

Inspire...

a total awareness magazine for the 40+

Vol. 12, S. No. 37, April - June 2019

Social Relevance of **HOLI**

Music means Peace

Jeevan Sharma,
Noted Journalist & Writer

The Chachi

Ruskin Bond,
Literary giant

Financial Challenges & Opportunities after 40

Sonam Agarwal,
Engineering Professional

**Book
Release**



Happiness means a peaceful mind

Mr. Bhaichung Bhutia,
Padma Shri, Legendary Footballer



Mrs. Sonam Agarwal
GRUB-FIESTA
Colorful gourmet for
wealthy mood





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A celebration of togetherness

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Scholar of Jain Studies**

**"Religion has a very extensive meaning.
Today, unfortunately, people have made it
equivalent to Pant (sect)"**

*A renowned academician, a philosopher, a writer
and a poet, Acharya Shri Roop Chandra ji
Maharaj is a scholar of Jain studies of great
repute. He has rendered extraordinary service to
humanity and human development with a
visionary zeal and total commitment.*

PERSONALITY



INSPIRING ICON

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SWACHH BHARAT MISSION... ...SAY NO TO PLASTICS & ITS HAZARDOUS EMISSIONS!

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FROM THE PATRON

HOLI

When Colours Speak of Unity

Holi, the vibrant festival of colours, holds a cherished place in our cultural and spiritual fabric. More than a celebration, it is a reminder of the eternal victory of truth over falsehood and joy over despair. As winter recedes and nature awakens with renewed life, Holi invites us to embrace this spirit of renewal within ourselves. It encourages us to let go of past grievances, to mend strained bonds, and to welcome fresh beginnings with an open heart.

The colours of Holi are symbolic of the diversity that enriches our lives. When these hues blend together, they form a beautiful harmony — much like how different thoughts, backgrounds, and perspectives come together to strengthen our community. This festival teaches us that unity does not mean uniformity; rather, it flourishes in acceptance, respect, and joyful coexistence.

As the Patron of this magazine, I hope this festive season inspires each one of us to nurture compassion, celebrate creativity, and spread happiness wherever we go. Let us ensure that our celebrations remain safe, inclusive, and environmentally responsible, preserving the essence of Holi for generations to come.

May the festival fill your lives with colour, warmth, and boundless positivity.

Wishing all our readers a joyful, meaningful, and harmonious Holi.

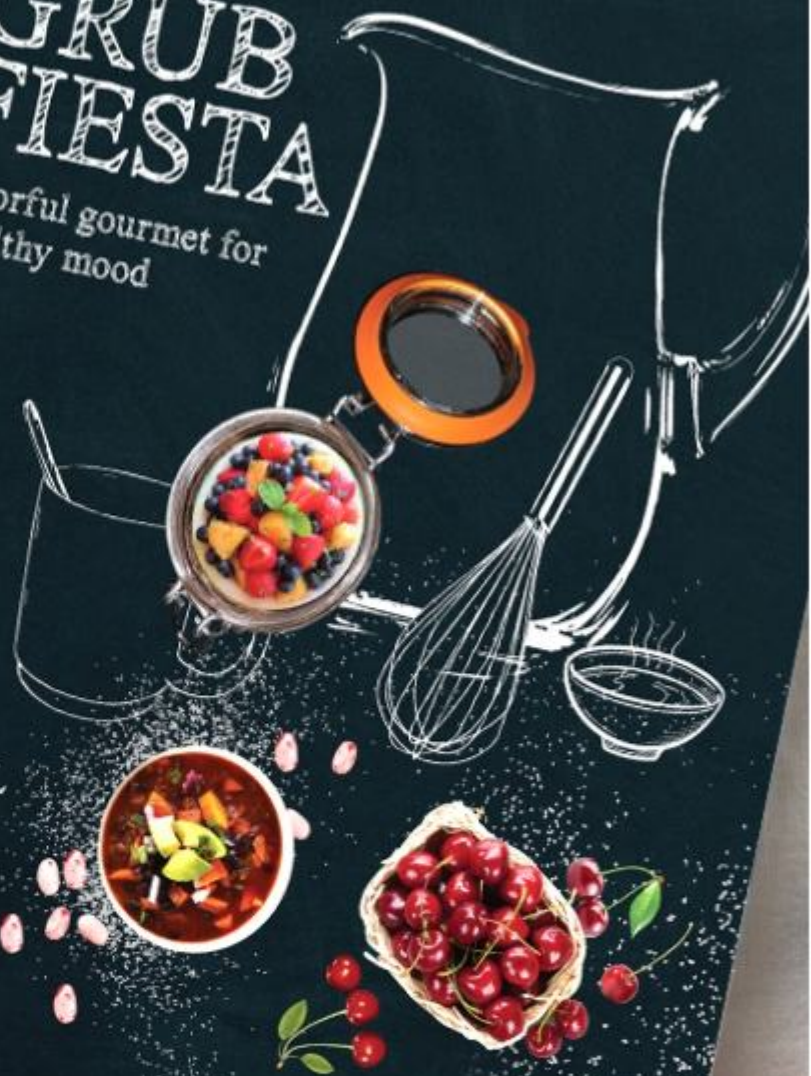
A.K. Agarwal
Dr. A.K. Agarwal

GRUB FIESTA

Colorful gourmet for
wealthy mood

SONAM
AGARWAL

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The Book

GRUB FIESTA


Colorful gourmet for wealthy mood

Launched at the New Delhi World Book Fair, 2019, Grub Fiesta, authored by an ingenious entrepreneur Sonam Agarwal, offers a kaleidoscopic melange of an array of nutritious recipes from a legion of Indian and International cuisines.

The cookbook window dresses rainbow like inviting illustrations of recipes to entice the eyes of the readers and leave their taste buds asking for more.

You will be compelled to latch on to every opportunity to refer to these culinary creations in memorable moments like birthdays, festivals, holidays and what not.

It will enable you to afford to spend less time in the kitchen and rather train a major chunk of your energies on life's other goal posts.



Dr. A K Agarwal cutting the ribbon for the auspicious launch while his son Ankur Agarwal & Swamiji of Akshardham Temple looks on



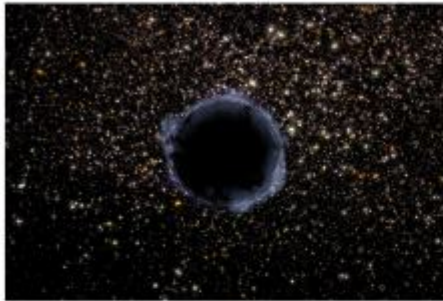
Swamiji from Akshardham Temple performing pooja of Nikita Book Forum Stall at the New Delhi World Book Fair, 2019

(From L to R) Ankur Agarwal, Dr A K Agarwal presenting the copies of the book to Swamiji of Akshardham Temple & eminent guest



(From L to R) Sonam Agarwal, author of Grub Fiesta with Ankur Agarwal and Dr. A K Agarwal displaying the book which was published under the banner Nikita Book Forum

First-ever image of a black hole's event horizon



In April 2019, astronomers operating the Event Horizon Telescope (EHT) collaboration released the first direct

image of a black hole — the supermassive black hole at the center of the galaxy Messier 87 (M87). What we see is not the black hole itself, but the bright “ring” of super-heated matter swirling around it, outlining its event horizon. This breakthrough confirmed key predictions from general relativity and opened a new era in observational astrophysics.

New non-drug therapy approaches for dementia and cognitive support



Also in 2019, researchers explored innovative therapies beyond pharmaceuticals for age-related cognitive decline. For example, a study proposed a projection-based augmented reality (AR) system tailored for elderly people with dementia — designed to provide cognitive stimulation, environmental familiarity, and continuous support for daily living.

This reflects a broader trend toward combining technology with geriatric care to support mental health, cognition, and overall quality of life among seniors, especially those with neuro degenerative conditions.

Why 2019 mattered - the global ageing context



According to United Nations report World Population Ageing 2019 — in 2019 there were about 703 million people aged 65 years

or older worldwide, and the share of older persons rose to ~9% of global population.

The number of very old people (80 +) nearly tripled since 1990, reaching 143 million in 2019.

This demographic shift underscored the urgent global need to adapt health and social care systems to serve a rapidly growing older population.

Because of this, 2019 was a pivotal year in shaping frameworks and care models aimed at healthy aging and better elderly care worldwide.

Deep-space flyby of a primordial Kuiper Belt object: new clues to solar-system formation



On 1 January 2019, the New Horizons spacecraft — after its Pluto encounter years earlier — performed a flyby of Arrokoth (previously known as 2012 MU69), a distant object in the Kuiper Belt. Because Arrokoth is relatively unchanged since the formation of the solar system, studying it gives scientists valuable insight into the early stages of planetary formation and the original material from which planets formed.



MUSIC

Music means Peace

It helps to let go of the ego and thus connect in a better way with the world

We have always heard that music is the language of passion and feeling. We love many things and most are not good for us but music is one exception. Just like food is good for the body, music is for soul and mind. It is beneficial for everyone as it can be therapy for people who have emotional, physical, cognitive or social deficits, and in healthy music can help reduce stress, relax, or improve mood. Unlike many other things, music does not have harmful effects. Music therapists use it to improve communication, attention span, academic strength, and motor skills. They also use it for pain management and behavioral therapy.

Using various types of sounds, music can improve mental health acuity and help in relaxation. In children with learning disabilities, music can be used to enhance memory and learning. This is due to the fact that people concentrate hard while listening to music. It also helps in bettering productivity by improving concentration.

In fact, the "Mozart effect" came into use after it was found in a study that students did well in maths after listening to classical music.

It is for this soothing effect that music is an inseparable part of many spiritual traditions and is used in many spiritual rituals. It is used to unify with the divine and

to focus mind by exploring deeper truths.

The chant of mantras in Hindu traditions, the psalms in the Bible, or the hymns of gospel churches is used to take music lovers and spiritual practitioners to another level of consciousness.

So how does music bring peace to mind that comes after years of meditation without music? Fact is that a combination of many effects of music works on different parts of the body. It brings the person into the present as it is impossible to understand it without paying close attention to it. Music makes people take a present-centered perspective to get engaged with it. It helps people forget troubles and



just be themselves. Most meditation traditions utilise the capability of music to generate flow as many sages have been saying that happiness comes when we let go of the sense of self.

As most of the time, people are worried about the past and the future, which happens when the default mode network of the brain is active. It does have benefits as people learn from past events to prepare about the future. But because of negativity bias, this mode can have negative effects leading to mind-wandering that in turn causes unhappiness. But when we listen to music, the default mode becomes active through the mind is waking rest state it focuses on music leading to sweet relief from the negative effects.

Music also helps during the emotional times as listening to favourite song cheers up the people. People are attracted to sad and dramatic music when they feel blue and it happens because music affects brains emotional centers.

Meditation helps people experience emotions fully but they are taught

to quieten the mind and let the repressed emotions arise instead of outsourcing the emotional expression to music. Through relaxed mindfulness, people can allow emotions to arise and feelings and emotions can fully express in a safe space. This state helps in generating emotional literacy and help in releasing negative emotions.

