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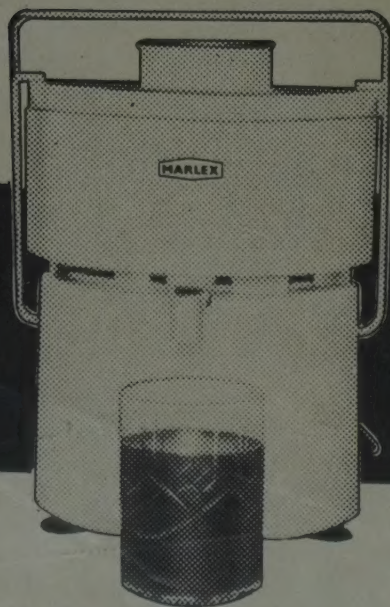
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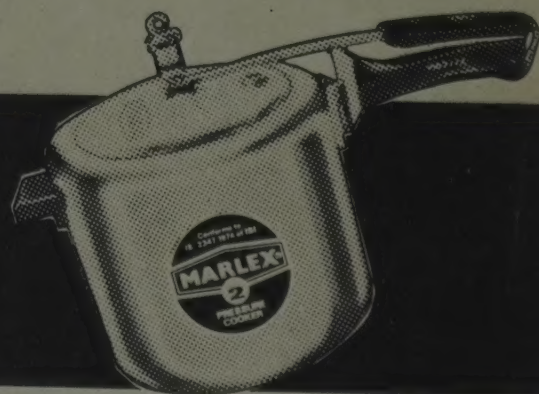
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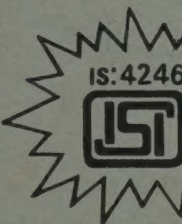
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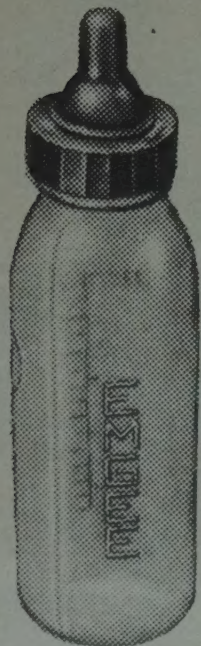
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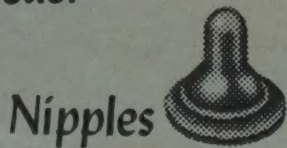
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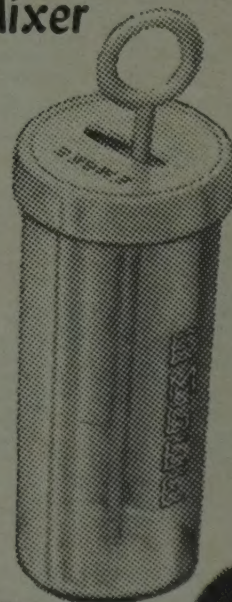


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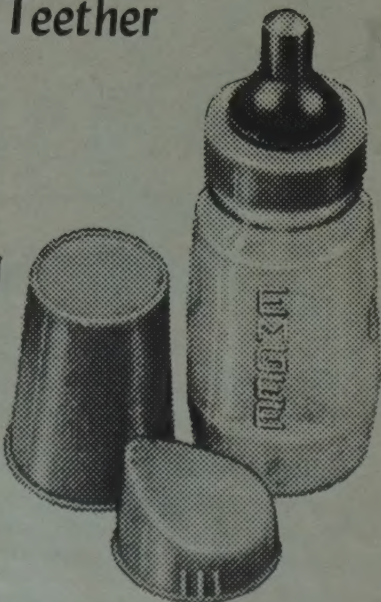
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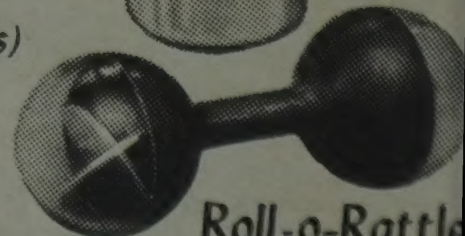
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MEETING GROUND

A world without worry, frustration, pain or insecurity. Does such a world exist? You may not think so, but thousands of vibrant young people enter this euphoric world in a state of trance — a trance induced by a mere puff on a seemingly-harmless cigarette, a first puff which leads to many more... and then infinity is the limit. Drug addiction is alarmingly widespread, contrary to some notions that just a few people indulge in it. According to police and excise officers, no less than 50,000 students are on drugs. This fearsome addiction is not an isolated phenomenon; it is directly related to the increasing frustration among our young people, growing unemployment and social insecurity. Our young are dying a slow, agonising death — heavy drugs have replaced those

first innocent puffs and we just cannot sit back and watch this happening. Along with our startling expose on the horrors of drug addiction, we bring you a report on the excellent work done by Seva Dhan to help young addicts.

The human body is known to possess inherent self-healing powers. Ancient concepts of nature cure and yoga make drugs, pills and injections redundant. Combined with sensible, modern treatment, nature cure chalks up an amazing 80 per cent success rate in curing stubborn ailments.

Recently, women entrepreneurs and executives were honoured in the Capital. What makes a career woman tick? You'll have to read our interviews for the answer.

RUNTHROUGH

Cover: Jasmine Kaur

Photograph: Rajendra Chawda

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THE PLIGHT OF THE DRUG ADDICT

10

They take to it for a variety of reasons but once they are "hooked" on drugs they will do anything to keep the supply flowing. The focus of this issue is the problem of drug addiction.

WOMEN AT THE TOP

40

For women entrepreneurs and executives the climb to the top is paved with prejudice. We interview six women who won awards this year for their achievements in their various fields.



HEALING THROUGH NATURE

44

The Institute of Naturopathy and Yogic Sciences, Bangalore, believes in a system of healing the body through naturopathy and yoga, combined with a vegetarian diet.

ALSO :

The Young Ones — page 15. Personal Encounters — page 16. Hong-kong Drug Trade — page 19. Be Your Own Home Appliance Repairer — page 20. Women's Voices — page 25. Travelure — page 26. Be Your Own Beautician — page 33. Eve Today & Passing Through — page 39. Special Report — page 43. Living Food Therapy — page 49. Lifestyle — page 53.

REGULAR FEATURES:

Your Page — page 7. Feedback — page 9. Comics — page 13. Short Story — page 21. Film — page 23. Fashion — page 30. Cookery — page 35. People & Events — page 56. Horoscope — page 58.



All it takes is a relaxed mind and an unrelaxed diet.

That's right. Getting ready to breast-feed your baby is as simple as that. All you've to do is relax. And take in all those things that can help your body make more milk for your baby.

Stop worrying.

Worry can harm you. And, your baby. It can make you feel ill and, even worse, dry up the milk flow.

If you've a health problem, don't just sit and mope. Go see your doctor and discuss it. You can trust him like your closest friend.

Start a wholesome diet.

The dos and don'ts of a healthy diet don't need a libraryful of books or calorie charts by the dozen. Common sense is all you need. For instance, your baby needs plenty of protein for growing: the body-building materials which milk, eggs and meat provide. Naturally, you should be eating and drinking protein-rich foods. The more protein you get, the more your baby gets, too. From you.

An important don't is an excess of carbohydrates. Because it can affect both the quality and quantity of milk. Simple steps like these will help you to breast-feed your baby properly. In the remote case of a serious health problem, though, you must choose the best alternative for him.

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1st PRIZE

HARD-WORKING PEOPLE

A recent letter 'Holidays Unlimited' (EW Jan. 8) has really upset me. You (the Editor) have not only given it pride of place, but also agreed with it — a thoroughly irresponsible epistle which is an insult to the millions of Indians who put in hours of hard labour in the heat of the day, to endure two meals.

The sort of people to whom N. S. Venkatraman refers, and to whom a five-day week applies, form an infinitesimal fraction of the 690 million people of India, and are quite different from those living under the poverty line. If these people appear lethargic, it is not because of laziness but due to lack of even the bare necessities of life. The real cause of poverty in the country is the misapplication of resources.

The number of holidays by themselves do not mean anything. Rather they have a mitigating effect on unemployment because the same number of jobs and longer working hours could lead to greater unemployment. Besides, if like the Editor says "nobody seems to want to work", how come so many qualified people are walking the streets in search of a job? Because in India, there are less jobs and more qualified people. Holidays for religious festivals in reality serve the vitally essential purpose of generating social cohesion between people of different religions in India.

Indians are very hard-working people and India is one of the greatest countries in the world, so please, if you have nothing better to do with your spare time, try to refrain from criticising your country, especially where no criticism is due. I'll be the first to admit there's a lot to be done in India and it's the duty of every Indian to do his bit. India has its faults, but not working hard is definitely not one of them.

KAVITA,
New Delhi.

We do regret you are so upset. But the fact remains that Indians who are so industrious and hard-working abroad are the opposite over here. Certainly, both the letter writer and the Editor were obviously talking about office-going Indians and the number of public and private holidays they observe in cavalier fashion. And yes the unemployed walking the streets are only too willing to get a job but once they've got it, they think holidays are their birthright. Also, it's a moot point if all the festival holidays do anything to contribute to national integration. And finally, we weren't even criticising — we were just stating plain facts.

2nd PRIZE

ANTI-ATROCITIES DRIVE

Some months ago, I attended a meeting at Madras, conducted under the aegis of the Working Women's Forum, at which many eminent speakers including Justice Krishna Iyer, the retired Supreme Court judge, participated.

Women speakers like Mythili Sivaraman, M.B.A. and Dr. (of Sociology) Savithri of Madras spoke at length and highlighted the various problems faced by Indian women, like dowry death and rape. However, it was left to Justice Krishna Iyer to offer constructive suggestions to check the atrocities being committed on women today: 1. To strictly enforce in practice the anti-dowry laws; 2. to give equal representation to women at all levels of law-making and law-enforcing; 3. to recruit large numbers of women in the police department at all levels, right from constable to I.G. level and to let them handle exclusively all cases of atrocities committed on women; 4. to appoint more and more women judges in all the courts; 5. a husband should be held responsible when a wife dies even after five years of her marriage and the case should be thoroughly investigated by women police only.

I am sure if the above suggestions of Justice Krishna Iyer are followed the lot of our women would improve a great deal.

KANDARPA ASHOK,
Karnataka.

All sensible suggestions and we must implement them as best we can. Justice Krishna Iyer is known for his broad-minded attitudes and concern for women but, as we have repeatedly said, there must be "protest groups" all over the country to bring about societal and legislative change.

AFFLUENT INDIFFERENCE

A sizeable portion of the affluent society is actually dormant and/or indifferent to the acute suffering of their brethren. Especially, in modern times, even 'lip-service' seems to have vanished into thin air, for, these folks just don't have the time (or the inclination?) to listen to your grievances and help you even if you happen to be their next-door neighbour but do not form part of their class of society.

I, for one, suddenly seem to have developed a resentment for this particular class of society. No, it's not envy, it's just

3rd PRIZE

DO IT!

Having worked hard all my life, I dreaded the thought of retiring as I doubted my inability to cope with the situation. At work, I had always been surrounded by people and when retirement finally arrived, I thought it was the end of the world.

But now? How different! All through my working life I had longed to be a writer and when retirement came I suddenly realised I had the chance. I am delighted to report that I've had some success and what a thrill it is to achieve something you always wanted to do. Apart from a feeling of accomplishment, it's a means of keeping the brain active — a combination which makes me very happy.

My advice to all those about to retire is: "Do the thing you've always wanted to do." You may even ask yourself why you didn't do it years earlier!

JUBEL D'CRUZ,
Bombay.

Latent urges, hobbies and casual pastimes can be turned into lucrative careers at an opportune moment. You have turned to writing, others make pickles and sherbets — all are welcome in the fraternity.

utter resentment. I belong to the working class and I do have many friends who also belong to the same (working) class and who are always more than willing to help me tide over any difficulty and this help, mind you, is spontaneous. Unfortunately, or rather fortunately, I do not have any friend who belongs to the affluent class.

Sometimes I cannot help imagining how wonderful it would be to have a classless society (by merging the affluent and the non-affluent) so that the needy would get, in addition to lip-service, the real help that they seek.

MOHINI V. NAVALKAR,
Bombay.

There is usually trouble, frustration and heart-burning when one belongs to the salaried middle-class and stays next door to the black-moneyed upper class. The householders want to keep up with the Joneses, the children make unreasonable demands and family life disintegrates. Just resenting the affluent society is not going to help. We must get our own priorities right and live life accordingly. And, may your dream of a classless society come true — that is, if dreams do come true!

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Use With Caution

Norma Swenson has raised the burning question 'Are contraceptives only the responsibility of women?' (Dec. 18) Hundreds of women have gone to rest — killed as a result of contraceptives and abortions — their gallant men have feigned innocence saying, "She did it without my knowledge." Hats off to Norma who had the courage and the wisdom to voice the question thousands wanted to, but did not. She and her contemporaries are helping to break down the old-fashioned mould prepared for women by society.

M. D'SOUZA,
Karwar

Justice Denied I

I have read with utmost sorrow the harrowing experience of Katayun in Woman's Voices column (Jan. 15). I am also facing similar problems. I am sure there are several other women also who silently suffer and are innocent victims not only of their husbands but also the law and delayed justice. But the experience of Katayun where courts are unable to implement their own orders is shocking and really makes one wonder where our country is heading to and what is the future of several helpless and downtrodden women who

silently suffer only to await justice which cannot be implemented.

MRS. SARLA THADANI
Bombay

Justice Denied II

I am a social worker and have come across several cases like Katayun's. It is a pity that such unfortunate women are always hit both ways — no help from friends, neighbours and relatives on one hand since they do not wish to be involved in court matters and no help or little help from police and law courts on the other, not to speak of the delays in courts and paper justice as in the case of this victim. Nothing is being done to improve this situation and hence it worsens.

DR. (MRS.) G. T. SEN
Bombay

Justice Denied III

More and more women facing similar problems like Katayun today become helpless, and commit suicide. All girls will not be as brave as Katayun in fighting in spite of obstacles.

A man has no right to destroy an innocent woman's life only to satisfy another woman — his mother. Both have an equal place in his life since one gives him birth and the other gives birth to another life with his help.

Does he not have responsibilities towards both?

In my educated Parsi community also, more and more of such cases are heard of. Social organisations should come to the rescue of girls who suffer for no fault of theirs.

K. N. PATEL
Bombay

Medical Miracles

Though not medical students nor interested in going through articles on medicine, science etc. the article 'Microsurgery — working medical miracles' (Jan. 15) really did interest us and was worth reading.

Earlier one never knew whether treatments were possible for broken limbs and even if possible, required only "costly treatment in foreign countries". Now, thanks to doctors of the calibre of Dr. R. Venkataswami and Dr. Nirmala and institutions like the Government Stanley Hospital, Madras, such complicated surgeries are confidently taken up in our own country.

It is only due to lack of support, encouragement and aid and due to sheer negligence on the part of our government that our professionals not only from the medical field but also from several other important fields prefer to leave the motherland and settle abroad to serve foreigners. If our Government, lends a helping

hand to these medical wizards, who in turn restore the broken limbs and give a new lease of life to the victims, they will remain in our country and come to the aid of our own countrymen.

We second your idea of setting up 'limb banks' like we have blood banks, and so on, which will help in restoring limbs and arms to the victims and give them a bright future.

CRISHNA S. KUMAR
MISS V'DYA D.
Bombay

Inexcusable

I was amused to read Jaini M. Bhat's letter on two sports events viz. 'shot-put' and 'discus-throw', in which, according to him, women have excelled men. This speaks of gross ignorance of the writer about sports. If he had at least checked up the weights of the objects used for these sports he would have found that for 'shot-put' the weight of the object for men is 16 lbs. as against 12 lbs. for women and for the 'discus-throw', the weights are 4 kg. and 2 kg. respectively. While he may be excused for lack of knowledge, it is amazing that your magazine has surpassed Mr. Bhat in such inappropriate writing by publishing the same.

H. R. KAMATH
Calcutta

NEXT WEEK

ISSUE OF FEBRUARY 26, 1983

Women In Banking

So high is a job in the banking sector valued today that it is considered by many to be a passport to instant happiness. With the competition naturally being so fierce, how do women fare in this profession? In another of our articles on women in various professions, we examine this question and interview a number of women working in banks. Also some facts about investing your money in the various schemes that banks offer.

The Textbook Controversy

A history textbook used in schools in Maharashtra has been found to contain factual errors in its chapters on Christianity and Islam, which has led to protests in Pune and Bombay, both against the book being used as well as against its withdrawal.



Shama Habibullah: An Interview

A spate of 'raj' films are in the process of being made in the wake of the success of 'Gandhi'. Ms Habibullah, production manager of 'Gandhi' and head of Intermedia which liaises with foreign film units shooting in India, talks about her own career as a director and about her experiences with 'Gandhi'.

Catering For Thousands

Behind the glamour of big events like a unit shooting on location and the Asiad, is a basic, not-so-glamorous necessity — having to feed all the many participants. We take a look at the men and women responsible for the catering at the Asiad and at the shooting of the Bond film 'Octopussy'.

Images Of Women

The films reviewed this month are Shekhar Kapoor's 'Masoom' and 'Ek Baar Chale Aao'.

Student A. Hi, hash?

Student B. No grass. . .

Student C. Let's hit shit, yaar.

The voice with a suspicion of pathos drooled away as the three students settled down along with some others under the Tree of Knowledge.

A "loaded" cigarette was whipped out from under the khadi kurta worn over ragged jeans. A puff was taken and then passed on to the next man in the "liberated" circle of friends.

This cycle was repeated after every class ended in the college. Some of the students who go "too high on the trip" lie like lotus eaters under the Forbidden Tree smiling or crying to themselves and to one another, oblivious of the world around them.

This world doesn't belong to them, they do not belong to this world. Their world is another one where there is no worry, frustration, pain or insecurity.

It is this feeling of fatal tranquillity that has made zombies of many vibrant young people, which makes the "high" students refuse to live in this material world in the company of their families. The itch to go back to this Promised Land is too strong and the dependence on the drugs too overpowering. They are the living-dead, sad indeed.

It all starts with a puff just for the heck of it or because it is said to reflect "progressiveness". The first puff leads to the second, the second to the third and then infinity is the limit.

What is the future of such young people?

Sample the agonising plea of a father of one such drug addict, an otherwise brilliant young man, with a high I.Q. The father wrote to police commissioner Ribeiro as recently as December 27, '82.

"Dear Mr. Ribeiro,

In the world of today the most paying and pernicious crime is drug peddling and consumption. Not a day passes without reading a report that somebody has been caught smuggling narcotics here and abroad.

These drugs are taken by almost every segment of society but where the damage is the greatest is when youngsters —

especially school children and collegians — become addicted. Once they fall into this vice nothing can bring them out. The more they try to get rid of the disease, the more they are driven to taking drugs. It is the sure but definite process of self annihilation.

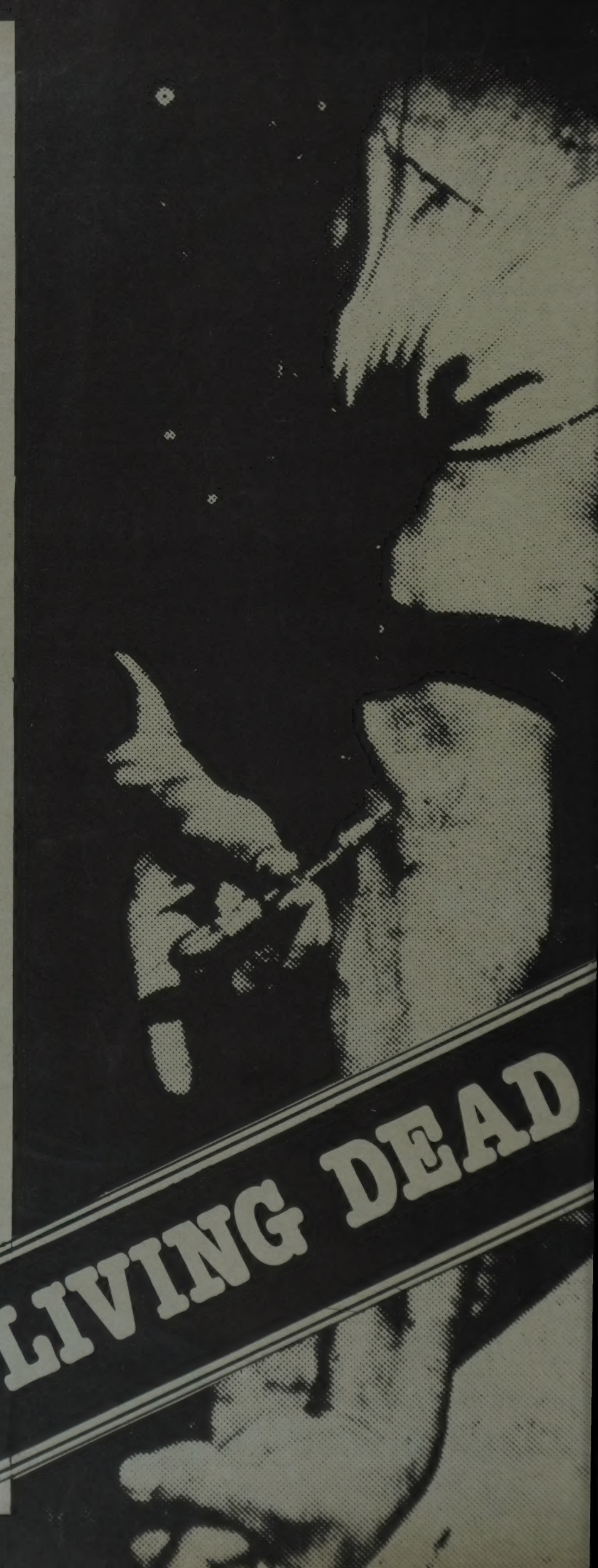
Some time back I wrote to you about my son. There was a response from one of your departments but my wife got jittery. She thought the police might beat him blue and black. I told her that this is not so but all mothers are purblind. For them even criminals are virtuous sons.

My son is in a very bad shape. He would not give up the habit; he will not go to the hospital; he will not take the treatment and at times he becomes so desperate that he acts violently. I see it clearly that he is dying. Can we allow a young boy's life to be snuffed away? It will be a sin.

There is only one way. It is that you provide a policeman in mufti which would shadow him and prevent him from taking any drugs. I will pay the charges, whatever they be. I am not trying to save a life but I am trying to set an example for other parents to do the same. Many homes are on fire.."

According to police and excise officers no less than 50,000 students "have a date with drugs with many going steady". This figure is believed to be on the conservative side.

The increase in drug addiction is not an isolated phenomenon. It is directly related to the increasing frustration among our young people, growing unemployment, social insecurity and lack of understanding besides a quest to know and realise oneself. Many and varied are the causes of this epidemic just as many and varied are the personalities of the users. Drug addicts cannot be classified under one head just because they depend on drugs.



