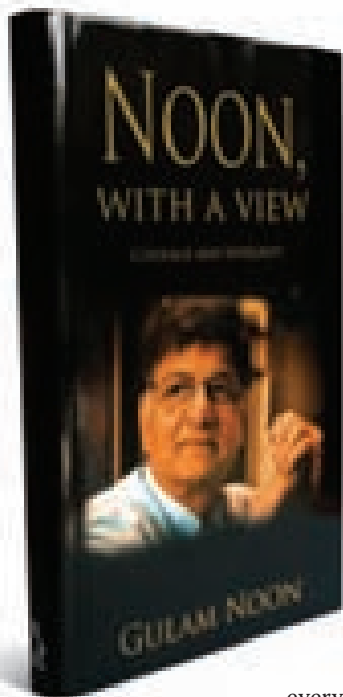
*These days the travelling traders  
somehow spend, whose religious hour  
of thought is given to memoried feel-  
ings of union with absent women dear  
as their lives.*

## BRIEFLY

Exploring the core of Sufi thought, **SUFISM: THE HEART OF ISLAM** (HarperCollins; 384 pages; Rs 695) traces the incredible lives of the early Sufis, their literature, and their philosophies that highlight the purification of the heart. Discussing the major Sufi orders, their popularity in the subcontinent and how teachings of Sufi Masters influenced conversion to Islam, **Sadia Dehlvi** writes that traversing the Sufi path teaches us that “ritualistic prayers are worth little if unaccompanied by love and sincerity”. Drawing on



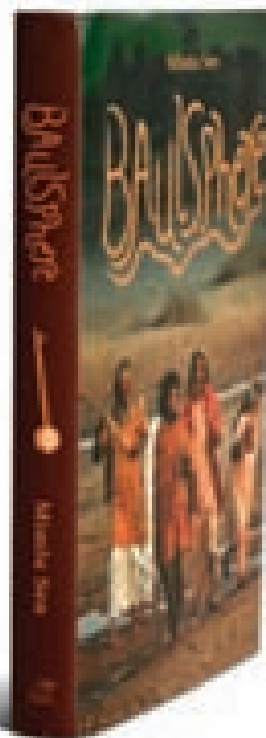
a range of Muslim texts and traditions, the author explains that far from being an innovation, Sufism is “the continuity of a thought process that links Muslims to their religious predecessors all the way to Prophet Muhammad”. A blend of history, politics, sociology and religion, the detailed analysis makes the book more conducive to academicians and serious readers. The lighter dimension comes from calligraphic illustrations and selections of insightful quotations, poetry and spiritual verses.



In the preface to his autobiography **NOON, WITH A VIEW: COURAGE AND INTEGRITY** (Penguin Enterprise; Rs 499; 205 pages), businessman, philanthropist and ‘Curry King of Britain’ Sir **Gulam Noon** writes: “The prime motive for writing an autobiography must surely be to record events which otherwise will be lost to posterity. For me there is pride; pride in my family, my work and my colleagues, pride in my hometown and my adopted home.” As we read the book, Noon’s pride in himself seems to outshine

everything else but that is perhaps understandable considering his incredible journey from a small one-room house in Mumbai to wealth and influence in Britain. In prose that is almost colloquial (and, in parts, in dire need of editing), he tells of his ruthlessness in changing the name of his sweetshop to one without any religious overtones to boost sales during Diwali; the establishment of the £ 15-million Noon Products; his close (and sometimes controversial) relationship with top British politicians; and being stranded at the Taj Mahal Hotel in Mumbai during the terrorist takeover. Noon’s life is worth a read, if only to find out a how a man whose name means ‘slave’ became a king.