Music also releases dopamine, a brain's drug that encourages actions that are good for survival. Unlike animals that get this compound from eating and sex, humans get it from music, poetry, and art. In fact, dopamine is responsible for making music attractive to humans.

Music also helps in bringing people together. This effect can be seen in places like concerts when the crowd at the concert seems like a single entity. The feeling is blissful and the longer the concert the audience becomes more harmonized and integrated. In the world of meditation, this is termed as the loss of self in the group. The unity and oneness come from the

loss of ego, which gets replaced by an effect that was talked about for millennia by the people who were enlightened and said that everyone is connected in ways that are deeper than it appears on the surface.

Science is working on measuring the collective experience that is witnessed at the concerts. It is found that when people gather in concerts in front of the live performers, there is brain synchrony that is related to increased enjoyment and also of affiliation with people presents there.

Thus, music can reverse the emotional tendencies from audio to the visual sense. This clearly means that after listening to good music, people start interpreting the sight of the faces of others as happier. So music also allows people to shed judgments about others and helps them interpret the world as a happier place.

It is found that music is an emotional contagion. After listening to music, people show positive associations with people from different cultural groups. Music not only brings alignment to its melodic components but it also helps achieve emotional entertainment that creates a positive effect.

The effects of music on mind and body is at a nascent stage but it cannot be denied that the mental state shifts while listening to music as it helps in understanding life and connects with people around us in a positive way. The many qualities that people experience while listening to music include empathy, decreased stress and increased focus. These effects of music are well-documented in various Buddhist meditation systems. Next time when listening to music at home or a concert, notice the magic of it. ●



HEALTH

DIABETES

Control it with proper care

The disease requires around-the-clock- commitment towards a treatment plan and a careful attitude towards your health can ensure that you can reduce complications arising out of the disease

Diabetes is a chronic disease affecting around 500 million people around the world. In the 1980s, diabetes among the adults over 18 years of age was only 4.7 per cent which is now around 10 per cent. A figure by World Health Organisation (WHO) puts the number of death occurring due to diabetes at around 1.6 million in 2016.

Manage diabetes

Doctors and dieticians can only inform about the basics of diabetes care but it is up to you to manage the condition. You should learn everything about the condition and make modifications in your lifestyle to handle the situation well. First of all, you must eat healthily and ensure physical activity in your daily routine to maintain a healthy weight. Regularly maintain blood sugar and follow the instructions given by the doctor to manage the blood sugar level. Take medications without fail as per the directions given by your doctor.

Doctors and dieticians can only inform about the basics of diabetes care but it is up to you to manage the condition...

Quit smoking

This is the life-threatening habit and increases the risk of type 2 diabetes and various other diabetes-related complications such as reduced blood flow in the legs and feet leading to infections, Heart disease, eye disease, Stroke, kidney disease, Nerve damage, and in extreme cases of premature death. If you are a smoker then seek the help of your doctor to quit smoking to stop using other types of tobacco.

Control blood pressure and cholesterol

High Blood pressure and cholesterol are risky and the damage is severe if you have diabetes. The combination of these conditions can lead to a heart attack or other life-threatening situations. To avoid it you must indulge in eating healthy, reduce fat in your diet, and exercising regularly. In case of serious situation consult your doctor who can prescribe medications, if necessary, to control the conditions.

Regular physical exams

It is necessary to make it a habit of getting three to four diabetes checkups every year apart from regular body checkups and eye exams. Regular physical exams will help the doctor keep in check the diabetes-related complications such as signs of heart disease, damage to kidney or nerve damage as well as other problems. Eye checkups will keep in check the

retinal damage and glaucoma. Diabetes can lead to certain illnesses and you need to take vaccines routinely to avoid it. Vaccines that you should consider are for Flu, Pneumonia, Hepatitis B vaccine and a tetanus shot.

Care for feet

High blood sugar affects the blood flow damaging the nerves in the feet. Any cut or blister can lead to infections. It is necessary to wash feet every day with lukewarm water, moisturise your feet, check feet every day for sores. If you

notice any problem in your feet then consult your doctor.

Avoid stress

Stress can make a person neglect diabetes care. It is necessary to manage stress, set limits and learn relaxation techniques. If in stress try to get plenty of sleep and try to stay positive.

Diabetes will be in control if you take proper care and it will not stand in the way of leading a healthy life. ●●●







COVER STORY

HOLI

A Celebration of togetherness

**The festival of Holi brings people from
different faiths and religions together and
binds them in unity**

A popular festival, Holi falls in late February or March and marks the end of winter season. It is celebrated not in India but also abroad where Indian diaspora participates with fervor. The festival is a symbol of traditional rituals, feelings of love and togetherness. It is celebrated in countries like Bangladesh, Pakistan, Suriname, Malaysia, South Africa, United Kingdom, and the United States.

Holi is connected with the spring equinox and in western India with the wheat harvest. Mostly it is celebrated in northern India and the rituals of Holi vary in various regions.

Marathas perform a dance with a sword in hand to honour the ancestors until they feel possessed by the spirits of their warrior heroes. In West Bengal, swings are made for Krishna. It is celebrated in the spirit of good humour and with the purpose of healing society.

It breaks the barriers people have built around themselves to protect their personal space. With Holi, the purpose is to behave in a manner that will help bring down those walls and go into a state of oneness.





**Holi is the festival is a symbol
of traditional rituals, feelings of
love and togetherness.**

Like all festivals, this festival of colour has deep spiritual meaning and is not limited to only rituals and celebrations. The legend says that demon-king Hiranyakashyapu received a boon that he cannot be killed by any human and that he will not die at night or day.

It made him arrogant and he thought that as no one can harm him he is immortal. This also made him think of himself as the Supreme God.

He became arrogant and persecuted anyone who did not consider him a god. His son Prahlad also did not regard him as God and was persecuted by his father.

He was thrown from a hilltop but Prahlad came out unharmed. Frustrated by the turn of events, Hiranyakashyapu asked his sister

**Marathas
perform a
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to honour the
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the spirits of
their warrior
heroes**

Holika to set herself on fire with Prahlad in her lap. Holika was herself had a boon that she will not be harmed by fire, so Hiranyakashyapu conspired with his sister so that Prahlad would be burnt to death and Holika will survive.

However, the reverse happened. To remember this event people burn Holika every year during Holi.

The persecution did not stop there as Hiranyakashyapu ordered to heat an iron pillar and then said to Prahlad, "If there is a God as you say, go and embrace this pillar. Let me see if your God comes to your rescue. I am sure that there is no other God except me and I wish you to learn this lesson or be burnt to death."

At that time Prahlad witnessed an ant going up the heated pillar and





Mohammad Shah, Zafar, Shah Alam, Akbar Shah are some of the names of Mughal times that played Holi with Gutso with the chieftains of other states

not getting hurt so Prahlad also walked towards it and embraced it. After God came out of the pillar as Nar-Simha -- half-man-half-lion -- and killed Hiranyakashyapu at twilight when it was neither morning nor night. Hiranyakashyapu in this story stands for men who under the influence of power consider themselves to be God.

In this age, we come across many people who believe or behave as if they are God. The story behind Holi teaches us that whenever there are arrogant people as Hirankashyapu there will people like Prahlad who will get help from God for their unflinching faith in the almighty. Holi celebrations reflect the belief that faith and devotion can lead to salvation.

In India, it is celebrated with the same fervour and people of all faiths participate in it along with their Hindu brethren. For in India,

it is the celebration of the moral lesson that anyone can emerge victorious after crossing hurdles with the help of faith whereas an arrogant person can face unhappy consequences. In the bonfire, a day before the celebration with colours, objects representing the impurities of the past year is thrown in the fire. Worshipping the fire a day before the main festivities are done to usher in the warm season ahead marking the end of winter.

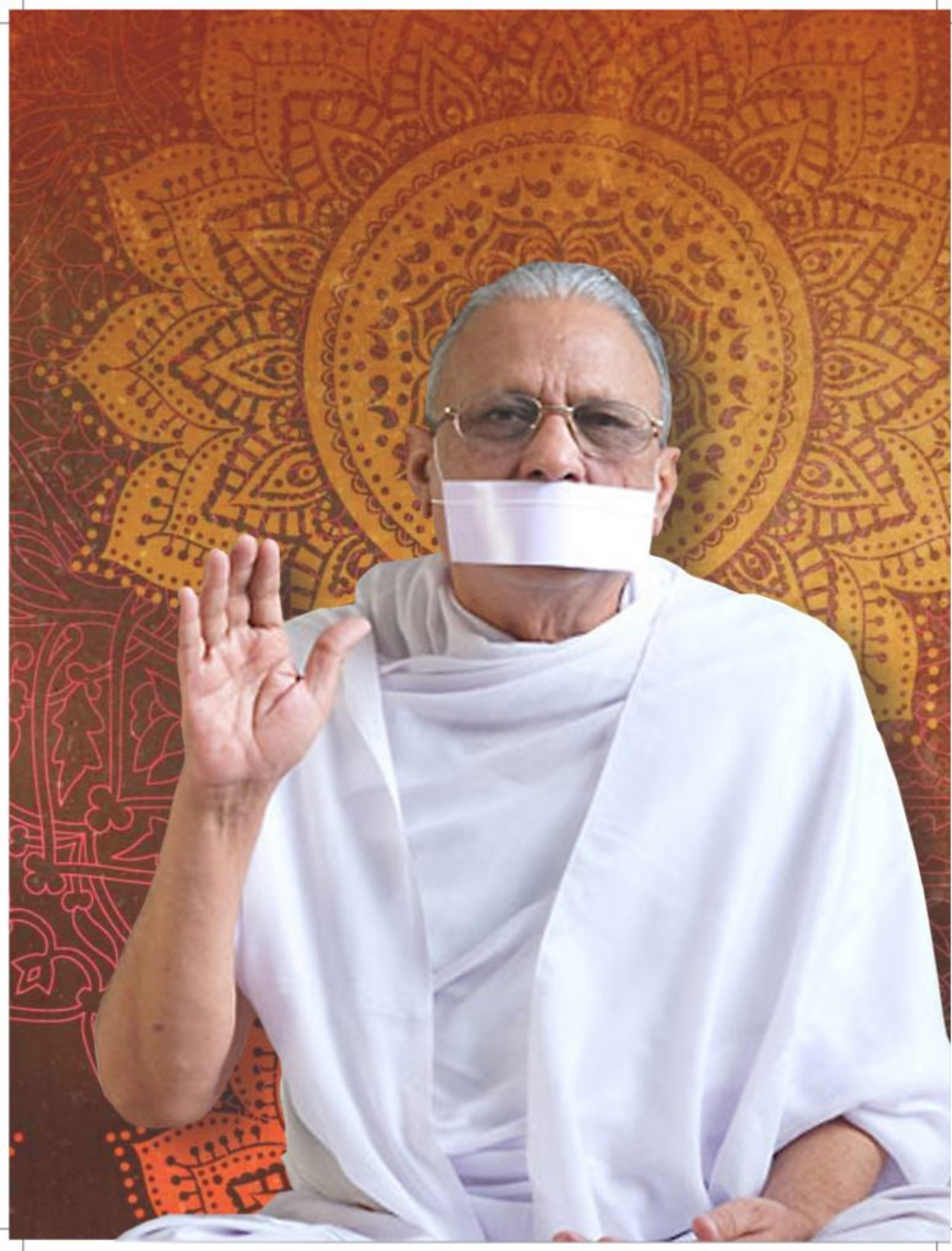
Colours used during Holi help people get drenched in immense love for each other's culture and traditions. It gives an opportunity to the people to embrace friends, neighbours, and acquaintances and remove enmity. The country gets covered in a kaleidoscopic cloud when revellers throw colours everywhere. It becomes a time when three C's -- class, caste, creed -- disappear and even the foreigners join Indians to celebrate the festival of colour. The festival

helps cleanse all prejudices and allows equilibrium to return to society.

