

FROM THE MD'S DESK

Dear Readers,

The great positive and enthusiastic response that our newly-launched ECS package has received has been very encouraging. It is heartening to see how our members are willing to live life to the fullest and enhance their quality of life. Research shows that this will have a great positive impact on their mental and emotional health and wellbeing. It encourages us to research further and come up with newer and varied services and products.

Also, the month of August holds a special place in our hearts, as we not only celebrate Indian Independence Day but also our Anniversary. This day, which we celebrate as our Raising Day, fills us with happiness and contentment to see the extent of the impact we have had since our inception. Both our learning curve and our growth trajectory have been rather steep and we all enjoy being a part of this greatly challenging and yet hugely satisfying journey.

We are also looking forward to meeting our members and well-wishers on 1st October, 2019. We have once again arranged a cultural programme, which is to be preceded by breakfast for all attendees.

Happy Reading!
Apratim Chattopadhyay

®

Support
Elders
INTEGRATED CARE

24 X 7 Info Line:
+91-33-6638 8888
Email:
writetous@supportelders.com

NEWS & EVENTS

Support Elders leads U3A in the East

We are happy to let you know that Mr Apratim Chattopadhyay, MD & CEO, Support Elders, has been nominated as the Vice Chairperson-East Zone and Ms Mousumi Gupta, ECS Lead, Kolkata Branch, Support Elders, has been nominated as the Zonal Secretary, East Zone of the Indian Society of U3A (The University of the Third Age). The University of the Third Age is an international movement (supported by the UK-based Third Age Trust), whose aim is lifelong learning through positive engagement and self-actualisation of the elderly. The East Zone includes West Bengal, Odisha, Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Tripura, Sikkim and Andaman & Nicobar Islands. **SE**

Day trip to Falta

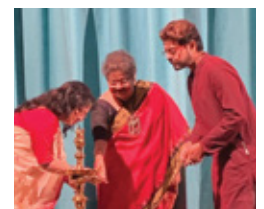
Our members spent an enjoyable day at a riverside resort in Falta near Diamond Harbour. Early on June 12 morning, we set off with our members for a day trip to Falta in an AC bus. Light snacks were served onboard the bus. The two-hour journey was made lively with



the oldest member, Ms Silliman, and a staff member singing popular English and Bengali songs. Reaching Falta, the members enjoyed the majestic Hooghly, the lush green lawn and the summer blossoms. After a quick breakfast of luchi and aloo subzi or toast and omelette with rosogolla, the members spent time relaxing on the benches under the riverside gazebos, enjoying the breeze and watching the fishermen in action. A sumptuous lunch comprising of rice, dal, aloo bhaja, jhinge posto, egg/fish/chicken/mutton curry followed by chutney, papad and mishti doi was enjoyed as the adda and laughter continued. **SE**

A Big Thank You to Our Well-wisher!

Our belief that Support Elders is like a family was reinforced yet again—Ms Gopa Roy, our well-wisher and the spokesperson of the philanthropic organisation Pragma organised a cultural programme 'Raktim Marichika' on Sunday, 28th July, 2019 at Uttam Mancha to help spread the vision of Support Elders. It was graced by Ms Srabani Sen, the well-known exponent of Rabindra Sangeet, who mesmerised everyone with her songs; prominent filmmaker Mr Kaushik Ganguly; and renowned singers Mr Srikanto Acharya and Ms Indrani Sen. We would like to convey our heartiest thanks to Ms Gopa Roy for standing by us and with us. **SE**



MEMBER SPEAK

Sunshine Amidst the Storm!

Our member, Ms Prabha Arora, relates how she and her family had to cope with the partition in 1947. Amidst the terror and the uncertainty, she also remembers how people went out of their way to help each other.

Ms Prabha Arora was born in Kangra valley in Himachal Pradesh. Being the district magistrate, her father, Mr Kundan Singh Ahuja, often got transferred to different places in Pakistan in the then undivided India. Her family was rather progressive for the time, so all her brothers and sisters are well-educated, though at that time women were often married off after class 8. Ms Arora did her schooling in Gujarat in the Punjab province of Pakistan and was studying in a renowned American college in Rawalpindi in 1947, when her life turned upside down.