*Harmony* columnist **Mimlu Sen’s BAULSPHERE** (Random House; Rs 395; 287 pages) is straight out of a trance. A world painted in psychedelic colours, where abandon and surrender mark the beginning and end of every page. Free-spirited Sen traded life in Paris for a nomadic yet joyous life in the countryside of forever turbulent Bengal with the Bauls—mystic minstrels whose compositions are a fascinating derivative of Vaishnava and Sufi thought. The book traces Sen’s creative and spiritual collaboration with the Bauls, whose piercing questioning wails to the Almighty—even if incomprehensible at times—stir the soul in mysterious ways. Sen’s exquisite description of her walk through the Middle East on her journey to Europe, marathon Baul performances, tantric rites, mystifying fertility practices and cannabis-lit experiences in remote villages are suffused with serenity despite their seeming emotional and physical upheaval and eccentricity. The book has many poems from Baul literature—most of them questions on existentialism that ultimately and magically turn to answers when you stare at them long enough.



“When you live your life with an appreciation of coincidences and their meanings, you connect with the underlying field of infinite possibilities

—Spiritual guru Dr Deepak Chopra

**intexticated** *adj.* Preoccupied by reading or sending text messages, particularly while driving a car.

—intexticating *pp.*

—intextication *n.*

**Example:** The usual concerns arise, knowing teen drivers will be packing the ever-present buzzing and ringing cell phones from which most seem incapable of parting. We've had the discussion many times at our house of the idiocy of driving while using a cell phone and especially driving while **intexticated**, and as confident as I am that my kid won't do it, there's always that nagging concern that the slightest distraction can lead to tragic consequences.

—Lorrie Lykins, “Parents, teens need safe driving contract”, St Petersburg Times, 31 May 2009

**wallet neuropathy** *n.* Lower back pain caused by sitting on an overstuffed wallet kept in the back pocket of pants.

**Example:** Physiotherapists have coined the term **wallet neuropathy** for the lower back pain caused by men sitting down (such as when driving or in the office) on wallets always carried in their back trouser pocket. The condition is triggered by the wallet pressing on sciatic nerves in the back and can lead to pain or numbness in the lower leg, ankle or foot.

—Victoria Lambert, “Why marrying a younger woman can save your life (even if it sends HER to an early grave),” Daily Mail, 30 June 2009

**Wikipedia kid** *n.* A student who has poor research skills and lacks the ability to think critically.

**Example:** As an English professor at Algonquin College in Ottawa, I was very impressed by the report's neologism: **Wikipedia kids**. Too many graduates of Ontario's high schools know how to cut and paste, but have learnt little about cross-referencing and taking time to read, think and incorporate what they've read into a wider scheme of knowledge.

—Nathan Greenfield, “View from here – shopping and schools don't mix,” The Times Educational Supplement, 22 May 2009

## HOBBY HOBO

*n.* A part-time hobo; a person who engages in hobo-like behaviour (e.g., hopping freight trains) while on vacation from their full-time job.

**Example:** When he decides to hit the rails in search of an authentic American experience, National Book Award-winning author and novelist William T Vollmann is indulging a romantic fantasy that runs through the literature of the United States like the tracks once laid from New York to San Francisco.... Vollmann becomes a **hobby hobo** when his pique at 21st century America drives him in the only direction any self-respecting, USA-made, ruggedly individualistic iconoclast can be driven, and that's toward the (ahem) frontier.

—Geoff Pevere, “Lighting out for the territories”, The Toronto Star, 2 March 2008