The country has always witnessed people of all faith celebrating this festival. In fact, many Sufi renditions are based on Holi. Even in the pre-partition times and even after that it has been celebrated by the Muslims of higher ranks such as the nawabs who used to play Holi with the kunwars.

Mohammad Shah, Zafar, Shah Alam, Akbar Shah are some of the names of Mughal times that played Holi with Gutso with the chieftains of other states. Bahadur Shah Zafar used to enjoy Holi revelry. The happy mood of the festivals helps break all the shackles and binds all the citizens together not to forget the guests that come from all over the world.

In the end, it is all about 'bura na mano, Holi hai' — don't be offended, it's Holi!



Religion has a very extensive meaning. Today, unfortunately, people have made it equivalent to Pant (sect)

Acharya Shri Roop Chandra ji Maharaj
A Scholar of Jain Studies

By Sonam Agarwal

A renowned academician, a philosopher, a writer and a poet, Acharya Shri Roop Chandra ji Maharaj is a scholar of Jain studies of great repute. He has rendered extraordinary service to humanity and human development with a visionary zeal and total commitment.

He has been travelling to various countries and also within India for promoting global peace, non-violence, universal brotherhood and spiritual values.

He has been frontrunner in his endeavors and thus was conferred Man Of The Year – 2004 by American Biographical Institute U.S.A. Later on he was also honoured by Amity Humanity Foundation (AHF) and National AIDS Control Organisation (NACO) for his involvement in the cause of total health care and prevention and control of HIV/AIDS.

In an interview with Inspire Magazine, his Holiness Pooja Acharya Shri Roop Chandra ji Maharaj, who is also the lifetime President of Manav Mandir Mission Trust, spoke at length on issues such as religion, spirituality, defining principles of Jainism, Hinduism etc, activities of Manav Mandir Mission Trust and his journey so far.

Tell us something about your formative childhood years, schooling and education?

I was born in 1939 in a place called Sardar Sahar near Churu in Rajasthan. After passing seventh class, though I took admission in eighth class in 1952 yet I decided to drop out and took diksha to become a Muni (sage). So I remained in school till 1951 only.

I was 13-year-old then and once I came into a Muni life, I had to study a lot of stuff on spirituality. For instance, I read books like Mahaveer Vani, Buddha Vani etc. I studied Sanskrit thoroughly because all our religious scriptures are in Sanskrit.

I studied Sanskrit literature such as Kalidas, Magh, Ashvaghosha, Acharya Hemachandra along with scriptures.

What led to follow the path of spirituality?

I don't think there was any special reason to come into spirituality. I was born in a middle-class family of businessman. It was not a very rich family but, of course, we didn't live in any scarcity either.

Jain samaj was quite influential in our area due to the presence of

reputed 91-year-old Jain Muni and his learned disciples. I was extremely fond of poetries since childhood. I never found it difficult to memorise all sort of poems in my school text books.

I liked the company of spiritual people and I was in constant touch with spiritual leaders too. But despite that, I never had intention to come into spirituality ever.

Rather I was quite fond of kite flying. Even during exams, I used to fly kite. I later on found that I had some sort of cosmic connection with sky. Initially, kite flying kept me connected with the open sky.

Then, I became a Jain Muni where we live barefooted and head shaven. So in a way, I remained connected to the open sky. During childhood, I used to have a lot of dreams that I was chanting mantras and flying in the sky. I didn't understand its meaning but I felt that I remained connected to the sky even in my dreams.

Normally Jain Munis walk on foot and spread their messages from one place to another but in 1991 for the first time I had to fly to US to do the same. Our society didn't allow that but there is no other medium to take the message

abroad.

So I have been flying to UK, USA, Canada and many other countries since 1991 and this became another medium to remain connected with the sky.

I think the previous journey of my soul helped me move in this direction.

According to you, what's the difference between religion and spirituality?

Religion has a very extensive meaning. Today, people have made it equivalent to Pant (sect). Even Vinoba Bhave, one of the renowned thinkers, had said that today religion has become synonymous of Pant (sect). It's so because every sect has religion as its core principles like Jain dharma, Sikh dharma, Sanatan dharma etc.

What one adopts is religion and what we adopt is eternal values. As far as Pant is concerned, it attracts people on the basis of their assumptions.

That's why Vinoba Bhave said that since religion has become synonymous to Pant, that's why we should talk about spirituality. Spirituality means something which remains connected to soul and divinity.

But what I believe is religion contains spirituality and there are ways such as Pant which leads us to spirituality. For instance, Hinduism is not a religion but it's a way of life. Similarly, Jainism attaches importance to non-violence to its followers and it became Jain religion.

But how will you define Jainism, Hinduism etc?

All Indian religions believe in soul, divinity, release from the cycle of rebirth etc. They all have suggested different ways to attain these. These different methods became Pant. Things and talks of soul and divinity became spiritual values.

My personal opinion is that religion is completely individual thing. Everyone has his or her own



journey. In Pant, we make some definite rules and follow that. This has nothing to do with soul and divinity.

In fact, I believe that pant have caused a lot of damage in our society and mankind. Tell me which religion teaches to cause violence in society?

According to Mahavir, one's nature is religion. Any person by nature wants to lead a peaceful life. Excitement, anger etc can never be any person's nature.

The Bhagavat Geeta says:

*Sauchamindariyanigraha
Dhirvidya satyamakrodho
dasakam dharmalakshanam*

(Purity of thought, speech and action, control of senses, cultivation of wisdom, learning, truthfulness, no anger is dharma).

These are signs of religion. A period, when we are in normal and composed state, that's our nature. You live with peace all the time. If you are angry, you are in a state of unrest.

I try to express myself by writing poems.

Shor bahut hai, saar nazar nahi

aata hai

*Aham bahut hai, abhar nazar nahi
aata hai*

*Kabhi to maar main bhi pyar nazar
aata tha*

*Ab pyaar main bhi pyar nazar nahi
aata*

Tell us something about Acharya Shri Tulsi ji who inspired you to become a muni at the tender age of 13.

There is a sect in Jainism which is known as Terapanth. It was founded by Muni Bhikhan (Bhikshu Swami), who later became Acharya Bhikshu. Acharya Tulsi was the 9th Acharya of Terapanth and he decided to give new direction to it.

Post-independence, while political leaders were concerned about physical transformation of the country, he worked in the direction of transforming character of the nation. He met Jawaharlal Nehru also and expressed his wish to work in that direction.

What are the key teachings of Jain dharma?

Mahavira was the twenty-fourth Tirthankara of Jainism and he stressed on non-violence. According to him, people should

have non-violent behaviour and views.

Clash of ideas causes violence. That's why he gave the philosophy of Anekāntavāda (many-sidedness), according to which, the ultimate truth and reality is complex and has multiple aspects. I have described it in my poem -:

Hum ye mante hain ki aap bhi sonchate hain

Per yeh kyon sonchate hain ke aap hi sonchate hain

Kuch aur bhi ho sakta hai is sonch ke alaawaa

Ye sonchate hue bhi kyon nahi sonchate hain

For non-violent behaviour, he gave a lot of stress on vegetarianism and for non-violent views, he stressed the need for Arihants, according to which, no single, specific statement can describe the nature of existence and the absolute truth.

Other beings and their statements about absolute truth are incomplete, and at best a partial truth. Anekāntavāda is a fundamental doctrine of Jainism.

The third thing on which he gave importance was aparigraha, which means the virtue of non-possessiveness, non-grasping or non-greediness.

Even Mahatma Gandhi practiced this philosophy. Once, while sitting at the bank of a river, he was using a bucket to fetch water and take bath. One of his followers asked, "Bapu, why are you using a bucket at the bank of a river?" He replied that since he didn't own the whole river, he was only taking his share and leaving rest for others.

Anger has no place in Jainism but what if a situation arises where one gets angry. How can one deal with that situation

One can definitely deal with such a situation taking it as a test of his forgiveness. Getting angry against anyone is just becoming a puppet in his or her hand. You forget yourself in such a situation.

Two years after I took diksha at the age of 13, I used to feel strongly

about a lot of disagreeable things but I couldn't speak anything before senior gurus. It used to cause a lot of upheaval within me for a long time. I used to skip lunch or dinner because of that.

Then one day, when I was in my meditation, I thought that if I got angry, who would face its consequence. It's me only. People who make me angry don't have any problem. From that day onwards, I never ever get angry on anything. Just keep in mind that I don't have to angry for anything.

Tell us something about Manav Mandir Mission Trust that you have established?

I thought once that a lot of temples were being constructed of all religions but what we failed to create was good human beings. So temples remain a symbol only if they don't create good human beings. So I felt it was important to construct a temple within a human being.

In 2005, in New York during a Jain Centre opening I got three minutes to speak among renowned scholars. I said:

Pehle to hum pathar ko tarashte hai, phir usme parmatma talashte hain

Lekin jisne tarasha hai apne aap ko, usko khud parmatma talashte hai

So I said that the concept of the temple is to worship various gods and I don't have any issue with. But a sculptor, while making a statue of any god, removes the unwanted part of the stone, similarly if we remove the unwanted elements from ourselves, the supreme being will appear in ourselves only.

So I have couple of prime purposes for laying the foundation of Manav Mandir Mission Trust. It is a non-profit public charitable trust.

The underlying principles of Manav Mandir Mission Trust are to promote education, global peace, health, spiritualism and vegetarianism. The areas of the activities regulated by the trust to

promote its principles can be broadly divided into the following four categories :- Health related, Welfare of under privileged people (children and women in particular), animal welfare and publication.

What was the motivation to travel on foot over 50,000 kilometres between India and Nepal?

Jain Munis are normally in Padyatra (walk). Mahavir started padyatra and the motive behind it was non-violence because mode of commuting was animals. Padyatra connected him with people.

I travelled on foot over 50,000 kilometres throughout India and Nepal to propagate the religion of humanity. During this pursuit of public awareness and Sadhana, I interacted with eminent philosophers, spiritual leaders, poets, diplomat and thinkers.

What was the purpose of undertaking Mansarovar Yatra also?