THE LIVING DEAD

"Their world is another one where there is no worry, frustration or pain." Drug takers alternate wildly between depression and elation; they have euphoric plans but they lack any consistent energy. In the absence of reliable statistics, it is hard to say how many people in India die a slow agonising death because of drugs, but it is a fact that many young lives are wasted or lost because of heavy drug addiction

Mona Mcgee

Drug addiction, like corruption, is an international phenomenon. According to the latest UN report of the Narcotics Control Agency in Vienna, drug abuse is growing all over the world. The agency called for a massive public opinion drive to combat this.

The Council suspects a link between this development and rising unemployment and growing criminality.

In the absence of reliable statistics it is hard to say how many people die a slow agonising death in Bombay because of drugs. However, none can dispute the fact that young lives are being lost because of heavy drug addiction.

Drugs are not only killing the users; they are causing the death of innocent people. Recently in Byculla, an addict knifed to death his younger brother out of jealousy and while being "high".

Assaults on brothers, sisters and parents, close friends, acquaintances and even strangers by young people high on drugs are not unknown.

Experience and case histories with doctors have shown that drug addicts resort to violence to get money for their habits. They even start pushing drugs onto innocent victims to meet drug prices.

Drug takers become sickly and emaciated, they alternate wildly between depression and elation, they have euphoric plans but they lack any consistent energy.

An ex-addict, who wishes to remain anonymous, explained thus: The physical addiction to drugs like heroin is so strong that the addict fears withdrawal more than he fears death. The drug is his only real friend. His entire sense of personal worth is wrapped up in the drug. He develops a paranoia about everyone else, particularly those visibly in authority.

The final problem is that sickness caused by heroin is so seductive that it appears like bliss

to the addict. Under its influence he feels he is the greatest poet, musician or philosopher. But unless he is one of these things without it, the promise of the drug is unlikely to be borne out in the real world.

Under the influence of drugs an addict is a superior human being which accounts for the sense of conspiracy she or he enjoys with other addicts and the contempt for non-initiates. The real difficulty of weaning an ad-

dict away from drugs is to find something less destructive which has just as powerful an influence upon him.

dict away from drugs is to find something less destructive which has just as powerful an influence upon him.

It is because of this attitude that hospitals and drug experts sometimes treat drug addicts with contempt, their contention being "there are people who are dying involuntarily", meaning thereby that they have little time for addicts who are dying voluntarily. The hospital staff are also cynical because of the frequency with which addicts, even after treatment, revert to their old habit with increased intensity. Nobody but the addict can help himself

or herself, but they do need some kind of support. Alarmed at the widespread abuse of psychotropic drugs within the country, especially among the young, the union government has decided, despite strong resistance by chemists and others owning retail outlets, to regulate strictly their manufacture and sale.

The union health secretary S. S. Siddhu said on January 23 that the government had decided to



regulate the import, manufacture and sale of psychotropic drugs in accordance with the UN convention to which India is a party. As per rules published in June last year, 17 drugs have been named as psychotropic and the manufacturers and sellers of these drugs would have to obtain separate licences and maintain separate registers for sale.

Under these rules the sale of tablets like Mandrax, for example is subject to control.

Siddhu emphasised that the government has taken this action because of the increase in

drug addiction among the young.

The two-day conference of health secretaries, which concluded in New Delhi on January 22, also considered steps to strengthen the drugs control administration in the states. State governments have been asked to improve testing facilities and create an intelligence machinery to check drug adulteration.

The Drug and Cosmetics (amendment) Act, which provides for summary trial and life imprisonment has received the president of India's assent. It came into force on February 1.

Bombay is the headquarters of India's drug market. A very well organised network of pushers meets the ever-increasing demand for drugs. Using the "cut-out" system for distributing killer drugs and "loaded" cigarettes the drug kings ensure that they keep out of the reach of the law enforcement agencies.

It is indeed a frustrating experience for narcotics and police officials to come up against a blank wall while interrogating pushers as the latter just know the man who supplies them the drugs and nothing beyond that. They even, most of the time, do not know the full identity of the supplier.

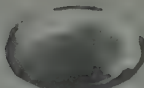
The Narcotics Board whose headquarters are situated at Gwalior is as ignorant about the flourishing drug trade as the other law enforcement agencies.

Knowledgeable circles say that smuggling of narcotics, specially heroin, is flourishing along the Indo-Pak border areas — mainly Kutch, Punjab and Rajasthan — through organised international gangs.

The nearer the drugs get to the sea the higher their price. It has been seen that opium and charas cost 20 to 30 times more in Bombay than in the northern states where they are grown.

With a profit margin like this large-scale smuggling of these habit-forming drugs into Bombay takes place. Bombay is not only a consumption centre but a distribution centre as well. It is from Bombay that opium, charas and the like are exported to Western countries.

Nothing less than a crackdown as the one witnessed on illicit distilleries by the police and other narcotics agencies can infuse fear among the ranks of drug pushers, their absolute containment being a Herculean task. But it is an effort worth making.

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T 

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F 

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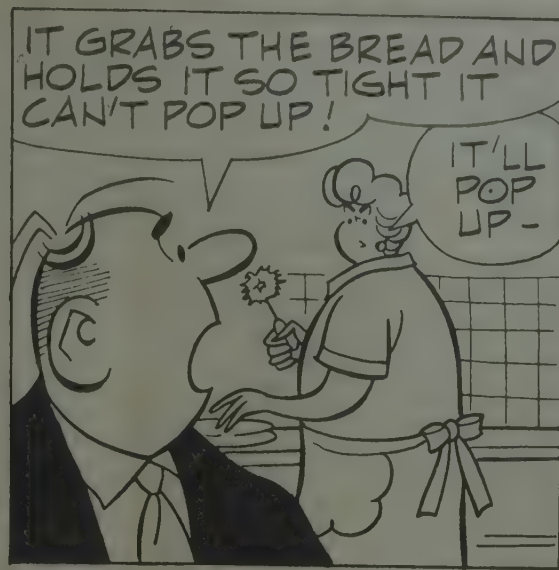


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THAT'S A LAUGH

HERE's to the chaperon,
May she learn from Cupid
Just enough blindness
To be sweetly stupid.

IT was a wild office party
—and in the darkened mail-
room, a pair of employees
were making the most of it.
"Oh Mr. Baxter," she sighed,
"you never made love to me
like this before. Is it because
of the holiday spirit?"

"No," her partner replied.
"It's because I'm not Baxter."

"**A**M I the first girl you
ever kissed?" she whispered
softly in the back porch
swing.

"That's quite possible," ad-
mitted the legal light who was
enjoying her caresses. "Were
you in Calcutta in 1976?"

SWEET Coed: "My boy-
friend has cold feet."

Dean of women: "Shame
on you young lady. In our
days we didn't find out such
things until after we had mar-
ried."

SAID the husband: "A
baby's troublesome that's true.
But remember that the hand
that rocks the cradle rules the
world."

Replied the wife: "Well
then, supposing you assume
world domination for the even-
ing, while I go to the cinema."

DENTIST: "I'm sorry but
I'm all out of gas."

Girl in chair: "Ye gods! Do
dentists pull that old one
too?"

SINGER: "Do you like
my voice?"

Accompanist (sadly): Madam,
I play on the white notes and
I play on the black notes, but
you sing in the cracks."

THE tombstone read:
HERE LIES AN HONEST MAN
AND A LAWYER.

"Times must be bad," said
a visitor to the cemetery, "I
see they're putting two in a
grave."

ANUDIST colony is a
place where men and women
air their differences.

AS their car stopped on
the shoulder of a secluded
road, the young man asked his
date: "If I try to make love
with you, will you yell for
help?"

Said his date: "Only if you
need it."

BREATHES there a man
with soul so dead

Who never to his playmate
said,

"To hell with breakfast,
Come back to bed."

SIGN at the entrance of
a nudist colony: BARE WITH
US.

SOPHIA: "I can't see
why you want to marry Bib.
He's just an everyday sort of
man."

Hetty: "Gee, what more
can any girl want in a hus-
band?"

SOCIETY Item: "The
bride-to-be came to the last
beautiful packed item. Open-
ing it she found a note say-
ing: "Wear this on your wed-
ding night and you'll be sure
to wow him."

The bride-to-be looked th-
rough all the tissue paper and
smiled. The package was
empty.

Compiled by George Fegradoe



We share what we wear.

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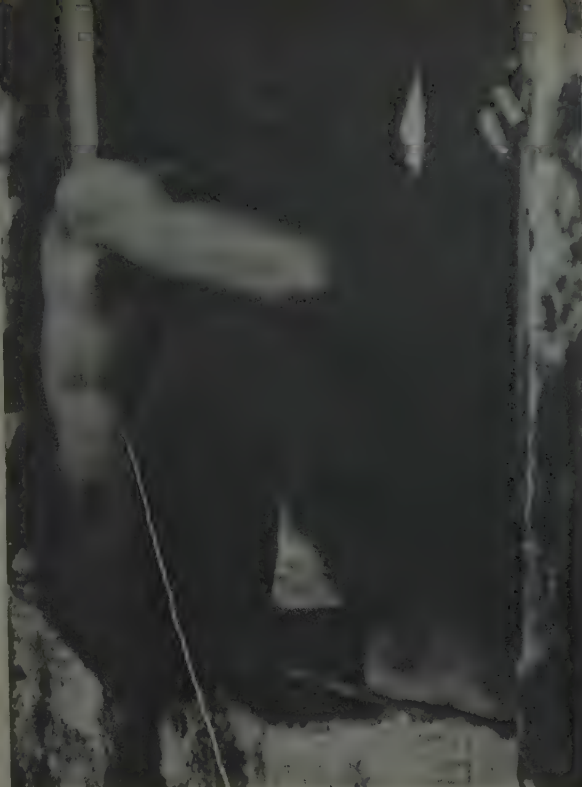
Indian Petrochemicals Corporation Limited
(A Government of India Undertaking)

The party was reaching its last phase — dim lights, soft music — when Pradip came up to where I was sitting and offered me a couple of tablets. "What are these for?" I asked. "To put you in the right mood," was the reply, "you don't seem to be in the best of spirits." This was a fact. I had been feeling frustrated and uninterested in everything since I had been unable to fulfil my one ambition in life — to join the Merchant Navy — due to bad eyesight. I tried to overcome my disappointment by enjoying myself at parties, dances, movies, by smoking and drinking, but depression would still get hold of me very often. This was one of those times and I was ready to try anything that might help. I ate one tablet and soon found that the gloom was slowly lifting. I felt like taking active part in the party. This lasted for a couple of hours till the effect wore off, but I was fine once again with the second tablet. I knew I had the answer to my problems in the form of these tablets of Mandrax. In the following weeks and months, whenever I felt low I took a 'downer' (a common name for the tablets) and I was momentarily above the world of sorrow, pain and disappointment.

For the next few years, every day was worth living — with drugs. I started each day by going to a certain doctor in Pune Camp who supplied me with my stock of tablets at about six times the cost price. I had been introduced to him by a friend. He was the 'reliable' source — the sort who couldn't be caught or raided by the fairly vigilant Pune police because he is a doctor.

Money wasn't a problem, initially. I got a generous allowance at home and more just by asking. I suppose you could charge my family with 'contributory negligence'. I was a pampered child, there was never any lack of money, my father was a heart patient and too ill to be able to put a stop to my drug-taking activities even when he discovered them; my mother refused to believe that I was on drugs — preferred to blind herself to the fact even though it was my sister who had told her. It was really my sister who tried to stop me from taking drugs but she had no direct control over me, there was little she could do for somebody who refused to listen to reason. They did stop giving me money but I began to pick up money lying around in the house. They even stopped putting money where I could find it but my mother and I had an account in the same bank and I started transferring money by forging her signature.

One day I signed her name when I was pretty high and my hand shook. It was fairly clear that the signature wasn't hers and the bank clerk, who was new, decided to check with my mother. The other clerks knew me and my family and invariably kept quiet about my activities, even though I suppose they suspected. I sometimes charge my mother with contributory negligence because even then, when she was asked about the signature, she said it was hers, to keep the family's reputation intact. She should



and sometimes, too much love can ruin a child.

Out of the eight years during which I was on drugs, one was spent as a student at Wadia College and three working in Wadia Hospital. But it all had to be abandoned because of drugs. Every morning the foremost question in my mind was how and when I was going to get my day's supply of tablets. Family, friends, studies or work came a poor second and sometimes didn't figure in the picture at all. During those years my whole personality underwent a change. I could no longer distinguish truth from falsehood and lying, robbing, cheating, which I had previously considered abhorrent practices, became a part of me. Lying came so easily that I'd often say 'No' if someone asked whether I'd had a cup of tea, even

PASSING THE JOINT -an ex-junkie talks

John Bunter, 26, now one of the Seva Dhan team that helps addicts break the habit, recounts his eight year affair with drugs

have told them that it was me and that they were not to let me take her money. I think I unconsciously tested her at that time. Since she didn't do what would have been the best thing at that time, I felt that I could just go ahead with the forging, and I did. I feel that if my parents had been much more firm with me than they were, I'd have been off drugs much earlier. Their lukewarm 'scoldings' just didn't help. Parents are often to be blamed in a big way. Too little love

if I had. It was silly and I knew it. Drugs were no longer taken for pleasure or to relieve the gloom, but to get up, sleep, celebrate good times, overcome depression, in fact, for every occasion. They had, with their attendant evils, become a way of life.

Things were getting from bad to worse. I was a physical and mental wreck. I couldn't face people, and worst of all, I couldn't face living with myself. Every day that I had been using drugs I had been adding problems to the ones already existing and if ever I stopped to take stock of my life, I'd hate the frightening mess I had made out of it. The way I looked at it, there was just no way I could undo what I had done. I hated what

Continued on page 51

DATA ON DRUG ABUSE

Citywise, 35 per cent of students in Bombay, 34 in Delhi, 33.5 in Varanasi, 29.5 in Jabalpur are addicts.

According to a sample survey made in Bombay, Delhi, Hyderabad, Jabalpur, Jaipur, Madras and Varanasi of about 25,000 students, more than 28 per cent were using drugs, around nine per cent had used drugs previously and 62 per cent never used them at all.

According to professors M. Z. Khan and K. P. Krishna of the Institute of Criminology and Forensic Science, New Delhi, the spread of drug abuse in India is often associated with the process of urbanisation and modernisation.

In a research paper published in the Bulletin of Narcotics, they said that drug use had become more or less a sub-culture among young people. Although some researchers suggested that it denoted some kind of an "alternative culture", the two professors think that more ominous was the young peoples' belief that use of intoxicants symbolised protest against oppressive social values and an archaic society.

M. M.

Midway through lunch she gathers up the unused knives and spoons, and starts arranging them into a pattern. "These here, are the volunteers and these the drug addicts. It takes three of these to handle one of these. Yes, three volunteers working with all their time and energy on one addict. Even then the result is uncertain. It's a challenge, she says, collecting the cutlery into a fistful. "A challenge that can only be met by commitment and involvement of the toughest kind."

It is this inborn sense of drama in the commonplace that I find so amazing about Pearl Padamsee. Today she is using knives and spoons to dramatise a situation. At other times it has been a piece of string, a folded paper, a stone ash tray. One unforgettable memory has Pearl directing a school production with a whistle around her neck waving a long bamboo in one hand. As younger children scurry away, more in disbelief than fear, the older ones giggle uncertainly. A moment later she's dead serious. "The character you are playing is naive, not stupid," she tells one of the senior boys. "Remember he has a beautiful woman in love with him. A woman will love a man who's *bhola*, but not who's *bewaqof*. You must convey the difference." And the rehearsal swings on.

But today Pearl is in the lime-light not as a theatre personality or an actress, but for her work in a totally different area. Her TV programme on drug addicts has been broadcast twice in the last three months, bringing on its heels a spate of phone calls and letters.

"Do you know how innovative a drug addict can be when it comes to locating a source for his shot?" she challenges. "At Seva (not to be confused with Ila Bhatt's Self Employed Womens Association, Ahmedabad), we have made arrangements to isolate an addict from his milieu, from the contacts in the underworld network who supply him his daily quotas. The addicts live at Seva's premises, where everything is provided for them, where they have cooking facilities, recreation facilities, everything. Yet they have the most ingenious ways of getting what they want. Once we found a boy taking a heroin injection in the bathroom. We broke the

needle and syringe so that he wouldn't be able to take it any more. But then we started finding plastic, that is disposable, syringes in the compound. So a volunteer has to be present watching closely for 24 hours of the day. It's absolutely exhausting. Three volunteers work in shifts over one addict. A dependant will do anything, literally anything, to get his shot. He may steal, loot



PEARL PADAMSEE

TAKING ON A NEW CHALLENGE

or beg. If he still can't get to it he may become violent. The body needs it even more than it needs food."

Many times volunteers watch helpless as fear of withdrawal symptoms fight a winning battle with the desire for recovery. Hospitals are, by and large, reluctant to admit addicts as patients because of their poor chances for permanent recovery. Barely is a patient discharged when he's back to his old habit. There may be some justification in the thinking that the funds would be better spent on a diabetic or a heart patient, but it leaves the drug dependent helpless, as he cannot fight his problem without medical support.

This direction of Pearl's work is rooted in a deep personal involvement. "I was going through a restless period in my life when I felt the need for something other than work, family and friends, when I saw a write up on Russel Pinto, in one of Bombay's

● A dependant will do anything, to get his shot. He may steal, loot or beg. The body needs it even more than it needs food. ●

evening papers. That evening I had a rehearsal but immediately afterwards I asked my lighting designer to drive me down to Bandra. In Russel Pinto I felt I had met an extraordinary person. Someone who had touched the rock bottom of despair to rise with the strength of divine love. He has that rare gift of understanding born in the personal experience of helplessness.

"Everyone knows Russel is an ex-addict. He's talked about it on TV. At one stage he was taking a morphine injection every 15 minutes, which cost him close on

to Rs. 1000 per day! But he's off it now. And if he can survive others can too.

"South Bombay is full of the problem. Ever since word got round that I have been working with dependants (we prefer using the word dependents to addicts, addicts has a negative tone to it) people contact me at any time of the night or day — dependents, their families, their friends. Not being a drug dependent myself, nor professionally qualified in this field, I don't try to deal with the problem directly, but refer the person to 'Seva', the organisation founded by Russel and others. But I do spend a lot of time talking to the family. Most of the time they are as helplessly trapped in the situation as the addict himself. When they first start talking they are full of anger and bewilderment. And they are very tired. Sometimes they've been trying to cope with the situation on their own for years. Drug de-

pendency takes years to be recognised and it takes the family years to learn how to tackle it.

"There's an amazing grapevine connecting people who are drowning. I'm a well-known straw so they clutch at me. But there's also a stream of volunteers who approach me — doctors, social workers, psychiatrists, and yes, even idle rich women. I tell them the work is dangerous, that it is not ego-rewarding. Some of them stay on to work with Seva. Others don't. But my role in the project is really to feed Seva with both volunteers as well as with people who need help.

"The majority of addicts are in the 18-35 age group. When they come off it, it's a real struggle to get back into the normal world. They need therapy sessions to help share their fears about the world. It's really quite a frightening place when seen with fresh eyes, the competition and violence of everyday living, and the callous, just-as-long-as-I'm-okay attitudes you keep meeting everywhere.

"Since sexual promiscuity is part of the dependent's lifestyle, by 21 or 22 the women are washed out, drained of all capacity for feeling. They develop a use-it-like-a-toothbrush attitude towards sex. What they miss most is tenderness, but where will it come from when you're running away, locking yourself up in your

There's an amazing grapevine connecting people who are drowning. I'm a well-known straw so they clutch at me.

mind all the time. When they are weaned from it they tend to become very hard. They don't particularly want to help others. Rather they want to make up for lost time. Straighten out their lives, find a man and settle down. Usually, like women alcoholics, they have one big love affair to get over. When the man/drug/alcohol leave their lives it's a clean break. They don't want to have anything to do with their past. Society is also harder on a woman. It doesn't let her forget her

past. It's always been more tolerant of men.

"But men emerge from the mess as peaceful loving beings. Maybe they're not so ashamed of their past. Maybe they're stronger. Maybe the world is easier for them. But they all want to help others in their position. They generally have very constructive advice to give since they can identify totally with the patient.

"I firmly believe in Russel's methods. He knows. Because what he knows only he knows. Does that sound confused? But write it like this anyway. He has this amazing quality of being open to all suggestions, all new methods and to every miserable person he's asked to take over. And it's all done in the name of God, whoever you conceive Him to be. Yet I find Russel totally fallible, but the really amazing thing about him is that he has the capacity to make his failures his strengths."

I have sat quietly fascinated, listening to Pearl talk. Though I have known her for several years,

been with her through her crises and mine, rarely have I felt so moved. She has not looked at me once throughout but is lost in the process of putting words to ideas, ideas to voice. But the mood breaks as we are interrupted by the telephone. By the time she returns she is smiling with the impish abandon I am more familiar with.

"I hope I don't sound too pompous," she says settling into her chair with an exaggerated flourish.

"If you do, no one will believe it's you talking, Pearl," I counter. And now we move to the theatre personality and her plans for 1983.

"We've begun the year well with 'Night of January 16', a courtroom thriller with rather lofty ideals. It's somewhat of a departure from the usual commercial English plays but there's no profound reason for that.

Society is also harder on a woman. It doesn't let her forget her past. It's always been more tolerant of men.

"Of course 'Savaksa' was a totally different ballgame. Sometimes it felt like flying through the air. The dialogue is very near the bone. It needed hours of discussion, a variety of interpretations and trial and error sessions to work it through.

"But the really big project of the year is going to be the Cafe Theatre to be started at Studio 29. The disco fills up at night but from 7-8.30 pm. we're going to be having a programme of an hour and a half of total entertainment. There'll be a different form every day — song and dance sessions, mime shows, review sketches, clown shows, theatre of the absurd. It'll be different from any entertainment offered in the city before. We must keep people laughing or else the city will smother us before we know it."

Then we are sipping steaming hot tea in beige ceramic mugs. In the backdrop is a collage with scenes from several of her productions. Pearl has many faces, many voices. And I have yet to meet them all.



Photographs : Sanil

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150 gm TRUE Macaroni
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50 gm beetroots } chopped)
2 onions
1/4 tablespoon ground pepper
Salt to taste

Heat oil, add onions and fry till edges brown. Add vegetables and pepper. Stir for a minute. Pour in 3 pints of water and bring to boil. Simmer till vegetables are cooked. Add macaroni and salt. Simmer for 5-6 minutes. Remove from fire and serve hot in a soup dish.

TRUE MACARONI adds that extra 'mmm...' to a meal!