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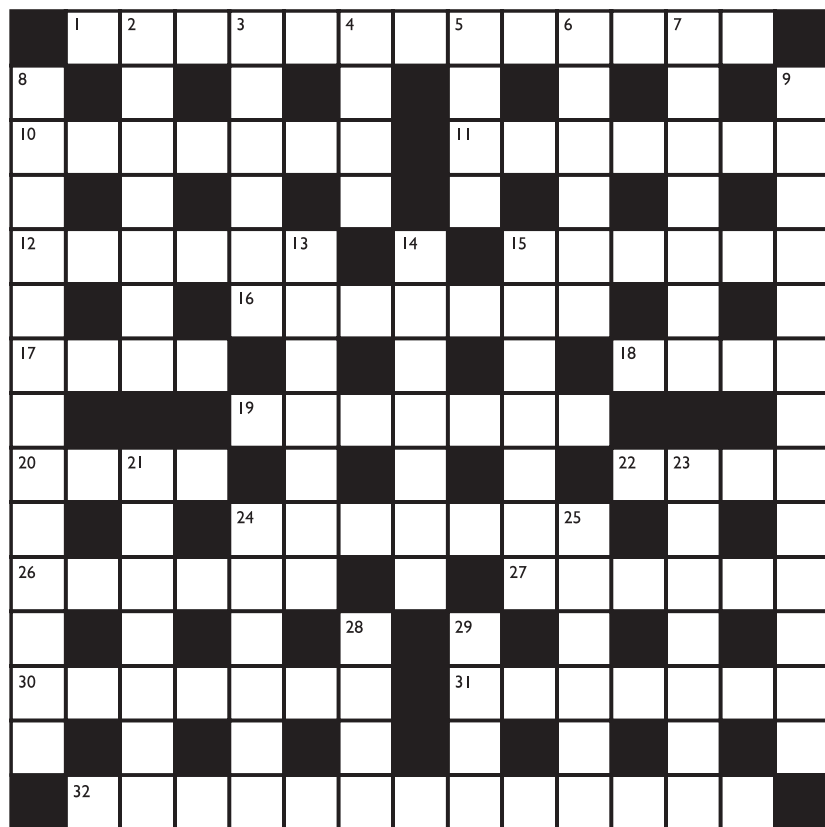
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**EXCLUSIVE HARMONY CROSSWORD 59****BY RAJU BHARATAN****ACROSS**

- 1 You see her right below (4 5 4)  
 10 Symbolic calculations? (7)  
 11 *Nainon mein preet hai hoton pe geet hai* (7)  
 12 Sir had something pungent-tasting (7)  
 15 Call to Newlyweds to give a wide berth to the lower berth! (4 2)  
 16 Worry Ten's 10n, *n* symbolising the number of hundreds with which Sachin plans to finish? (7)  
 17 Plain no, the Russell woman (4)  
 18 About to indicate the date on which male heir was born? (1 3)

- 19 Good old meaning to read between a woman's Yes and No? (7)  
 20 Glamour puss groping while defining Aishwarya (4)  
 22 How Shahid Afridi runs even while saying 'Am all right!' (4)  
 24 George was (3 4)  
 26 What Vyjayanthimala looked to Raj Kapoor even amidst all that 'theatre' accompanying his *Sangam's* release in Bombay (6)  
 27 As one did Jagdeep stand out in Bimal Roy's *Do Bigha Zamin* (6)  
 30 Bulb-connected sentimental glory accompanying General? (7)  
 31 Banner standing for something more

than *Saudagar*? (7)

32 Leave none unturned! (8 5)

**DOWN**

- 2 Gad going into Nine Up means Switzerland (7)  
 3 Broke as broke could be (2 4)  
 4 Is Accounting Year, take my word for it (1 3)  
 5 Bob embracing Uncle Sam for Miss Universe (4)  
 6 Kersi as ace musician did so last (4 2)  
 7 In keeping with this their married surname, Mr & Mrs as Ayurveda practitioners both? (7)  
 8 Nothing short of a miracle can now help fulfil the BJP's dream of forming it (3 5 5)  
 9 Her *Hum Aur Tum* (with her over-night hub) never saw the light of screening day (7 6)  
 13 What hasn't Hema Malini done for this? (3 4)  
 14 Style of Mem Mehbooba Mufti looks even when thrown into the rough-and-tumble of politics (1 6)  
 15 Guide to being Director of Shipping (7)  
 21 No good where it comes to pull rather than push (7)  
 23 That of Hindustani Cinema Shyam Benegal has lived to see (7)  
 24 The idea of any stage actor's responding to calls of 'Once more!', after stabbing himself to death in the climax, isn't (6)  
 25 Impetus to Pancham's fast scoring? (3 3)  
 28 Not one totally involved? (4)  
 29 Course preparing you for science of acting (4)