I undertook a travel to Kailash Ashtapad Mansarovar Yatra in July 2003 to promote world peace and universal brotherhood. I also undertook the pilgrimage of the land of salvation of Bhagwan Rishabhdev, the first Teerthankar. The trip was accompanied by some 35 American and British devotees, some 100 NRIs and over 200 other pilgrims. This holy trip also received the spiritual guidance of Swami Divyanand Teerth (the Shankaracharya of Bhanupura Peeth), Swami Chidanand Saraswati 'Muniji' (the Head of Paramarth Ashram, Rishikesh), the famous Bhagwat kathakar Shree Kishoreji Vyas, Rasayani Baba, etc.

People who want to follow the spiritual path, what's your advice to them?

You have heard a lot of things from here and there but what I think is that people should get firsthand experience of everything. I encourage them to involve themselves in welfare and social activities. ●



DIET

Food that can help prevent Cancer

Your food habit has a direct co-relation with your health. A healthy diet is a pre-condition for a healthy living. But besides helping a person live a healthy life, food can also fight deadly diseases like heart ailments and cancer.

It has been established through various researches that certain food items have compounds and elements that can decrease the growth of several viruses that can lead to cancer.

Here're certain food items, higher intake of which can minimise the risk of the deadly disease.

Garlic – It's a nature's gift to people, who want to live a life free from diseases. Studies suggest that garlic has sulphur compounds which strengthen our immune system and act as a natural defence against several diseases, especially stomach cancer.

Tomatoes - An antioxidant called lycopene give tomatoes bright red colour. This helps protect cells

If you can increase the daily intake of tomatoes, it can avoid breast, lungs, endometrial and prostate cancer

from damage and eliminate those that are not growing properly. Researchers have found that lycopene can absorb UV lights that can protect skin from cancer.

If you can increase the daily intake of tomatoes, it can avoid breast, lungs, endometrial and prostate cancer.

Mushrooms - Nutritious mushrooms vary in terms of their benefits, taste and appearance since hundred of mushroom species are in existence today. But all are known to be immune enhancers and many have been used to fight cancer for centuries. Reishi, cordyceps, maitake in particular can improve immune functions. It focuses on cell regeneration and fights tumor growth.

Turmeric - Its active ingredient includes curcumin which is one of the most powerful ingredients in an anti-cancer diet because it shows considerable decrease in tumor size.

It can fight colon and breast cancer. Along with easy to use black pepper, turmeric absorption is enhanced and better able to fight inflammation.

Sweet Potatoes - Lutein and Zeaxanthin are two nutrients that are responsible for signature dark hues in sweet potatoes. These two nutrients act as anti-oxidants which stop harmful high-energy wavelengths and in that process they protect healthy cells. It is considered a whole-grain food like carrot, beets etc and known to reduce several types of cancer, especially cancer in upper digestive tract.

Grapes - Multiple researches suggest that grapes inhibit the growth of stop cancer cell and reduce tumors. The grape skin - particularly purple and red ones - contains a plant chemical called Resveratrol. It is anti-oxidant and anti-inflammatory which help in avoiding liver, stomach, breasts and colon cancer.

Tea - It is a chock-full of anti-oxidants called catechins, which according to lab studies have found to stop growth of cancer cells and reduce the size of cancerous tumors. Black tea offers benefits, but green tea has three times more catechins.

Whole Grain - People who get their fill of whole grains have a



21%-43% lower risk of cancer than those who eat little to none. Unlike refined grains, whole grains have the bran and gum layers, which are packed with anti-oxidants and other nutrients. They also contain fibre which, where fermented in the colon, may produce substances that protect cells from cancer causing agents.

Spinach - Though this leafy green vegetable is low in calories, it provides multiple benefits for health as it contains vitamins, minerals, and omega-3 fatty acids. These are the nutrients that our body needs to stay strong.

The most useful elements in spinach are bio-chemicals called flavonoids that absorb damaging free radicals and throw them out of the human body. Spinach is rich in two elements - folate and fibres - that, according to various studies, are essential for cancer prevention.

Beans - Various experiments on rats have shown that the black and

navy beans significantly reduce colon cancer incidence and this helps doctors arrive at a conclusion that a diet rich in legumes increase levels of the fatty acids butyrate.

Butyrate, in high concentration, gives a protective effects against cancer growth. Dried beans are particularly effective in preventing breast cancer.

Dark Green Leafy Vegetables

- They contain folate and carotenoids. They are the anti-oxidants that aid cell to cell communication that controls cell growth, while folate is essential to protect our DNA, the starting point of any change that leads to cancer. Breast, skin, lungs, stomach, mouth, pharynx, and larynx cancer could be avoided by the intake of these. ●







Inspiring Icon

HAPPINESS = EQUIVALENT TO A = PEACEFUL MIND

Interview by Staff Correspondent

43-year-old Bhaichung Bhutia is one of the most sought-after and admired footballers that India has ever produced. Bhutia hails from a Buddhist background and by his own admission; he is not a religious man. His name means "little brother". He married his girlfriend Madhuri Tipnis in December 2004 and 11 years later they parted ways due to personal reasons.

The Sikkimese government has built the Bhaichung Stadium in Namchi (the district headquarters) in honour of Bhutia. He is one of the most popular figures in the state and is considered a role model for many in India. In 2008, Bhutia was awarded the Padma Shri, the fourth highest civilian award, for his contribution to Indian football. In 2009, he started a foundation "Indian Sports Foundation" to help footballers overcome serious injuries.

His fictional hero is Howard Roark, a character from Ayn Rand's novel *The Fountainhead*. Let us take a look at some of the groundbreaking milestones in his life.



“At the age of nine, I received a scholarship from the Sports Authority of India (SAI) and attended the Tashi Namgyal Academy in Gangtok”

Q: Tell us how the journey began?

A: I was born in a small town in Sikkim to farmer parents. Right from childhood, I had a keen interest in sports and in fact, I represented my school at badminton, basketball, and football. My parents were worried about my interest in football, but my uncle Karma Bhutia encouraged me. At the age of nine, I received a scholarship from the Sports Authority of India (SAI) and attended the Tashi Namgyal Academy in Gangtok.

Even before I completed schooling, I was selected for the East Bengal team and I joined as a semi-professional when I left school. No one in India is a full-time professional, not even well-known players.

At the age of 16, I left home to pursue my dreams. Later on, in 1995, I joined JCT Mills and in 1996, won the Indian National Football League. I became the division's top goal scorer. In 1996 I became "Indian player of the year".

In 1997, I returned to East Bengal and became the first player in history to score a hat-trick during the heated race between East Bengal and Mohun Bagan. I have led the Indian team that won the SAFF Championship thrice and also the AFC Challenge Cup in 2008.

Q: What was your last club and how was your last phase?

A: My last club was East Bengal. Internationally, I appeared in Asia's biggest tournament, the AFC Asian Cup making it my last appearance on the International front. In 2010 in partnership with Carlos Queiroz, the former Manchester United assistant, and Nike, I founded the Bhaichung Bhutia Football Schools in Delhi. Consequently, in August 2011, I hung my boots and announced retirement from international football. I played my farewell match in January 2012 against Bayern Munich.

Best years of my football for the national team were last four years. We won two Nehru Cup and AFC Challenge Cup and qualified for the Asia Cup after 26 years. It was good to play in the Asia Cup because, for any footballer in India, World Cup and Asia Cup are the biggest platforms.

Q: Throw some light on your journey to Bury?

A: I have had limited opportunities for playing overseas. On 30 September 1999, I travelled overseas to play for Bury in Greater Manchester, England. I became the second Indian footballer to play professionally in Europe after Mohammed Salim. By penning a three-year contract I also became the first Indian footballer to sign for a European club. However, a recurring knee injury limited me to only three games in my final season at Bury.

My final appearance for Bury was on August 27, 2001.

Q: Were you fascinated by English football as a child, and did you support anyone?

A: No, I was not fascinated by English Football as a child as we had no access to it. Satellite channels became normal only in the late 90s in India and I was already playing football at that time. Even when I started watching, I never supported any team and just enjoyed watching a good game. But when I was growing up I watched a lot of local football and had local heroes. However, I always used to watch the World Cup on TV, and I admired Maradona.

Q: How did the move to England come by? Did you hear about Bury before you joined it?

A: When I first went to England I had a trial at Aston Villa, but I ended up at Bury because my agent knew someone who was good friends with their manager. No, I didn't hear about Bury before I joined there.

Q: Is English football different from India's? How was the experience?

A: When I first went to England I found it very difficult to get started. I was used to playing in India where the temperature is high, so the style of play is different, i.e., a lot slower. Apart from the fast pace of the game, I had to get used to the physical aspect of English football, which is a lot tougher than what I was used to in India. It was a good experience as the facilities were very good. The training there is more technical and you get to learn a lot of things. The atmosphere in the dressing room too is very different. In India, there is tension as the expectations of the crowd are high. But in England, everyone is focused and relaxed.

In India the grounds are big and we used to regularly play in front of

crowds of over 30,000. However, at times here the noises of the audience, cheerleaders and commentators get diffused. On the other hand, the grounds there are compact and even while you are playing in front of 4,000 people you can hear everything.

It made me more professional. When you go to England where everyone plays football and talks football, it makes you realise how serious the game is. Before that, we used to play for fun in India as you do not think beyond a certain level. You are satisfied with the fact that you are the top player but in England, you get to learn to push yourself further and play harder to achieve more. It taught me to become a lot more professional as a footballer.

Q: Tell us about your experience in the dance reality show that you participated in 2009?

A: In 2009, I participated and won in the third season of Jhalak Dikha Jaa and partnered with choreographer Sonia Jaffer. I am not a great dancer, but I have grown up watching Rishi Kapoor and Mithun Chakraborty dancing. Mithunda's Disco Dancer has been a long-standing favourite. So I guess I just wanted to experience something like that. If you ask me to get down on the streets and dance, I will not do it. I do dance in nightclubs, but that's just about moving wildly. It was a great experience. Life is about taking chances and experimenting. The support from the fans was great.

Q: How do you feel about the biopic being made on you?

A: Anand Kumar, who is known for films such as 'Zila Ghaziabad', is working on my biopic. I am excited about the project. I am honoured that people feel that my journey is worth capturing for the big screen. I am certain that Anand will do justice to my story. I hail from a small town in Sikkim, but playing football for India was my dream. I always wanted to own a

professional football club and I achieved that dream with United Sikkim (his football club). I will be involved in all the creative aspects of the film. I want the biopic to be as close to reality as possible. I was concerned about the writing process, but the moment I learnt that Anand has got Prashant

Pandey (writer of 'Sarkar', 'Poorna' and 'Raid') on board, I was relieved.

Q: Now you are in politics, throw some light on your journey and the thought process?

“ I am not a great dancer, but I have grown up watching Rishi Kapoor and Mithun Chakraborty dancing. Mithunda's Disco Dancer has been a long-standing favourite.”



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The 40 and ...the PLAN

As life takes the turn at 40, you have to be cautious as no one knows what is on offer after this sharp turn -- a smooth road or a bumpy ride



Turning 40 in life is the most important milestone. It is the time when you realise the importance of many good things in life including the finances. During the 20s and 30s, one is mostly focused on excelling in career and impress the people in their respective professional environment. Once you turn 40 almost everything seems useless if you have not sorted out your finances. It's the right time to ponder on this extremely important factor, which will shape the way you will spend the rest of your life especially the life after 60.