THE HONGKONG DRUG TRADE

The drug menace is a major problem for Hongkong's crime branch, as well as for its society. Billions of dollars worth of drugs find their way into the crown colony outside the law. The government is cracking down, and lawmen have made inroads in their drive against illegal drug infiltration, trafficking and abuse. But, the battle is not over.

AGE AND SEX DISTRIBUTION

According to the latest figures available with the Central Registry of Drug Addicts (C.R.D.A) an estimated 40,000 people, out of a total population of 5 million, are addicts. The description of a typical drug addict is a male above 21, in the lower middle or lower lower class, perhaps a manual labourer or factory worker, with no more than six years of primary education, living in a shantytown or in overcrowded housing condition, unmarried, or estranged from his family.

Years of bumper harvests in Indo-China have cut the price of heroin on Hongkong's streets and created a new problem — youth addiction. The number of youth involved in drugs has jumped from 20 per cent in 1976 to 41 per cent in 1982. The figures show that those aged between 15 and 24 are most likely to get involved in drugs.

In December 1979, six per cent of drug addicts were female. This figure increased to 6.5 per cent in 1982. However, the rate of increase in female addiction was greater than that for males. Among all newly discovered cases in the first half of 1982, the increased rate of female drug addicts was 9.4 per cent, whereas it was 4.3 per cent for males. Most of the female drug addicts are supposedly into prostitution.

THE SOURCE OF DRUGS

The 'Kingdom of the Poppy' grows none. The history of the drug trade can be traced back into the early 19th century, when Britain was importing large quantities of Chinese tea, silks and dried rhubarb, which the Victorians used as a laxative. China needed nothing from Britain, except its currency. To correct the imbalance of trade, the British East India Company smuggled opium from India into

An informative report by PUSHPA BHARWANI on the extent and impact of drug trafficking in the crown colony of Hongkong

China. China fought and lost two Opium Wars against Britain.

In the late 19th century, old opium trading firms like Jardine, Matheson and Co., branched into more respectable businesses, but the opium trade continued well into the 20th century. Drugs found their way from the Golden Triangle: the points in those opium growing areas of Southeast Asia where the borders of Thailand, Burma and Laos and Thailand merge. A bumper crop is expected in the region this year, making the yield a record 700 tonnes, an increase of about 100 tonnes on last year and the biggest crop for at least four years. As a result prices paid to opium merchants by illicit refineries along the Thai-Burmese border have dropped from more than US \$ 250 per kg. three years ago to just over US \$ 50 per kg.

The Golden Triangle is an area of roughly 194,000 sq. km., with a soil and climate that is naturally suited for poppy cultivation. The poppies are grown by the hill tribes, and are transported on beasts of burden to the refineries. Opium is preferred to other cash crops because of its high weight-value ratio, and because of the high price it commands. The drug trade is lucrative for the middlemen, the traffickers themselves, and not for the tribals, who merely eke out a subsistence. Southeast Asian heroin is also facing stiff competition from the Golden Crescent area, comprising of Iran, Afghanistan and Pakistan.

Heroin has replaced opium as the primary drug of abuse. Opiate drugs are widely used, and data from the C.R.D.A.'s computer records show that 96 per cent of the known addicts use heroin, two per cent

opium and the remaining two per cent cannabis and other opium derivatives.

TREATMENT AND REHABILITATION

Why do people take to drugs? Many addicts cite the influence of friends, curiosity and a desire for kicks. Some say they felt that heroin would act as an aphrodisiac, would relieve fatigue, alleviate pain and provide a vent for escape from reality. There are other indirect causes such as the breaking up of the family, the generation gap, crime, corruption, inadequate education and housing, and unemployment.

Addicts have to be treated for their problem and then released so that they can fit back into a normal life pattern. Hongkong has developed a multi-modality approach, by combining a wide array of treatment programmes. This approach is needed because addicts differ from one another in respect of age, sex, background and history of education.

There exist three major treatment programmes — a compulsory in-patient programme run by the Prisons Department, an out-patient detoxification programme conducted by the Medical and Health Department, and a voluntary in-patient programme provided by the Society for the Aid and Rehabilitation of Drug Abusers (S.A.R.D.A.). The objective of these programmes is to allow a person who is receiving medication to function normally without having to resort to crime to support her or his habit.

PREVENTIVE EDUCATION AND PUBLICITY

In order to rid itself of the drug menace, the media plays

a very important role in publicity. Before any problem is overcome, the public has to be made aware of it. T.V. campaigns exhorting addicts to submit themselves at centres, forums, newspaper reports, radio etc. Posters also help periodic polls measure the favourable public response to the anti-narcotics campaign carried out by A.C.A.N. Documentary films for drug education in schools and factories are also screened.

INTERNATIONAL ACTION:

Finally the drug menace is not a problem for Hongkong alone. Since the colony does not grow its own drugs, action must be taken from outside too — Hongkong is a member of the U.N. Commission on Narcotic Drugs, and as a member makes its regular contribution to the U.N. Fund for Drug Abuse Control (U.N.F.D.A.C.).

ASEAN countries are regular sponsors of anti-drug seminars and conferences. When US Attorney General William French Smith visited Bangkok in October 1982, the drug problem was a highlight of his five-day visit. China has promised to strictly regulate its exports of methaqualone, a depressant drug marketed under the trade name Quaalude, which is diverted from legal channels into the illicit market. Smugglers have begun carrying heroin into China enroute to the US. The Chinese have now intensified screening and security check at their airports. Thailand has made it harder for manufacturers to obtain the chemicals necessary to process heroin from opium. The Royal Malaysia Police anti-drug unit and the US Drug Enforcement Administration (DEA) are in the midst of a major covert operation to stem the present glut of opium in the Southeast Asian markets. Because of its advanced methods and know-how, Hongkong has become a training ground for narcotics officials from other countries.

It is hoped that internal collaboration and international cooperation will win the fight against drug trafficking and abuse, though this will take a lot of time. As A.C.A.N. chairman Sir Albert said, "A great deal remains to be done."

FANS

Fans are one of the simplest types of motor-driven appliances. The common portable or table fan consists of a motor with fan blades directly connected to the motor shaft. An on-off switch may be provided, and sometimes a two or three speed switch. Usually these smaller fans have no brushes or internal switches or capacitors and there's little that can go wrong with them. The bearings are usually packed with grease that will last the life of the fan. A simple oscillating mechanism is sometimes supplied.

However, some fans of this size, in order to be suitable for both AC and DC currents are supplied with motors, which are subject to brush and commutator troubles but you are advised not to try to repair motors unless you have a good knowledge of mechanics and motors.

Larger fans such as pedestal

fans, have split-phase or capacitor start motors and attic fans even have a belt connection between the motor and the fan blades.

The only load on a fan is the resistance of the air to its blades, and this usually does not change. The mission of a fan is to move air to assist in circulation and move hot air out so cool air comes in, in its place. The capacity of a fan is dependent on the length of the blades, the pitch of the blades and their speed. For more air to be moved, a more powerful motor is needed. Sometimes complaints are registered against fans, when the only trouble is that they are not suited to the task at hand e.g. in the case of kitchen fans which are inef-

fective in dispelling the smoke when something is being fried.

Common, legitimate complaints against fans are a) they won't work b) they run slow and c) run noisily.

a) First you must see if the fan is getting current. As described in Part I, (Eve's Weekly issue dated Nov. 20 — 26, 1982) a test lamp or meter may be used to conduct a point-by-point check on the cord, the switch and the connection of switch to motor. Usually the trouble can be found in some loose connection or broken wire. If not, then the motor needs checking.

b) Either the fan is having motor trouble or it has a defective speed control.

is concerned, and they have a gear-train to drive the beaters.

Common troubles with mixers are usually 'opens' in the flexible cord i.e. a loose or broken connection; and also in the switch or the speed change circuits; and lack of lubrication in the bearings.

Very little trouble is experienced with the gears which are usually permanently packed in grease. However, sometimes a tooth may get sheared off if the beaters hit something solid. This is often the case when the motor runs but the beaters do not turn.

If you test your mixer for the above problems and find that the problem does not lie here, then your motor may have brush or capacitor problems for which it

The Mechanics Of Mixers

Among the most common complaints of simple motor driven appliances like fans, mixers and blenders are that they don't work, are noisy or that they do not run at the desired speed.

Often the cause is a loose connection or a broken wire which can be set right quite easily

—Shobha Idnani—

c) The noise may come from several types of mechanical troubles outside the motor. The commonest source is usually loose parts, especially in the safety guard over the blades, or bent blades. The latter can cause serious problems and should be treated immediately. For, if the blades are bent then their symmetry is destroyed causing the whole body of the fan to vibrate and rattle; this also affects the speed of the fan. To check this, choose some point of reference on the cage and measure with a ruler to some easily identifiable point on the blade. Then slowly move the blades around and check each one in the same place.

FOOD MIXERS

These are simple motor driven appliances like fans, but they always have speed control; they have a variable load i.e. there is a difference in mixing powdered milk and mixing a cake batter, as far as the resistance to the blades

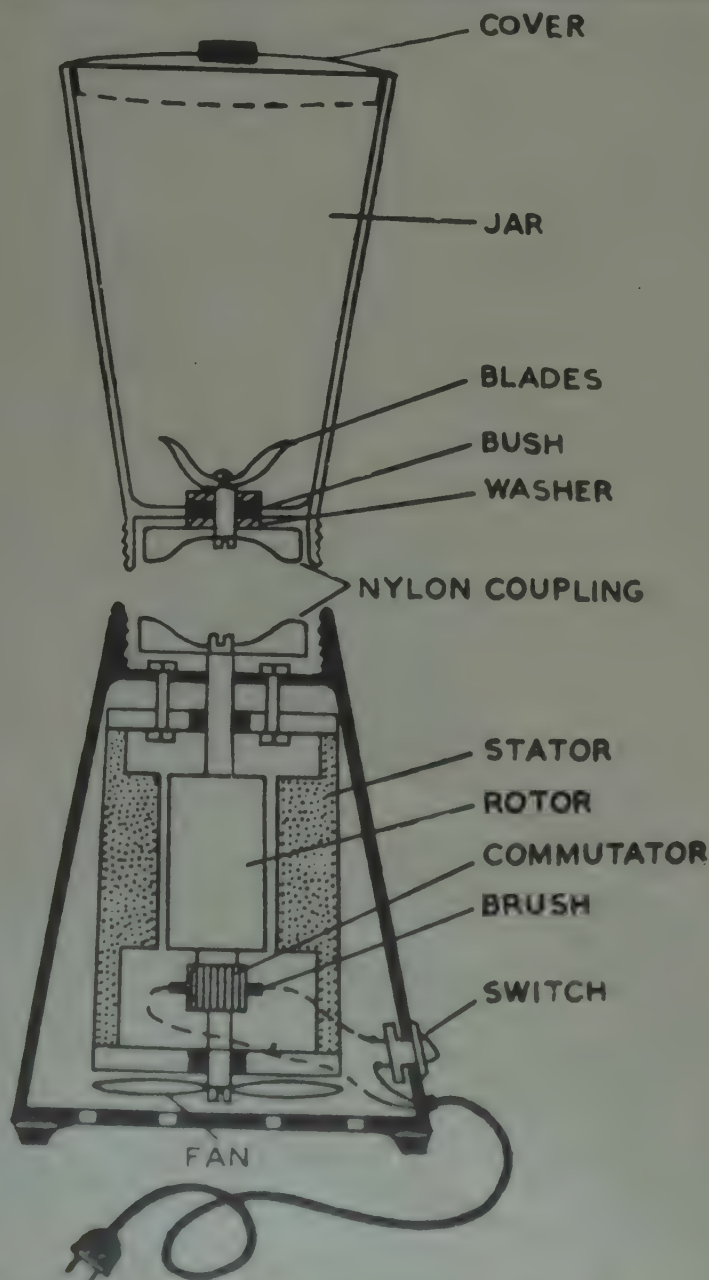
is advisable to call in a mechanic as disassembly of the motor can be very complicated.

BLENDERS

These are similar to mixers only differing in their manner of assembly and the end purpose. Here the turning power of the motor is coupled to a set of blades in the bottom of the glass jar. Coupling is not permanent but is made positive by the holding action of four rubber clamps into which the glass fits. Complaints regarding blenders are similar to those of the mixer i.e. it won't run, runs noisily, or not fast enough or the motor runs but the blades do not. This is a direct drive machine and therefore the latter problem is not due to gears but to improper seating of the glass jar.

The other complaints are similar to those of food mixers.

NEXT WEEK
INTERIOR DESIGNING



SHORT STORY

I am a Kayastha and was married to a Brahmin. At the time of my marriage I had never visualised that an inter-caste marriage would entail so much tension, sacrifice and unhappiness.

I belong to a literary family, my father being quite a renowned poet in this city. Unfortunately, I never inherited his literary bent of mind; on the other hand I developed a passionate love for music. Having performed solo as well as in groups brought me in direct contact with the world of melody. On one such occasion I came across Mayank Sharma, an expert in all instruments. The professional friendship matured into something deeper and I realised that

brought this home to me by constant reminders of my non-existent dowry.

It was only later on that I discovered that Mayank was totally under the thumb of his mother and sisters. His behaviour and temperament had altered considerably, he was no longer the endearing, loving, understanding husband I loved and respected.

His sisters ignored my existence completely and would bring their various undesirable friends home, encouraging Mayank to flirt with them, hoping that thus I would leave him of my own accord. Being totally helpless, I met the insults and humiliations with an obsequiousness, I knew I did not possess. Mayank's assurance of an independent existence later on, tided me over the bad moments. My happiness knew no bounds when I discovered I was pregnant and was safely delivered of a lovely girl. This added fuel to the fire raging in my mother-in-

sical and mental wreck. I took up a job and absorbed myself totally in my daughter.

Ashok was my only support in those distressing and agonising days. My own family could not sympathise and comfort me — I had not even consulted them while contemplating marriage.

Anjali, my daughter, could never comprehend the strained relations between her parents. She never had much affection for her father but the daily tension and silences broken only by occasional squabbles left their mark on her. She developed a reflective temperament, not much inclined to childish amusements, preferring to meditate alone in a corner.

Once or twice I even saw tell-tale tear marks which would be hastily disguised by smile. My heart cried out at the injustice. With my eyes open, I had entered this hell. I wasn't being fair to Anjali. She deserved a better future, a secure home, friends,

stood by me throughout, her eyes mirroring the unfailing love, faith and trust she had in me. She was my only consolation, my only refuge.

The years have passed. I have moved to another city and found a job as a school teacher. I earn just enough to keep Anjali and myself. Anjali has grown into a spirited and attractive girl. I am thankful that she barely remembers the scandal and furore. I have heard from Ashok, who visits me during his business trips here, that Mayank has married the same Brahmin girl, and that they have a son now. Four of his sisters are married. His mother is no longer in this world.

Ashok visited me today. He has proposed marriage. The past seems of no concern to him. But a second marriage for me would be doomed to disaster again

UNCERTAIN FUTURE

Purnima Sharma

Come what may, I was determined to give Anjali a secure home, though I was conscious of my husband's straying ways and lack of love for his daughter

law's mind, her expectations of a son and heir.

The days stretched into months, with me devoted to the upbringing of my daughter, only scarcely noticing the gradual withdrawal and frigidity of my husband. The moment I would sit down to think about him, a wail from the cot would send all other suspicions fleeing from my mind. Besides, I did not bring a child into the world to suffer for its parents' misdeeds. Come what may, I was determined to give her a secure home, though I was conscious of my husband's straying ways and lack of love for his daughter.

I was shocked when a friend and confidante, Ashok Tiwari, revealed my husband's faithlessness to me. Of late he had begun frequenting prostitutes too. The first thought that came to my mind was a divorce, followed by a job, but the thought of my daughter and the difficulties a divorcee has to overcome in India, brought me down to earth. As our altercation grew in intensity and frequency, I became a phy-

toys, trinkets, holidays and above all a younger brother or sister. I could not give her the latter, since our physical relations had come to a standstill. Even superficial conversations were becoming rare.

I was already prepared for the bombshell of a divorce, when Mayank asked for it. Aided and abetted by his sisters, he was having a torrid affair with one of their friends who belonged to their caste and was an affluent girl. What I could not contend with, was the accusation piled on me — that I was guilty of adultery, with no other than my only friend Ashok. Refuting the charge was futile. It was one voice against half a dozen.

I went through the court procedures stoically. The whole city came to know of my so called adultery. Snide looks and cheap comments were hurled at me everywhere I went. Ashok too, did not escape his share of infamy. We discontinued our casual and friendly meetings which had never been very frequent. My only concern was Anjali who

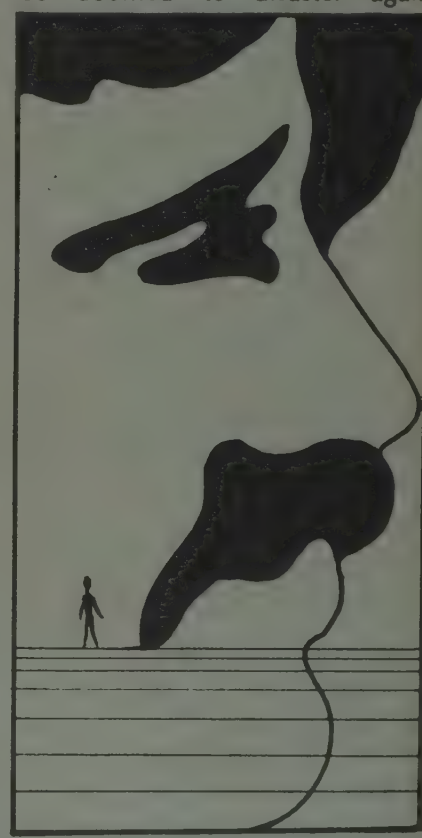
for Ashok is a Brahmin and belongs to an orthodox family. He is good-looking and well-placed in life. His parents would likewise entertain greater ambitions for him. Settling down in the same city, would bring the painful memories rushing back — the same derisive faces and silent contempt.

It would ruin the plans I have envisaged for little Anjali — her sensitive and delicate nature may not be able to withstand the unforetold and unknown difficulties. I have made up my mind to refuse him, though he occupies a very special place in my heart. Anjali is playing in the next room with her friends. Here I sit, alone on the table, writing my story. The distant future looms ahead — it is uncertain!



I was hopelessly in love with him. Knowing full well that he came from a conservative brahmin family, I eloped with him, throwing caution to the winds. But bitter disillusionment followed.

After the marriage we returned to his family. I had made up my mind to resolve the situation of being the ideal daughter-in-law. But I was greeted with cold disapproval bordering on contempt. Undaunted, I set about reforming their opinion, regarding me. My husband's six sisters made no bones about showing their repulsion and I was forbidden to enter the kitchen. Imagine my dismay when I discovered they had plans of marrying Mayank to a rich local girl. I had thwarted their ambitions and they



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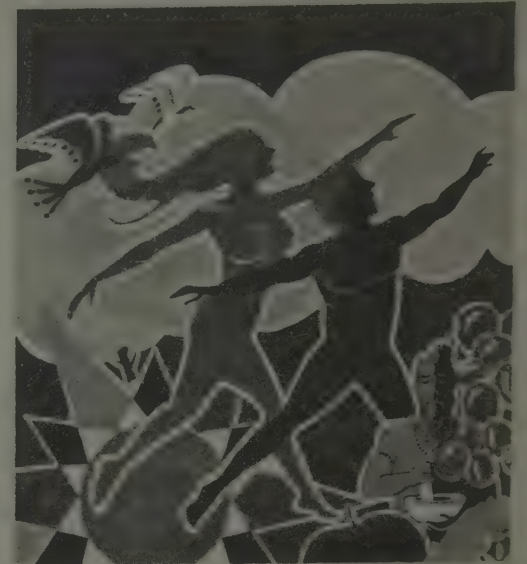
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great works in the various languages.

Toys: No Child's Play

The significance of toys in a
child's emotional and intellectual
development seems to elude
the average Indian parent.

MIRROR
February 1983

Q. Why are you working with young boys?

A. Nonsense! They are not big stars but they are all older than I am. We—Hema, Parveen, Shabana, Rakhee are all in our 30s

Sushama

The success line on Zeenat's palm has to be extraordinary well-etched, long and uninterrupted. How else, can one explain this woman's big success in everything she's attempted?

The day I went to interview, Zeenat, a guy from Calcutta had come to see her. He was a stage-enthusiast and had come with the intention of roping in one of their plays on amateur stage.

"Having an ambition is itself half the battle won," Zeenat declared, "And I have always been taught to nurture an ambition. That explains my attitude towards my work, my life and everything else in life. I have always worked very hard, very sincerely, applying myself fully to whatever I did. I have always believed in having a sense of conviction and total confidence in myself and my abilities."

"When I was in school, I always topped in my studies. When I went abroad to study further, it was on a scholarship. And when I returned films were nowhere in my plans for the future, yes. I wanted to be a successful model and I did become the No. 1 model. So you see, whatever I might have

Continued on page 58



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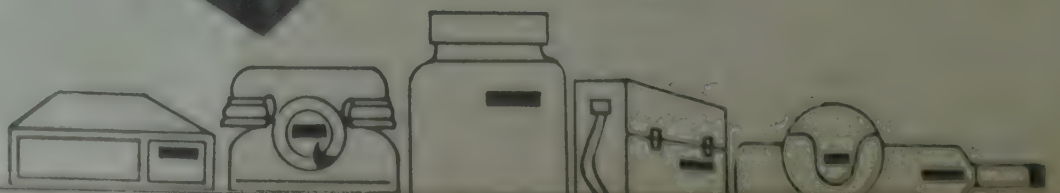
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Walk into any library (except the circulating variety) and the chances are that you will be attended to by a woman librarian. Borrow a book and the issuing will be done by her, open it and the classification and the accession number are written by her, or take a peek in the catalogue to see that the index cards have been made by her. Women are as synonymous with libraries as nurses are with hospitals. However, in spite of the large number of women working in libraries how many of them have become head librarians, asks Malvika Muralidharan, who is herself a librarian and has worked in four large libraries. In her experience she has not come across a single library which has a woman head librarian. They have always been men.

"Isn't it strange how with so many women working in libraries they have never made it to the top? This thought had not occurred to me earlier and certainly not when I thought of taking up library science as a profession.

"I love reading and I thought that one way of being near books and reading is by working in a library. I could not think of a better way of combining my love for reading and my need for a profession than by becoming a librarian. Now after so many years I laugh at myself be-

cause a librarian never gets to read books. In fact she does everything but read. Hundreds of books go through my hands and I have written down the names of some which I would love to read. The list keeps becoming longer and I never seem to find time.

"However, to get back to the beginning, I promptly registered for a Bachelor's in Library Science. Then I went to work at TIFR and later at the Indian Institute of Geomagnetism. Around that time I got married and quickly adjusted my working life at my in-law's house. I even studied for my Masters. It was only when we shifted to Bangalore that I got a taste of being a true working woman.