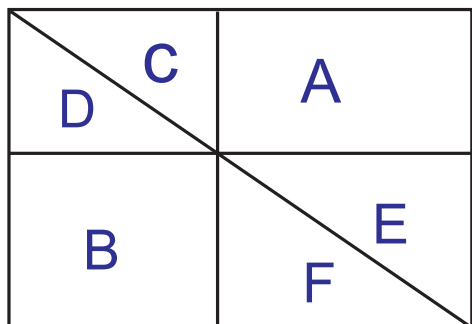
For answers, see Page 79

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

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

## BRAIN GYM

### ASSESS THE AREA



A line is drawn from the top left corner to the bottom right of the outermost rectangle. Area A and B are two rectangles. Which area is larger? Why?

### THREE EQUAL PRODUCTS

$$\square \square \times \square = \square \square \times \square = \square \square \times \square$$

Fill in numbers 1, 2, 3, 4, 5, 6, 7, 8 and 9 into boxes to make the equation work.

### MORE OR LESS

In this puzzle, each letter of the alphabet has been given a different numerical value between 1 and 26. Four numbers have already been entered in the solution area.

Most of the remaining letters have an arithmetical clue shown below them that equates to the numerical value of the letter. Use the clues and your reasoning powers to match each letter with its correct numerical value.

Symbols:

(+) Plus (-) Minus (/) Divided by (x) Multiplied by (>) More than (<) Less than

A	B	C	D	E	F	G	H	I	J	K	L	M
H x W	O - T	> Y	T - L			I + J	F / N	E + N	K + T		H - E	Q + E
				2						4		

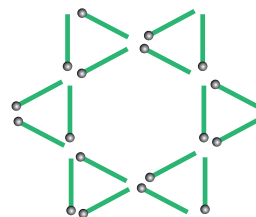
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
	> Q	E + U	C - W	E x S	L + N	E - N	E + J		< N		G + L	. D
6										20		

### COMMON GROUND

Jack Black, Sean Connery, Tim Conway and Mark Harmon are all actors. What do they have in common?

### SIX OF DIAMONDS

With 18 matches, you get six small triangles and two large triangles. See if you can move six matches to make six equal diamonds.



### SUDOKU FOR YOU

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

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

### KOFFEE WITH KAKURO

	6	3	9	12	12					21	15
15						7			5		
21							3		7		
			12						3		
			10					11			
		4									
	21										
	3							12			
15											
10								7			
10							5				
4			10			10	9				
9				21					8	3	6
10											
						15					

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

## SOLUTIONS TO EXCLUSIVE HARMONY CROSSWORD 59

**ACROSS:** 1 Dev's First Love (reference to Suraiya seen *right below* in the square); 10 Algebra; 11 Suraiya; 12 Radish (*Sir had*, 6 letters of *radish* rearranged); 15 Cosy up; 16 Tension (*Ten's/10n*: *n* indicating number of hundreds); 17 Jane [reference to (Jane) Russell being no Plain Jane]; 18 A son (*As/on*); 19 Perhaps; 20 Asha (Parekh), *Asha* as *Ash/la*: *groping while defining Aishwarya*; 22 Amok (*Am/OK*); 24 The Best (meaning George Best); 26 Apsara (theatre); 27 Shiner (Jagdeep was shoe *shiner* in *Do Bigha Zamin*); 30 Halogen (*Halo/Gen*): *sentimental glory* accompanying *General*; 31 Rajshri [banner not all commerce (*Saudagar*)]: also name of Rajshri's Amitabh Bachchan starrer; 32 Precious stone