In July 1947, they went with their mother to her brother's place in Quetta, Baluchistan. They were enjoying their vacation in the beautiful sleepy hill station of Quetta when the riots started. They were asked to leave Pakistan immediately—in fact, they had to leave that very night or else they would be killed. It was a nightmare, as they didn't know what to do and where to go. There was total darkness everywhere, as people were afraid to switch on lights in their homes, lest outsiders got to know of the presence of any life inside. Some well-wishers and well-meaning people used to keep sacks full of atta or potatoes in front of their gates—this was often the only source of food for those who had to flee. Then one night, somehow the news of the Gorkha Regiment coming to rescue with small WW2 planes with limited capacity reached; people simply ran out of their homes, leaving everything behind, in an effort to get away. The Ahujas in fact had to leave Pakistan without knowing the whereabouts of Mr K S Ahuja, who was in Rawalpindi.

The army personnel took as many people as they could in their trucks and quietly dropped them near the planes. With only some cash and jewellery that they were wearing, the family reached Delhi airport. The already-overcrowded airport was not prepared for the sudden influx of refugees. There was a scarcity of food and water, and they all sat on the floor, with unknown faces turning into relatives at this time of great distress.

The family somehow found the address of a distant aunt, who lived in Meerut, and decided to go there.

Though trains were unsafe because of the ongoing riots, the Ahujas took a train, locking the doors and windows from inside and travelled without light, food or even water. The short journey of a few hours seemed never-ending. When they finally managed to reach the aunt's house, it was full of people—known and unknown. In fact, as in most other houses, people used to take shelter or even come in to take a bath and have a simple meal before carrying on.

Presently, when the situation stabilised a little, the family came to know that Mr K S Ahuja, who had been in charge of sending everyone safely to India, had boarded a goods train and reached the Ambala Cantonment. Ms Arora's 18-year-old brother, who went to find Mr K S Ahuja, managed to meet him, after a great deal of hardship. He found his father in great distress—in fact his official house was full of refugees.

Presently, the family shifted to Ambala, but it was not until July/August 1948 that schools and colleges started to reopen. Ms Arora's elder sister, who had managed to complete her MBBS degree, began to work in a makeshift hospital there. After completing her graduation, Ms Arora started helping her mother sew dresses for the refugees, who had not found a home till then. Everyone, during that time, was busy helping others in their own way. Presently, Ms Arora and her siblings got married and moved to their new homes.

But even now, decades later, at the age of 90, Ms Arora vividly remembers the lavish bungalow she had grown up in, the beautiful hills, their well-disciplined college and her childhood friends. SE

MEMBER SPEAK

Reminiscences of Utpal Dutt (Part II)

By Sujoy Kumar Roy

In later years, I saw the performances of the best Shakespearean actors in films. It will not be wrong to say that Utpal Dutt was no climbdown from their standards.

Very few people know that Dutt excelled in portraying comic characters in Shakespeare's plays. What amazed us was that he could seamlessly portray Shakespearean characters, and be just as convincing as the paan-chomping lecherous villains in Hindi commercial films. From his own standpoint that was pedestrian stuff. SE

TRAVEL

Sojourn to Japan

Our member, **Ms Arundhati Samanta**, shares memories of her short trip to Japan, the long and slender volcanic archipelago, with **Mousumi Gupta**.

Ms Samanta visited Japan in April this year. She went with a travel group and their first port of call was Osaka, where all of them had thrilling rides on Bullet trains. “The public transport system in Japan is very impressive,” she said.



Peace Memorial Park

“Japan is a fine example of the ancient and the contemporary coexisting side by side. Hiroshima has a Peace Memorial Park to commemorate the 1945 atom bomb dropping. A museum there runs shows portraying the destruction on the day and how in a fraction of a second, a lively city turned into a graveyard!” said Ms Samanta.

