

## FROM THE MD'S DESK

Dear Readers,

*Here's wishing all of you a very Happy 2019. May this year bring you happiness, peace and good health! And I hope that our members' zest for life grows in leaps and bounds and they may fulfill all their dreams and wishes.*

*As we bid adieu to 2018, we would love to know your thoughts on the year that was and most importantly, what you are looking forward to in the new year... which new goal would you wish to achieve? Would you like to travel to a special place? Would you like to cook a quirky dish with exotic ingredients and share the recipe with us? Would you like to learn about gadgets and technology and surprise millennials around you? Would you like to pen down your thoughts or arrange them in a poem and leave your listeners or readers awestruck?*

*Let 2019 be your year... a year when spontaneity will rule... a year to fulfill your dreams.*

*Do share your thoughts about 2019 and how you would like it to be.*

*Happy Reading!  
Apratim Chattopadhyay*



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## NEWS & EVENTS

### International Knowledge Millennium Conference

Support Elders was selected by IKP and invited to participate in the International Knowledge Millennium Conference (IKMC). Mr Apratim Chattopadhyay, CEO & MD, SEPL and Mr Supratik Gupta, CSO, SEPL attended the conference in Hyderabad. We presented our innovative offering under the Medtech and Healthcare category, and displayed the roadmap of our journey—from reactive to predictive and then to preventive along with lifelong learning and meaningful engagement. SE

### Coffee Mornings

Coffee mornings offer our members a refreshing break from their daily routine. Some from the last quarter are:

#### *23rd November at Jinnishh Café in Patuli:*

Here, some of our like-minded members met and had a delightful time as they conversed on several topics, especially how interested they are to travel in and around Kolkata. Mrs Krishna Ghosh also shared her experience of how Support Elders had helped during her husband's illness.

#### *28th November at Mrs Magpie in Salt Lake:*

The members shared their stories of how courageously they had overcome many hurdles and ailments and are now enjoying life to the fullest. The discussion gave an immense morale boost to all the members and ended on a very positive note. We were also happy to see members appreciating and acknowledging the need to enhance their quality of lives. A vision that we totally believe in.

#### *6th December at Pasta Basta Café in New Alipur:*

Members mostly spoke about how they are benefitting by their association with Support Elders. Our member Mrs Manjusri Das shared how the Support Elders team had helped her when she had had a bad fall and injured herself. Sqn. Ldr Ashish Dasgupta and Wg. Cdr. Biswadeb Guha became nostalgic while reminiscing about olden days and sang a few songs together, which they used to sing earlier. SE

### Movie evening

The TSC members went to watch the movie *Bomkesh Gotra* on 6th December, 2018 at Nandan. It was a delightful event with members from both south and north Kolkata meeting up and enjoying the movie together. SE

## MEMBER SPEAK

## Understanding Humans

As told by our member **Ms Sarmishtha Bhattacharyya**, a retired gazetted officer with the Anthropological Survey of India, to **Mousumi Gupta**.

When I was working with the Anthropological Survey of India, a Kolkata-based premier research organisation under the Ministry of Culture, I was entrusted with the task of finding out the differences in the mitochondrial DNA of various tribal and rural communities. Such data provides information about the distribution of body fat and mass and helps to identify nutritional deficiencies or excesses with standardised percentiles. Initially it was difficult to collect the required data for analysis, as we had to convince the communities about the utility of this exercise. However, after mingling with them and learning bits of the local languages, we were able to get the data quite smoothly.

While studying the Lodha community, a tribe living in Midnapore, I had to stay in a remote village there. I had to collect data on their health, height and general growth. Since hunting is their main occupation, the Lodhas are entirely dependent on non-vegetarian food. This puts them at a higher risk of heart disease due to the excessive intake of saturated fat. Once, when I had to attend one of their festivals, I had to taste their traditional food and even dance with them to be a part of the community and to increase the acceptancy level. Another time, when I was based in Mangalore, I had to collect data about food, health and hygiene of a remote rural community. Since I did not know their language, I could interact with the villagers through an interpreter. The basic finding and learning from this diligent community was their healthy food habit and respect for the elderly. Unlike the Lodhas, they primarily ate locally found fruits and vegetables. Rice was used imaginatively to create a vast range of delicacies.