**DOWN:** 2 Engadin [German spelling for *Switzerland* (*En/gad/in*: *Gad* going into *Nine Up*)]; 3 So bust; 4 I say [*(Is/AY*: *Is Accounting Year*]; 5 Sush(mita Sen): *s(US)h*: Bob embracing *Uncle Sam*; 6 Lord on (reference to musician Kersi Lord); 7 Vaidyas; 8 Ram Rajya Sabha; 9 Kalpana Kartik (*Hum Aur Tum*, defining her newlywed Dev Anand co-starrer, never really got going while shooting); 13 Her Esha; 14 A Sahiba; 15 Compass; 21 Hustler; 23 *Manthan*; 24 Tragic; 25 'The Jet' (name of RD-SD's Khar bungalow); 28 Into (*Not one*: *one* represented by *I* in *Into*); 29 Arts

## SOLUTIONS TO BRAIN GYM

### ASSESS THE AREA

As areas C and D are equal and so are areas E and F, area A and area B are also equal.

### THREE EQUAL PRODUCTS

$$18 \times 9 = 27 \times 6 = 54 \times 3$$

18 x 9 = 27 x 6 = 54 x 3

### MORE OR LESS

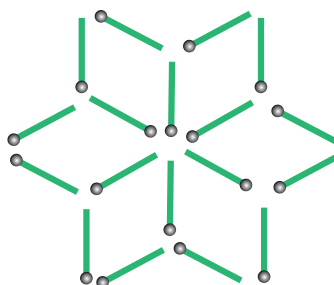
A	B	C	D	E	F	G	H	I	J	K	L	M
H+V	O-T	> Y	T-L			I+J	F/N	E+N	K+T		H-E	Q+E
15	9	26	11	2	18	24	3	8	16	4	1	23

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
	> Q	E+U	C-W	E+8	L+N	E-N	E+J		< N		G+L	. D
6	22	19	21	14	7	12	17	10	5	20	25	13

## COMMON GROUND

All four men were born with the first name Thomas.

## SIX OF DIAMONDS



The solution is shown in the illustration

## SOLUTIONS TO SUDOKU

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

## SOLUTIONS TO KAKURO

	6	3	9	12	12					21	15
15	5	1	4	2	3	7			5	1	4
21	1	2	5	6	4	3			7	5	2
			12	1	5	4	2		3	2	1
		4	10	1	3		11	1	2	3	5
	3	21						12	5	4	3
	15	1	2								
10	2	5	3	3			7	1	6		
10	3	2	4	1	10	9	5	2	3		
4	1	3	10	2	4	3	1		8	3	6
9	5	4		21	6	5	4	3	1	2	
10	4	6			15	1	3	5	2	4	

**“No one has the inclination to listen to their inner voice. All effort is aimed at silencing it. It is only through good literature that we can indulge in a dialogue with the self and achieve self-realisation.”**

**Dr S S Dosanj, 70, for distributing free books in small towns in Punjab**



Ranjit Singh

**A**fter retiring as professor of journalism and languages from Punjab Agricultural University (PAU), Ludhiana, the usual question nagged **Dr Dosanj**: How could he continue to be socially relevant? At a seminar where all participants presented a pessimistic picture of social degeneration as a result of rising consumerism and erosion of human values, he said intelligent people should help find solutions. And so began his Readership Movement. In the past five years, Dr Dosanj has distributed books (in Punjabi, Hindi and English) worth Rs 600,000 in small towns and villages. For the cause, he has spent Rs 65,000 from his own pocket. Initially, people dismissed the idea. “They were ready to spend Rs 200 on a bottle of whisky but

not even Rs 10 on books,” he recalls. Publishers, however, gave him high discounts—Unistar in Chandigarh and Lahore Book Shop in Ludhiana offer him 50 per cent off. He also keeps a donation box handy. Once, he distributed books worth Rs 18,000 and collected Rs 2,000 as donation. With every *kissan mela* (farmers’ fair), he collects more money, but refuses sponsorship. “I tell people to join my team, help me locate good books at cheap rates, donate if they like, but I will not turn it into an NGO.” Though most people pay only lip service to his endeavour, he says his moments of satisfaction come when farmers tell him they come to the *mela* only to collect books—and there are even others who come to return borrowed ones.

—Vandana Shukla

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