“There is a formal Japanese garden at Hiroshima Castle, a fortress surrounded by a moat and a park. And just as the graveyard, where people come to pay their respects with flowers, ends, the sparkling, modern Hiroshima starts,” said Ms Samanta.

The Tokyo Imperial Palace has a large plaza in front of it, where the prince comes out once a year for public appearance. “The earlier palace had been destroyed during World War II, and rebuilt in the same style afterwards,” said Ms Samanta. She considers herself extremely lucky that she could get a clear view of the active



Tokyo Imperial Palace

Mount Fuji volcano. While everyone was busy clicking pictures of the volcano, Ms Samanta just enjoyed its beauty and said, “Nothing can capture the charm of what you see through your natural camera—your eyes.”



Mt. Fuji

Ms Samanta was quite excited to visit the Renkō-ji temple, which is believed to preserve the ashes of Netaji since 1945, but she was disappointed to see the locked doors and was told that public viewing of the ashes had been stopped.



Renkō-ji Temple

Ms Samanta was awed by the lovely cherry blossoms on almost every pathway. “These flowers, which stay for a couple of days, is celebrated in Japan almost like a festival. The Japanese celebrate this time of the year with Hanami or cherry blossom viewing and enjoy with families and friends by sitting on a sheet under the blossoming trees to drink, sing, chat or just admire nature’s vibrant spectacle,” described Ms Samanta. SE



Cherry Blossoms

ANNOUNCEMENT

Support Elders Annual Event



It is that time of the year when we begin to plan and organise our annual event. This year too, in keeping with our tradition of celebrating October 1, the International Day of Older Persons, we are all set to have an enjoyable time with you. We will soon be sending out the invites and we hope to see all of you there. Let us make this year's celebration an even bigger success than last year's! **SE**



Mark Your Calendar

August 29 (Thurs)

Interactive session on Social Psychology

Venue: Mrs Magpie (coffee shop), EC- 6, Salt Lake, Near City Centre 1

Time: 10.30 a.m. - 12.30 p.m.

What to expect: Social psychologist Mr Mohit Ronodip will discuss behavioural patterns of the elderly and raise awareness on how to stay happy and mentally alert.



Image source: www.freepik.com

discuss how consumers can protect themselves against phishing and vishing attempts.

October 3 (Thurs)

Durga Puja Parikrama

Transport: AC bus

What to expect:

We will take our members to some well-known Durga Puja pandals in Kolkata on a half-day tour by AC bus. Packed lunch will be served.



August 30 (Fri)

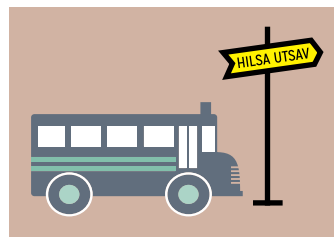
Day trip to Diamond Harbour and Hilsa Utsav

Transport: AC bus

Food: Breakfast, lunch and tea

Venue: Hotel Punyalakshmi

What to expect: Spend the day at a resort on the Hooghly and relish lip-smacking hilsa delicacies.



SE Movie Forum Listings

Venue: Institute of Mass Communication Film & Television Studies,

261, 12 Prince Anwar Shah Road, Tollygunge, Kolkata 700033. For membership, please call 033 6638 8888

September 13 (Fri)

Discussion on Financial Investments for Elders and Safety against Bank Fraud

Venue: Café Drifter, 7, Jatin Bagchi Road

Time: 4 p.m. - 6 p.m.

What to expect: Chartered secretary and freelance financial adviser, Mr Pinaki Sarkar, will give tips on the right kind of investments for the elderly. Retired UBI Manager, Mr Chanchal Dutta, will



Image source: www.freepik.com

SEP 05
(Thursday)

Movie: **Shatranj Ke Khiladi** (1977)

Time: **4.30 p.m. - 7.30 p.m.**

SEP 19
(Thursday)

Movie: **Ajantrik** (1958)

Time: **4.30 p.m. - 7.30 p.m.**

OCT 17
(Thursday)

Movie: **Wild Strawberries** (1957)

Time: **4.30 p.m. - 7.30 p.m.**

*All programmes are subject to last-minute changes.