The 40 is the age when you realise that you are doing well and know a lot of the tricks of the trade to keep doing well. It is a midpoint where

you realise you know pretty well about everything but still there is room for something new and untried. It is the time when a lot of people try their hands at something they dared not try during their 20s and 30s. The risk-taking capacity is at an all-time high but this does call for a serious assessment of the life ahead and most importantly the finances.

It is the time of life when you realise that it is not all about keeping up with the Joneses. You have to do away with the teenage 'diseases' of peer group comparisons that mostly live with you till you turn 40. If you are still in that mode then it is the best time of your life to let go off the demons. You have enough

experience, you know what will work and what will not, you have a world view, and you have realized what are important aspects of life. You also come to terms with the fact that life is not about constant competition, which generally leaves you with very little happiness and wealth.

Investment philosophy

By this time you must have dabbled in stocks and also burnt your fingers. If you have not mastered the stock markets then it is best to leave it at that and do away with the obsession. Make a decision to use the services of a professional and hand over your money to him. Use mutual funds and index funds to enjoy the

returns on offer by the equity market.

Write down your investment plan after discussing with family and friends. Spur of the moment investments or unplanned investments will not get you too far. Chalk out a proper plan of how much you will invest, where you will invest and why will you invest. Discipline in investment and saving is the key and if you have not reached that point then it is the time.

Make corrections

Learn from past mistakes and focus on setting things right. Do away with the investment that is not paying off well such as sell the second/third property if you are finding it difficult to pay the EMIs. Know that you have to save at least 30 percent of your income if you are not doing that this means that there is something wrong with your investments or that you are earning very less. Immediately get to work to fix the matter at hand.

Immediately take corrective actions to control your expenses. It is not teenage that you splurge all your earnings on flashy lifestyle, cars, and parties. It is not the time that you increase your expenses as your income increases. Do save a major chunk of raise for the rainy day instead of increasing your expenditure. If you have assets that you have kept for long, keep an eye on its market value and sell it off to invest in another juicy investment opportunity. All in all, you have to avoid lifestyle inflation even if you can afford to splurge. Well, it definitely does not mean that you have to become a miser but it does mean that you have to become wiser. Rethink your asset allocation and see to it that it should match the stage of your life and your future plans. Make sure that you are diversified and if not then make adjustments accordingly.

Debt free life

Work to achieve this mantra. Do



Learn from past mistakes and focus on setting things right.

not be in the league where you pay minimum dues of your credit card every month. By this time you should be able to match your income with the expenses. Live within your means as debt will not only drain your income it will also limit your resources to work towards acquiring other assets. The best way would be to limit the number of cards you have and stop reliance on personal loans from banks. It is not advisable to completely avoid credit cards as they might have an offer of free travel or free dining out that can give you a much-needed break from routine life. However, have them -- credit cards -- only when you can afford to pay it off before bank charges interest.

Even when taking loans stick to low-interest loans and avoid loans that will impact your long term goals. For example, a low-interest business loan will help you set up a business which will reap dividends in the future but a high-interest consumer debt will burn a hole in your investment plan.

Refinancing House

Take notice of the drop in mortgage rates and consider refinancing the home. Do not refinance for another

30 years as you would not like to keep paying the loan in your 70s. Refinance for the similar term and save on the interest.

Now you have done refinancing it will be tempting to spend on home improvements from the amount that you are saving. Remember, home improvements are not investments as it will not give you return, so go for home improvements that are absolutely necessary and do not make you go for another loan. However, you should not ignore repairs in the home or else you might need a lot more money for maintenance and repairs 15 years down the line.

Don't touch retirement account

There comes a situation in life after 40 that tend to make you alter your retirement accounts such as kids' college fees or kids' marriage. However, you should plan for these things in advance or ask your kids to finance these important stages of their life. Do not in any circumstance withdraw from your retirement account and use it for your kids' education or marriage. Unless you are 100 percent sure that your kids will help you out in your retirement days, you should

not dare take money out from the retirement purse.

Best way to avoid these situations is to have an emergency fund in place. Keep replenishing it from time to time so that you have enough money in hand to sail through emergencies such as kids education or marriage. Try to keep some money in a taxable investment account which has the potential to grow and do not take too much risk.

Do not panic sell

As the retirement looming large on your mind, you might become over cautious with the investment. In such scenario do not get tempted by panic selling if the market tanks. Always remember that the market will do just fine over time and you will not lose. Do not mess with your investment plan just because you are afraid. Get financial planning help as it will provide you with all that is required to organize finances.

Various insurances

Consider a time when you get into a disastrous physical situation and cannot earn. The age is right to get disability insurance to help you secure your difficult time.

Disability insurance will save you from drawing the amount from your retirement account and come out as a good income replacement source in times of need. Also, it is time to renew your term life policy if you are worried about your kids' education and about your spouse. You are likely to get good rates if you renew the policy before it expires. Review the insurance coverage be it health insurance, home insurance, or car insurance. Go through the policies that you have in place for log and assess that they are appropriate at this stage of life.

Also, review the beneficiaries in your policies. As you might have seen quite a few changes and expecting some more changes it is the best time review beneficiaries that you added long back. Make it a

habit to check the beneficiaries every year and make changes as and when needed without delay.

Set priorities

You must have already set priorities but it is time to reevaluate them and if found not suitable work towards the right ones. Probably, it is the best time to change the course of action so that you do not face hurdles in the future. Think about the days of retirement and what would you like to do in those days apart from sitting around the house. Give a thought to the hobbies that you have which can be turned into part-time jobs and give you an additional source of income during your retirement days.

Add skill to the repertoire

Yes, you know enough in professional field but it is not harmful to get a new skill. Learning a new skill is not a tough cookie to crack. In fact, it will increase your marketability and enhance the chances of you getting more income. With so much happening around, new technologies coming in it is important to learn a new skill to remain competent. Avoiding this aspect will only lead to you becoming redundant in near future and hence no income to boast of. Another way is to start a side source of income which will help you get more for your retirement time. It will help you reach financial independence even after quitting the traditional job. The side business can be governed

Give it time to get established so that by the time you retire, you might have a good source of income

remotely or with the help of your family. Give it time to get established so that by the time you retire, you might have a good source of income from the tree that you planted at the right time.

Ask for a Raise

By this time you must be an asset to the company and this the right time to ask for a raise. Plan your retirement time and accordingly ask for a raise that will come in handy for the next 10-20 years. If you are not earning well and the raise is not enough then you should contemplate on changing the job that will pay you right.

Negotiating the right salary is an art and you have to deal with the issue with utmost care to get what you want. Simultaneously, you should work on increasing the contributions to your retirement account. So if you are earning more and get a good raise then instead of increasing the expenses increase the retirement budget. With the upping of retirement account contribution also analyze the investment plan. Figure out the best retirement plan and if you find it unsatisfying then search for the best ones on offer in the market.

In conclusion, you can say that it is the best time to change course, review, renew and plan. However, in all this, you should not forget to enjoy life and end up worrying too much about retirement or future. Do not go into high-speed chase sequence and end up exhausted, take time out for family and friends as they are also a part of life after 40.

A lot of people believe that absence of any disease in their bodies mean that they are in a state of complete physical, mental and social well being but that's not true. The physical well being often doesn't reflect the status of mental health of an individual.

The medical science has progressed so much that a lot of diseases which were supposed to be incurable are now treated with certainty and success. However, how to have a healthy mind is still a challenging issue for a lot of experts of modern science.

The modern science does offer solutions for mental illness or instability but in many cases it has been seen that they don't work as effectively as the natural process of looking within.

A person, who can look within deeper, can achieve mental well being, which means real peace and happiness in life. Those - who don't understand the importance of looking inside for peace of mind - spend their time and energy in outwardly things and remain mentally disturbed all the time.

But the million dollar question is how to look inside as negative thoughts clog our mind all the time and make it difficult for us to go deep into ourselves and look inside clearly. The answer lies in practising meditation which is believed to be a journey to the truth of who you really are.

Meditation empowers an individual spiritually. Once the spiritual empowerment begins, a person starts thinking creatively, responds to difficult situations better and gets harmony in life.

To get spiritual understanding of oneself, one needs to rely on meditation. It also helps understand hidden qualities of an individual and bring it out in a positive manner. Many experts believe that meditation makes it possible for a person to develop his strength of character and his response to life gets a new meaning as well.

With regular practice of looking within, it is possible to

Do you know the reason for survival of 13 sports persons who were trapped in a cave in Thailand? They all sat together, looked within deeper and stayed calm for 18 days. The whole world saw the rescues as some sort of miracle but for many experts it was a common technique to gear up for challenges. The power of looking within can do miracle for human beings provided one knows the right way to do it.

Spirituality

The JOURNEY within...



harness those personal qualities which a person has forgotten due to stress and chaos in his or her life. When a person introspects, he starts enjoying moment of silence and gets inner strength to overcome unwanted thoughts and actions.

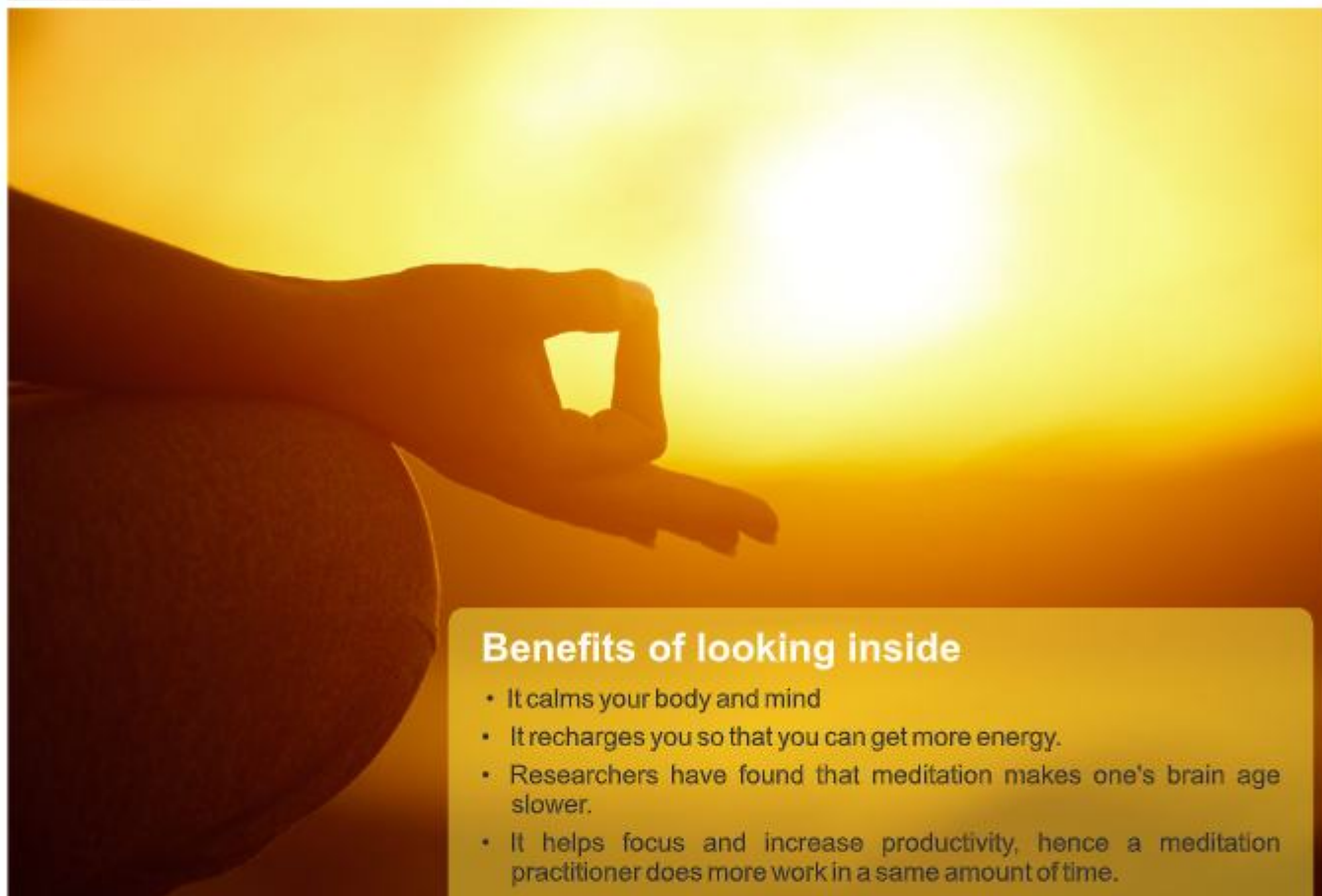
From spiritual gurus, religious leaders, saints to political icons and sports personalities, meditation is the most common and popular way