"I had joined the huge In-

dian Institute of Science library which ran in three shifts and closed only for three days in a year. We worked on rotation and every 10 days the shift would upset my domestic arrangements. Someone had to be home for the servant to clean the place, my daughter had to be picked up from her creche and the cooking and shopping times had to be re-adjusted. All the women would have liked to escape the night shift but it was impossible because two thirds of the employees were women and if we did not do the last shift there would have been too much of a burden on the men.

"My husband is quite co-operative but it still created a lot of tension. He had to pick up the child and then come

to fetch me because it was unsafe to walk alone at that time of the night. Along with his irritation I had to bear the responsibility of the house and the library. Once there was a domestic crisis and I could not go on time to open the library and there was a long line of employees and readers waiting for almost an hour.

"All this is not lost on the management. They make it a point to mainly hire women for the clerical jobs and the top posts are filled by men. Men are considered more stable which means that they are not absent so often and more reliable because they don't shift cities because of their wives. This is hardly the fault of women, and because of this subtle selection women hardly ever apply for higher posts.

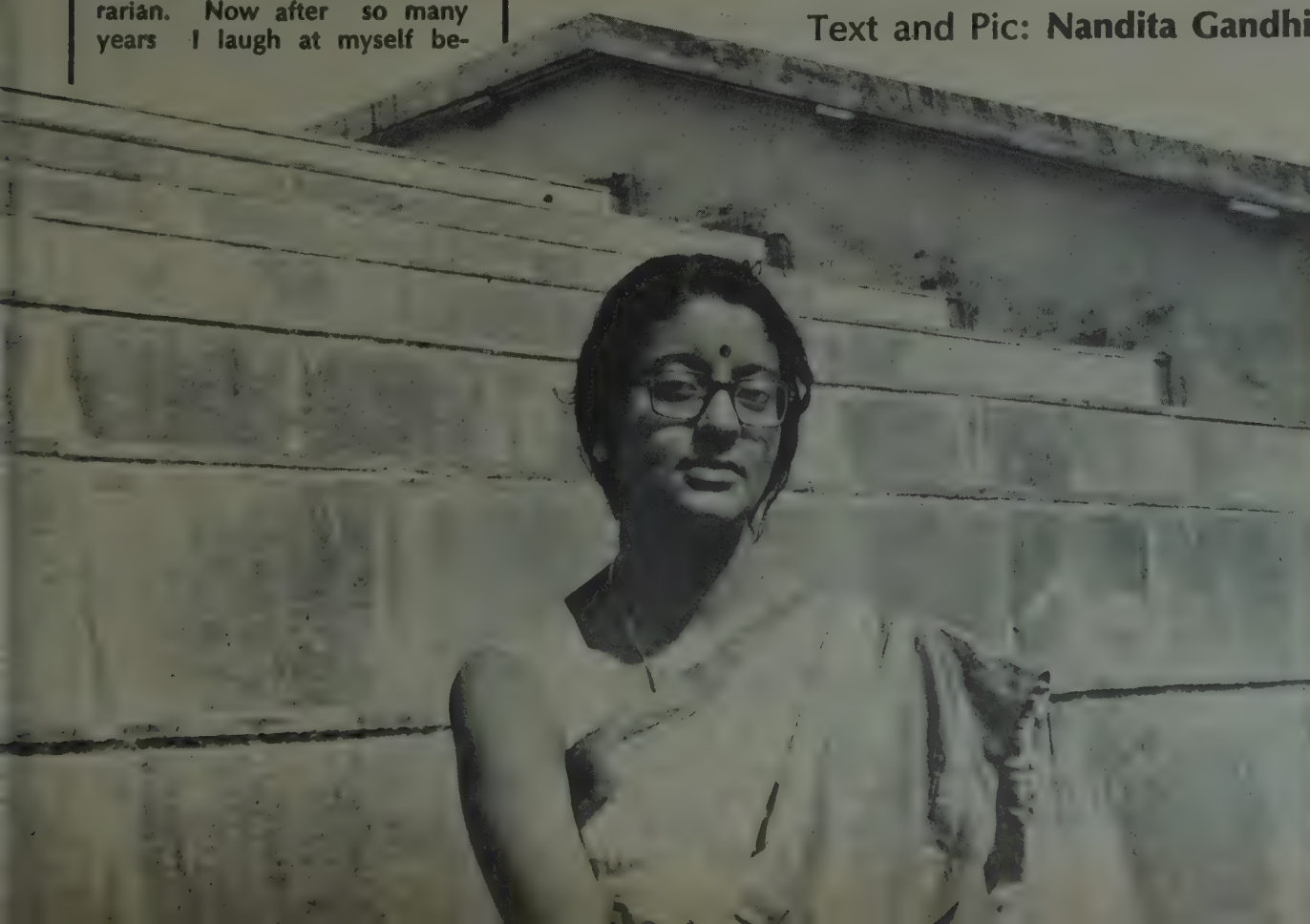
"When I applied for a promotion I found that there were more men than women competing with me. The men either aim for the higher better paying posts or opt out and the women simply stay in the lower paying clerical jobs for years on end.

"I did not give much thought to this and considered it part of individual destinies and personalities until I come back to Bombay and joined the Women's Research Unit's library. All their books and pamphlets had to be classified so I read many of them. They were mostly on women and I learnt what was meant by sexism and exploitation, and all the special problems that women have. And as I reflected and linked it to my own life — my problems as a working mother, the discrimination at the library, the top posts being subtly closed to women and hundreds of other things — I also realised that my problem was not unique. I have made up my mind not to be just a woman librarian but to do something in the profession. My plan is to go to the USA for further studies and then work on a computerised information system. It will mean leaving my husband and child for a few years, but it has to be done and it does not mean that I love them any the less."

“Isn't it strange how with so many women working in libraries they have never made it to the top?”

MALVIKA MURALIDHARAN, LIBRARIAN AT THE WOMEN'S RESEARCH UNIT LIBRARY.

Text and Pic: Nandita Gandhi



CATCH A COACH TOUR



Rain clouds were grumbling over Madras and the roads were black and drizzle-slicked when we left our hotel at dawn one Saturday and headed for the coach stop on Anna Salai. We were about to start a seven-day coach tour of Tamilnadu: our second extended coach tour of this fascinating southern state.

A small group of people were waiting at the coach stop, most of the women in saris, some in jeans and salwar kameezes. Happily, there were four children in the 2-8 age group. On long road journeys in our land, 'Comfort Stations' are few and far between; thanks to the children we adults always had an excuse to stop the coach and wander discreetly into the bushes with the minimum of embarrassment!

HUGH and COLLEEN GANTZER recommend this seven-day coach tour of Tamilnadu which gives one a taste of the splendours of the famous South Indian temples as well as of the scenic beauties of Kodai and Kanyakumari

The coach drew up, green and cream and beautifully maintained except for the PA system which tended to break down; but the guide's powerful lungs made up for it. Every evening, when we checked in for the night, we saw the coach being lovingly cleaned, inside and out, before the driver and his assistant turned in.

Right then, however, when we

boarded the coach that morning, even the PA system was working. Our suitcase was loaded into the luggage boot, (please travel light — a small suitcase at most) our tickets were verified against the master list and we moved into our allotted seats. The seat configuration is 2x2, with a hand-luggage rack above and side-sliding windows alongside each set of seats. The seats are high back,

Kartik's temple by the sea at Tiruchendur.

and there is reasonable leg room. Drinking water and soft-drinks in an insulated, ice-cooled container are also carried in the coach: the drinking water is free, the soft drinks are on sale.

The tour-leader-guide delivers his commentary in English and is well-informed, cheerful and experienced.

So much for the background.

We set off exactly on time. This is one of the unusual features of this tour: it keeps its schedules.

Tamilnadu is an old land and the terrain tends to become a bit monotonous when not relieved by the emerald green hills and

the sudden flash of ponds. On the first long stretch of the road to Tiruchirapalli, Trichy for short, the TN guides generally tell their group the details of the tour that lies ahead. They also ask each person to come up to the mike and introduce himself or herself to the rest. This is a good system because it establishes a rapport between the members of the group right away. In fact our last group, immediately after these introductions, started cross-aisle conversations long before we made the Trichy lunch-stop. Most of our group were bankers and their families, but we also had a Tamil-Chinese



An Alayanar, a protective village deity mounted on a horse.

family from Malayasia; a senior executive and his wife from a public sector undertaking; a young couple whose family owned shops and theatres in a port town; a small-scale entrepreneur and his wife, son, daughter-in-law and grandchild; and a young Indian woman who was working in Germany and had come on this tour to know a bit more about her country.

All the stop-overs on this tour are at the chain of tourist hotels run by the Tamilnadu Tourism Development Corporation. Accommodation is, therefore, assured: clean, functional rooms on a double-sharing basis. Also, throughout this tour we had all our meals in the restaurants attached to the hotels and kept fit: we never used the stomach-settling tablets we always carry!



The intricately carved gopurams of the Meenakshi Temple.

After freshening up in our rooms and having lunch in Trichy, our coach took us to the impressive city-within-a-temple of Srirangam. This is a magnificent complex dedicated to Vishnu and the carving could keep one enthralled for a week: even those on the pillars of the pilgrim's hall. While our companions went in for a darshan, we saw the Processional Deity enthroned in a palanquin, borne on the shoulders of shaven-headed priests.

Leaving Srirangam, we drove to the Rock Fort: a fortress tem-

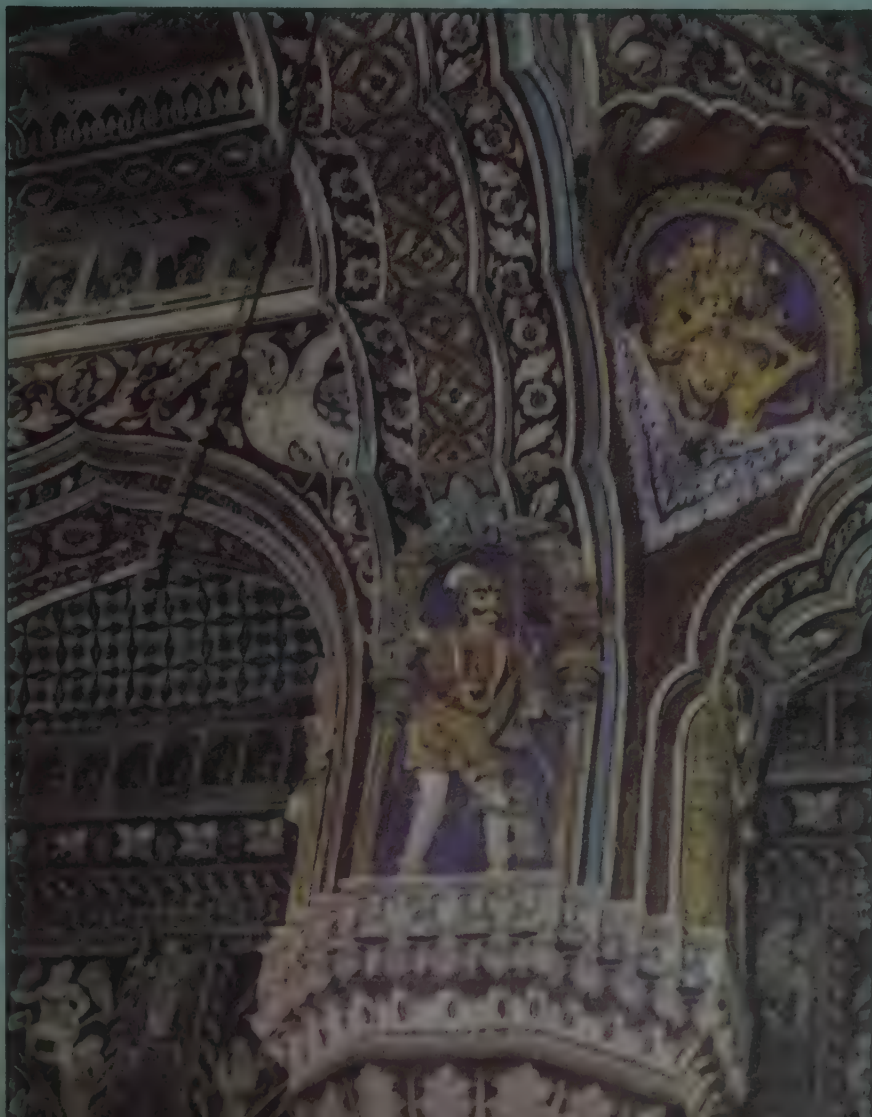
ple atop a monolithic hill, overlooking a huge, reflecting, reservoir. A seemingly endless flight of steps leads through the rock to the Ganesh temple on the crest. We don't recommend the climb for those who are not well, but if you are reasonably fit, the view from the top is magnificent. The climb certainly worked up an appetite and one sleeps the sleep of the just.

As the next destination, after Trichy, is Kodalkanal, keep out your woollens: you might have to get into them if it gets chilly

on the way up. And, next morning, don't forget to keep your eyes open for an unusual Aiyanar shrine some way before the terrain begins to show signs of the rising range of the Palani Hills. Aiyanars are protective village deities: huge, brightly-coloured, terracotta figures, many of them mounted on horses. The one on this road is the largest grouping of these figures we have seen in all our tours and well worth a short stop, if you have the time.

The ghat road to Kodai is wooded, pleasant and almost park-like, with glimpses of distant waterfalls. In fact one of them, Silver Cascade, is virtually on the road. You arrive in Kodai in time for lunch and, in the afternoon, are taken in your coach to see Pillar Rocks (two towering formations seen across a narrow, wooded valley if the mist has not obscured them), the Golf Course and behind it's club house, Suicide Point with a magnificent view over the plains, the pedestrian Koker's Walk which can be quite spectacular at sunset, and the beautiful lake. Pony rides, boat rides and roasted bhuttas in season can while the evening away. We generally prefer to let the coach go on and walk back to the hotel after the stars have come out. It's a leisurely 30 minute stroll and gets the kinks out of the system after a long day in the coach.

The third day takes you down the hill to the temple town of



The exquisitely painted interior of a palace at Thanjavur.



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Madurai. The sculptures in the famous Meenakshi Temple would take you many lifetimes to see in detail. The temple tour is normally made after lunch, with a visit to the famed Nayak's palace, designed by an Italian. This is also the spot where they stage a competent son-et-lumiere, and admission to it is part of the package tour.

Day four calls for a drive to the land's end of our sub-continent: Kanyakumari. Excellent sunrise and sunset views can be had from the balcony of your room in the Tamilnadu hotel, so you should get the coach to hurry to the trip to Suchindram — famous for its musical pillars and enormous sandal-paste covered Hanuman — and back. They also fit in a quick ferry trip to the Vivekananda Memorial on an off-shore rock-island: very impressive. Then there's a stroll to the Gandhi Mandap on the mainland beach on your return from the Rock, and a darshan of Kanyakumari for the evening devotions. Kanyakumari is also the best place in the tour to get souvenirs.

The fifth day's drive is a long one. One of the sights along the route is a palm tree growing in the heart of a banyan tree. Then, after a quick buffet lunch at the TTDC's Tiruchendur Hotel, the coach takes you to the shore temple: scene of warrior-god Kartik's triumphant battle with the undersea demons. And then on, through the dune-and-palm coastal countryside, to the railhead at Mandapam. Here you leave the coach and pile into an overcrowded and rattling train to



make the journey to the island of Rameshwaram. You'll probably share your compartment with bootleggers and smugglers because this is one end of the India-Sri Lanka ferry run. Tongas or auto-rickshaws take you to the hotel, which is on the beach: swimming is a possibility. The most efficacious worship in this famous temple is to make the appropriate offerings and then be drenched in the water of the 36 holy ponds, running all the while.

The penultimate day is the day of the longest journey. Back to Mandapam by train, on to Thanjavur or Tanjore which you reach

in time for an early dinner. The Tanjore hotel once belonged to a nawab and it has a courtyard whose trees are alive with birds: a delightful alarm clock. After breakfast next morning a tour of the great Brihadeshwar Temple: a magnificent monument under the Archaeological Survey of India, though worship still takes place. A visit to the museum with its fine selection of sculptures and strange sketches of animal-visaged humans, and to the old palace with its painted walls, virtually completes the tour.

Lunch is had en route in the Diamond Motel, also owned and

A group of friendly tourists on a Tamilnadu coach tour.

run by the TTDC, and you're back in Madras between 6 and 7.30 pm that evening.

And, to sum it all up, we took a survey of our fellow passengers' opinions of the tour. Although a few complained about the length of two of the road journeys and the inefficient management of one of the hotels, they agreed that the tour gave good value for money and they would recommend it to their friends. Which, come to think of it, is exactly what we're doing...

CUT AND KEEP

TRAVEL PLANNER

GETTING THERE:

Air: Three daily flights from the major airports, to Madras.

Rail: Madras is also a railhead and terminus.

Road: Is well connected by roads to the rest of the country.

Sea: Madras is also accessible by sea.

BEST TIME:

October to March but the trip can be undertaken any time in the year.

START OF TOUR:

The tour starts between 6 and 6.30 am, every Saturday morning from the Tamilnadu Tourism Development Corporation's Anna Salai office.

TICKETS AVAILABLE:

At the TTDC's above-mentioned office and at their office at Shivalaya Building,

Commander-in-Chief Road, Madras 600 105. Recommended booking in advance as this tour is very popular.

COST:

Rs. 680 for sharing a room and Rs. 750 for a single room. This amount covers transport, accommodation and sight-seeing. Food is extra, depending on your order. Concession for children.

LUGGAGE:

Keep it to a small suitcase which can go into the luggage compartment and a bag which will fit on the luggage rack above one's head.

CLOTHES:

Synthetic or blended fabric garments which are easily washed and dried overnight. Light woollen shawls or cardigan for the chill of Kodai.



1

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price Rs. 225.

Discount Offer : Rs. 145/-



2



3

3. Above : BAHAR.
Venkatgiri jari-checks sari in
golden yellow, with red
and black 'bandhani' on border
and pallav, original price Rs. 250.

Discount Offer : Rs. 163/-

4

Below: BASANT.
 Black 'bandhani' on jari-patti
 khatgiri with printed black
 border and pallav, original
 price Rs. 200

Discount Offer: Rs. 135/-



5

Above: POORVI.
 Black 'bandhani' print on pure
 'munga' sari with red and
 black printed border and pallav,
 original price Rs. 200

Discount Offer: Rs. 135/-

Photographs: Taiyeb Badshah

FOR YOU THESE SUPERB SARIS

The 'bandhani' sari is an irresistible favourite. Just about everyone wants a 'bandhani' in her wardrobe. Now, we give you 'bandhanis' with a difference — all specially designed for Eve's Weekly readers by MITA PAREKH of The Artisans of India, and offered at fabulous discount prices, with free postage and packing. These beautiful saris have a unique new look: the traditional 'bandhani' combined with modern prints — each one so distinctive and so elegant we are sure you will want to possess more than one!

Hurry and send the coupon below and be among the first to win (or gift) these utterly lovely creations.

Please do not send any coupons to Eve's Weekly.

The Artisans of India will hold an exhibition-cum-sale on March 8, 9, 10, at Pop-In Art Gallery, Bandra, Bombay and March 15, 16, 17 at Ashirwad Art Gallery, Bhulabhai Desai Road, Bombay.

THE ARTISANS OF INDIA Special Offer To EVE'S WEEKLY READERS

Please send me the following sari/saris at your special discount price mentioned in Eve's Weekly.

Tick your choice here:

1 2 3 4 5

I understand that packing and postage will be FREE

Name: _____

Address: _____

Address for coupon: The Artisans of India (Mita Parekh), 'Paritosh', Gamdevi, Behind Dharam Palace, Bombay 400 007
 Offer closes on April 20, 1983

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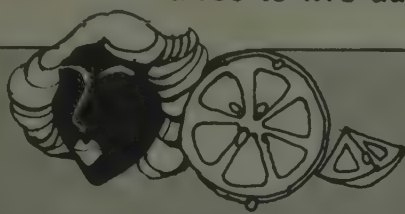


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NATURAL COSMETICS

Sushilla Vaswani

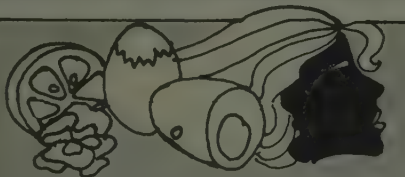
This is the last installment in the 'Be Your Own Beautician' series. This time we tell you how to make cosmetics, shampoos and conditioners using natural ingredients and herbs that are easily available. Since all these cosmetics are made from natural ingredients and herbs, they cannot be preserved for more than three to five days.



LOTION FOR FRECKLES

- 30 oz. fresh lemon juice, strained
- 1 oz. rum
- 1 tsp. glycerine
- 1 tsp. rose water

Combine all the above ingredients, shake well and pat on freckles. This can be bottled and preserved.



PROTEIN MASK (For Oily Skin)

- Yolk of one egg
- 1 tbsp. castor oil
- 1 tbsp. table salt
- 1 tsp. rose water
- 1 tsp. lemon juice

Mix all the ingredients and spread on face. Massage while applying. Let it remain for 15 minutes. Remove with warm water and then splash cold water on face. This removes dead cells and lessens old pimple marks.



APPLE FRESHNER

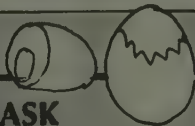
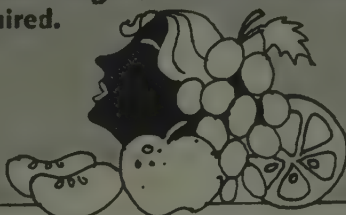
- 1/4 cup apple juice
- 1/2 cup eau-de-cologne
- 1/4 cup rose water

Mix all the above ingredients and apply on face to close pores. Use a little quantity at a time. Keep the rest in a bottle.

FRUITY CLEANSING MILK

- 6 tbsp. petroleum jelly
- 1 tbsp. grapefruit juice
- 1 tbsp. orange juice
- 1/2 tsp. lemon juice (opt.)
- 1/4 tsp. borax (opt.)

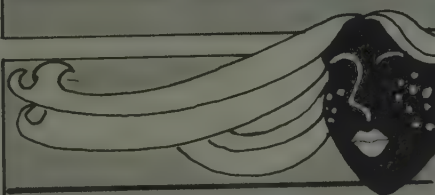
Melt petroleum jelly over low heat and set aside. Combine the fruit juices and heat. Dissolve borax powder in it and then mix it into the melted petroleum jelly and beat till creamy. Keep in the fridge and use whenever required.



