

FROM THE MD'S DESK

Dear Readers,

It is great catching up with you as we have a plethora of things that we would like to share with you. First of all, to cater to the growing demand for our newsletter, we have decided to make it bi-monthly for now. So, more stories, more recipes and more news coming your way! Do let us know what you think of this and send your stories and thoughts to us.

In this newsletter, we bring you our member Mr Sujoy Kumar Roy's tribute to the veteran actor, Mr Utpal Dutt, whom he had the good fortune of knowing as a teacher; the recipe of a Bengali comfort food by our member, Ms Monika Talukdar, and the relaxing day our members had at Dakshineswar and Belur. Another new item that we are introducing is the ready reckoner of events that we have lined up for you. Now, you can plan ahead and make sure that you don't miss any of the events.

Also, for those of you who like to be hooked to the Net, do check out the soul-fulfilling work our staff is doing in the Impact Corner on our revamped website, and the stories on Facebook and LinkedIn. We look forward to more such heartwarming and inspiring stories from you.

Happy Reading!
Apratim Chattopadhyay



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NEWS & EVENTS

Yesteryears once more



A motley mix of music lovers enjoyed a live performance by composer-singer Mr Pratul Mukhopadhyay at Bharatiya Bhasha Parishad on April 21 evening. The singer, who belted out his popular numbers, *Aami Banglaay Gaan Gai, Chhokra Chand, Jete Hobe Dure, Tomaay Dekhechhilem*, in his signature voice, recalled the late-1970s, when he had begun his singing career from the same stage at the same venue. He called upon guests to join him on the dais. His mesmerising voice not only kept the audience spellbound and glued to their seats but also inspired them to sing and clap along. SE

The Kid- Screening & Discussion

Members enjoyed watching Charlie Chaplin's *The Kid* at a Support Elders event organised on April 29. Media personality and director Shyamal Sengupta, one of our members, followed it up with an insightful discussion on the nuances of the film's cinematography and why it marks Chaplin's expansion of his comic focus to personal, social, moral and emotional perspectives. SE

New Solutions

More good news! We have tailored our existing solutions as well as introduced new ones this year! You need to choose a Core Solution and then keep adding Supplementary Solutions to your kitty. Here's a sneak peek into our solutions. For more details, visit www.supportelders.com. We have also added another offering this year—by opting for the **My Need, My Package**, you can create a customised solution after discussion with our experts.

The Core Solutions include **Well@Home**, our joint initiative with Tech Mahindra; 360° care through **MedicAssist@Home**, which among other benefits gives you a dedicated Care Manager; and the existing Medical Emergency Alert Solution. **Enriching Cognitive Solutions (ECS)** brings you a host of options of socialising and interacting with others, giving you the flexibility to choose activities as per your liking. Amongst the Supplementary Solutions, the **Medical Logistics Management (MLM)** solution allows you to leave all your medical logistics worries to us as we will manage and track it end-to-end. SE

MEMBER SPEAK

Reminiscences of Utpal Dutt
(Part I)

Our member, **Mr Sujoy Kumar Roy**, pens a poignant tribute to his teacher, **Mr Utpal Dutt**.

Most have known Utpal Dutt amongst stage props, as a consummate actor and playwright, who had 50 plays to his credit. But few had the advantage of having him as a teacher of English at South Point School, Calcutta.



We, as Dutt's students, were impressed by his rare zeal for knowledge though the liberties he took about his dress, enveloping the classroom with thick smoke of cigar were not exactly the model for his profession. He was dear to his students and colleagues for his unconventional ways.

He set us a curriculum of English (starting from Chaucer), which he thought was the best. Students had to cope with the board syllabus as well. "What is genius, but 99% sweat, 1% talent," he would say. In the same breath, he would observe one day's cricket was worth seven days' classes.

A teacher and a student himself; a general and a soldier; we carried twin impressions about him. Students loved him for his aplomb. It was as if in the board examination, they went to their Waterloo. At the sound of the starting bell, Utpal marched to the examination hall. One could almost imagine the beating of the drums or blowing of the trumpet. With quite a flourish, he would declare: "Children, shoot!"

He was also a romantic. Once he took us through adolescent romanticism in English literature for several days and we almost forgot that we were supposed to learn English grammar.

We had the advantage of seeing in him a Shakespeare scholar come home. "Close the doors and windows in the classroom," he would say, not to disturb the adjoining classes. And he acted out most characters from any of Shakespeare's plays. It used to be an amazing display of memory and consummate acting that would do an Englishman proud, and the voice modulation could only have been gifted by nature. **SE**

(To be continued in the next newsletter)

Picture courtesy: By India Post, Government of India - [1] [2], GODL-India, <https://commons.wikimedia.org/w/index.php?curid=74227413>

RECIPE

Chapor Ghonto

Our member, **Ms Monika Talukdar**, shares the recipe for a mixed vegetable curry with lentil patties.