The Anthropological Survey of India provides scientific information regarding the lifestyle of the tribal and rural people, including the artistic community. For instance, I worked in a remote village of Orissa which is known for its rich heritage in textile products. During my stay there, I worked with a weaver community. They were skilled in weaving katki sarees. However, though

the people in that hamlet were very proficient in the art of weaving, they were underpaid and didn't have any means to showcase the painstakingly-woven gorgeous sarees. Based on our report, the government provided them several means and opportunities to sell their products at higher and more-deserving rates.

After a long and successful career, I retired from the Indian Museum in Kolkata where I studied skulls to gather information of their race and origin. SE

*A beautiful poem on what TSC means to our member, Ms Rina Sengupta, by her.*

আমরা কজনে (রীনা সেনগুপ্ত)

ছোট্ট একটা ঘরে আমরা কজন,

তাকিয়ে থাকি সপ্তাহের দিকে,

কবে আসবে মঙ্গলবার,

আর মিলবো আমরা কজন

এই বয়সের সব গ্লানি ঝেড়ে ফেলে,

Timely medicine আর restricted diet

এর বাঁধ ভেঙে

এক ছুটে পৌঁছে যাবো সেই ছোট্ট ঘরে,

যেখানে আমরা শুধু বন্ধুরা কজন,

এই দেড় ঘন্টা আমায় নিয়ে যায়

সেই ফেলে আসা ছোট্ট বেলায়

ব্রহ্মপূত্রের পাড়ে

কত নতুন কথা শেখা আর বলা

শেখার তো কোন বয়স নেই

সেইখানে সবার সুখদুঃখ share করে নিই

সেই ছোট্ট একটা cosy ঘরে, আমরা কজন I

## TSC EVENT

## Far From the Madding Crowd

*The enthusiastic planning of our TSC members for a day-outing to Jirat came to fruition on 16th December, 2018.*

After a lot of detailed planning that included hiring a bus, customising the menu to suit everyone's health considerations and palate as well as the budget, the day finally arrived when TSC members set off sharp at 7:15 a.m. for Jirat, a village in Hooghly. They were visiting the ancestral house of one of our members. The three-hour drive was made enjoyable by the delicious snacks, listening to melodious songs and playing antakshari. Our members, as usual, had gone the extra mile—they had come prepared with the lyrics of popular numbers and instruments.

After reaching Jirat, while a few members offered puja at the famous Kali temple there, the rest gorged on a sumptuous breakfast of peas kachouri, aloor dum and the unparalleled sweets of Jirat.

The members soaked in the natural beauty and peace of the place. Our member, Mr D Chattopadhyay, who grew up there and has a passion for gardening, gave everyone a lowdown on the trees and plants there. Some members also took a walk by the Ganges.

Soon it was time for an elaborate lunch. It had been prepared by the family's preferred caterer who served food with utmost care. After lunch, some members went for a walk to the Hooghly river bank.

The members were supposed to board the bus for their return journey to Kolkata at 5.30 p.m., but the members had such an enjoyable time that they were reluctant to leave. Finally, with the assurance that there will be another trip to Jirat, they boarded the bus and finally left at 6 p.m. The wonderful tour came to an end as we dropped each member safely back home. It was a day well spent for the members of TSC. SE



SEPL OUTING

# Picnic @ Eco Urban Village

The bright and chilly morning of 26th of December, 2018 saw many elders head towards Eco Urban Park in New Town for a day of fun and enjoyment with their Support Elders family.



The morning started with a mouthwatering breakfast of peas kachauri, dum aloo, and nolen gurer sandesh. This was followed by some steaming hot coffee.



The members enjoyed basking in the soft rays of the winter sun in the serene and beautiful surroundings. Each member enjoyed in his or her own way. While some took quiet walks around the park and the lake, others parked themselves comfortably under the parasols for some hearty adda. This was followed by a game of passing the parcel. The members

had a great time as they spunkily carried out the amusing 'punishments'. They also had a good time singing, reciting, enacting and saying a few things about themselves.

The quintessential Bengali lunch comprised of fish fry, steamed rice, bhaja moonger dal, fulkopir dalna, katla machher kalia, mutton/chicken kasha, aamshottor chutney, papad and gurer rosogolla. The caring and thoughtful service added to the flavour. The picnic ended with masala tea and pastry.



We were simultaneously filled with joy and satisfaction when requests for the next get-together started pouring in even before the members had stepped out as well as admiration for the *joie de vivre* of our amazing members. SE