EGG WHITE MASK (For Pimpley Skin)

- White of one egg
- 1 tsp. camphor powder

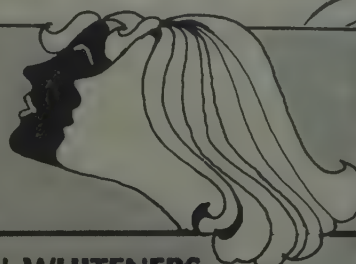
Beat egg white and then add camphor powder. Mix well and apply on face. Leave it for 25 minutes and then wash off.



MOISTURISER FOR STRETCH OR PIMPLE MARKS

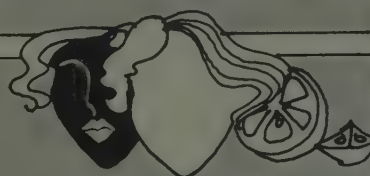
- 1 tbsp. lanolin
- 2 capsules vitamin E
- 1 tsp. glycerine

Remove the oil from the capsules and mix it with lanolin and glycerine and massage it well into the skin. Keep it on overnight. This is good for stretch marks, pimple marks and it even helps burn marks to fade.



SKIN WHITENERS

Ordinary buttermilk, curd, lemon, potatoes, or egg white are skin whiteners and all these are drying agents. They are therefore most effective for oily skins.



LEMON CREAM CLEANSER (Whitener)

- 2 tbsp. cream
- 1 cup milk (cold)
- 1 lemon
- 3 tbsp. brandy
- A pinch alum powder

Mix cream and cold milk. Add lemon juice, brandy, and alum. Mix well and store in an airtight jar. This can be used for 2-4 days. Clean face twice a day.



DEEP PORE CLEANSING MASK (For Normal Skin)

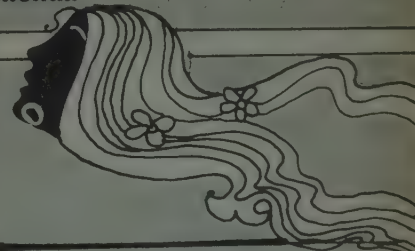
- 1 tbsp. lanolin
- 6 tbsp. rosewater
- 2 tbsp. orange juice
- 3 tbsp. multani matti

Mix lanolin, rosewater, orange juice and multani matti into a paste and apply it on face. Massage it in circular movements for 5-10 minutes and leave it on for 15 minutes. Then wash it off.

HERBAL SHAMPOO

- 200 gm. alecta
- 200 gm. amla powder
- 200 gm. shikakai
- 2 glasses water

Soak the first three ingredients in two glasses of water overnight. Then bring to the boil and allow to cook on a moderate fire till reduced to half the quantity. Then strain the mixture and store it in a bottle. Use whenever required. This can be kept for a month.



SHAMAN HENNA CONDITIONER

- 1/4 kg. henna powder
- 4 tbsp. curd
- 2 tbsp. lemon juice
- 2 tbsp. oil
- 1 egg
- 2 tbsp. orange juice
- 1 tbsp. vinegar
- 2 tbsp. coffee powder
- Tea water to make a paste

Mix all the above ingredients and set aside for one hour. Then apply on hair. After applying all over, cover with shower cap and leave on for one hour. Then wash off.

gastronomical world, you might well say. A French chef wouldn't dream of serving his culinary masterpiece without the appropriate wine to set it off. He would tell you that red meats cooked with cheese should be served with a dry, red wine while white meats need a dry, white wine companion.

When cooking with cheese, our chef wouldn't touch sweet wines in his cellar. For serving with a cheese soufflé,

and red. So also for pizzas and pastas. With cheese dips, a rosé. And with a quiche or a cheese fondue, dry and white.

You could always finish with Schubert's *Unfinished Symphony*, as much a feast for the ears as Guido Reni's *Bacchus as a Child* is a feast for the eyes.

While you can experiment with the wines and the music, it might be safer to stick to Amul Cheese.

Wine, cheese and song.



Amul Cheese
picks up meals with zest and style.

IN THE SHADE OF THE TAU MAHAL

Mrs. Radha Rani Mathur has lived in Agra for the past 36 years, and has a wide repertoire of dishes, which are a delicious blend of Hyderabadi and U.P. cuisines. Being a heart specialist's wife her indulgence in traditionally elaborate olde worlde favourites has been tempered with good sense, so that the food is not too greasy or pungent.

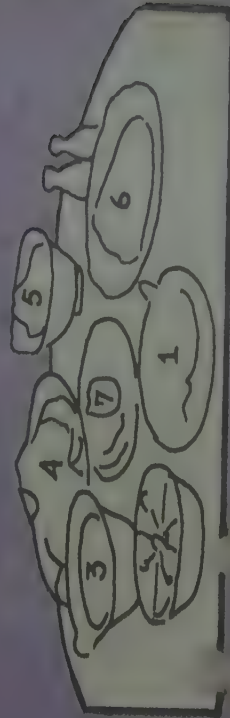
Unlike many cooks who tend to neglect vegetables in a non-vegetarian meal, Mrs. Mathur's menu includes a raita that kept us guessing for hours and the lauki too is extremely presentable.

KABARGAH (1)

- 500 gm. (10-12) mutton chops
- 500 gm. milk
- 8 cardamoms (small)
- 1 tbsp. aniseed (sauf)
- 8 cloves
- 3 bay leaves (tej patta)
- 1-inch piece cinnamon
- 10 peppercorns
- ¼ tsp. turmeric powder
- ½ tsp. red chilli powder

- A pinch of asafoetida (hing)
- 200 gm. flour (maida)
- Oil for deep frying
- Salt to taste

Warm milk. Add all ingredients except oil and flour. Allow the meat to soak up the milk and cook till done. Make a paste of flour and water. The paste should not be too thick. Dip the chops in the paste and deep fry.



Photograph : Taiyeb Baqshah



BAINGAN RAITHA (2)

250 gm. (big, round) brinjals
500 gm. curd
½-inch piece ginger, chopped
Few coriander leaves, chopped
2-3 green chillies, chopped
½ tsp. roasted cummin powder
1 tsp. sugar
Salt to taste

Boil or roast brinjal, remove skin, and mash well. Beat curds till smooth. Add all ingredients. Mix well. Decorate with extra roasted cummin powder and extra chopped coriander leaves.

TOMATO CHANA DAL (3)

125 gm. bengal gram (chana dal)
¼ tsp. turmeric powder
1 kg. tomato, peeled and chopped fine
2 onions, chopped
1-inch piece ginger, chopped
3-4 flakes garlic, chopped
3-4 green chillies, chopped
Few coriander leaves, chopped
2 tbsp. oil
Salt to taste

Cook dal with water, salt and turmeric. When done beat to a

smooth texture. Fry onions till golden brown, add ginger, garlic and chillies and after a few minutes add tomatoes and cook to a smooth sauce. Mix dal and tomato sauce well and cook together. Garnish with coriander leaves.

KHEEMA PULAO (4)

500 gm. basmati rice
½ tsp. caraway seeds (shah jeera)
200 gm. minced meat
250 gm. onions, sliced
1-inch piece ginger, chopped
8-10 flakes garlic, chopped
10-12 cardamoms (small)
10-12 cloves
5-6 green chillies, chopped
1 bunch coriander leaves, chopped
4 limes
125 gm. ghee
Salt to taste

Partially cook the rice with salt. Drain excess water and mix with caraway seeds. Brown half the onions in half the ghee. Heat remaining ghee, add cardamom and cloves, and brown remaining onions, with ginger and garlic. Add minced meat and salt, and fry. Cook with a little water till

dry and no gravy remains. Mix green chillies and coriander leaves with cooked meat.

Put a layer of rice in a heavy bottomed pan. Cover it with a layer of meat and squeeze the lime over it. Repeat the process and finally finish with a top layer of rice. Pour the ghee in which the onions were browned and sprinkle the browned onions on the top layer. Keep on low fire till rice is fully cooked.

MALAI MASALA MURG (5)

1 medium sized chicken
4 red tomatoes
200 gm. cream
¼ tsp. turmeric powder
½ tsp. red chilli powder
2 tsp. coriander powder
Oil for frying
Salt to taste

Deep fry chicken pieces. Puree tomatoes. Stir all the powders and pureed tomatoes into the cream, add fried chicken, and cook on low fire till chicken is tender.

STUFFED LAUKI (6)

1 medium size, soft bottle gourd (lauki)

½ kg. potatoes
1 tsp. dry mango powder (amchur)
1 tsp. red chilli powder
2-3 onions, grated
5-6 flakes garlic
1-inch piece ginger
¼ tsp. turmeric powder
1 tsp. coriander powder
3-4 tomatoes, chopped
½ tsp. garam masala
Oil for deep frying
Salt to taste

Peel and slit the whole lauki lengthwise. Remove the seeds and leave a hollow inside. Deep fry the whole lauki, and keep aside. Boil and mash potatoes, fry in a little oil with half of the chilli powder, amchur, and salt. Grind ginger and garlic together. Stuff the fried lauki with potato mixture. In a little oil, fry onions, ginger, and garlic. Add turmeric, red chilli, coriander, and salt. Add tomato, and cook to a gravy. Add garam masala. Carefully put the stuffed laukhi into the gravy and cook on low fire till done.

KORMA KABAB (7)

500 gm. boneless mutton (leg)
2 onions, chopped
½-inch piece ginger, chopped
4-5 flakes garlic, chopped
4-5 cardamom
4-5 cloves
¼ tsp. turmeric powder
100 gm. curd drained of whey
Oil for deep frying
Limes to garnish
Salt to taste

POWDER TOGETHER :

8 almonds
1 tbsp. chironji
1 tbsp. watermelon seeds (tarboos ke beej)
1 tbsp. melon seeds (kharboos ke beej)
2 tbsp. roasted bengal gram (chana dal)
4-5 peppercorns
½ tsp. red chilli powder

Heat a little oil, add cardamom and cloves, and fry ginger, onions and garlic. Add meat and turmeric. Cook with a little water. When done, pound meat to a paste, along with powdered almonds, watermelon and melon seeds, chironji, chana dal and peppercorns. Add curds and chilli powder and mix well. Make into finger-shaped kababs. Deep fry. Serve with lime.

GIFTS FOR OUR MONTHLY COOKERY CONTEST WINNERS

In addition to the Rs. 100 cash prize from Eve's Weekly our Monthly Queen will receive:

1. Rico's New Regular Grinder-Mixer. Other models are also available in the market. 2. An insulated carrier with four stainless steel containers which also doubles as a water carrier, and Picnic Master from Milton. 3. From Gladstone comes a 5-litre pressure cooker 4. A beautifully designed break resistant 27-piece dinner-set from Bimbo International and 5. A non-stick fry pan from Trupti Industries.



READERS' RECIPES



Aparna Bhattacharjee, Gangtok.

PRAWN COCONUT BAPTA

- 500 gm. medium sized prawns
- 25 gm. mustard seeds (white, preferably)
- 1 large onion
- 10 gm. ginger
- 3 green chillies
- 4 tbsp. mustard oil
- 1 tsp. salt
- 1 tsp. sugar
- 1 tsp. turmeric powder
- ½ coconut, grated
- ½ lemon

FOR THE BAPTA :

- 1 green coconut, full of water

FOR THE GARNISH:

- 4 stem chopped coriander leaves
- 1 tbsp. grated coconut

Shell the prawns and remove the heads. Use only fleshy portions. Wash and clean them. Boil with a pinch of salt for five minutes. Drain and keep aside.

Grind mustard, ginger and one chilli together into a paste. Cut onion into thin vertical pieces. Fry them with two tablespoons mustard oil till brown.

Smear the mustard paste, fried onion, salt, sugar, turmeric powder, two tablespoons raw mustard oil and grated coconut on the prawns and mix well.

Cut the top of the green coconut in such a way that it can be used as a lid. Very carefully make a two-finger hole on the kernel so that the water does not come out. Split the two remaining green chillies. Put them along with the dressed prawns, very carefully into the coconut. Shake the coconut slowly. Now seal the lid of the coconut, with sticky flour dough and press the lid tightly. Take a large pressure cooker, add two standard cups of water and keep the coconut, top side up in a container and place it in the cooker. Close it and cook for 20 minutes.

Allow to cool. Take out the coconut, open it and pour cooked prawns in a pot. Then cut the coconut into two halves, place them on a flat plate. Keep prawn curry on the bowl-shaped shell of the coconut. Sprinkle with grated coconut, chopped coriander leaves and lemon juice. Serve with rice.



Mrs. Rana Bath, Mhow

MEAT LOAF

- 500 gm. minced meat
- 50 gm. fresh breadcrumbs
- 1 egg

- 1 hard boiled egg
- 20 gm. onion
- 6 flakes garlic (optional)
- A pinch garam masala
- A few drops Worcestershire sauce
- 2 tsp. tomato ketchup
- Salt and pepper to taste

Crush the garlic with a pinch of salt. Slice the onions. Melt the margarine in a small pan, add the garlic and sliced onion and cook them slowly together until the onion is soft but not coloured.

Mix the breadcrumbs with the minced meat and add the masala, beaten egg, worcestershire sauce and tomato ketchup. Stir well and then add the cooked onion and garlic. Season carefully with salt and pepper.

Brush the inside of the loaf tin with melted fat. Dredge the loaf tin with breadcrumbs. Arrange sliced hard boiled eggs.

Pack the mixture into the loaf tin and cover the top with grease-proof paper. Bake for about 1 hour. Allow to cool and remove the loaf carefully from the tin. Serve sliced hot or cold with lettuce and tomato.

WEEKLY WINNER



S. RANE, Bombay.

Mrs. Rane wins Rs. 50 for this week's best recipe along with a round oven from Philco, an insulated water jug and two plastic containers from Milton, a non-stick sandwich toaster from Trupti, a vegetable chopper from Rico and a Party Tray, Triple-Ripple and Sixer Tray from Prince Plastics.

CHICKEN CHAWAL

- 1 kg. choice chicken pieces
- 2 big salad tomatoes
- ½ kg. basmati rice
- 2 onions

- 1 pod garlic
- ½-inch ginger
- 8-10 green chillies
- ½ tsp. red chilli powder
- ½ tsp. saffron powder
- 1 tbsp. coriander powder
- 2 cloves
- ¼-inch cinnamon stick
- 6-8 peppercorns
- 2 cardamoms
- Salt to taste
- 1 cup thick curds

Pound well together ginger, garlic, green chillies, and the garam masala. Add all this to the chicken along with curds, salt and powdered masalas. Let it marinate for five to six hours. Cut the onions fine and fry till golden brown and keep aside to cool. Cut the tomatoes lengthwise in slices. Wash rice. Keep a quarter of the rice aside and mix the rest with the chicken, onions and tomatoes in a large baking dish. Spread the remaining rice on top and bake for about 45 minutes at moderate temperature. Garnish with coriander leaves and grated cheese if desired.

MONTHLY COOKERY QUEEN CONTEST

All contestants for the Monthly Cookery Contest have to send in their recipes according to the subject specified for each month. Out of the best entries received, one Monthly Queen and one Weekly Winner will be selected. Some other recipes will be published along with the winning recipes. We give below, the subjects for the coming three months.

April

COOKING WITH SPROUTS

May

RAW MANGO PREPARATIONS

June

YEAST COOKERY

All entries for April should reach us by March 5 at the latest, entries for May by April 5, and entries for June by May 5, 1983. Attach the coupon below to each recipe.

OLD COUPONS WILL BE DISQUALIFIED.

COOKERY CONTEST RULES

1. Each recipe must be accompanied by this coupon.
2. The author of each selected entry will be informed in advance and requested to send a passport size photograph of herself to be published along with her recipe.
3. The recipe must be original and not copied from a cookery book, a magazine or any other published material. The prize-winner shall have to sign a declaration to that effect before the announcement is made and the prize awarded.

Address your entries to the Cookery Editor, EVE'S WEEKLY, Bombay Samachar Marg, Bombay—400 023.

When you're smart your HQ shows



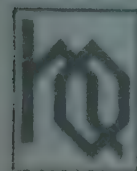
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PASSING THROUGH

If you were at the Oberoi Towers on January 20, 21 or 22 of this year every tenth person you probably bumped into would have been either an expert or a debutante; ornithologist, paleontologist, art historian, ecologist, geographer or just plain a nature lover.

Inspired by the great museum research expeditions of the past, 95 members of the American Museum of Natural History (AMNH), New York, spent three days in Bombay before they boarded their cruise ship 'Illiria' for their 'Indian Ocean Adventure'—a two-week discovery tour of the Far East from Bombay to Cochin, Madras, Sri Lanka, Rangoon, Pagan, Bangkok, Penang and Singapore. The cruise, arranged by Travel Dynamics, New York, was directed by 25-year-old Miss Joy Phelon, an Art History and Architecture graduate from Brown University, Rhode Island. "My original interest was traveling and visiting other cultures, that's how I started with the travel business," says Joy. "I also happen to be a member of the AMNH, but that is purely coincidental."

Joy, who has been a tour operator with Travel Dynamics for the past three-and-a-half years has



JOY PHELON

CRUISING FOR A LIVING

been all over Western Europe, Egypt, Greece, South East Asia and the Middle East. Last year she toured Indonesia, also with the AMNH, and although natural history is not one of her major interests, the birders on the cruise so captured her curiosity that she looked up books on birds when she returned home.

"My work," she claims "is equivalent to another college education. Whenever I visit a place I focus

on the art history and architecture, but unfortunately there is not much time for your personal interests on the job...I realise now how limited a formal education is, and I am glad for the opportunity to look at different arts."

Although her job is extremely interesting and quite challenging, Joy feels the need to "get off" after two or three months. "I need time for myself, to regain perspective. One

can't be on the move all the time. In a way it also makes me appreciate permanence."

Joy's many interests include skiing, swimming, athletics and playing the piano. "I also like to travel on my own," she adds a trifle amused. She plans to quit her job shortly — "I want to go back to school and train for a business oriented profession, for I find I'm best suited for co-ordinating activity."

Having been places and rubbed shoulders with literally 'all sorts it takes to make this world', Joy has had some very interesting experiences in dealing with men who are not always prepared to accept a woman in a position of responsibility. "Very often they'd expect a Mr. Phelon and almost faint when they'd see me in person." But she was quick to learn what makes the man tick in different cultures: "In Germany being sweet and smiling gets you nowhere. In the Latin countries that's just what's necessary as they don't react well to strong women. In Egypt the first reaction is 'Oh hell a woman!' but when they see you work efficiently you not only gain their respect but get more cooperation and help than any man would get."

Shiraz Bulsara

EVE TODAY

Ashadevi Maheshwari, executive chairperson, Bharatiya Vidya Bhavan, Nagpur Kendra, is, true to her name, 'Asha' (hope) for the millions of depressed humanity. Born in an affluent Marwari family of Amravati, Ashadevi was brought up in keeping with orthodox traditions. But in a changing social and cultural milieu, she cast herself in a non-conformist mould. "I decided to discard the shackles and restraints that kept a typical Marwari wife within the boundaries of her husband's house. Social service became a passion and mission for me," she says.

With uncompromising zeal and selfless work, she rose to prominence in Vidarbha. After graduating in Home Science from the L.A.D. College of Women, Nagpur, Ashadevi married Prakash Maheshwari, a young and promising entrepreneur from Nagpur. Constant encouragement from her husband helped her become

ASHADEVI MAHESHWARI

TRUE TO HER NAME

an active member and later secretary of the Rajasthani Mahila Mandal.

She made the most of this opportunity by implementing several schemes and programmes. A three-act play 'Nayi Bindani' (Newly-wed Bride) staged by the Mandal during her tenure was an instant success. "It won rave reviews and critical acclaim. The theme of the play demolished the time-honoured notions of tradition-bound Marwari society," says Ashadevi.

Her potential was best realised in her role as the executive member of the Nagpur Centre of the Bharatiya Vidya Bhavan. She soon proved her mettle when she was elected executive chairman of the Bhavan's Nagpur Kendra in

1978, the first woman to occupy this position.

During Ashadevi's stewardship, the Bhavan's activities multiplied. Her vision and foresight is reflected in the job-oriented diploma courses in various disciplines launched in 1980 with the establishment of the Bhavan's College of Communication and Management. She has also been instrumental in getting land for the cultural complex of the Bhavan and the government's help and support in the venture.

Though a staunch votary of women's rights, she says, "I am averse to the concept of a feminist movement, I believe in revolution with restraint and want to bridge the disparity and double-



standards in our male-dominated society."

Unassuming and soft-spoken, she exudes a rare confidence and an aura of aristocratic sophistication. And yet, she is easily accessible, matter-of-fact and forthright. A gifted leader Ashadevi is an uncommon woman capable of achieving much more in the foreseeable future.

D. K. Dixit

Women working in a variety of professions and services today is so commonplace that it hardly requires comment. As clerks, secretaries, junior officers, their numbers are legion. It's a different matter, though, when it comes to being at the top of the ladder. For one thing, there are fewer women than men in these posts — it is still uncommon to have a woman boss. For another, it is so complete a reversal of the traditional man-woman relationship — the woman being in a position of authority and superiority — that many men can't accept it



Miss Deepa Tandon, winner of the gold award for women

MAKING IT TO THE TOP

easily. The woman entrepreneur and executive, therefore, has a tough time. She constantly has to prove herself — much more so than a man in a similar position and has to put up with a far more critical staff or labour force than her male counterpart. In addition she must shoulder the "double burden" — not only job responsibilities but family ones as well.

An increasing number of women, however, are proving perfectly capable of handling these problems. Some of them were recently presented with the IMM — Cinni fan awards for women entrepreneurs and executives. The Institute of Marketing and Management, Delhi gives these awards to six outstanding women entrepreneurs and executives. The awards are sponsored by the makers of Cinni fans, Messrs. National Winder, Varanasi. The criteria for judgement are the contribution and achievements of the woman entrepreneur/executive in question. And, as the interviews with the three women entrepreneurs and three women executives who received their awards from the president of India, Giani Zail Singh at a glittering function in New Delhi on January 19, 1983, prove, there is no questioning the valuable contribution made by women in these two fields.

entrepreneurs, is the sole proprietor of Gulab Tea Company and J. N. Tandon and Co., and also the founder of JSS Trading Company, a company supplying tea garden supply orders.

A strange quirk of fate brought Deepa into the tea business. Keenly interested in this line, she started helping her father in his business, while still in college. At this time, she assimilated valuable information on the making and selling of tea — a knowledge which came in handy when in 1980, her father died.

Deepa was faced with the prospect of either winding up the business, and also putting an end to the only means of livelihood of the many workers it employed, or taking it into her own hands. She decided to accept the challenge and carry on her father's business.

"I was so alone, and there was nobody to help. My sisters were married, and I have no brother. My mother had passed away a year before my father. Everybody told me not to get into trouble by taking on the business, but I thought of my father who had set it up, and the many who would be on the streets if I wound it up, and said no. But it wasn't easy. I had to convince the directors of various tea producing and buying companies

with whom we have dealings, that I was capable of giving them the service they had previously been getting. I let my work speak for me. And today, I can proudly say that the turnover of our two companies — Gulab Tea Co. was set up in 1981 by me — has increased manifold," says Deepa.