to focus and achieve a peace of mind.

Celebrities such as Oprah Winfrey, Salesforce's Marc Benioff and Thrive Global's Arianna Huffington to name a few give credit to regular meditation for their success.

Dalai Lama, the spiritual leader of the Tibetan people, says that he gets up at 3 in the morning to meditate. He practices meditation

*Meditation
empowers
an individual
spiritually*



Benefits of looking inside

- It calms your body and mind
- It recharges you so that you can get more energy.
- Researchers have found that meditation makes one's brain age slower.
- It helps focus and increase productivity, hence a meditation practitioner does more work in a same amount of time.
- It empowers an individual spiritually which leads to creative thinking, better response to difficult situations and harmony in life.
- It also helps understand hidden qualities of an individual and bring it out in a positive manner.
- It develops an individual's strength of character and his/her response to life gets a new meaning as well.

*Meditation
increases
the problem
solving
capacities*

in the afternoon and at night before bed as well.

He spends total about five hours meditating each day. He has been quoted in CNN as saying, "These meditations not just chanting or something." He practices "analytical meditation: thinking, analyze, analyze."

Since meditation increases the problem-solving capacities, there have been several instances where people have faced arduous circumstances and dealt with them successfully with the help of meditation.

One of the recent instances was the

rescue of 12 boys and their soccer coach from a cave in Thailand after 18 days of confinement. They survived with the power of meditation. The players were looking for an underground cave after finishing their practice. The cave flooded suddenly with Monsoon rain. They remain trapped for ten days when British divers discovered them sitting in the dark meditating.

Experts, who analyses the survival of 12 boys and the coach, say that they survived because they meditated. It calmed them down by slowing their heartbeat, breathing and metabolism. ●

Cruise TRAVEL Tourism

Govt to initiate action plan for realising its full potential

One of the fastest growing areas in the tourism sector, cruise tourism is a form of leisure travelling on a cruise ship across various ports and cities. Since cruise tourism plays a significant role in the economy of a destination country, the India government is taking steps to promote India as a major cruise destination.



To promote cruise tourism in India is one of the major concerns of the Ministry of Tourism and the Ministry of Shipping and Road Transport.

While the global cruise market is witnessing an exponential growth, India has received 9% less passengers in 2017-18 as compared to 2016-17.

The all India data, accessed from the five operation ports – Chennai, Cochin, Mumbai, New Mangalore and Goa – shows that 1,91,725 travellers arrived or departed from 158 ships in 2016-17. In 2017-18, the number of passengers went down to 1,75,636 with only 137 ships hitting Indian ports.

Concerned about this downward trend, the two ministries – Tourism and Shipping & Road Transport – decided to move a proposal to the Ministry of Finance to exempt cruise tourism from Goods and Services Tax (GST). At present, travellers have to pay 18% GST on cruising and availing on board hospitality.

Experts also argue that top tourism destinations such as USA, UK and Germany don't levy any tax on cruise tourism.

If one looks at the overall cruise demand across the globe, it comes predominantly from North America as about 60% of the cruise passengers come from here. However, international experts believe that Europe and rest of the world such as Asia, Australia and New Zealand are emerging as major places from where cruise passengers come from.

Back home, the government is also in talks with top international cruise players to invite them to make India a home port for their vessels. At present, there is only one cruise ship, which has made Mumbai its home port. It means that the ship starts its journey from Mumbai and comes back to port here after finishing its trip.

Globally, there are some top cruise lines which offer voyages to various destinations across all continents. They draw million of passengers with their world class amenities both on and offshore. Some of these top-rated cruise companies are Royal Caribbean International, Regent Seven Seas Cruises, Crystal Cruises, Oceania Cruises, Viking Ocean Cruises, Seabourn Cruises, Silversea Cruises, Crystal Cruises, SeaDream Yacht Club etc to name a few.

These companies own a huge fleet of ships of various sizes depending upon the passenger capacity and location they visit. For instance, Royal Caribbean International, which was launched in 1969, owns 25 ships in seven classes based on fleet size, destinations and voyage amenities. Some of its best ships are Freedom Of The Seas, Oasis Of The Seas, Harmony Of The Sea,



The global cruise market is witnessing an exponential growth, India has received 9% less passengers in 2017-18



8 Must See Winter Cruise Destinations

- **Bruges, Belgium**
- **Prague, Czech Republic**
- **New York City, USA**
- **Hallstatt, Austria**
- **Tallinn, Estonia**
- **Sydney, Australia**
- **Lapland, Finland**
- **Doha, Qatar**

Symphony Of The Sea etc.

Similarly, Regent Seven Seas Cruises is known for luxury cruise ships such as Seven Seas Explorer and Seven Seas Mariner.

People familiar with the subject believe that cruise tourism is gradually coming of the age in India with several positive steps that the current government has taken.

"In 2013-14, our five ports handled only 80 thousands passengers. So a short term downslide might be there in 2017-18 as compared to 2016-17, however, the overall business has grown more than double in four years. This was due to a lot of proactive measures and doing away with bureaucratic requirements," says NS Rathod, a cruise tour operator in Mumbai since 1991.

At present, no Indian company

owns any cruise ship which travels to International ports. For the first time, an Indian company has purchased a ship to ferry between Mumbai and Goa. The service is expected to start early next year.

Gautam Dey, senior deputy traffic manager at Mumbai Port, who is also nodal office for cruise services on all ports, says that duty on serving liquor to passengers in India act as disincentive.

"Out of total passengers, only 10% are Indians who embark from Indian ports. Rest 90% are foreigners who come from other countries and de-embark at our ports to visit India," says Day adding that when foreign tourists come to India and spend money on hotel stay or commodity purchases, it impacts the economy positively.

Dey also says that ship owners decide cruise routes three to four

years in advance. "So, keeping in mind our tie ups with ship owners, I can say that in another couple of years, the number of passengers are bound to increase," he says.

Subhash Goyal, Chairman, Stic Travel Group, says that recently government has identified action plan to develop sites as attractive tourist destinations and creating awareness about them within India and abroad.

"The govt will make Mumbai a hub of cruise tourism in the country and areas such as Sassoon Dock, Sewree Fort, KanhojiAngre Island, Mandwa, Alibaug and Vijaydurg would be developed as attractive tourist destinations for cruise travellers.

According to government's Action Plan, it will lay a lot of emphasis on publicizing the tourist destinations within the country and abroad through regular interactive sessions with all stakeholders.

"Bollywood will be allowed to shoot in the ICT/DCT/ Water Front of Mumbai Port. Travel agencies will publicize Mumbai-Goa cruise and the Floating Restaurant at Gateway of India and GirgaumChowpatty as tourist attractions for people of Mumbai and outside," says a government release.

It adds, "Mumbai will also be highlighted among foreigners as an attractive wedding destination. Tourist Information Stands will be set up to provide information to tourists about the various attractions and amenities at the destination. The staff providing information should be professional, have good knowledge about the destination, be proficient in English and other languages. Training will be organized for interpreters to handle foreign tourists." ●



Fiction

Chachi's Funeral

Chachi died at 6 p.m. on Wednesday the 5th of April, and came to life again exactly twenty minutes later. This is how it happened.

Chachi was, as a rule, a fairly tolerant, easy-going person, who waddled about the house without paying much attention to the swarms of small sons, daughters, nephews and nieces who poured in and out of the rooms. But she had taken a particular aversion to her ten-year old nephew, Sunil. She was a simple woman and could not understand Sunil. He was a little brighter than her own sons, more sensitive, and inclined to resent a scolding or a cuff across the head. He was better looking than her own children. All this, in addition to the

fact that she resented having to cook for the boy while both his parents went out at office jobs, led her to grumble at him a little more than was really necessary.

Sunil sensed his aunt's jealousy and fanned its flames. He was a mischievous boy, and did little things to annoy her, like bursting paper-bags behind her while she dozed, or commenting on the width of her pyjamas when they were hung out to dry. On the evening of the 5th of April, he had been in particularly high spirits, and feeling hungry, entered the kitchen with the intention of helping himself to some honey. But the honey was on the top shelf, and Sunil wasn't quite tall enough to grasp the bottle. He got his fingers to it but as he tilted it



Ruskin Bond born in 1934 in Kasauli (Himachal Pradesh), Ruskin Bond has written over 300

short stories, essays and novellas, and more than 30 children's books. He has been honoured with John Llewellyn Rhys Memorial Prize in 1957. He is also the proud recipient of Sahitya Akademi Award for English writing in India in 1992, Padma Shri in 1999 & Padma Bhushan in 2014.



towards him, it fell to the ground with a crash.

Chachi reached the scene of the accident before Sunil could slip away. Removing her slipper, she dealt him three or four furious blows across the head and shoulders. This done, she sat down on the floor and burst into tears.

Had the beating come from someone else, Sunil might have cried; but his pride was hurt, and instead of weeping, he muttered something under his breath and stormed out of the room.

Climbing the steps to the roof, he went to his secret hiding-place, a small hole in the wall of the unused barsati, where he kept his marbles, kite-string, tops, and a clasp-knife. Opening the knife, he plunged it

thrice into the soft wood of the window-frame.

'I'll kill her!' he whispered fiercely, 'I'll kill her, I'll kill her!' 'Who are you going to kill, Sunil?'

