

## From the MD's Desk



Dear Reader,

I take this opportunity to introduce the concept of Active Ageing to you. Active Ageing, as defined by World Health Organisation (WHO), is the process of optimising opportunities for health, participation and security in order to enhance quality of life as people age. The word 'active' refers to continuing participation in social, economic, cultural, spiritual and civic affairs. The elderly can be active contributors to their families, peers, communities and nations. Active ageing aims to extend healthy life expectancy and quality of life for everybody, as they age.

We are very excited to announce that we shall soon be starting our own series of Active Ageing stories featuring our members!

Do check out our Facebook page— <https://www.facebook.com/supportelders/> to read and comment on the stories. Please feel free to share your experiences and thoughts with us. We value your thoughts, stories and suggestions.

Happy reading!  
Apratim Chattopadhyay



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## News of the Month

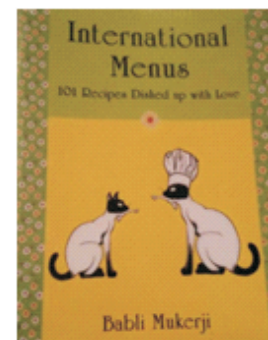
### First Active Ageing Session at Swapno Bhor

An introductory session on Active Ageing was held at Swapno Bhor, New Town on May 7, 2017. It was a huge success. We thank all members who attended the meeting for their wholehearted participation.



### Congratulations!

We are happy to let you know that our esteemed member, **Mrs Srilekha Mukherji** (Babli Mukherji), author of *101 Bengali Recipes : Traditional Fare for the Modern Cook* has written another book titled *International Menus : 101 Recipes Dished up with Love*. It will be launched this month. We are sure the book will be a great success! Check out the recipe of her delectable prawn cutlet curry on page 3.



### TSC observed World Elders Abuse Awareness Day

The members of The Silver Circle (TSC) observed World Elders Abuse Awareness Day on 24<sup>th</sup> June, 2017 with an introduction by Dr Indrani Chakrabarty and a vote of thanks by our MD & CEO, Mr Apratim Chattopadhyay. The cultural programme was anchored by our member, **Wing Cmdr. Biswadeb Guha**. It kickstarted with a dance performance by **Mrs Aparna Ray, Mrs Shipra Chattopadhyay** and **Mrs Monjusri Das**. **Mrs Mamata Chatterjee, Mrs Jayasri Basu, Mrs Dipti Mukherjee** and **Mrs Susmita Chaudhuri** sang songs, while **Mr Bidyut Bandyopadhyay**, one of our staff, accompanied them on the synthesizer. **Mrs Gopa Das**, who teaches Performing Arts in TSC primarily conceptualised the programme. **Mrs Bandana Bandopadhyay** presented a solo dance; **Dr Papiya Ray** and **Mrs Dipti Mukherjee** did a sruti natok titled "Ekla cholo re"; **Dr Arnab Banerjee** recited one of his own poems; **Mrs Arundhuti Samanta, Mrs Shipra Chattopadhyay, Mrs Manjusri Das** and **Mrs Susmita Chaudhuri** did a sruti natok titled "Godhuli". Check out the photographs of this memorable event on page 4.

## Memories

### 'To do and die': An Extraordinary Journey



Support Elders member **Rear Admiral Subir Paul, Vir Chakra**, talks to **Rimjhim Bhattacharjee** about his experiences in the Navy and his participation in the 1971 war.

I joined the Indian Navy in 1949 after graduating from Presidency College. It was still the Royal Indian Navy. One of the earliest things I had learnt in my training were the famous lines from Tennyson, '[yours] not to reason why; [yours] but to do and die.' This would be the motto for me in all subsequent operations that I would undertake.


In March 1971, Bangladesh had been declared an independent Nation by Sheikh Mujibur Rehman. Genocide and atrocities ensued and war seemed inevitable. In April of the same year I was appointed Commanding Officer of INS Kavaratti. Our ship was part of several very clandestine operations. It was also the first ship to venture into East Pakistan waters in a very long time, 25 years to be precise. The Kavaratti was to actively intercept vessels from any country, not just Pakistan, as our aim was to seal East Pakistan off. These were the clear orders given to us: 'Intercept, board, take over or sink.'

This went on for a while. The Indian Air Force reigned supreme in the air while we had total control of the sea. The end of the war seemed near. About this time, one cold December night, the Kavaratti was overcome by a sudden tremor and its main engine died. We somehow kept moving using gas turbine engines. Everyone was anxious as we assumed that we had been attacked by a torpedo.

As soon as the light dawned enough the next morning for us to inspect the vessel, we found out, to our immense relief that we had not been torpedoed. The propeller of the main shaft had broken off, a very rare accident nonetheless. That is how it is warring in the waters—you can never be too careful and every moment is a challenge, a threat.

I am happy to say that our efforts did not go unrecognised. When Prime Minister Indira Gandhi visited Vishakhapatnam, she lauded the Indian Navy for its bravery, determination and perseverance. The then Defence Minister, Babu Jagjivan Ram also congratulated us saying that we had devastated the Ghazi (The Ghazi was a very important submarine of the Pakistani Naval Force) and our war efforts in Chittagong had compelled Niazi to surrender as well. We were at once thrilled and humbled by the recognition our efforts received. I was also decorated by the President of India for my gallantry..

