

'Life is so unpredictable, that's why we need to be thankful'

CLOSE ENCOUNTER

BIPASHA BASU

I've always prided myself on being tough, calm and composed at all times, but when I was in Kashmir shooting for *Lamhaa*, I actually felt fear. Life there is so unpredictable, everyone carries a gun and I really feared for my life because there were times when I didn't know what would happen next. That's when I realised that we are all mere mortals and I also realised how fragile our lives are. After some stressful experiences while working in Kashmir, I'm now more thankful than ever that I have so much.

I'm not a very religious person and I must admit that I don't follow rituals either very regularly. But being a Bengali, the one festival that is very close to my heart is the *Durga Puja*.

Bipasha Basu

Right from my childhood I've always participated in this festival with a lot of enthusiasm, unfortunately today I don't have that much time at hand to head to Kolkata for every *puja* season. But I do make it a point to pray to Durga *ma* often and I would love to spend some time in my hometown during this season.

Another thing that I often practise is meditation. For me, it's a way of connecting with my inner self and that gives me a lot of strength. I don't plan my meditation schedules in detail, but whenever I have five or 10 minutes at hand and I'm feeling a little low that's what I do to pep myself up. I'm also a huge believer in positive thinking, this keeps me going. I feel that it is very important to believe in your-

self and love yourself first, this is the first step towards self-realisation.

In this industry, the kind of hectic lifestyle that we lead, leaves us with

very little time for introspection. But now that I've realised how valuable life is, I make sure I cherish every single moment. Even though I don't follow any strict rituals when it comes to praying, but every night before I go to bed, I make sure I say a small 'thank you' prayer to thank God for everything that he has given me. I think it's vital to be thankful for all that you have.

It's a small gesture but a heartfelt one.

(As told to

Renuka Nadkarni)

Every night before I go to bed, I make sure I say a small 'thank you' prayer to thank God for everything that he has given me

Goddess in the jasmine forest

READER'S BLOG

D. SEKHARAN

Mullaivananathar, a Shiva temple, is located in a village called Thirukkarugavur situated on the banks of river Vettar, a tributary of the sacred river Cauvery. It is at a distance of 20 km from the temple town of Kumbakonam.

It is believed that the place was once a forest of *mullai* flowers (jasmine forest), hence the Lord Shiva gets the name, Mullaivananathar. No *abhishekam* is done to the Lord in the temple, as the statue is made of ant-mud and is protected by applying a paste called '*Panigu Sattam*'. It is believed that those who offer *panigu sattam* to the Lord in this temple are cured of incurable diseases.

The goddess of the temple is called Garbarakshambigai. It is



Goddess of the temple blesses the mother and the child in the womb

believed that the Goddess blesses women with the gift of a child and safe pregnancy. The name of the Goddess itself denotes this.

It is believed the Goddess blesses women with kind husbands and good children. Devotees are given bottles of castor oil and ghee.

Women visiting the temple seeking a child or safe pregnancy are given castor oil in a small bottle and *prasadam* in the form of the *ghee*.

The oil is applied on the stomach of the pregnant women and those who seek a child have to consume *ghee* for the next few days. It is believed the Goddess protects a woman's life, blesses her with a kind hearted husband, a good child and a happy family.

The story behind Parvathi Devi taking the avatar of Garbarakshambigai is that some thousands of years ago a sage named Nithuvar lived in this place with his wife Vedhika. His wife was in an advanced stage of pregnancy. One day the sage was away and another sage, Urdhvapada, visited the place on a sunny afternoon. Vedhika was tired and sleeping and was not hospitable to the visitor.

Sage Urdhvapada, unaware of Vedhika's condition, presumed she was sleeping purposely and cursed her. The curse inflicted on her a disease which also affected the child in her womb. Vedhika was in severe pain and deeply disturbed so she prayed to Parvathi for help.

Parvathi Devi appeared before Vedhika as Garbarakshambigai and protected the child in the womb in a *kalasam*, a divine pot. The Goddess helped the child to grow in the pot into a child.

Tuesday • 16 • March

How To Hit A Century In The Game Of Life

By D L VAIDYA

Sacred Space

Trial of Strength

Your trials did not come to punish you, but to awaken you — to make you realise that you are a part of Spirit and that just behind the sparks of your life is the Flame of Infinity.

Paramahansa Yogananda



When a ship is wrecked at sea, those who do not hold onto a timber, a plank, or other solid support will drown in the water, never reaching the shore. Subhuti, those that do hold onto a timber, or plank, or other solid support will not drown in the water. Happily unhindered, they may reach the shore, where they will stand safe and sound on firm ground.

Similarly, Subhuti, a bodhisattva who is endowed with a full measure of faith and purity, of kindness and intentions, but without taking hold of the perfection of wisdom, can fall along the way.

Not reaching all-embracing knowledge, he remains only a disciple, or a pratyekabuddha.

The Perfection of Wisdom



He who seizes the right moment,
Is the right man.