She is, of course, grateful to her father for teaching her the ropes, and to the devoted staff who have stuck by her through these years. Though they may have had initial reservations about her ability to carry on the business, she being a woman in a totally male-oriented industry, once they saw her courage and determination, they all rallied round her.

"You have to struggle to prove you are as capable as men, but once that is done, you are treated with respect, even awe. Now, as a woman, and that too a single one, I have no problem of sex discrimination with men. It depends on the women too, of course. You have to be like a man in a man's world."

There are compromises, too. The demands on your time are too much, though, not being a family woman, Deepa escapes the pressure of household work and family demands. But her work entails a lot of travelling, which can be very tiring. The other activities she is fond of — horse riding, swimming, and light classical music — have to take a back seat to her work. But the feeling of success, and the economic independence that goes with it, is more than adequate compensation, she feels.

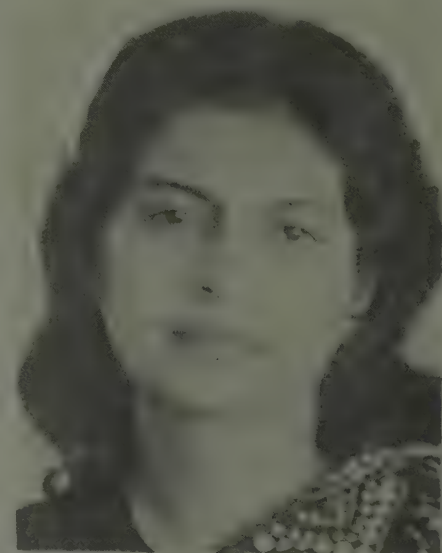
Though there are no immediate marriage plans, should she get married, she plans to continue with her work. She would like to build an educational trust in the name of her father some day, and utilise the earnings of her business to educate needy persons.



Mrs. Achala S. Joshi, one of the enterprising women Eve's

Weekly had covered in the Special Issue on hobbies for pastime and profit (Dec. 25th) was the winner of the Silver award for women entrepreneurs. She is one of the few women engaged in wine production in India. She set up the first winery in Maharashtra in 1974, and has the distinction of being the first one to market honey wine on a commercial scale. Her company, In-Vogue Creations, makes Princess Red Wine and Honey White Wine, and now Achala plans to experiment with making brandy also, and has undertaken to do research in orange wine for the NOGA industries.

Wine drinking is not a habit in India, and Achala has had to struggle to be where she is today. She met with hostility wherever she went to learn the technique of wine-making, and had to master it battling against all odds. Being perhaps the only Indian woman in this line has not been a help either. She is lucky to have gone into business when her children were already grown up and the family settled, but the pressures on her time are, of course, enormous, as she has to pack so much in so little time. The reward, monetary and otherwise, in the form of recognition and satisfaction, more than make up for it, however.



Mrs. Dhun B. Baldawala, director, Industrial Boilers Private Limited, is the recipient of the Bronze award for women entrepreneurs.

A commerce graduate, Mrs. Baldawala has overcome all obstacles to become a pioneer in her field. Branching into a field not generally patronised by women, she has introduced package type smoke tube boilers to replace imported boilers. Set up in 1977, the business, which also employs her husband, her sister and brother-in-law, is a small scale industry challenging the

giant manufacturers with their foreign collaborations.

Mrs. Baldawala works with men in her organisation, and faces no problems on account of her being a woman. "I did have to prove myself, of course, as any working woman has to. Besides, boilers is a field where there are hardly any women actively involved," she says.

An entrepreneur is one who organises, manages and assumes the risks of the business, and anybody — be it a man or a woman — can develop these skills, she feels. She herself manages the commercial side of her organisation, finalising contracts and projects, and is a big success at it. In fact, she is always called in to clinch the deal.

"The only thing is that you have to be prepared to face challenges and risks. On the home front you have to compromise somewhat on your family life, as there is not all that much time to devote to it. Careful time, planning and a cooperative family attitude help. My son and daughter are keenly interested in the business, and my husband is in it, so I do not face any such problem. Of course, I cannot do all those things that a full-time housewife can do, like arranging flowers and cooking myself, but the benefits I derive from my work in the form of profits and personal satisfaction are much more."

Economic independence, she feels, is particularly desirable, as a woman who can stand on her own feet commands more respect in society and herself feels more useful. The success of woman entrepreneurs in their field will, she hopes, inspire more women to join this line.



Mrs. Lila Firoz Poonawalla, export manager of Vulcan Laval Ltd., Poona, is the woman executive who won the Gold award for this year.

A graduate in mechanical engineering, obtaining a first class

throughout her career, she has attended different seminars and courses here and abroad, and has travelled widely.

"Today mine is amongst the top positions occupied by women in India, and I have had to fight every inch of the way. Fight against men, their preconceived attitudes and notions about women. A woman has to prove herself all the way. She has to prove her success to be accepted and respected, because she is not taken to readily by men. Mine, in particular, is a job dominated by men. I deal mostly with men. But once they know you mean work, and are good at your

The achievements of six women entrepreneurs and executives were recognised at a recent awards ceremony in Delhi.
BEENU SETHI
interviews these successful businesswomen whose rise to the top has not always been easy

job, there is no problem. I blame some women also for fostering wrong attitudes in men. They want to show themselves to be physically weak but mentally strong. Why? It certainly isn't feminine to be weak. Such women can never get respect and equality from men," says she.

Mrs. Poonawalla is a strong woman, and her success is the reward of her sincerity. Professional recognition has its price, however. She has to sacrifice some of her family life in the course of her job. As it entails extensive travelling, she has decided not to have children as she feels she would not be able to do adequate justice to both. The demands on her time are tremendous, as her job is not just a routine nine-to-five one, but requires her total involvement, all the time.

Being a woman executive is no easy job she says, because you have to start at the bottom, and work your way up. There are no short-cuts to success.



Mrs. Sushila Rao, winner of the Silver award for women executives, is assistant director (personnel and administration), International Airports Authority of India, Madras. Her job is particularly difficult, in that she has to handle personnel, which includes men of all sorts.

"I have an excellent rapport with all my staff, and have never had any bad experiences. The men are remarkable. You know, they are so courteous to a lady. You have to work out a warm relationship with them, and that's half the battle won. I have to deal with labour union leaders too in the course of my job, and this requires a lot of skill and tact. It is a delicate but healthy relationship. They resent a woman at first, but once they have developed a personal rapport with you, they respect you," Mrs. Rao says.

Mrs. Rao is both a housewife and a busy executive. She started out by serving as the manager, housekeeping services, at Delhi airport, and worked her way up to her present exalted position, in a line where there are very few women. "You know, I wish more women would come into this line. It is challenging, but amply rewarding. I think women are afraid to enter it because they have to deal with men a lot. But being a woman is no bar — not if you don't let it be."

Success in professional life does affect your home life, however. Mrs. Rao candidly admits that it is impossible for her to be effective in the house as a stay-at-home woman. That means that in a way the family is deprived. But they are all proud to have a working wife/mother, and, moreover, the feeling of self-respect and economic freedom a working woman gets are highly desirable. Mrs. Rao is a freelance journalist also.

One of the few women to occupy a senior position is **Mrs. Rajinder Bali**, area manager, Punjab and Sind Bank, Delhi, winner of the Bronze award for women executives.

Mrs. Bali occupies her present position after having done a unique service to women. She started an all-women branch of the bank, which was a tremendous success. Mrs. Bali feels that women hesitate to approach a male worker in a bank, but take women into their confidence. Her ideal is customer service, and, under her capable management, the bank secured maximum deposits and advances ratio in that area.



A warm human being, she combines professional zeal with excellent human relations. She believes in treating people as human beings, and not just as customers. Perhaps that is why she inspires confidence and respect.

Wife of a senior railway official and the mother of three grown-up children, Mrs. Bali attributes a large part of her success to them. Their cooperation has been a great boost to her career. She does not feel that she has had to make compromises in her home life because of her career. "It is all a question of time management. You have to arrange your time schedule accordingly. There need not be a conflict between professional and home life. I lead a very busy home, work and social life, yet, with a little planning and lots of hard work, I am able to manage all. I am also able to find time to do some social service, besides."

Mrs. Bali holds a law degree from Delhi University. She feels that every educated woman should contribute to society by occupying a responsible position. The struggle is there — she has had to do a lot of it in climbing up the ladder of success — but the gains are also there.

1982							MAY						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
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16	17	18	19	20	21	22							
23	24	25	26	27	28	29							

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The citizens of Trivandrum have always been proud of their city. When communal riots rock other parts of the country, Trivandrum and Kerala as a whole, remain unaffected with Hindus, Christians, and Muslims living together harmoniously. The population break up of Kerala (1971 figures) shows that 59.41 per cent are Hindus, 21.05 per cent Christians, and 19.50 per cent Muslims. The blend of the different religions and the resultant cultural set-up could have impressed even a casual visitor. That is, till recently — till December 30, 1982 to be precise.

It all started like this — and at Alleppey about a hundred kilometres away.

On December 28, on the birth anniversary of the Prophet Mohammed, the Muslims of Alleppey took out a procession. Several small processions were to come together at the East Jama Masjid and proceed further as a single body. Several of the processions had arrived and were waiting for the others. They seemed to be gathered in groups. The police sub-inspector on duty

asked them to line up together, but it seems that the police directions were not followed. Allegedly, the sub-inspector manhandled one person, and the crowd retaliated. A lathi charge followed. The police were apparently routed in the confrontation that followed. The procession started in a while, and the processionists set ablaze a police van. They marched towards a police station, but were stopped

by the police. Leaders of the community present at a nearby mosque advised the crowd to disperse; a few obeyed but others remained and became even more unruly. After a lathi charge, the police opened fire, killing a young Muslim and injuring several.

The repercussion of the day's events, were felt in Alleppey, Mattancheri, (part of Cochin city) Quilon and other places where government offices and police stations were attacked. Police had to twice resort to opening fire in Alleppey. Prohibitory orders for 15 days were clamped down in Alleppey and Mattancheri. The sub-inspector and two other constables involved in the incident of December 28 at Alleppey were suspended, and a circle inspector transferred. A judicial enquiry into the incident was also ordered.

This should have calmed down the aggrieved. December 30 dawned a clear day with few incidents in Alleppey or Cochin. In Trivandrum also the thousands of office goers, started the day as usual, but everything ground to a groaning halt by mid morning. Shops had already opened, but roaming bands forced them to down their shutters. A mob attacked the canteen of the transport workers, throwing

Continued on page 51

TRIVANDRUM RIOTS

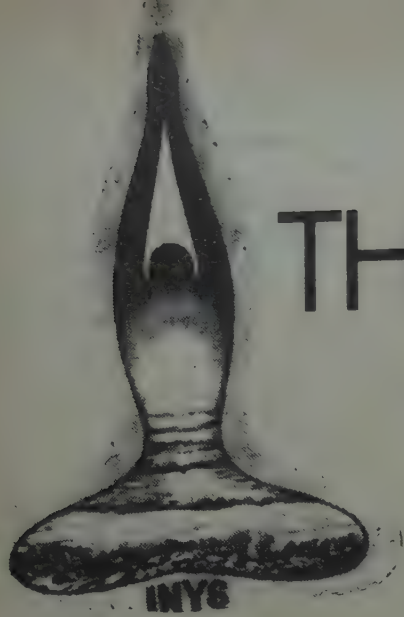
COMMUNALISM RAISES ITS UGLY HEAD

Trivandrum was the scene of communal riots on December 30, 1982. What started as a minor altercation took an ugly turn resulting in the death of innocent people. SHOBHA WARIYAR reports from Trivandrum

LEFT: Chalai bazar after the destruction.
BELOW: Bunks at East Fort burn.



SELF-HEALING THROUGH NATUROPATHY



Naturopathy believes that given the opportunity, the body is capable of curing itself. The Institute of Naturopathy and Yogic Sciences, Bangalore, therefore, advocates an interesting system of treatment that makes use of natural sources as well as yoga

Bharathi Gowda

The logo of the Institute of Naturopathy and Yogic Sciences, Bangalore.

Can an obese person become a 'slim beauty' in a period of 45 days just by dieting and exercises? The answer would probably be 'impossible' but not at the Institute of Naturopathy and Yogic Sciences, Bangalore. As some of the inmates who have been undergoing treatment for obesity said, "Yes, of course, I have lost four kilograms in two weeks."

Obesity is not the only problem being treated at the Institute of Naturopathy and Yogic Sciences. There are about 34 treatments given here for various ailments ranging from a mere cold to chronic asthma.

The institute is situated on the outskirts of Bangalore, a city known for its excellent climate. The institute, started in 1979 by the S. J. Jindal Medical Relief Society, is not only a centre for treating diseases; but also attempts to orient one's lifestyle and thinking to the enjoyment of natural good health.

An important and notable factor of this institute is the practise of ancient concepts of nature cure and yoga used in conjunction with modern methods of diagnosis and treatment without recourse to drugs, pills or injections.

Naturopathy does not believe in medicines and surgery. It believes that the human body possesses inherent self-healing powers. Because of this naturopathy advocates aiding the human system to remove toxins by expelling the unused and unwanted matter from the body to cure the disease. Naturopathy strongly believes that "the human body is an all-powerful living dynamo and that given the opportunity, is capable of curing and preserving itself".



ABOVE: A view of the institute and its beautiful grounds.

RIGHT: A patient being given the underwater jet massage.

The Institute was founded by Mr. Seetharam Jindal and is spread over 40 acres of land. Its very setting is a haven for people who seek relaxation not only physically but mentally too.

One of the most common problems for which treatment is sought is obesity which is next only to asthma. "Obesity is the base from which diseases originate," says Mr. Bhandari, chief administrative officer. "As a result, that should be eliminated first." •

The institute provides treatment for all ailments except cancer, heart ailments and infectious diseases. But without the use of medicines, what percentage of success can they be assured of? "We can assure you 80 per cent success without medicines and surgery on all ailments," says Mr. Bhandari confidently.

Among the ailments treated at the institute are cold, migraine,



amoebiasis, dysentery, kidney trouble, high and low blood pressure, hypertension, arthritis, rheumatism, spondylitis, nervous disorders, epilepsy and hysteria. Even eye disorders and skin diseases can be treated to a certain extent.

Those addicted to drugs, alcohol and cigarettes will be pleased to know that they can be cured if they follow the principles of nature cure. All these are strictly prohibited when a person is undergoing treatment regardless of the disease she or he is suffering from. There have been cases of patients who have been sent home after just a few hours when it was discovered that they had resorted to smoking and drinking. "A very prominent actor from Bombay could not give up smoking and drinking. They caught him red handed and requested him to leave the campus and no special favours were showered on him," said an employee at the institute.

The treatments given at the institute are of two types — nature cure and yoga and meditation.

The most important nature cure treatments that are given at the institute are the various types

The 'walking traction' machine that helps reduce thighs and hips.



of baths like the immersion bath, hip bath, spinal bath, foot bath, jet bath, whirlpool bath, steam bath, asthma bath and others.

The hip bath is a routine treatment for almost all the diseases. It mainly helps in constipation, indigestion and obesity. A special type of tub is filled with water with a temperature of 50 degrees to 65 degrees F. The water is filled in such a way that it covers the hips and comes upto the navel of the patient. While sitting in this position, the patient should briskly rub the abdomen from the navel downwards and across the body, with a moderately coarse wet cloth, for five to 10 minutes. The patient should perform some exercises after the bath. This bath also helps in the treatment of piles, chronic, uterine infections, diarrhoea and dysentery.

The best bath to have to relieve nervous irritation, fatigue, hypertension and excitement is the 'spinal bath', which is given in a tub made specially for it. The patient lies down in the tub for the prescribed duration. The spinal bath is a soothing and sedative treatment especially for irritation of the nerves.

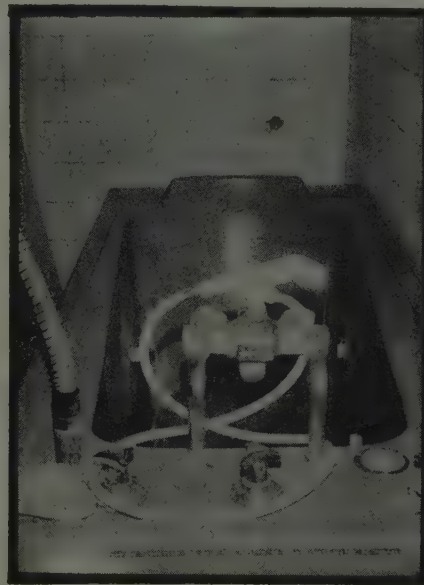
Many patients are also given a 'mud pack'. A particular type of black mud is mixed with water and put in a thin muslin cloth. This is shaped like a brick and applied on the patient's abdomen. It is kept on from five to 30 minutes depending upon the ailment. The mud pack is applied not only on the abdomen but to any part of the body where there is injury, disorder or pain. A thick mud pack applied on the head relieves headache instantaneously and when applied to the body cures boils and wounds.

Nature cure believes in treating the system of a person first. As one of the officials put it, "Before any treatment is given to the patients, their bowels should be cleared as all the ailments originate here." As a result an enema is given to all the patients right at the beginning of the treatment.

The institute is gaining recognition not only in India but also abroad. Usha, a chronic asthma patient, had come from London to seek treatment here as other types of medicines had failed to cure her. Her condition was so bad that she could not even speak. After joining the institute, she has felt a slight improvement.

Mr. Saram Kishinchad Shani, who had come all the way from

Spain for treatment for diabetes and cuts in his hands found nature cure treatments very helpful because "allopathic treatments did not help me in any way: the cuts in my hands, especially, increased day by day. I heard about this institute in Spain, from my neighbour who happens to be from Bombay. His son was once treated at the institute. I think it is the best I do not consider this as a hospital at all. I would prefer to call it a rehabilitation centre." Mr. Shani whose treatment lasted four weeks has decided to go back to Spain and bring his wife for treatment of a



An underwater jet massage tub.

spinal problem that has been bothering her.

Arthritis is another common ailment for which people seek treatment here. Mrs. Rao, an arthritic for the last four years was at the institute on a 45-day treatment schedule out of which she had completed six days. She said, "I have tried every type of medicine, from ayurveda to allopathy and even acupuncture. Nothing helped." She added, "Though I have been here for only six days, I am really feeling much better. I was almost immobile at home, whereas I can move my body here. This improvement has given me a lot of encouragement and I am sure of getting cured." Her treatment included body massage, water immersion bath, mud pack combined with gymnastics and physiotherapy.

Mr. Charlie Devkumar who was suffering from ankylosing spondylitis, a case of acute arthritis, had come here for treatment on the advice of his friend. "I have had an arthritic problem since 1971. Four years back, on the ad-

vice of a friend, I started taking ayurvedic medicine. Believe me, it really ruined me. Instead of getting better, I was completely bedridden for one and half years. I was shunted from one hospital to another. After a slight improvement, I decided to come here," he said. He was very happy that he could move about which was not possible earlier.

Mr. S. K. Bhagat of Bombay who was about to be discharged had been at the institute for three weeks. He had come for treatment of blood pressure and high blood cholesterol. "More than anything else, the treatments offered here are very educative," he explained. "Here the whole body is overhauled and the system is cleansed. As long as the stomach is clean, everything is fine. The only problem people may have to face is dieting. If one follows it strictly and has patience, one can definitely feel better."

The Nature Cure Institute has been devoting considerable amount of time to conducting research for treating asthma and diabetes. Last year a total of 30 patients were treated for asthma. The patients underwent all the modern diagnostic tests like X-ray of the chest and lung function tests. Prior to their admission many of the patients were taking anti-asthma medicines which were suspended three days after the treatment was started. The treatment included hot foot bath, asthma bath, sun bath, sun bath and yogic kriyas and asanas. It was observed that the asthmatic condition improved and the patients did not resort to their usual medicines. This study proved that 60 per cent of the patients were relieved of their ailment, another 13 per cent did not revert to their medicines at all the another 15 per cent showed good progress.

Mr. Ravindra Pai, a bank employee, who had suffered from bronchial asthma for eight years and who had given up all hopes of being cured has had no attacks of asthma after being treated at the institute. He was given a steam bath, asthma bath, plantain leaf bath and he performed yogic kriyas. "These kriyas help a lot in asthma," he said. "I find the treatment very helpful. I have the confidence that I will be completely cured. I will be strictly adhering to the follow-up chart once I am out of this institute. Everything is fine except for diet control," said he smiling.

Continued on page 48

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have in



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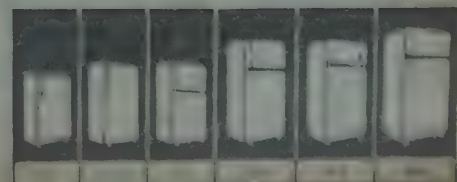
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SELF-HEALING THROUGH NATUROPATHY

Continued from page 45

Many people suffering from skin diseases find that a nature cure treatment helps. A mud bath is very helpful in treating skin disorders and it also helps the complexion. A steam bath of 10-20 minutes duration is recommended. The patient sits in a cabinet made specially for this. Mr. Sadashiviah, an engineer of Bangalore who was suffering from psoriasis, a disease in which a white rash appears on the skin, stayed at the institute for 30 days and said he had felt a 60 per cent improvement and lost about nine kilos.

Water, another natural source is made use of in many of the treatments. It is used abundantly in the various types of spray baths called jet spray massage. The temperature of the water varies depending on the type of massage offered.

A jet generally consists of a single movable column of water

directed against one portion of the body. The cold jet bath is useful in relieving hypersthesia of the skin, relieves pain in the muscles and joints and improves circulation and assimilation. The hot jet spray massage helps in relieving general or superficial pains as well as jaundice.

In order to promote health consciousness among people, the institute has a 10-day programme called 'The Human Body Servicing Scheme'. One of the doctors said, "The human body is like a machine which needs rest and occasional oiling. Moreover, our bodies are made of countless cells which have been working at a stretch since our birth. Though they continue to work efficiently now, later they fall prey to various diseases." In order to avoid this the body is cleansed and rejuvenated by the nature cure treatment offered in this scheme.

Mr. Sachdev, a busy businessman from Bangalore who was undergoing this treatment said, "I came here for relaxation and now I feel it was really worth it. I am going to come once every year because the treatment and faci-

lities available are so good, we cannot find it anywhere else not even abroad."

Many young people suffering from obesity come to the institute. Electropower massage, steam bath and sauna are some of the treatments given to reduce weight. Judging from the overwhelming response, one can be assured of their success. Zubaida, a student of medicine who was there to lose weight was put on just four glasses of lime juice a day as her diet. "In the beginning I found it difficult to get adjusted to fasting and now, in fact, I am enjoying this," she said. In four days she had already lost some weight and said she was confident of losing more.