It was his cousin Madhu, a dark slim girl of twelve, who aided and abetted him in most of his exploits. Sunil's Chachi was her 'Mammi.' It was a very big family.

'Chachi,' said Sunil. 'She hates me, I know. Well, I hate her too. This time I'll kill her.'

'How are you going to do it?'

'I'll stab with this,' He showed her the knife. 'Three times, in the heart.'

'But you'll be caught. The C.I.D. are very clever. Do you want to go to jail?'

'Won't they hang me?'

'They don't hang small boys. They send them to boarding-schools.'

'I don't want to go to a boarding-school.'

'Then better not kill your Chachi. At least not this way. I'll show you how.'

Madhu produced pencil and paper, went down on her hands and knees, and screwing up her face in sharp concentration, made a rough drawing of Chachi. Then, with a red crayon, she sketched in a big heart in the region of Chachi's stomach.

'Now,' she said, 'stab her to death!'

Sunil's eyes shone with excitement. Here was a great new game. You could always depend on Madhu for something original. He held the drawing against the woodwork, and plunged his knife three times into Chachi's pastel breast.

'You have killed her,' said Madhu.

'Is that all?'

'Well, if you like, we can cremate her.'

'All right.'

She took the torn paper, crumpled it up, produced a box of matches from Sunil's hiding-place, lit a match, and

set fire to the paper. In a few minutes all that remained of Chachi were a few ashes.

'Poor Chachi,' said Madhu.

'Perhaps we shouldn't have done it,' said Sunil beginning to feel sorry.

'I know, we'll put her ashes in the river!'

'What river?'

'Oh, the drain will do.'

Madhu gathered the ashes together, and leant over the balcony of the roof. She threw out her arms, and the ashes drifted downwards. Some of them settled on the pomegranate tree, a few reached the drain and were carried away by a sudden rush of kitchen-water. She turned to face Sunil.

Big tears were rolling down Sunil's cheeks.

'What are you crying for?' asked Madhu.

'Chachi. I didn't hate her so much.'

'Then why did you want to kill her?'

'Oh, that was different.'

'Come on, then, let's go down. I have to do my homework.'

As they came down the steps from the roof, Chachi emerged from the kitchen.

'Oh Chachi!' shouted Sunil. He rushed to her and tried to get his arms around her ample waist.

'Now what's up?' grumbled Chachi. 'What is it this time?'

'Nothing, Chachi. I love you so much. Please don't leave us.'

A look of suspicion crossed Chachi's face. She frowned down the boy. But she was reassured by the look of genuine affection that she saw in his eyes.

'Perhaps he does care for me, after all,' she thought: and patting him gently on the head, she took him by the hand and led him back to the kitchen. ●




Shahnaz Husain

LOOKING INSPIRED

Cosmetics

Don't use past its expiry



All products have a shelf life and should not be used beyond that, so that you do not expose yourself to contamination and infection. This is certainly more important for make-up cosmetics for the eyes. Going past shelf-life date can affect the stability of the product. Our Ayurvedic skin and hair care cosmetics have a shelf life of 3 years from the date of manufacture. Our make-up cosmetics have a shelf life of 2 years, but some make-up cosmetics have shorter shelf life.

In general, in the market you may find that many make-up items may not carry an expiry date, so it is all the more necessary to have an idea how long a make-up cosmetic may last. Cosmetics are not only exposed to dust, but also mix with the natural oils of the skin through their applicators. This can affect the stability of the product.

A good way of knowing that a cosmetic item is past its expiry date is by the look and smell of the product. If a moisturizer or lipstick smells rancid, it means that the oils may have separated. If a mascara is dry or too sticky, it means it is time to get another one. It is always better to be safe than sorry and to practice strict rules of hygiene, not just with cosmetics, but also with applicators.

The Shelf Life of make-up cosmetics is as follows:

Foundation: Water based foundations last for a year, while cream based foundations may last longer – for about 18 months.

Powder: Loose powder can last for two to three years, but compact powder lasts for two years and may sometimes become drier even before that time.

Blushers and Eye Shadows have the same shelf life: Powder blushers and powder shadows last for two years, while cream blushers and shadows last for about 18 months. If you find the colour of the blusher or shadow has changed, it is time to change it.

A good way of knowing that a cosmetic item is past its expiry date is by the look and smell of the product.

Mascara: Mascara lasts for three to six months. Actually, the pumping action of the applicator brush of roll on mascaras is said to make them more vulnerable to bacteria.

Eyeliners: Eyeliners have a shelf life of two years. So do lip liners. If you use eye pencils, sharpen them regularly. This keeps you safe from contamination.

Lipsticks: Lipsticks also last for two years, but lip gloss lasts for less time – 12 to 18 months.

As already mentioned, if there is any change in colour, look or fragrance of the product, the stability of the formulation may be affected. So its best to stop using them.

Storing make-up correctly is also an important task. Long lasting makeup begins with better storage. Proper storage of cosmetics allow products to last well through their expiration dates, but also help in de cluttering your shelves so that every product is easily accessible to you at the time of application.

We need to take care of our cosmetic's storage especially

lipsticks. Lipsticks can be affected by heat and moisture easily. During the hot weather, store your lipsticks in the refrigerator. It's a good idea to put all your lipsticks in a plastic bag and keep it in the fridge. I have a drawer in my dressing table, which is divided into sections or compartments for different items. This not only saves a lot of the time while applying make-up, but keeps them away from dust. At other times of the year, when humidity and heat are not high, lipsticks can be kept in a specific compartment in the drawer.

Sharpen your lip pencils regularly and always keep the lid on, so that it is protected from dust. In fact, after using cosmetics, make sure you have closed them properly.

Apart from being exposed to dust, a product like a mask or a scrub may become drier if it is exposed. If there are natural ingredients in the formulation, they may change colour if exposed to the air for long.

Make-up brushes and applicators should be washed once a week. Use warm soapy water and add a few drops of an antiseptic lotion. Rinse well with water and allow the brushes to dry naturally before keeping them away. Or, you can use a clean cloth or tissue to dry them.

If you find your mascara has become dry even before the use-by date, it's time to get another one. Never add water or cream to soften it. If you have an eye infection, throw away your eyeliner, mascara and eye pencils, even if they are not past their shelf life date. In fact, if there is an eye infection, any redness or irritation, avoid using cosmetics till you have got over it.

Always wash your hands before applying make-up, because we often tend to use our finger tips to apply or blend. Needless to say, avoid sharing make-up cosmetics. ●

Author is a World renowned beauty expert

Inspire Café



Sonam Agarwal

Preparation Time: 10 mins

Cooking Time: 1 hr

Makes 4 servings

Ingredients:

- 1 cup Whole black beans (Sabut Urad)
- ¼ cup Rajma
- 6 cups Water
- 1 ½ tsp Salt
- 2 tbsp Desi Ghee
- 1 ½ packet Dabur Tomato Puree (200gm)
- ¼ tsp Jaiphal powder
- ½ tsp Garam Masala
- 1 ½ tbsp Kasoori Methi
- 1 tsp Tomato Ketchup
- 1 tsp Everest Kitchen King Masala
- 2-3 tbsp Butter
- 2 tbsp Ginger Garlic Paste (readymade)
- 2 pcs. Dried red chilies (deseeded)

For Garnishing

- ½ cup Cream
- ¼ cup Boiled Milk
- A pinch artificial food red color
- ¼ tsp Garam Masala

Method:

1. Wash the dal in the running water and then soak it in warm water for atleast 2-3 hours.
2. After 3 hours, drain this water, and wash it again for several times.
3. Pressure cook this dal in 6 cups water, ghee, salt, red chilies and ginger garlic paste.
4. Lower the flame of the stove for 30 mins after the 1st whistle of pressure cooker.
5. Remove it from fire after the mentioned 30 mins. Mash the hot dal once the pressure drops.
6. In this dal of pressure cooker, add tomato puree, jaiphal, garam masala, kasoori methi, ketchup and kitchen king masala.
7. Add 2 pinch of red color too in this dal.
8. Simmer it for 40 mins more.
9. Stir the dal occasionally. Add some butter to this dal.
10. And remove it from fire.

For Garnishing

11. Add cream and milk to this dal.
12. Simmer it 5 mins on low flame, stirring constantly.
13. Sprinkle garam masala and remove it from fire.
14. Serve hot.

Bukhara Dal Makhani

Guests at home? try this luxury Dal Bukhara for the party lovers. Cooked in minimal butter and cream this dal surely gonna stand out from the other dishes. Serve this dal with any breads.



Sesame Honey Chili Potato

Preparation Time: 15 mins

Cooking Time: 30 mins

Makes 4 servings

Ingredients:

4 big Potatoes
1 pc. Lotus Stem
1 pc. Lemon
As per taste Salt
As per taste Black Pepper
Batter
½ cup Cornflour
2 tbsp Wheatflour
½ tsp Salt
¼ tsp Pepper
A pinch Ajinomoto
½ tsp Soya Sauce
A pinch Orange Red Color
Sauces/Gravy
3 pcs. Spring Onions (white bulb finely chopped, green part diagonally cut into 2" pieces)
4-5 pcs. Green Chilies (deseeded & slit lengthwise)
2 pcs. Green Capsicum (slit lengthwise)
2 tbsp Garlic Ginger paste (packaged / homemade)
2 tsp Soya Sauce
2 tbsp Red chili sauce
4 tbsp Tomato Ketchup
½ tbsp Vinegar
2 tsp Honey
½ tsp Salt
½ tsp Pepper
1 tbsp Coriander leaves (chopped)
1 tbsp Sesame Seeds

This popular Chinese dish can now be made in your very own kitchen with the same sweet and spicy taste. This recipe with step by step instructions will make you the most crispiest and delicious chilli potato.

Method:

1. Wash and peel the potatoes.
2. Cut potato in fingers using a French fries chopper.
3. Now, peel and cut lotus stem diagonally into very thin pieces.
4. Soak these potatoes fingers and lotus stem into 4-5 cups of cold water. Add 2 tsp salt and 1 lemon juice in this water. Refrigerate it for 15 mins.
5. Strain and wipe dry with a clean kitchen towel.
6. Sprinkle ¼ tsp black pepper and 4 tbsp cornflour on them to absorb excess water.

For Batter

7. Mix cornflour, wheatflour, salt, pepper, ajinomoto, soya sauce and color.
8. Add ¼ cup of water to make batter of thick pouring consistency, so that it coats the potatoes and lotus tem.
9. Add all these batter ingredients directly to the fingers.
10. Deep fry these fingers in oil by frying it twice.
11. Remove the fingers from stove once their color has changed to golden orange color.

For Sauces/Gravy

12. Heat 1 tbsp oil in a pan. Add chopped onions. Stir till the onions turn into light brown color.
13. Add green chilies and ginger garlic paste to the same pan.
14. Stir till ginger garlic paste changes its color.
15. Now, add capsicums and stir for just 2 mins. Add chili sauce, soya sauce, tomato ketchup and vinegar to this.
16. Stir for 1 min to cook the sauces. Remove from fire.
17. Add honey and salt.
18. Add greens of spring onion. Cook for sometime.
19. Now, add those already fried potatoes and lotus stems in this pan of sauces. Mix it nicely for 5 mins on high heat.
20. Garnish it with fresh coriander & sesame seeds.