Even amid the constant challenge and threat that was naval life, my wife and I were fun-loving people. We organised cultural events that were greatly applauded in every station I was posted at. I am a trained Rabindrasangeet singer and my wife is an extremely talented actor. She is also an excellent host and manager and together we have organised many shows and cultural events.


In a nutshell, we can say that it has been a life of adventure, thrill and joy. There has been sorrow and deep loss as well but I am always thankful to naval training which has helped me overcome despair and to always strive to seek, live and never to yield. 

### Kantha Queen of Bengal

Kantha craft was a dying village craft when our member, **Shamlu Dudeja**, came on to the scene in 1986, and started working with the rural women using Kantharkaaaj as a decorative stitch.



2016 marked a 30-year journey of this Kantha revival project.

Her tireless endeavour has drawn Kantha art outside village homes and given it national and even international recognition. Her efforts have also led to the foundation of SHE—a self-help enterprise for rural artisans to earn economically as well as in morale and confidence through recognition of their skills. Even today, she is actively engaged in the project and continues to make a difference to many lives. 

## Recipe

Our member, **Srilekha Mukherji**, shares with us a scrumptious recipe from her book 101 Bengali Recipes: Traditional Fare for the Modern Cook.

### Mani's Prawn Cutlet Curry

Golden fried prawn in coconut gravy

The late Mrs C.R. Das was a renowned cook. She was also my children's great grandmother and they called her 'mani.' This is the recipe which I learnt from her and often shared with many of my friends.

**Serves: 6**

Preparation time: 40 minutes

### Ingredients

Prawns, large, shelled, with tails intact, deveined, flattened with a knife:12

Ginger paste:2 tsp / 10 gm

Garlic paste:2 tsp / 10 gm

Salt :¼ tsp

Egg, beaten: 1

Toasted breadcrumbs:1 cup

Vegetable oil for deep-frying:1 cup / 250 ml



### For the gravy:

Coconut (nariyal) milk, thick: 3 cups /750 ml

Salt: 1 tsp / 5 gm

Sugar: 1 tsp / 5 gm

Green chillies, chopped into small pieces: 4

Lemon (nimbu) juice: ½ cup / 125 ml


Roasted cumin (jeera) seed powder: 2 tsp / 10 gm

### Method:

Marinate the prawns in ginger-garlic paste and salt. Now dip the prawns in egg and roll in breadcrumbs; deep-fry till golden brown. Remove and drain the excess oil on absorbent kitchen towels.

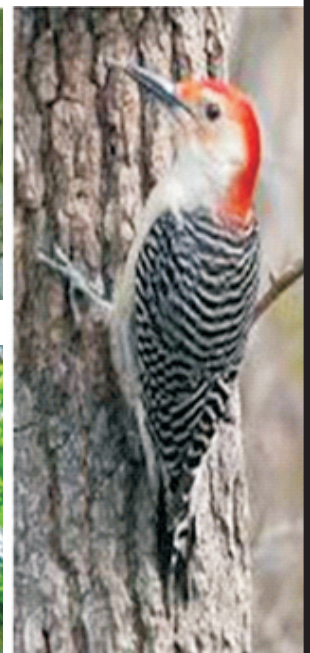
### For the gravy:

Boil the thick coconut milk in a large, flat pan; stirring constantly on high heat. Psst... slow cooking will leave you with a pan of coconut oil!

Once the milk thickens, add salt, sugar, green chillies and the fried prawn cutlets. Give one boil, remove from heat, sprinkle lemon juice and cumin seed powder and serve hot. 

## Picture Gallery

Our member **Lily Sarkar** is an enthusiastic photographer. Here are a few of our winged friends, captured through her lens



## Partner Speak

## Active Ageing – The Concept for Successful Ageing

*Dr. Dipankar Debnath*

*MBBS. PGDGM. FCGP. Trained in DNB Family Medicine, Consultant in Geriatric Medicine & Diabetes Care; Director, 60+ Clinic – Kolkata's leading Elderly Care Clinic*


Ageing is the process of becoming older. Aged people are a highly heterogeneous population. Those seniors who are actively engaged in various activities enjoy a better quality of life than those who lead a sedentary lifestyle.

Ageing people gradually need more assistance with their daily lives without feeling obliged. We have realised this need and taken an initiative to address this spiralling problem of seniors living alone and their need for timely help to enhance their quality of life.

**Active Ageing** is a joint offering of 60+ Clinic and Support Elders. It has been envisioned after

planning with eminent doctors, experienced professionals in the field and the elderly themselves. Active ageing aims to extend healthy life expectancy and quality of life and help the elderly participate in social, economic, cultural, spiritual and civic affairs. This helps them to realise their potential for physical, social, and mental well-being. They can now participate in society and have an enhanced quality of life as they are now assured of adequate protection, security and care.

Maintaining autonomy and independence for the elderly is a key goal of active ageing. Ageing takes place within the context of friends, work associates, neighbours and family members. This is why inter-dependence as well as inter-generational solidarity are important components of active ageing.

We have a dedicated team of experienced doctors, especially from the field of Geriatrics, and other Home Care Experts who understand the elderly and their needs. Our individualised, tailor-made medical and non-medical home care services can help senior citizens live a more safe and comfortable life. 

### The Silver Circle Members observe World Elders Abuse Awareness Day