Mr. Rajendran from Coimbatore, however was not satisfied with his reduction, though he had lost 13 kilos in 40 days. "I will not be able to stay any longer as I am going abroad in a few days. I wish I had reduced some more," he lamented.

The institute proposes to start a college of Naturopathy during this year, where students can be trained in Naturopathy. At present there is an institute in Hyde-

rabad which offers this course.

Yogic therapy forms an important part of the system of treatment at the institute. Yoga is compulsory for all the patients regardless of the ailments they are suffering from. The yogic treatments are prescribed depending on the condition of the patient.

Naturopathy considers a nutritious and compatible diet to be of prime importance. The institute has a very spacious diet department which meets the requirements of all the patients and serves only vegetarian food which includes sprouts, fresh vegetables and fruits. Once a person enters the institute he or she is completely cut off from the outside world. Food, coffee, tea, alcohol and non-vegetarian food from outside are completely forbidden.

The institute's accommodation facilities include general wards, double room, single room, cottage, hut and nest.

One need not be suffering from any ailment to go to the institute. A visit and stay there can change one's lifestyle and thinking and mould it anew.

Delhites do not seem to believe in a nature cure. At least that is the impression one gains when one sees the handful of nature cure clinics in the capital, and the even fewer patients who patronise them. An interesting feature of most nature cure clinics in Delhi is that along with naturopathy, other forms of medicine like allopathy, ayurvedia and yogic forms of medicine, are also followed, making them a mixture of treatments.

The Nature Cure Health Centre based in Lajpat Nagar, claims to be unique in this regard.

"Ours is probably the only nature cure clinic in Delhi that seeks to cure patients with nature cure alone," says Mr. Kewal Krishan one of the two naturopaths who run the centre.

Mr. Kewal Krishan and Mr. S. Swaminathan run this centre on a non-profit basis: their services are for free, and no fee is charged for treatment. Since this system of medicine relies on nature alone, they also do not need funds to set up a hospital or for medicines. "The emphasis is on dietary control and exercises. We advise prevention rather than cure, but it is a sad fact that people come to us only when their ailment has advanced too far,

and when all other forms of medicine have failed," says Mr. Kewal Krishan.

If arrested in the initial stages, almost any ailment can be cured by nature cure, he claims. But it is a tedious process, and people prefer allopathy, where the expense is more but the relief immediate. Other systems have repercussions on the human system, but this system does not, says Mr. Krishan, and wishes more people would realise this. Even otherwise, in daily life, he recommends nature cure, to keep the mind and body healthy. At 76, he himself is as fit as a person half his age.

Both he and Mr. Swaminathan give consultations even outside the clinic at their homes. They have both studied nature cure extensively, and are followers of their guru, Lakshmana

Sarma, who had started the monthly magazine, The Life Natural, 44 years ago. The magazine is published in Hindi and English.

The centre is based on the philosophy of service. Mr. Swaminathan says that they attempt to educate people so that they become their own doctors. The centre also conducts training courses to achieve this.

Patients are advised on what treatment to follow after an in-depth study of their case histories. Dietary reforms and physical pursuits are elaborated on. The patients have to report periodically on their progress.

Dr. Daya Shankar runs the Human Welfare Centre in Delhi's Tagore Park, where both yoga and naturopathy are practised. Dr. Shankar also gives talks on these systems of medicine abroad.

He believes that the "natural" systems of medicine, which do not induct foreign bodies (e.g. medicines) into the human body are the best. He too regrets that very few people are prepared to diet and exercise but very many are prepared to squander money on expensive hospitalisation and medication. He blames the lack of knowledge and publicity of naturopathy for this state of affairs.

There are many other nature cure clinics in Delhi, most of them shelling out advice at exorbitant prices. Many of these are concentrated in Old Delhi and North Delhi. The naturopath usually sits in a dingy room with musty books on nature cure lining the shelf behind him. He has no secretary or other staff, and often, no telephone. His patients are few, and, since this is his means of livelihood, he charges a lot from those who do frequent him. Alternately, some naturopaths use this as a side activity, not devoting much time or care to it.

A great many people from Delhi prefer to go to the nature cure institute in Bangalore, where you have to stay in the institute itself and go through the cure; it becomes almost like a holiday and a home away from home.

A MIXTURE OF TREATMENTS

Nature cure treatment does not seem to be very popular in the capital. Clinics usually offer it as just one of the many systems of medicine, reports

BEENU SETHI

EAT RIGHT LIVE LONG

**Dr. Anne Wigmore:
pioneer in the field of living
food nutrition.**



**A particular kind of
raw food
diet is what
Dr. Anne Wigmore
advocated during the
month long session
she conducted in
Bombay recently for
people suffering
from a variety
of ailments**

Dr. Anne Wigmore who visited India some months ago is a pioneer in the field of living food nutrition. Her living food programme has assisted thousands of people in regaining their physical, mental and emotional health.

The 74-year-old doctor suffered from cancer of the colon at the age of 50. Her hair turned grey and she did not respond to any medicine. She remembered the wisdom of her grandmother (who was a believer in natural healing) and healed herself by working directly with nature. After this experience she decided to dedicate the rest of her life towards helping other sufferers regain their health through the use of vital living foods.

Her cancer is now cured and her hair has returned to its original colour. Through scientific investigation and experimentation it has been discovered that living food furnishes the body with vital nourishment. When included in the diet in the form of juices, sprouts, greens, seeds, fermented food, vegetables and fruits it eliminates the sickness and disease from the body.

Dr. K. K. Datey and Dr. B. K. Goyal two eminent cardiologists of Bombay, invited Dr. Wigmore to India to conduct a complete scientific evaluation of this treatment. Shri Shriyans Prasad Jain, chairman, Bombay Hospital, allowed the use of the facilities of Bombay Hospital for the research programme.

Forty-five patients belonging various age groups and suffering from a variety of diseases were admitted to the hospital on November 1, 1982. They stayed there for a month and the results were surprising. The wheat grass and raw diet therapy advocated by Dr. Wigmore brought about miraculous results. The patients were taught to have faith in nature and God. They were taught yogasanas and did meditation every day.

Wheat grass, which was a vital part of the cure, is grown in almost all Hindu homes and is called 'jawara' in Hindi. Unfortunately urbanisation has made us forget the wonders of this food. The wheat grass which is five to seven inches in height can be



Muyila Braganza: the treatment has relieved her of the asthma she suffered from.

chewed directly or its juice can be extracted and taken three or four times a day. This juice is rich in essential vitamins and important minerals. Wheat grass can be grown in one's own kitchen and is ready to eat on the seventh day.

Sprouts of all seeds like mung, math, chawali, sesam, groundnuts, methi, masoor etc. give us proteins and enzymes, and fresh fruits give us sugar. Coconut water cleanses the digestive system and 'rejuvelac,' a drink made from wheat, rejuvenates the body. Seedmilk can be made from fresh coconut, groundnuts, sesam and dates. This is a good substitute for milk.

The patients who were part of Dr. Wigmore's programme were asked to stop smoking,

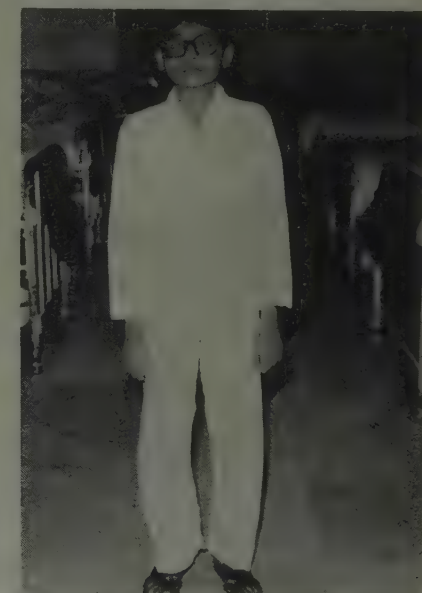
and drinking tea, coffee and alcohol. They were put on a diet of raw foods and wheat grass juice. Their medicines were not totally stopped; day by day as the patients recovered, the doses were reduced. Dr. Datey, of course, does not claim hundred per cent recovery in a single month for his patients but if the patients continue with this diet they will eventually be cured.

Mr. R. Ansari, aged 47, chairman of Handloom House, Bombay, was admitted to Bombay Hospital for cardiac complications. He was in the intensive care unit for four days. His blood cholesterol level was 230 when admitted. Dr. Datey advised him to

hope to add some more inches (if not a foot) to his height.

Miss Muyila Braganza, a college girl in her teens, has been a victim of asthma for the last 17 years. She was fed up of the recurring attacks of asthma which interfered with her studies. She was taking two tablets every day. Now she has gradually reduced this to half a tablet every alternate day. She does not need the inhaler either.

Many patients who were suffering from hypertension, arthritis, angina, diabetes, etc. came forward to narrate their experiences of this therapy. But a unique case was that of 70-year-old Hansraj Thakkar. His wife, Nila-



18-year-old Milan Dal, a juvenile diabetic who claims to be cured by the raw diet therapy.

follow the raw diet therapy and since November 10, he has been undergoing this treatment. The cholesterol level came down to 170 on November 27. He was used to chewing pan and was a non-vegetarian. Overnight he changed his food habits and regained his lost health. He is now thinking of establishing an organisation for the scientific study of wheat grass juice.

Milan A. Dal, a student at Elphinstone college, is 18 years old. One finds this difficult to believe because he is just four feet tall. He has been suffering from juvenile diabetes for the last eight years. The disease has marred his growth. He said that due to diabetes he could not concentrate on his studies. The raw diet therapy has cured him and he

vati, was admitted to Bombay Hospital and was undergoing this treatment for diabetes. Hansraj started taking raw food and wheat grass juice just to give his wife company and to his surprise in six days, hair started growing on his bald head. His wife could not walk when admitted to the hospital but now she is able to go for a two kilometre walk.

Dr. Wigmore says that age is just a number, it is how energetic you feel that is more important. Her diet is not, perhaps, for gourmets or gourmands but ultimately we have to decide whether we are living to eat or eating to live.

Vijaya Joshi

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SPECIAL REPORT

Continued from page 43

stones; buses, both within the city and on long distance routes stopped plying; road blocks appeared on several roads.

There was a peculiar tension in the air as the police, who usually swing into action to restore order and maintain traffic were conspicuous by their absence. There was not a single policeman to be seen anywhere, no traffic police at any junction, or any other policeman anywhere in the city. The Chalai Bazaar, the main bazar area of Trivandrum went to sleep. None of the scores of banks at the East Fort opened.

A mob marched to the airport and occupied the runways. They set fire to the grass on the field. Some flights to Trivandrum were diverted.

Violence also continued in Karamana, Muttathara, Vallakkadavu, and other localities without let or hindrance. Several houses were set fire to at Muttathara and

Vallakkadavu, and about 20 shops gutted at Karamana. Shops at Chalai and the banks at East Fort were looted.

Towards the evening, as the looting and arson reached a high pitch, the state cabinet, which had gone into a long session, finally decided to ask the police to swing into action with force. And yet the arson continued, resulting in the death, at Karamana, of a man in a cycle shop fired by miscreants. The police and fire brigade reached the place only hours after calls for help.

The shops in the Chalai Bazar were set fire too by the evening and lakhs of rupees' worth of merchandise was gutted.

The army was called in around midnight, after the police had been on the scene for a few hours. They had already fired in the air at Karamana to disperse the mobs.

Why was the police hesitant to take strong action until the cabinet decision in the late afternoon? One might have thought that they were resentful of the disciplinary action against their colleagues in Alleppey. But it

turned out that they were under strict instructions "to keep a low profile", to enable the people to express without any let or hindrance, their resentment at the firing in Alleppey. Their restraint resulted in their being totally ineffective. If the police had only been reasonably active earlier, the devastation of the bazars, and the large scale arson would never have taken place. The trouble was started by small groups consisting of little urchins and teenagers who grew in daring as they sensed that there was no police to contend with. It was tantamount to abdication of duty by a government charged with enforcing law and order.

The looted goods started appearing in several clandestine "markets" in the slum areas. Tape cassettes were available for Rs. 2 and TV sets for Rs. 300!

People became wary of walking on several of the streets of this city even in broad daylight, when previously they were not scared even at midnight, where older residents were moved to tears to see army patrols and BSF jawans on duty.

The New Year gift for the residents of this capital was thus

the heaped ashes of what were shops or dwellings, and the bricbats on the road. The saddest part is that people have started looking upon their neighbours not as people, but as Hindus, or Muslims or Christians.

The new fears of the town-folk were evident as they faced the 'bandh' on the eighteenth of this month organised by the Opposition Parties against the proposed hike in bus fares and electricity tariffs. The government promised complete protection to the people by calling in contingents of the Tamilnadu police, and the BSF. But after the previous bitter experience, the people took no chances. All shops were closed. Roads were deserted. There were only two-wheelers on the roads. Only the government employees, faced with a 'no work-no pay' threat walked to their offices; the State Transport Corporation services were few and ran in convoys. The police were active with their patrols, removing roadblocks. Had they behaved in a similarly decisive manner on a previous occasion much agony and wasteful destruction could have been avoided.

THE YOUNG ONES

Continued from page 15

I was doing and hated myself for doing it, but drugs were all I had and I couldn't stop having them. Two girls I knew then tried to help me but they had never been on drugs and didn't quite know what was to be done to get a person off — and I suppose I didn't care to listen to them.

For a year I went through hell. I was doing what I had definitely come to detest, because even though initially the going is good, you come to hate even the drugs and the effect they have on you. A feeling of utter disgust was born in me because of the way I was treating other people and because of their attitude towards me. A drug addict is naturally never relied upon, he is not trusted, never given any responsibility, any respect and his opinion is never asked, even about minor things. All those things count for you to respect yourself. I discovered that I played absolutely no role, or a negative role in normal lives. I couldn't have a proper relationship with anybody because nobody respected me, and that mattered. Eventually only human relationships have the power to sustain you, not drugs, but because I didn't have those relationships I continued the drugs.

The break came when I heard about Seva Dhan a few months ago when I was in Wadia Hospital being treated for an asthma attack I had had. I decided that while I

was there I would stop taking drugs altogether. The docs at the hospital knew me and liked me (in spite of the drugs!) and allowed me to stay there for a month even though I was perfectly all right, physically. I had easy access to drugs there, and it really required will power to stay away from them, but because I really wanted to, I did. The psychiatrist there suggested that I go to Seva Dhan in Bombay to be completely cured of the drug habit.

I had tried dozens of psychiatrists, hospitals and counsellors during the first few years but hadn't really wanted to be cured, I think, because I always spun fine stories about myself and got out of the sessions. When I came to Seva Dhan I was immediately captivated by the atmosphere. I felt at ease and had the assurance that here I would be with people with whom I could really communicate, where I could sort out my life and mould it into a more sober, loveable one, working with people who could really understand me, my feelings and the things I had been through, simply because they've been through it too. At Seva, we follow a policy of 'sharing' — encouraging people to talk, which releases some of the tension, giving everybody and his opinions equal importance, whether it is one of the team or whether it's a person being treated, and also spiritualism. We all feel that spiritualism is important because since no drug addict has much inner strength, he'd like to look upon an external source for strength. We don't preach religion or god in the conventional sense, it's just a belief in some power that will see you through.

I now understand where I went wrong and why. I had always thought I could do exactly as I pleased, have a really good time because I didn't have to work to carry on living. But now I see that half the fun is in working, in trying to do something constructive. Getting off drugs even with the help of others requires immense determination. Seventy to 80 per cent of people who take drugs want to get rid of the habit but they don't have the determination. Fortunately, I did, and I wasn't on morphine. Right from the start I had never injected myself, because I had seen the arms and legs of people who had, and though I had many other scars I never wanted the scars from a morphine needle.

The Seva team helped me and now I'm with them. The sense of achievement after having stopped using drugs, is great — it'll see me through the rest of my life. I can one again lead a normal, clean life with a healthier approach to the various situations I might find myself in. I didn't expect miracles, I didn't expect to be ecstatically happy when I was off drugs and I am not ecstatically happy. But I can now live a contented life, satisfied with just being normal and being able to enjoy day to day living with a sense of happiness just to be alive and whole. Even though at times I am tempted to use drugs again, and know that I will be tempted in the future as well, I am confident I will not succumb, because I have seen the better side of life and am content to be there.

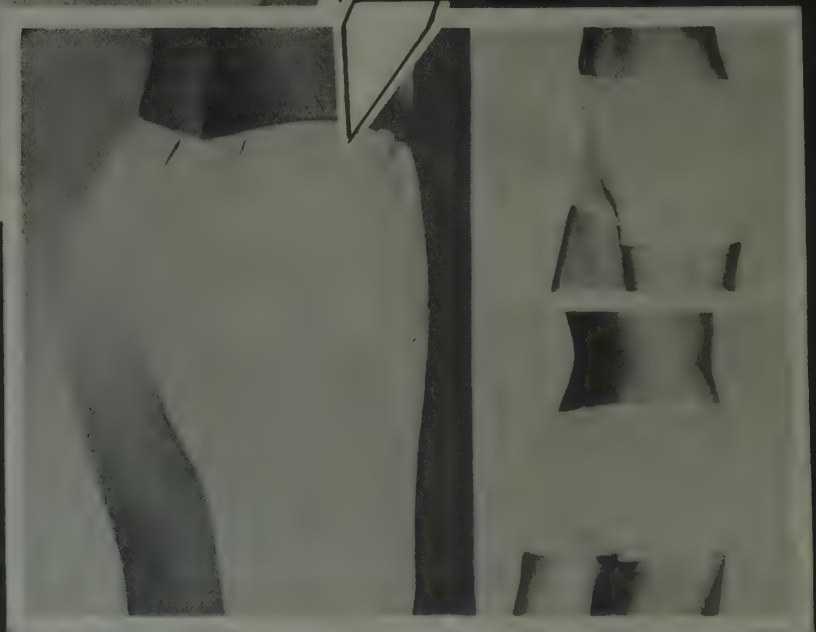
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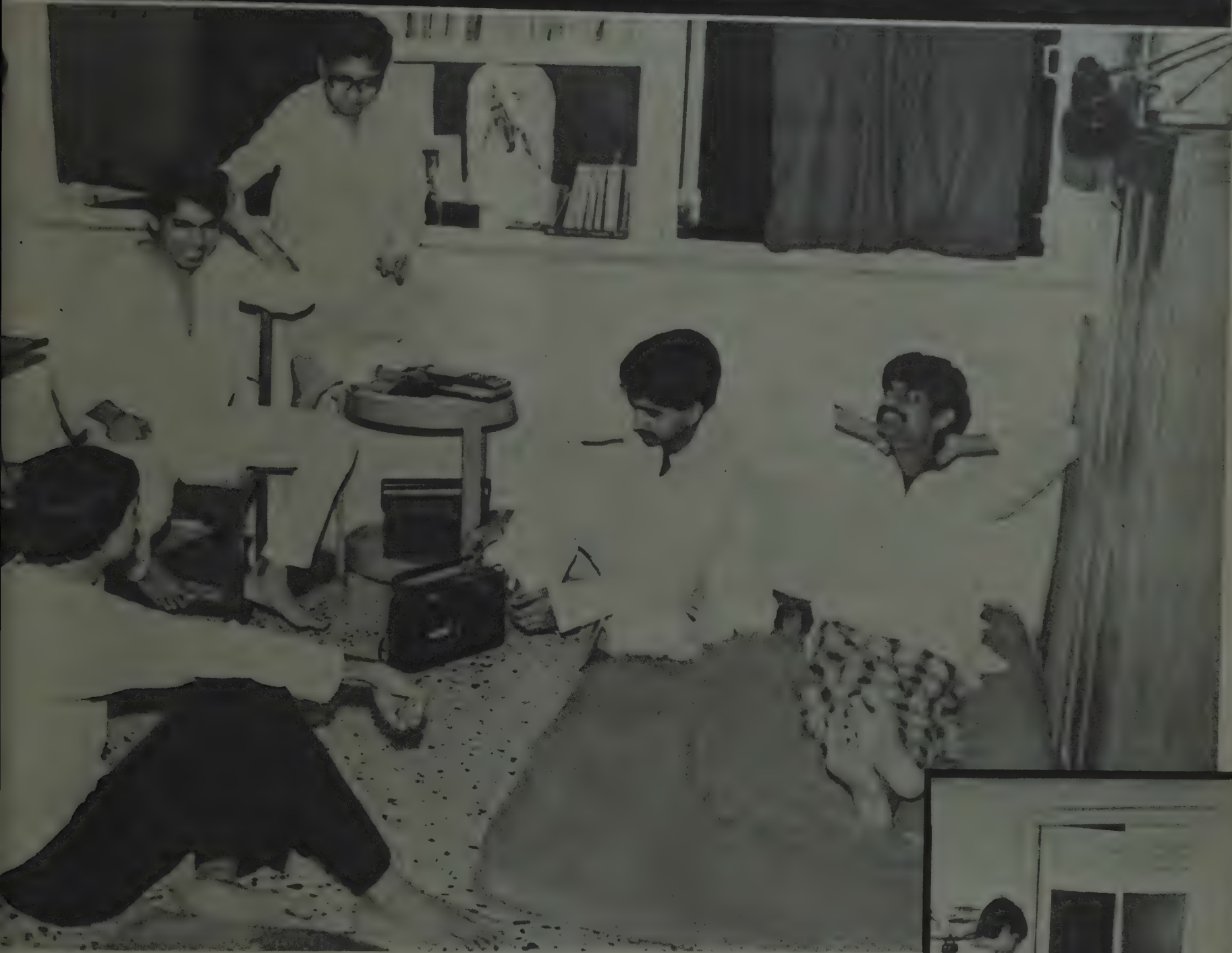
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USING MANAGERIAL SKILLS TO RUN A BACHELORS' PAD

"Sharing a room with a guy and the flat with five others is like having five wives," observe the sixsome at the bachelor's pad. Their bonhomie and teamwork go a long way in making the place a real home away from home

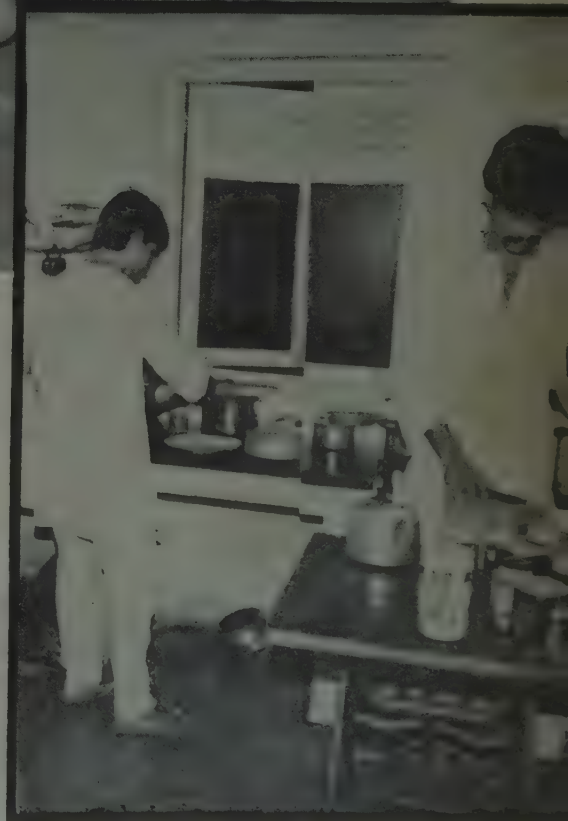
Chaya Srivatsa

Have you ever been to a bachelor's den? Don't say 'ugh' and wrinkle your nose. You are probably imagining a dump with soiled clothes, cigarette butts strewn around, unmade bed, empty tea cups and broken beer bottles. My imagination ran along the same lines, till I went to visit my cousin Badrinath at

his pad which he shares with five other executives.