Goethe



Take calculated risks.
This is quite different
from being rash.

George S Patton

The century mark is considered a landmark achievement. Scoring a hundred runs is cause for celebration in the game of cricket just as in life. We are blessed with bountiful nature. We enjoy its fruit almost effortlessly.

Once we analyse the process through which this production crystallises, it is astonishingly intricate. There is essentially something wonderful about what we receive from nature. The human body is like entire creation. It is Brahman simulated.

The human body is composed of millions of cells, containing the building blocks of life. The tool of knowledge unfolds the complicated and intricate nature of cells. Think of a million groups, each one composed of a million sub-groups. Human existence is regulated by minute living organisms and therein lies great philosophy.

The human body is often described as a vessel and it is so if we look at its innumerable contents. Scientists estimate that the number of cells in the human body could tot up to several trillion. Human lifespan depends on the health of these cells. Medical science makes it clear that longevity can be compromised by tension and stress.

The Ishopanishad in its second shloka enunciates that one can aspire to live for a hundred years if one so desires. But for this, you need to adopt certain practices. It emphasises that right living is the only way to achieve this.

Selfless actions generate healing energy and minimise damage to the cells and in this manner they ensure longevity. When the body is stressed by selfish pursuits, a chain reaction develops that hampers normal functioning of cells. This shortens their lifespan.

The human body is like a

supercomputer with bionic chips at work. Overloading the body with selfish pursuits impairs functional efficiency. Too much clutter consumes and diverts valuable life-giving energy and this adversely affects not only the lifespan but also quality of life. Selfless action makes one's life transparent which ensures that we remain free from unnecessary tension and stress.

The Upanishads make it clear that we are evolved, involved and ultimately dissolved by Brahman. The existence of Brahman is unitary but its forms are countless. Longevity is ensured if we

use the energy available judiciously.

Solar energy is responsible for sustenance of life. Intrinsically, food and oxygen are fuel. Not merely this, even provocative thoughts, strong desires, and selfish actions act as fuel that erode the

lifespan. Righteous life and transparent living are low-energy fuels but they sustain life in a dignified and durable way. Right living is therefore crucial to achieving a long life.

Irresponsible living is the breeding ground for ego which is high-energy fuel that burns the body rapidly. Yoga can be fruitful only if the body is kept pollution-free. Purity can only be achieved by a transparency which is the product of right living.

The human body has evolved in a manner that equips it for survival. However, the body is highly sensitive and if we treat it carelessly and roughly, we would not only weaken it; we would also be compromising the mind since the welfare of one contributes to the welfare of the other.

We need to treat our bodies with care. You have every chance to hit a century or to achieve Shatayu, the coveted hundred year-mark, provided you live a holistic life of equipoise.

<http://spirituality.indiatimes.com>



THE
SPEAKING
TREE

① Long life with good health is a blessing. Thank you God.
Longevity w/o good health is a curse. Pray to God.
Meanwhile let us our best in the interest of our nations

② Old age is as good as golden age - spend it wisely.
It cannot be inherited or hired - enjoy it contentment.
It cannot be borrowed nor bought - feel it gratefully.
It cannot be gifted nor given away - ^{run through it} ~~but~~ wholeheartedly.
It is a blessed stage to be felt happy & enjoyed.
It has to be protected with pride & prayer to God.
Don't forget God - Keep praying God & God will bless you.

③

SUNDAY | FEBRUARY 24, 2013

How to live to be...



THINKSTOCK

Forget fad diets, crazy workouts and syrupy self-help clichés. Longevity expert Dan Buettner tells Nona Walia how a long life begins with making simple, common sense habits a natural part of your daily routine

Religious faith is the one element that most centenarians have in common. Even among the non-religious, those with spiritual beliefs are less depressed, have better immunity and lower rates of heart disease. They tend to have larger social networks, more social support and a greater sense of purpose.

What is the optimal diet for making it to a healthy 90?

Meat is more of a condiment than a staple diet. Moderate drinking has positive benefits. Most people who live longer eat plant-based diets, heavy on beans (lava, black beans, soy) and nuts. They do eat meat but usually as a celebratory food perhaps once or twice a week and in small portions (think the size of a deck of cards). Oddly, they don't eat much fish either. No one is "on a diet". They typically eat their largest meal at the beginning of the day while dinner is the smallest.



WHEN AGE DOES NOT MATTER: 100-year-old Gelli Narayana Chetty (R) gestures during a programme organised by a personality development organisation in the city on Sunday. His son Ramesh Gelli (L), is also seen in the picture

100 and still going strong

TIMES NEWS NETWORK

Hyderabad: There is nothing more precious than life, according to centenarian and former bureaucrat Gelli Narayana Chetty.

The former IAS officer exudes tremendous energy even at 100. He is busy in literary activities and leads a highly disciplined life, which involves waking up at 4 am.