The author is an engineer by profession and has keen interest in cooking.

What your stars foretell for the period ending October 2019

STARSPEAK



ARIES

Mar 21-Apr 20

You participate in conversations, seminars and express yourself more specifically about your views. This is an excellent time to make some financial investments and adopt new strategies in financial matters. A cheerful and hopeful outlook increases your chances of gaining cooperation business associates. You move on the path of success and betterment in terms of better financial stability, emotional and mental satisfaction and intellectual growth. Students of Computer Hardware and Engineering achieve better results now. This is a time when you renew your energy and consider what things are important to you.



TAURUS

Apr 21-May 20

Your work status may change for the better. There could be a promotion or new job opportunity that enables you to come into the limelight in a positive way. Authority figures, elders, parents, or influential people in your life tend to support and respect you. They are more willing to help you on your road to success. An event may occur that expands your career or professional interests, and you derive more pleasure from these activities. Integrity and honesty will take you places now. The more willing you are to put yourself in the limelight, the more positive the rewards. You need to keep your eyes open for opportunities that come your way.



GEMINI

May 21-June 21

Your self-confidence gets a boost and you meet difficult tasks and resolve work related issues confidently. Business expansion and new professional opportunities are worth considering. You would admire and adapt new circumstances, ideas, and unfamiliar situations. It is good time to organize your workplace and make it more modernized and equipped with good infrastructure which would help you to get a better perspective to achieve desired goals. Also, circumstances or your own reserve may prevent you from openly declaring or expressing your feelings. Avoid being lazy and laid back as temporary gain in business.



CANCER

June 22-July 22

This can be a time of achievement, career advancement and success in business. Work-related travel or the reaching of a wider society is possible during this week. You adopt new styles and spend on luxury items. Your thoughts turn to children, pleasure and romance during this week. You would maintain balance of the head and heart also in professional and personal matters. You turn things around in business dealings in your favor. You are noble and generous in family situations. Monetary transaction brings gains in property related issues. An overseas or long distance journey with includes pilgrimage is on the cards. You maintain a fitness routine and healthy diet program.



LEO

July 23-Aug 23

Your creativity will assist in your output at work and help you undertake new assignments. You may especially enjoy experiencing different cultures and ethnic styles. Your ideals are higher than usual, teaching may be part of the picture, and your cultural and spiritual awareness increases. Happiness and fulfillment through the expansion of your mind, widening your social circle, travel, and connections to people of a different cultural background than you indicated this week. Students in journalism, law, management and related fields attain success and good results. You might also enjoy analyzing different health or nutrition programs.



VIRGO

Aug 24-Sept 23

Your professional skills wisdom and craft is appreciated and fresh opportunities for expansion are made available to you. Personal relationships gain a romantic and exciting quality. Tackle sensitive subjects and difficult people and get your point across. Business projects and associations are opening up and widening your horizons so you need to think expansively from now onwards. You may begin to take on more responsibilities on the job. Your job could become rather tedious or boring, or working conditions may be frustrating. You may have to draw some boundaries with friends and the demands of others.



Dr. Ajal Bhambhani



LIBRA **Sept 24-Oct 23**

You would be emotional, loving and caring in personal relationships and family situations. You manage to communicate with moody and angry people with a sensitive approach and gentle manner. You would combine your inner and outer strengths to achieve success and happiness. Sometimes you would protest against domination by people at work. Some associations would be competitive in business but you shine and work well in your field of activity. There would be some changes in your social circle, and you meet new and unusual people. Your hobbies, moments spent with family, all come into focus.



SCORPIO **Oct 24-Nov 22**

New associations and beginnings in work areas as some unknown opportunities and changes may come. You would improve your romantic and love life by bringing more sincerity, cooperation and humanity. You may explore new infrastructure and improve office as this brings more efficiency and continuity on your work. Family members would be more supportive as this is the best time to bring more harmony and pleasant interactions to your relationships and feel more comfortable. The desire for some form of recognition is going to be fulfilled in this phase. Financial success is stronger than any other time enhanced now. Brisk walk and timely eating would be helpful.



SAGITTARIUS **Nov 23-Dec 21**

This period brings excellent opportunities for people in show business and related fields. You would work more creatively and express yourself with more sensitivity, compassion, and warmth. You have been more determined and hard-working and this brings fulfillment of all desires particularly on your personal and domestic life. People see you as a loving and lovable person, and as someone who is aware of their needs and feelings, which can benefit you at this time. It would be better to go for long term investments and speculations for financial gains.



CAPRICORN **Dec 22-Jan 21**

A new work opportunity can change the way you work and relate with people professionally. How willing you're prepared to experiment and explore new approaches will determine your success this time. You would achieve a lot in business and professional aspects by combining creativity and practicality. You play the role of the senior in the family and personal situations by taking on extra responsibility and giving direction. You can expect superiors to support you and stand up for you in tough situations at work. You will be considerably more proactive, healthy, and focused.



AQUARIUS **Jan 22-Feb 19**

The planetary configuration brings more stability in relations and professional life. You have a tendency to compromise and adjust and take a soft approach while dealing with people at work and home. You give a new method to communications, projects, learning and self-expression. It's a passionate time, although you are unlikely to display a whole lot of self-discipline. You would work in association with senior colleagues and people in authority and learn many more things at the work place, which boosts your confidence. You use your best talents and co-relate all activities to boost the business and work opportunities. Make changes to your fitness routine to rejuvenate.



PISCES **Feb 20-Mar 20**

This phase brings excellent work opportunities for people in teaching, hotel, finance and in communication fields. People in marketing and sales would work hard to meet professional commitments. Health remains good during this period. Excellent professional opportunities await those students who have completed their education in fine arts, drama, music and finance. Your romantic affair would give a big boost of confidence, and personal magnetism runs high to be appreciated and admired. Spending time in solitude among natural surroundings will be therapeutic.

The author is an celebrity astrologer of world fame.

Power of Gratitude

“Opportunities, relationships, even money flowed my way when I learned to be grateful no matter what happened in my life.”
-Oprah Winfrey

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful

-Gautam Buddha

Gratitude to God is to accept everything, even my problems, with joy

-Mother Teresa

The roots of all goodness lie in the soil of appreciation for goodness.

-Dalai Lama

Feeling gratitude and not expressing it is like wrapping a present and not giving it

-William Arthur Ward

Gratitude also opens your eyes to the limitless potential of the universe, while dissatisfaction closes your eyes to it."

-Stephen Richards

He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has."

-Epictetus

There are only two ways to live your life. One is as though nothing



is a miracle. The other is as though everything is a miracle.

-Albert Einstein

To those who have everything, more will be given. From those who have nothing, everything will be taken.

-Christ

Let this become your meditation and prayer; thank God every moment - for laughter, for tears, for everything. Then you will see a silence arising in your heart that

you have not known before. That is bliss.

-Osho

To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch heaven.

-Johannes Gaertner



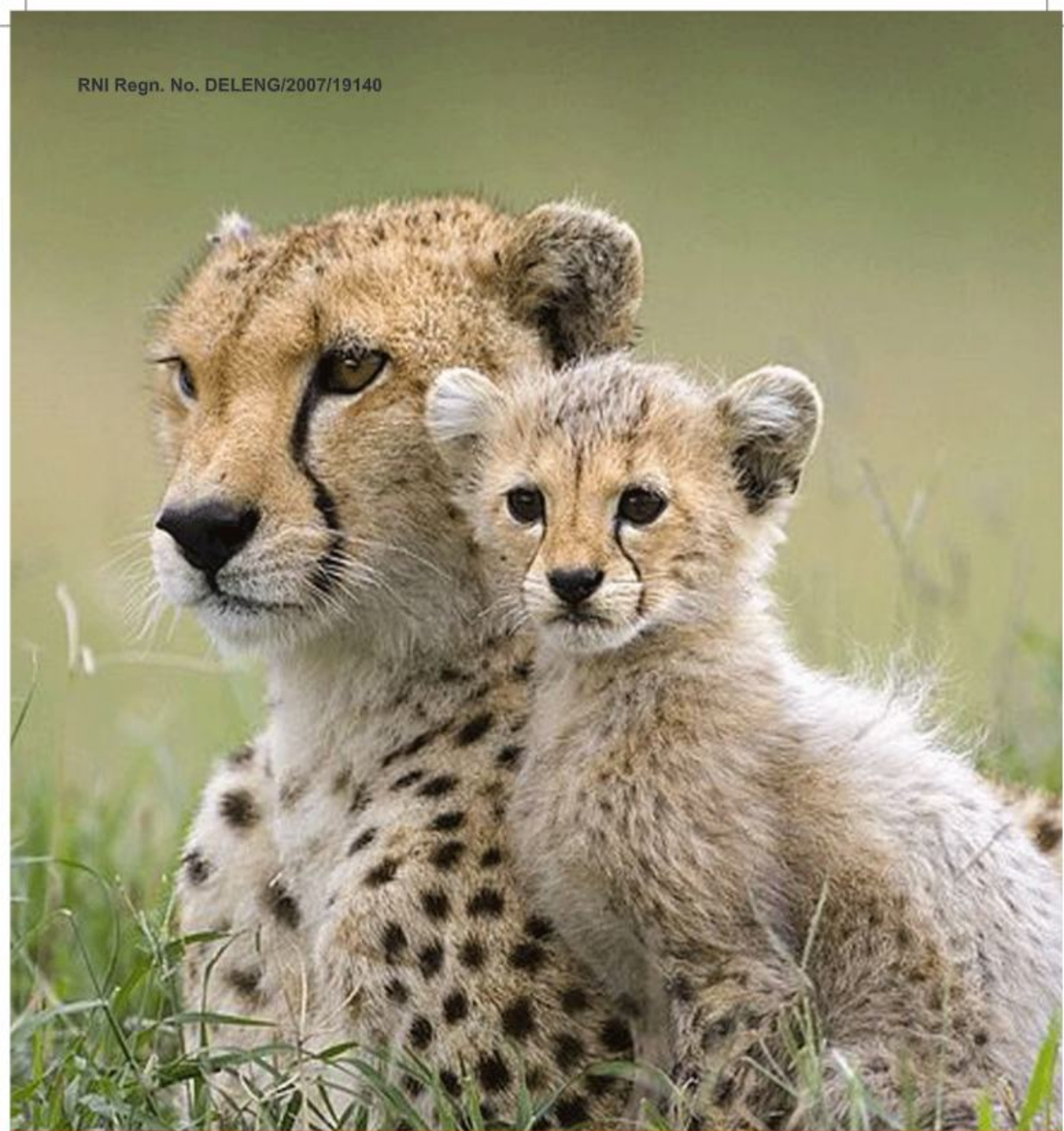
Top End unique blend of Herbs
to keep you Fit &
Energetic
year after year ...



This elixir of youth being
brought to you shortly



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ENLIGHTENING MASSES ABOUT EXPERIENCES AND TEACHINGS OF VETERANS

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