When Badri invited me and my family for lunch, I accepted more out of politeness and perhaps a little out of curiosity, to see how a home can be run without a woman. Perfectly well, as it turned out, thus demolishing another myth. We had a hearty

meal in an immaculately neat house. Badri's flatmates rallied round and entertained us (when they could have easily gone out and had a better time) and we had a thoroughly enjoyable time, listening to music, exchanging jokes, drinking water out of mugs which had to serve as 'katoris for the 'dal' and later as cups for



TOP: the coterie of bachelors, clockwise from left: Rajiv (standing), Prasad, Badri, Nitin and Audesh.

ABOVE: If the cook does the vanishing trick, there is always someone to stand in.

LIFESTYLE

tea. I only hoped that they weren't earlier used as shaving mugs.

What strikes a visitor to this bachelor's haven, is the bonhomie and teamwork, not to mention the successful application of management techniques, to make the place look and feel like a home away from home. They have nothing in common, the six of them — Badri, Audesh, Nitin, Pankaj, Prasad and Rajiv — except a management background. They come from different parts of India, speak different languages and have different family backgrounds. Yet they live in perfect harmony ("except for occasional differences of opinion"). Young, adventurous and fun-loving, they take housekeeping in their stride and bring to it a professional touch and a personal involvement.

As you enter the flat, you find a polite note asking you to keep your footwear on the shoe rack in the corner. "This is to keep our floors clean," explains Nitin who is regarded as the 'patriarch' of the gang.

He was the first occupant of the flat which a friend of his generously lent to him when he went abroad. "The flat is nice and big and I felt I might as well share it with these guys who were literally living out of suitcases. We decided to limit the population or it would end up as one of those dens you had imagined. We were lucky to get like-minded chaps and when they all moved in, it was with the tacit understanding that we live like civilised beings," says Nitin.

They have a part-time cook who comes in the evenings. "We leave that department entirely to him and I guess that's why we don't have servant problems. We don't get het up when he stays away without notice, but try to put our own culinary expertise into practice. Of course, the vegetarian guys initially kicked up a row when some of us thought of cooking meat, but they've reconciled themselves to it now," says Audesh.

Their kitchen has various instructions pasted on the walls. Above the sink is a notice saying 'Please do not leave used plates and glasses in the sink'. This is to avoid cockroaches. The elec-

tric kettle urges its users to check if it is full before switching it on. A chart indicates who bought the milk, when and how much.

Though they have a maid who comes in to clean, they make it a point to contribute to the general cleanliness. The maid, apart from her delegated chore, makes cushions for their drawing-room 'gaddi' and takes on their mending work. Her maternal instincts are roused by these 'bechare ladke' who are away from their mothers and sisters. As for the bechare ladke, they wallow in her indulgence.

What is it like, sharing a room with another guy and the flat with

rogative?" questions Prasad rolling his eyes heavenward.

"The peak hours of tension are in the morning," says Badri. "We all have to leave early for work and there are only two bathrooms. That is the time when we lose our cool and hurl invectives at each other. A lot of thumping and banging on doors and volleys of choice swear words fill the air. By the time we come back home in the evening, there is general bonhomie and all is well...till the next morning."

Delegation of authority is one of the basic principles of a well run organisation. "I don't know if this pad of ours is well run, but

the usual titbits that go with housekeeping. Prasad is the honorary accountant. As he works for a financial consultancy firm we let him juggle with the figures. When the cook does the vanishing trick Rajiv and Audesh stand in...well, that's how it is," concludes Nitin.

Who takes decisions on policy matters? "It's mainly the maid or the cook who take decisions," pipes in Pankaj, "after all, we are out the whole day and the only policies that have to be tackled in an establishment like ours are what to cook and what not to cook. There are some occasional rules, like the one about leaving footwear near the door and washing used plates, that one of us comes up with. Out of sheer apathy we accept them. Most of the time we spend out of the house and when we are at home we'd like to have peace and bonomie. If a guy gets a brainwave to improve our living conditions, it's less bothersome to toe the line, rather than ask for explanations and put it to the vote."

How do their neighbours react to their presence? "Well, initially they looked a little sceptical about our set up. Now they have realised that we are civilised and well behaved 'chokras' and tolerate us. On our part, we don't have wild parties and loud music, and conform to the norms of social behaviour. Some of our neighbours are kind enough to let us use their phone or watch television," says Badri.

How much time do they spend in each others company? "After work, we all converge and exchange notes of the day's happenings. Audesh is a karate expert, so he teaches us once a week. Rajiv is the actor and we have to put up with his rehearsals. Sometimes, Audesh regales us with his solo (so low) flute recital. Intentionally or otherwise, we do tolerate each other more than we need to," sums up Prasad.

All the six are bright young executives, Nitin works for a cosmetic firm, Badri for a paint company, Rajiv for a computer firm, Pankaj is in pharmaceuticals, Audesh in advertising and Prasad in finance.

Any plans of marrying and breaking up the sixsome? "That's asking," they say and evade the question. If marriage is supposed to be a solution for lodging, laundry and loneliness, one can understand their evasion.

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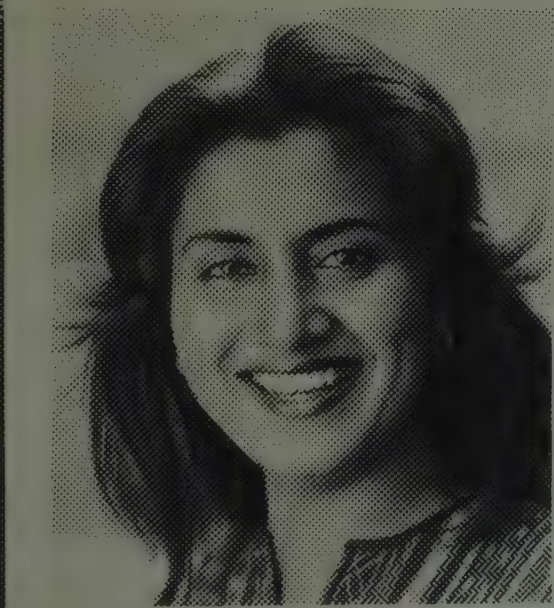
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the other five? Pankaj thinks it is like having five wives. His roommate Prasad, feels that having just Pankaj around is like having five wives, because, "He's finicky to the core. He's got this hang up about interior decoration and frowns on anyone messing up the room. The picture on the wall, the mat on the floor, the pens in the stand, all should be in their place to the nth millimeter. He's forever nagging me about disturbing things. Who says nagging is a woman's pre-

if you think it is, I guess it is so because each of us feels he must contribute something — in the way of ideas and in their application," says Nitin. "Two of us share a room and the responsibility of keeping it reasonably clean. We take turns in cleaning the fridge which we have hired and launch a massive spring cleaning session once in a way. But, of course, cleaning is not the only part of housekeeping. We have to keep an account of the groceries, vegetables, and

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PEOPLE AND EVENTS



ABOVE: At a reception hosted by Mrs. Julia Coelho in Bombay, to felicitate visiting members of Soroptimists International, are (from left), Mrs. Gulshan Ewing, Mrs. Coelho, Mrs. Indira Thadani, Miss Thelma de Leuw, president, Soroptimists International, Miss Betty Vincent and Mrs. Sheila Bhasin.



At a function held by the Spiritual Assembly of the Baha'is of Bombay to celebrate the World Religion Day are (from left) Mr. Ebrahim Benjamin, Dr. Prabhakar Pai, Mr. Arun Gandhi, Mr. Simon Pimenta, Mr. Asgar Ali Engineer and Mrs. Zena Sorabjee.

LEFT: Mrs. Maithily Jagannathan won the FAO award for the best Hindi feature on rural development at a function held on the World Food Day in New Delhi.

BOMBAY

The Spiritual Assembly of the Baha'is of Bombay organised a public meeting to celebrate World Religion Day. Among the prominent religious authorities who spoke on the occasion were Brahmachari S. Chaitanya on Hinduism, Mr. K. B. Ghanshyam Talwarkar on Buddhism, Dastoorji Minocher Homji on Zoroastrianism, Mr. Abraham Benjamin on Judaism, Archbishop Simon Pimenta on Christianity, Mr. Asghar Ali Engineer on Islam and Mrs. Zena S. Sorabjee on the Baha'i Faith. All the speakers emphasised the importance of promoting human welfare through mutual love, understanding and tolerance. The chief guest was the mayor, Mr. Prabhakar S. Pai. Mr. Arun Gandhi, editor, Imprint, presided over the function.

A unique one week festival, 'A-Plus Spectrum '83', was held for the second successive year, recently. Colleges and institutions affiliated to the University of Bombay participated and entered various competitions. The A-Plus Spectrum '83 Trophy for the best team performance in all the items was awarded to H. R. College of Commerce and Economics. Mr. Prakash Iyer of Ramnarain Ruia College was nominated Mr. A-Plus '83 and Miss Khurshid Irani of Khalsa College, Miss A-Plus '83 in the personality contest held among the finalists. Mr. Jogesh Shah, director, A-Plus, Mr. Sanjay Muthal of Parke-Davis (India) and Miss Sonia Khanna of SNTD Polytechnic constituted the panel of judges for the personality contest. Mr. Sunil Kini, Spectrum co-ordinator, chaired the contest.

The School for the Care of Children in Need of Special Care, Sewri Hill and the Hima Kala Kendra will hold an integrated programme called 'The Humpty-Dumpty Pantomime'. Mentally retarded children and normal children of the Hima Kala Kendra will act together on stage, the purpose of the programme being to make the audience aware that handicapped children can live like normal children given the right opportunities. The shows will be held on Feb. 17-19 at the Patkar Hall. Tickets are available at all English medium schools.

Navjot will be holding an exhibition of her drawings and lithographs at the Jehangir Art Gallery from February 19-25. The subjects Navjot has chosen to concentrate on are women, child labourers

and pavement dwellers — three important but neglected sections of society but "they are the people I interact with daily," says Navjot. A graduate of the J.J. School of Art, Bombay, Navjot has exhibited extensively — among others, at the All Women's Exhibition organised by the Artists' Centre at the Jehangir Art Gallery in '75, a group exhibition of paintings in Germany in '76 and two joint exhibitions (with her artist husband Altaf) also at the Jehangir Art Gallery in '76 and '79.

DELHI

The Food and Agricultural Organisation Award for the best Hindi feature on rural development was presented by the minister for agriculture, Mr. Rao



The consul general for Australia, Mr. A. F. I. Tricks (third from left) and Mrs. A. Tricks (ext. right) celebrated the National Day of Australia in Bombay. Seen with them on the occasion are (from left), Mrs. M. Posselle, wife of the French consul general, Mrs. C. Djavaid, wife of the Indonesian consul; Mrs. El-Ejel, wife of the consul general for Syria and Mrs. J. Bos, wife of the consul general for the Netherlands.

PEOPLE AND EVENTS



On the occasion of the prize distribution for the A-Plus Spectrum '83 in Bombay, are seen (from left) Miss Benaifer Irani, Mr. Prakash Iyer, Mr. Sunil Kini, chairman, Miss Sonia Khanna, Mr. Sanjay Muthal of Parke Davis (India), Mr. Yogesh Shah, director, A-Plus, Miss Khurshid Irani and Mr. Joseph Rangel.



RIGHT: Mr. Bhagwati Prasad Khaitan, a patron of the club, lays the foundation stone of the vocational training centre of the Jyotirmal Club, Calcutta, while members of the club look on.



At the Madras preliminary of the 'Made for Each Other' contest are seen (from left), the chief guest Hema Malini, Nauzer Nowroji and Roshan Nowroji, the winning couple, Air Commadore Mohan Chandra, Ronnie Patel, Foonam Verma and Deepak Verma.



On the day of the annual prize distribution of the Maharani Gayatri Devi Girls' School, Jaipur are seen (from left) the chief guest, Dr. Karan Singh; the principal, Miss Sherie Doongaji and a student.

Birendra Singh to Mrs. Maithily Jagannathan on the World Food Day recently. The prize winning feature was on the agricultural development of the Rajasthan Canal due to the devoted efforts or a small group of extension workers. Mrs. Jagannathan is joint director at the directorate of extension, ministry of agriculture. Her current assignment includes touring different regions to assess various development programmes and collect material on agricultural development. Her special interests are studying tribal communities and socio-economic programmes for women. Mr. Rao Birendra Singh, Mr. Vasant Sathe and Mr. Romeau, F.A.O. representative in India addressed the gathering. It was stated by Mr. Romeau that henceforth the awards would be a regular feature of World Food Day.

CALCUTTA

The foundation stone of the vocational training centre of Jyotirmal Club was laid by Mr. Bhagwati Prasad Khaitan, a patron of the club. The new centre will be a part of the large complex which will house an auditorium, a school, a handicrafts centre and a dispensary. The club has been engaged in social service activities for over a decade. Besides 'Shilpam', for underprivileged women, it runs a vocational training centre for orphan boys, three free medical units in slum areas and two libraries. It has also taken on a project for organising another vocational training at Nimpith, in collaboration with the Shri Ramakrishna Ashram.

The birth centenary of Dinendra Nath Tagore, who has composed music for many of Rabindranath Tagore's poems, was celebrated at their ancestral home. Mr. Savitri Krishnan was the chief guest. The vice-chancellor of the Rabindra Bharati University, gave the inaugural address. The centenary celebrations consisted of lectures and music sessions spread over a week.

The Round Table held their quiz finals at the Saturday Club. The convenor of Calcutta's regional quiz, Mr. F. A. Fazel, said that the All-India Round Table Quiz had proved to be very popular. The quiz master was Alban B. Scott.

MEERUT


The Rotaract Club of Meerut East organised a symposium, on 'How to utilise the energies of the old', recently. This was done as a follow-up to the World Health Day theme, 'Add life to years'. The issue was analysed from three different angles — the medical, the sociological and the psychological, by Dr. B. S. Garg, Dr. Kuntal Agarwal and Dr. Prakash Veereshwar respectively. Several senior citizens of the city also participated in the discussions and talked from their personal experiences. The symposium was presided over by Prof. J. S. Mathur. The proceedings were conducted by the president of the organising club, Rtr. Siddharth, a medical student.

IF IT'S YOUR BIRTHDAY THIS WEEK: FEBRUARY 20 — 26, 1983

A busy year, but a fortunate one if you make the most of your chances! Some of your experiences over the past few years will have put you to the test, but you will have gained much useful experience and learnt some valuable lessons. It is time to move ahead, to try to bring ambitions to fruition in a positive way, rather than to procrastinate through timidity. You


will be shaking off some inhibitions which may have held you back, venturing forth into fresh spheres, and probably a most rewarding period of life. There is much emphasis on relationships, both business and personal, and new links seem likely. Romantic opportunities will occur throughout the year and may be sparked off by business contacts, or functions.

ARIES
(March 22 — April 20)




Good luck could be on the way, aided by friends in high places or people putting in a good word for you. More vigorous influences will soon give your affairs a push in the right direction.

TAURUS
(April 21 — May 21)




You might be receiving delayed news, or be hearing from a person you've been out of touch with for some months. Mundane matters should be proceeding along more satisfactory lines.

GEMINI
(May 22 — June 21)




You are moving into a progressive period which takes you through most of 1983, so don't let the grass grow if you have new plans in mind. You could be on the move unexpectedly.

CANCER
(June 22 — July 23)




Get your sum right if you are planning a costly venture — and see that you aren't paying out unnecessarily in any direction. Business affairs, long-term planning are under helpful stars.

LEO
(July 24 — Aug 23)




You will do better with familiar faces and places, the tried and trusted generally. There could be some muddle in arrangements; your ideas may be too high-flown or just impractical.

VIRGO
(Aug 24 — Sept 23)




Mars and Venus move out of adverse position to Virgo during this week, and this should make for improvement in money matters and in your relationships with others.

LIBRA
(Sept 24 — Oct 23)




Planets moving into opposition to Libra suggest that the affairs of people close to you will take precedence over the next month or two. Be content to play a secondary role, but guard against being taken for granted.

SCORPIO
(Oct 24 — Nov 22)




Romantic stars now come into play and you should find the next few weeks a lively period, with much accent on social activities. There may be some minor strokes of luck, but you'll tend to entertain extravagantly.

SAGITTARIUS
(Nov 23 — Dec 22)




You'll be involved in strenuous activity — not only this week but during the next month or two. Home renovations or sporting hobbies are obvious possibilities. Your popularity will be high.

CAPRICORN
(Dec 23 — Jan 20)




There is luck in communication and pleasant surprises should make this a stimulating week. New people who enter your sphere will have much to offer in the way of happy companionship.

AQUARIUS
(Jan 21 — Feb 19)



You will probably be involved in business talks or family discussions. There are favourable pointers for romance and carefree activities, and one thing will tend to lead to another if you are fancy-free!

PISCES
(Feb 20 — March 21)



The Sun in Pisces over the next month will highlight your personal hopes and wishes, so if you set wheels in motion recently, be sure to follow things through. A more relaxed atmosphere.

ZEENAT AMAN

Continued from page 23

tried to do, I have done it with the aim of making it to the top. And if I have succeeded in everything that I have tried in my life (touch wood), surely it hasn't been an easy achievement.

"In the wake of 'Pyaas' practically every film that you have signed is with actors who are junior to you and not big stars like yourself. Why?

Yes, that's true. But let me explain to you a few things. When I signed 'Pyaas' opposite Kanwaljeet, I had made sure I knew his age. I felt really relaxed and at ease working with him, when I learnt that he was older than I age-wise. So you see, all these so-called boys are all older than I — Mithun, Suresh Oberoi, etc. I am senior to them only if we talk in terms of years in this line. In fact, I joined films so early that that is what makes people think I am very old. I am not. I am only 32. Let me also tell you all of us, Hema, Parveen, Shabana, Raakhee are in our 30s.

"Anyway coming back to your question, you see for nearly a decade I have done all

these usual heroine roles — singing, dancing etc. I had reached a stage when the artiste in me started feeling suffocated. I craved to do something new, something different, something worthy and something that I would be remembered by. . .

"When I decided to accept only good meaningful roles, I had to take it for granted that I would have to work opposite the newer lot. I won't call them the younger lot, since, I maintain none of them is really younger than I in age.

"As regards star-status, it hardly matters. Later it has a positive effect. For I find people like Mithun, Kanwaljeet etc. so much interested in their work. They are so enthusiastic about their work unlike our other big stars who tend to take their work for granted.

"I suppose," I said, "that you have a good role in 'Daaman'.

"Yes, I portray an architect, who falls in love and marries the guy (Suresh Oberoi). However, after marriage she is compelled to leave her job and is expected to be happy doing only the household chores. She realises that she is not treated with the respect and regard that is due to her. The tension sets in and ultimately she decides to walk out of her husband's house rather than accept the doormat existence.

"Mine is a character of a rebel and definitely different from what most of our film-makers have been showing on the screen. The woman on the Indian screen has always been the one who worshipped her husband, though he was far from being a god. She would put up with all the nonsense, even infidelity. And all this would be taken in the form of sacrifice. What sacrifice? I don't believe in such useless sacrifice.

I strongly feel, our film-makers could educate the women in this country by showing the female characters in their films to be strong human beings, who can fight their own battles and who won't take injustice.

"It indeed hurts when one reads in newspapers about how daughters-in-law are burnt, murdered for dowry, or how the young innocent girl is raped by four scoundrels, then thrown down from the terrace of a building (she was referring to the Mahim railway quarters incident. I really want to work in films that can contribute to social reform. My efforts in the future would be to do something, however indirectly, for the downtrodden women of India through my work. I am aware of my limitations but am also aware what a strong mass medium film is, and that it could be exploited to do something constructive, socially relevant," she concluded.

EVERYDAY PRECAUTIONS FOR AN EVERYDAY CONVENIENCE— COOKING GAS



Cooking gas is a boon in the kitchen. To keep it that way, these simple precautions are all you have to remember.

To prevent Gas Leaks:

- Keep cylinder upright. If horizontal, the liquefied gas can escape and leak.
- Change rubber tube immediately if you spot cracks/pores. In any case, change it every two years. Use only a good quality tube.
- Close cylinder valve and burner knobs when not in use.
- Always strike the match first, then switch on the burner.

Ensure that your Delivery Man:

- Closes the cylinder valve before unscrewing the security nut/pressure regulator.
- Does not hammer-open the cylinder cap or valve.
- Changes the rubber washer in the pressure regulator every time.
- Checks joints and tube with soap solution. If gas leaks, soap bubbles will appear.
- Lights the burner and checks for proper working after changing the cylinder.

And in spite of all this, if you smell gas, act quickly:

- Close cylinder valve and burner knobs.
- Extinguish all naked flames— even agarbattis.
- Open all windows and doors to disperse the gas.
- Do not switch on or switch off lights/fans.
- If gas odour persists, call your Indane distributor immediately.

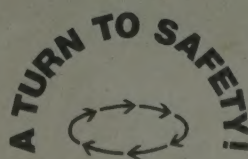
Remember, cooking gas is the safest fuel for cooking today—if handled correctly. So take care. Don't mishandle it.

In case of any difficulty contact your Indane Distributor or the nearest Indianoil Customer Service Cell.



Indane

COOKING GAS



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GLEAM AND GRACE

TIPS AND TOES



Welcome a host of new shades that are here to bring joy. Dance to the tune of a colourful rhythm of new vibrant festive shades. Choose from our

- Veil'O Gold No. 50,*
- Honey Speckle No. 51, Reckless Red No. 52,*
- Purple Phantom No. 53, Grape Glace No. 54,*
- Sparkling Brown No. 55,*
- Kiln Red No. 56, Red Blush No. 57,*
- Blood Red No. 71, Madonna Brown No. 72,*
- Golden Frost No. 10, Golden Frost No. 12*

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