Chetty, who was awarded 'Kala Saraswathi Andhra Ratna', keeps a 'maunvrath' every Tuesday and believes that fasting is the best medicine for minor health problems. He

avoids medicines altogether.

"Leading an active lifestyle and surviving on simple food has kept me going," he said at a talk, organised by Success Unlimited, a non-profit organisation, for personality development here on Sunday.

Actively associated with the IAS Officers' Association, the elderly citizen continues to contribute articles for journals. He spends his day by reading and writing.

"In my more than 100 years of life, my experience has taught me that there is nothing more pre-

cious than life. Every minute should be utilised. Success is very endearing to me," Chetty asserted, addressing the young.

"Willpower, courage and confidence are three precious things parents gifted me," he said.

From a humble beginning in Raidurg village, Anantapur district, Chetty, who was born on March 20, 1908, held several elected posts in the public sector.

He is a Gandhian to the core. He has six sons, a daughter, 16 grandchildren and 17 great grandchildren. His eldest son is 90 years old.



2010

Wednesday · 27 · January

2nd Month

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Concept of TIME

"TIME is The Concept of INTELLECT.

SELF is The destroyer of TIME and
extends beyond The INTELLECT"

Says PRATT.

"No one should feel old and mature
until they are HUNDRED" says PRATT.

You are never too old to start feeling
Young, nor too young to keep yourself
from aging prematurely. The first
thing PRATT recommends is for you

"To make a Commitment to Change
Set realistic goals & a plan of action
to realize your life's ambition —

👁️ Priorities

TO LOOK BETTER, TO FEEL BETTER and
LIVE LONGER" or all of the above one by one"

There is no care for elders or relatives for money mongers.

^{Now}
Your Life Starts Right Now

2010

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When does Life Begin to you

Friday 29 January

our

For all of us life begins at time of birth. Only God knows how long we keep fit & live. Many people feel unhappy, security wise & health wise depending on their mental make-up, health & day to day activities. It may be 20 or 30 or 50 or 60 or 70 or 80 years of age owing to the diminishing importance we enjoy in the family or given to him by the family members. But in fact, it need not be so, if only we try to understand the basic principles of life & follow them scrupulously. It also depends on one's personal habits, intimate relationship and the rank & respect he holds in his life. Here are few mantras to age gracefully.

☞ Priorities

There is no comfort or sleep for the seekers of knowledge.

2010

Monday • 1 • February

2nd Month

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While you run from pillar to post,
 when you are going & coming, in the process
 of keeping up your job or heavy family responsibilities,
 you may have to subject yourself to so
 many constraints in order to please your boss
 or maintain your family or educate your
 children or take care of your elderly parents,
 against so many inconveniences or inefficiencies
 or inadequate resources including time,
 but once you desert your office & retire,
 you may have the entire twenty-four hours
 at your disposal to make both ends meet
 or prioritize your activities depending
 on your needs & constraints, & you can
 afford to age gracefully, making your life
 pleasant & graceful.

 Priorities

Dharma is the Supreme virtue and the Truth rests in Dharma.

Wednesday • 3 • February

2010

3rd Month

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Here are ten mantras to age gracefully
enjoy a good treasure of Health, take care
of yourself simultaneously take care of your
elderly parents as well as younger family members.

① NEVER Tell you AGE : (Say "I am aged")

There are three ages of a human being →
"Chronological; biological and psychological"
The first is calculated based on ^{actual} ~~any~~ Date of BIRTH
The second is determined by ~~our~~ health condition
The third is how old you feel you are.

While you don't have any control over the first,
we can take care of the second by taking care
of our health with good diet, exercise schedule

② Priorities Cheerful attitude & maintaining a good physique
A positive attitude & optimistic thinking
can reverse ^{even} the third age

Dharma damned damns ; Dharma protected protects.

Friday • 5 • February

3rd Month

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2) Health is WEALTH: If U really love Ur kids
Kids & kin, taking care of U & Ur health,
should be Your first priority

☞ Priorities

They are indeed gentle whose minds are not disturbed even
in the presence of the cause of disturbance.

The breath of life

No one can live for more than a few minutes without breathing, yet how many of us are aware of the importance of proper breathing? We need to breathe slowly and deeply. Then the body cells work in unison and bring back harmony and health to the system. Here are three breathing techniques to de-stress. One should practice all of them everyday as many times as one can. But minimum one should do 11 times each of these techniques to be able to feel the benefits. If one is doing after meal, there should be a gap of two hours. Otherwise, one can finish the technique and immediately sit for food.

● Yogic breathing

(the complete breath)

This breathing exercise uses the lower, middle and upper part of the respiratory muscles.

Start with abdominal breathing, followed by thoracic breathing and finally clavicle breathing. Reverse the order when you exhale.

Benefits | Increases lung capacity | slows respiration rate | calms the mind.

● Nadi Shodhana

(alternate nostril breathing)

This is a simple form of alternate nostril breathing.

Nadi means channel

Shodhana means cleansing. *Nadi shodhana* means purification of *nadis* or channels.

Inhale through the left nostril, exhale through the right; inhale

through the right and exhale through the left. This is one round of breathing.

Benefits | Strengthens the nervous system | helps conditions



TIPS TO KEEP THE ELDERLY SAFE

In this day and age, safety is a concern for people belonging to all age groups. Even if the younger lot can look after themselves and defend themselves in times of need, it's a tad bit difficult for the senior citizens to stand up for themselves. Age is clearly not on their side, and over years, their reflex action would have also slowed down. Here are some tricks and tips to help the aged and wiser ones to stay safe...

FOR SAFETY OF HEALTH

One of the primary concerns that needs to be addressed when it comes to the senior citizens is their health. Dr Hariharan, a cardio-diabetologist, says, "It's important to maintain a file with all the medical reports and X-rays and scans of the elderly. The file must also consist of medical prescriptions. To make things simpler for them, separate the medicines that have to be taken before food and after food, and put them in separate boxes. Also segregate medicines according to the timings they have to be taken in. It's advisable to jot down the contact number of their physicians on a noticeboard and hang it in the living room so that neighbours will know whom to contact in case of an emergency." It's important to make sure they rest comfortably as well. "Their bed must be cushiony so that their back doesn't ache, while lying down; their pillow covers and bedsheets must be washed once in two weeks at least. Stack up healthy food items like digestive biscuits and other eatable that will be easier for them to chew on. Ensure there is milk, health drink powder, fruit juices and naariyal paani at home," says Radhika Pundit, who runs a home for the elderly in the city.

FOR SAFETY AT HOME

Most of the times, the elders at home will have to stay alone when their kids are at work. It's at time like these that they have to be much more careful. Marketing professional Vikas Yadav says that 12 out of 24 hours a day, his widowed mom stays alone at house. "Ever since a house in the street next to ours was broken into, I've doubled up security at my home. It's advisable to have deadbolts in place, and enclose all windows and doors with box grills. Double check to see you've closed all the windows and doors, except those in the living hall to ensure air flow. Write down numbers on which the elders can reach you in case of an emergency. Also, keep the local police station abreast so they can check in on your house if you are on a tour," he says. It's advisable to keep flashlights and a set of batteries near their table. Adds Vikas, "Teach them how to use a cell phone so that they don't have to struggle by getting up to make calls. Instill smoke alarms at home, ensure there are no loose wires hanging out of their cases or nails protruding out of furniture." While hiring domestic help, ensure you do a complete background check and submit a photo ID of the same to the nearest police station.

In a few years, 80 will be the new 40'

Terry Grossman is one of the new-age gurus of longevity. He shot into fame after penning a book on how 'to live forever' with Ray Kurzweil, futurist and chief engineer at Google. They are confident that science is going to end death — people will live for centuries if not indefinitely, and that this is not some dream of the distant future but a certainty by the middle of this century. Grossman has been practising what he preaches at his clinic in Denver, US, and claims he feels youthful at 68. He was full of zing talking to Subodh Varma

Why do you say that we have reached a point after which lives will be longer and healthier?

In the year 1900, life expectancy was 47 years. By 2000, it had jumped to 72 years. In 2015, in some places like Japan, people's average life is 82 years. On an average four-five months are being added to life every year. Very soon, one year will be added for every year that passes. We are poised at a point when life expectancy will grow exponentially. Aubrey de Gray, the Cambridge biomedical and aging scientist, calls it the "longevity escape velocity" when life will be extended by periods larger than the time passed. This has happened because medical science is increas-

ingly merging with information technology, which grows exponentially. By focusing new medical research on stopping the aging process, human life will be extended to centuries — and this will happen within decades. **But do we want to live for, say, 200 years in an old, diseased condition? That's not desirable!** The concept of 'old age' keeps changing. A few decades back, 65-70 years was thought of as 'old'. Now it is considered 'young old' as compared to 85 years, which is 'old old'. What is going to happen in the coming years is that youthful life will be extended. Eighty years will become the new 40. 'Old' people will have such healthy bodies that they will be able to go surfing or mountain climbing or do other activities associated with youth. I believe that in the next 10-12 years these dramatic changes will become more visible. **So, what do you prescribe for extending a healthy life?**

In my book **TRANSCEND — Nine Steps To Living Forever**, written with Ray Kurzweil in 2009, we describe the whole system. **TRANSCEND** stands for: Talk with your doctor; Relaxation; Assessment; Nutrition; Supplements; Calorie reduction; Exercise; New Technologies; Detoxification. The book explains how people can take full advantage of the available information to help eliminate their chances of disease and to drastically slow down the aging process. Note that when I say "Talk with your doctor", I mean consult an anti-aging special-

ist. That's because most doctors are trained to detect and treat diseases, not prevent them. Also, while doing an "assessment" by getting various tests like cholesterol or liver function done, I don't go by just 'good'. I want to see best or optimal numbers. New research is constantly coming out and technologies are constantly improving. These changes also need to be taken on board.

Do you keep updating the programme as new research comes in?

Yes, here are some examples. I now recommend interval training rather than continuous training. Instead of, say, jogging at a constant pace for five minutes, it has been found that a minute of slow jogging followed by a minute of fast and so on gives better results. Various testing parameters also change as new research results come in. New drug properties are found. I have myself started taking metformin, which is a well-known antidiabetic drug. But I am taking it because it has an effect on a master enzyme called **AMKP** which, in turn, helps reduce calories and lessen the risk of cancer. Stem-cell therapy, which was projected in the future in the book,



Consult an anti-aging specialist.
That's because most doctors are trained to detect and treat diseases, not prevent them

is already being used at my clinic. We are also using nanotechnology-based products for better delivery of supplements. I am also using a cranial electro-stimulator which has the same effect as meditation — it calms and relaxes the brain.

All this sounds very expensive. Will people be able to afford it, especially in the Third World?

Everything is expensive when it is first introduced. An LCD TV or monitor was beyond reach earlier but now everybody has it. After a time lag, products become accessible. The same thing will happen with life extension technologies. Testing prices will come down, devices will become cheap. Already, I can download apps on my smartphone that can test blood sugar, hypertension or even take an ultrasound. Self-monitoring will become the norm. Meanwhile some other new expensive product will enter the market, but over time that too will get cheap. In the long run, the whole of humanity will benefit.

Saravon

About old Age

USB
2586

Age is definitely a state of mind.

^{However} we are always growing at every stage.
There are many who delight celebrating
their birthdays as they add years to their life.
Old age is something that should not ^{be} dreaded.
Because the more you rely on cosmetics
& products that elevate your personality
the more obvious can be the wrage to others.

Ageing gracefully is a skill.
Very few have the respect;
However, I don't see many people
who see the humorous side of life
of being called: "OVER THE HILL"

That is to say receive superannuation

But when I sit back & recall
my early life of education & marriage
I recall many quotes that speak
of old age on a lighter note:—
^{Sayings}

FUNNY SAYINGS

- ① "Old age is the most unexpected
of all the things that happen
to a MAN" LEO TROTSKY
- ② "Few people in my land know how to grow old"
(FRANÇOIS DE LA ROCHEFOUCAULT)
- ③ "Don't let aging get you down"
It is too hard to get back up"
JOHN WARNER
- ④ "I don't mind so much being old
as I mind being fat & old"
Peter Gabriel
- ⑤ "Old age is like a plane
flying through a storm
Once you are aboard
there is nothing you can do"
GOLDA MEIR.

(6) "Age mellow some people
Others it makes rotten" (Anonymous)

(7) "The spiritual eye sight
improves late in AGE
While physical eyesight
declines late in AGE
(PLATO)

(8) "Old Age takes away ^{we have} what we have
given us that we have earned"
Gerald Brenan

(9) At middle age, the soul
should be quivering like a ROSE-
but not closing up like a CARPET

(10) Middle Age ends and SENESCENCE
begins; the day your descendants
outnumber your friends [OGDEN NATH]

11) "A Diplomat is a man
who always remembers tomorrow's but today
but never remembers her AGE"

12) Be Secret &狡猾 Young
is to live HONESTLY
EAT SLOWLY &
LIE about your age!!
(LUCILLE BALL)

13) "Old Age is the most-unexpected
of all the things that
happen to a MAN" (LEO TROTSKY)

14) Old Age is not so bad,
When U consider the ALTERNATIVE

15) "The great thing ^{about} ~~about~~ getting OLDER
is that U don't lose all the ages
that U have been through"
(LUCILLE BELL)

When
(16) I was 59 people called me
a "Middle Aged Person".
Let's go to call me @ 118?
How many 118 year old men
do you know" (BARRY CRYER)

(17) "As you get older, 3 things happen:
the first is that your MEMORY goes &
I can't remember the other two"
(SIR NORRHOUS WISDOM)

(18) "MIDDLE AGE is when your AGE
starts to show around your MIDDLE"
BOB HOPE

(19) When I was a young man,
I was called a RUGGED INDIVIDUALIST
When I was in my fifties,
I was concerned an ECCEENTRIC
Here at 60 I am doing same things
but I am labelled SENILE (yes, I am)

(20) There is absolutely nothing to be
said in favor of growing old
There ought to be legislation
against blackening it"
(PATRICK MORE)

21) "I know I am growing old now
I can punch an inch
on your forehead (JOHN HERIDOZA)

22) "As you grow older
the pickings get dimmer
but the people don't" (CARRIE FISHER)

23) "As we grow older
our bodies get shorter
& our needs longer"

Robert Quillen

24) People say that

Age is a state of mind

I say more it is more
about the state of ur body!

(Ricky Parfitt)

~~25)~~

"I am sure

my collection of

funny quotes

about old age

are sound

& I leave you

in splits!!

I make you laugh away

— Jan Hind
Healthy Humour!

AT 93, THIS GRAND OLD HYDERABADI MARATHONER RUNS 10 KM EVERYDAY

Deepu.Joseph@timesgroup.com

Watching 93-year-old Vijay Ram Chandra Reddy run, or even just listening to him talk about his fitness regimen, can be an inspiring experience on many levels. The affable nonagenarian runs "10 km without a stopover" every single day. On days the run extends to 21 kilometres though, he allows himself a small break in between.

A consummate farmer, Vijay, who was into body building moved to Hyderabad from Singaper, Nellore, a decade ago. But he began running only at the grand old age of 83. "I started running about 10 years ago. Running, for me, is equal to breathing. It took my fitness to a whole new level. There is nothing that I cannot do on my own, and I'm proud about that," says Vijay, winner of three gold medals at the Pan Asia Veterans Sports Meet, held in Thailand in 2008.

Vijay has dominated veteran sports meets held at the state and national level as well. A regular on the city marathon circuit, he has a growing number of young fans. But Vijay is concerned about the sedentary lifestyle that has become the norm among the youth.

"Youngsters come up to me and tell me that I am their inspiration, but very few of them take time out regularly for fitness. I want to share my knowledge and insight with them so that they too can live for a 100

this, and that worries me," says Vijay, as he embarks on his daily run.

He believes fitness and psychological confidence go hand in hand. "I am scared of absolutely nothing! Old age is just a phase, and I will not allow it to shackle me to the confines of my room and stop me from living a life of joy," he shares, adding that he is fit enough to fend for himself in a jungle.

Recalling an anecdote from his youth, the resident of Madhapur says, "About 60 years ago, I went to the isolated forest valley in Tumbur Thirtham, 15 kilometres from Tirumala. I stayed there for about a month living on just a bag of puffed rice and water from the streams."

As far as diet goes, Vijay is a big endorser of simple home cooked food. "I don't eat anything different; it's just the normal food that's prepared at home. I don't take any medication either. A year back, I used to take pills to treat my hypertension, which is a common ailment among people my age.

But I decided that I wouldn't take them anymore. I explored the limits and sustenance of my body through the physical conditioning, and I haven't felt the need to take those pills anymore. I even sleep really well, something that old people find hard to do," shares Vijay, adding, "I'm energetic from birth and I still feel young.

**YOUNGSTERS
TELL ME THAT I AM
THEIR INSPIRATION,
BUT VERY FEW OF
THEM TAKE TIME OUT
REGULARLY FOR
FITNESS**



Vijay
Ram
Chandra
Reddy

1. Never say 'I am aged'

There are three ages, chronological, biological and psychological. The first is calculated based on our date of birth, the second is determined by the health condition and the third is how old you feel you are. While we do have control over the first, we can take care of our health with good diet, exercise and a cheerful attitude. A positive attitude and optimistic thinking can reverse the third age.

2. Health is Wealth :

If you really love your kids and kin, taking care of you and your health should be your priority. Thus, you will not be a burden to them. Have an annual health check-up take the prescribed medicines regularly. Do take health insurance cover.

3. Money is Important :

Money is essential for meeting the basic necessities of life keeping good health and earning family respect and security. Don't spend beyond your means even for your children. You have lived for them all through and it is time for you to enjoy a harmonious life with your spouse. If your children are grateful and they take care of you, you are blessed. But never take it for granted.

4. Relaxation and recreation :

The most relaxing and recreating forces are a healthy religious attitude, good sleep, music and laughter, have faith in God, learn to sleep well, love good music and see the funny side of life.

5. Time is precious :

It is almost like holding a horse's reins. When they are in your hands, you can control them. Imagine that everyday you are born again. Yesterday is a cancelled cheque. Tomorrow is a promissory note. Today is ready cash - use it profitably. Live this moment. Enjoy as much as you can.

6. Change is the only permanent thing :

We should accept change - it is inevitable. Accept with positive attitude. The only way to make sense out of change is to join Senior Groups. Socialize with all different class of people. Change has brought about many pleasant things. We should be happy that our children are blessed. Try to adjust with positive attitude.

7. Enlightened selfishness :

All of us are basically selfish. What ever we do, we expect something in return. We should definitely be grateful to those who stood by us. But our focus should be on the internal satisfaction and happiness we derive by doing good to others, without expecting anything in return. Be generous and donate for good cause if you can.

8. Forget and forgive :

Don't be bothered too much about others' mistakes. We are not spiritual enough to show our other cheek when are slapped in one. But for the sake of our own health and happiness, let us forgive and forget them. Otherwise, will be only increasing our BP.

2 Get and 2 Give raise lots of questions instead double number. 4 Get and 4 Give will solve all your problems in life.

Let us overcome the Fear of Death (which is inevitable one day or other)
 Our life & children may be depressed for sometime, but no harm, we die for you sake
 Time heals up all problems & we can carry on, regardless how far
 Let us do our best & help our inevitable time of need day (one after another)
 on God, keeping fit praying & invoking his blessings (service & setting)
 best time feel the presence of God & repent for the wrongs committed God bless you

My Grandma's Prayer: Heartfelt Thanksgiving

Bindu Chowdary

Sacred Space

Focus To Achieve

As the insect, by the power of concentration, becomes a bee, so does man become Brahmn by dint of samadhi.

Kularnava Tantra

The insect is said to evolve into a bee by the sheer force of its brooding. Even so, man can become Brahmn if he concentrates sufficiently upon Brahmn. He gathers up all the threads of his consciousness, focuses it on the Idea, the truth of Brahmn that he wants to be, and dwells upon it uninterruptedly. By practice, the consciousness absorbs the nature of the object concentrated upon – here the Brahmn – and slowly becomes one with it. Man becomes Brahmn.

Madhav Pundalik
Pandit

You must remain focused on your journey to greatness.

Les Brown

As long as you believe and know that it is true and focus on it, it will happen.

Osho

Most people have no idea of the giant capacity we can immediately command when we focus all of our resources on mastering a single area of our lives.

Anthony Robbins

The main thing is keeping the main thing the main thing.

German Proverb

My grandma lived in a village all her life. She was absolutely hale and hearty. She claimed to have completed one hundred years, though according to our calculations she was probably in her mid-nineties. She was a strong woman, a leader in her own way. She was the lady-panch – member of the village panchayat – an adviser, a negotiator and a storyteller. She had a decisive mind of her own and she was both revered and feared by her family and others in the village.

She lived on her own and lived quite independently, cooking her own meals without help. We saw that she was generous. We also found that she was frugal. As children we were a little confused by her personality. We were also in awe of her.

I had never seen grandma perform any sacred rituals seated in front of deities. She was never seen reading or reciting scriptures. Anyway, she could not read. Grandma lived her life in a very matter-of-fact manner. She did things the way she liked and the way she felt was right and she had strong justifications for all she did. She was a woman of principles and no one could make her swerve from her path.

What made her so strong and confident? As far as we knew, she lived in total gratitude. For all she did in the day, she would just fold her hands, close her eyes for a split second, and say: "Shukriya Tera" which means, "Thank You." She would say she was rich because God had given her a lot and so she always thanked God for everything that she had and that came into her life.

As a child, I thought that she was materialistic, that she thanked God whenever she got something. Sometimes I even doubted the genuineness of her

thanksgiving, because she said it so loudly as if it was for everyone to hear.

Her daily one-line prayer intrigued me as a child. Is that a real prayer? How could someone pray like that, the same way, and did she really mean it? The concept of prayer was differently etched in my mind. It meant to read from the scriptures, in a language that none of us understood.

Prayer meant lighting a lamp and burning incense sticks. Prayer meant to sit with folded hands and sing the praise of the Lord. It meant going to the temple regularly...

Another prayer that grandma said twice daily was: "Hey Prabhu, Meri Aankhen Aur Ghutne Salam Rakhta" – O God, please protect my eyes and knees. And God did grant her the boon of good eyesight and

strong knees till she breathed her last.

The human body needs to be in good health so that we can carry out all our activities in life in the most pleasant and efficient manner. Grandma had realised that and so she prayed for good health. Was it the power of prayer that got translated into power of thought that in turn somehow manifested in her as good health? Or did she enjoy stable health because of her physical and mental routine and the selflessness with which she expressed her gratitude to God every day in the form of a thanksgiving prayer? We don't know.

Today, when I remember her, I am forced to admire her wisdom and feel the need for such a prayer to be healthy. It was the simplicity and humility and her prayer of thanksgiving that blessed her with a long, happy and content life.

The writer is initiator, Council for Essential Learning and Research, Mumbai.



THE SPEAKING TREE

Are you tired of feeling "foggy"... absent-minded... or confused?

AGE PROOF YOUR BRAIN!

Discover the science behind the memory enhancer that shocked the world!

Clearwater, Florida:

Nothing's more frustrating than when you forget names... misplace your keys... or just feel "a little confused". And even though your foggy memory gets laughed off as just another "senior moment", it's not very funny when it keeps happening to you.

Like gray hair and reading glasses... some people accept their memory loss as just a part of getting older. But it doesn't have to be that way.

Today, people in their 70s, 80's even their 90s... are staying mentally fit, focused and "fog-free". So what do they know that you don't? Well, the secret may be as easy as taking a tiny pill called **Lipogen PS Plus**.



"My memory was starting to fail me. I forgot all kinds of things. Something I just said would completely slip my mind and my memory seemed pretty unreliable. I was worried. I read about **Lipogen** and wanted to try it. It was gradual. I was taking it on a daily basis for 3 months when it hit me, 'I haven't forgotten anything recently'. I recommend it to all my friends! I would not trust my memory without it. It's given me a lot more self confidence! Thanks **Lipogen** for giving me my memory back!"

-Donna V., Ocala, FL.

UNBLOCK YOUR BRAIN

Made exclusively in Israel, this incredible supplement feeds your brain the nutrients it needs to stay healthy. It was developed by Dr. Meir Shinitzky, Ph.D., former visiting professor at Duke University, and recipient of the prestigious J.F. Kennedy Prize.

Dr. Shinitzky explains; "Science has shown, when your brain nutrient levels drop, you can start to experience memory problems. Your ability to concentrate and stay focused becomes compromised. And gradually, a "mental fog" sets in. It can damage every aspect of your life".

In recent years, researchers identified the importance of a remarkable compound called phosphatidylserine (PS). It's the key ingredient in **Lipogen PS Plus**. And crucial to your ability to learn and remember things as you age.

EARTH-SHAKING SCIENCE

Published, clinical reports show replenishing your body's natural supply of Phosphatidylserine, not only helps sharpen your memory and concentration—but also helps "perk you up" and put you in a better mood.

YOUR MEMORY UNLEASHED!

Lipogen PS Plus is an impressive fusion of the most powerful, natural memory compounds on Earth. This drug-free brain-boosting formula enters your bloodstream fast (in as little as thirty minutes).

It produces amazing results. Especially for people who have tried everything to improve their memory before, but failed. **Lipogen PS Plus** gives your brain the vital boost it needs to jumpstart your focus and mental clarity. "It truly is a godsend!" says Shinitzky.

SIGNIFICANT IMPROVEMENTS

In 1992, doctors tested phosphatidylserine on a select group of people aged 60-80 years old. Their test scores showed impressive memory improvement. Test subjects could remember more and were more mentally alert. But doctors noticed something else.

The group taking phosphatidylserine, not only enjoyed sharper memory, but were also more upbeat and remarkably happy. In contrast, the moods of the



Officially Reviewed by the U.S. Food and Drug Administration.

Lipogen PS safety has been reviewed by the FDA (FDA GRAS Notice No. GRN 000196). **PS** is the ONLY health supplement with a FDA "qualified health claim" for BOTH, **COGNITIVE DYSFUNCTION AND DEMENTIA**.



Do you get lost going to places you used to know how to get to?



Do you spend a lot of time looking for things like your glasses or keys?



Do you forget important doctor visits or dates?

Individuals who took the placebo (starch pill), remained unaffected.

But in order to truly appreciate how well **Lipogen PS Plus** works for your memory—you really have to try it. And now you can...

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We've made arrangements with the distributor of **Lipogen PS Plus** to offer you a special "See-for-Yourself" Trial. This trial is 100% risk-free.

It's a terrific deal. If **Lipogen PS Plus** doesn't help you think better, remember more... and improve your mood, mood—and mood—you won't pay a penny (except shipping).

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Call Now. Toll Free:

1-800-264-3882

Life in the USA (A century Ago)

2010

Friday • 2 • April

5th Month

S S M T W T F S S M T W T F S S

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

2010

M T W T F S S M T W T F S S M T

17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Looking back at what life was like just a century ago, really makes me appreciate the simple things, I often take for granted today.

After looking through these facts, in my previous half a dozen trips, I now appreciate that doctors are very well trained & that getting an education that one likes to acquire before settling down in their choicest profession, and completing this education at various levels (primary & secondary and high school level) are mandatory; not to mention the fact that I can have a bath I wash my hair & even I please.

Most of the facts below made me realize

Lead me from darkness to light. how long life was in US in 1900s.

2010

Monday • 5 • April

5th Month

S S M T W T F S S M T W T F S S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

2010

M T W T F S S M T W T F S S M T
17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 -

- 1) The average life expectancy for men in US was 47-50 years
- 2) Most women washed their hair once a month
- 3) They used Borax/Egg Yolks a shampoo
- 3) Canned beer & iced tea ~~were~~ not invented
- 4) only 10% of homes had a bath tub
- 5) only 8% of homes had a telephone
- 6) only 8000 to 10000 cars plying on just 140 to 150 miles of paved roads
- 7) In most cities, max speed limit was 10-12 mph
- 8) The average American age was 22 Cent butter
- 9) The average worker made between \$200 to \$400 p/a
- 10) More than 95% of births took place at home.

Priorities

J. Fuster

- 1) 99% of BS had no college education
- 2) Doctors attended only medical schools which were condemned in the process. The Government also as sub-standard
- 3) Eggs cost 14-15 cent per dozen
- 4) Michael Jackson's Majestic Home alone was photographed in colors (multiple)
- 5) Can U believe how much has various cities changed over the years.
- 6) Quack Doctors, like in India, have ruled the roost—
- 7) Payer health has a same situation
- 8) Shopping malls never existed.
- 9) Roads were not walkable
- 10) Education was hardly promoted but never encouraged