Serves: 6
Preparation time:
25 mins

Ingredients:

Carrot: 4 cut into cubes
Brinjal: 1 big cut into small pieces
Wax gourd (Chaalkumro): 250g cut into small pieces
Pumpkin: 250g peeled and cut into cubes
Ginger paste: 1 tsp
Dry red chillies: 2
Bay leaf: 1
Green chillies: 2
Turmeric powder: ½ tsp
Mustard seeds: 1 tsp
Methi seeds: ½ tsp
Matar dal: 200g (grind it and make a paste with water)
Mustard oil: 2 tbsp
Grated coconut for garnishing
Salt and sugar according to taste

Process:

- Put 1 tsp oil in the wok and put the ground matar dal and flatten it with a spoon.
- Shallow fry the lentil paste and keep aside.
- Put 1 tsp mustard oil again in the pan and add the bay leaf, dry red chillies, green chillies, methi and mustard seeds.
- Put all the vegetables and add salt.
- Stir it, add a little water, and cover it. Cook until the vegetables soften.
- Once the vegetables are cooked properly, add the ginger paste and a little sugar to taste.
- Break the matar dal patty and mix it with the vegetables.
- Turn off the gas. Add 1 tsp mustard oil and leave it for a few minutes. Garnish with grated coconut.
- Serve Chapor Ghonto with steamed rice. **SE**

SEPL EVENT

Day outing to Dakshineswar-Belur



Our members enjoyed a day trip to Dakshineswar and Belur. Here's the lowdown.

In the wee hours of April 4, we set off to pick up our members from pre-decided pick-up points for a day trip to Dakshineswar and Belur. A light breakfast of sandwich, sweets, banana and butter milk was served onboard, though many preferred to eat breakfast only after offering puja to goddess Kali. The bus reached Dakshineswar before 8 a.m. The overcast sky and a light breeze kept the heat in check.

After offering puja, our members went behind the Shiva temples to enjoy a view of the Hooghly. Presently, we set out for Belur Math, the world headquarters of the Ramakrishna Mission. Reaching just after 10 a.m., we headed to the new Ramakrishna Museum, which turned out to be quite a revelation. All were amazed by the rare photographs and items of daily use belonging to Sri Ramakrishna Paramhansa and Ma Sarada.

Our next stop was the main prayer hall. The members sat in the hall in front of the idols of Sri Ramakrishna, Ma Sarada and Swami Vivekananda for a long time. The calm and peaceful atmosphere had a soothing effect.

After paying a visit to Ma Sarada's living quarters,



1 Members pose for a groupie at the entrance of the Dakshineswar temple 2 The petunia-bedecked approach to the main prayer hall at Belur Math 3 Members relish the bhog for lunch 4 The enjoyable cart ride for the tired-but-happy visitors 5 The packed AC bus on its way to Dakshineswar



our members were ferried in two battery-operated carts to the hall, where *bhog* was served. The piping hot *khichuri*, *aloor tarkari*, chutney and *payesh* acted as soul food. As our members boarded the bus for the return journey, it was a pleasure to see how refreshed and happy they looked even at the end of the day. SE

“I felt like a free bird on the trip. All the staff were so caring that they not only held our hands but also helped me put on my shoes outside the temple and the meditation hall. Support Elders cares for us just like its parents.”

- Sukla Gupta, our member



ANNOUNCEMENT

The Silver Circle (TSC) Movie Forum



We are happy to announce the launch of a new TSC chapter for classic movie lovers. Members can now not only watch English, Bengali & Hindi classics twice a month but also know what went into creating these classics and how and why their aura has survived the test of time.

Renowned director and our member, Mr Shyamal Sengupta, will conduct all the film screenings and related discussions at the Institute of Mass Communication, Film & Television Studies, 261, 12, Prince Anwar Shah Road, Tollygunge, Kolkata - 700 033.
For membership, please call 033-6638 8888.



Mark Your Calendar

June 17 (Mon)

Interactive session
on Raj Kapoor &
Uttam Kumar - Their
Road to Stardom

Venue: Commune Hall

Time: 5 p.m. - 7 p.m.

What to expect: *Mr Sanjoy Mukhopadhyay, former head of the Department of Film Studies, Jadavpur University, will explain how people's aspirations helped transform Raj Kapoor and Uttam Kumar into stars.*



July 31 (Wed)

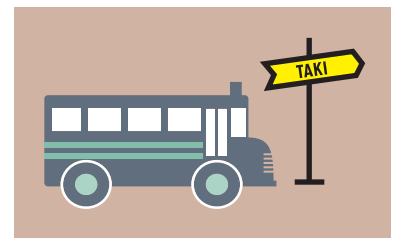
Day trip to Taki
and Hilsa Utsav

Transport: AC bus

Food: Breakfast,
lunch & tea

Venue: Hotel Sonar Bangla

What to expect: Escape the hustle and bustle of the city at a resort beside the Ichhamati river and enjoy lip-smacking hilsa delicacies.



June 27 (Thurs)

Interactive session
on Nutritional Value
for the Elderly

Venue: Commune Hall

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

What to expect: *Ms Rajesh Dawar, a former dietician, will give tips on healthy food habits to members.*



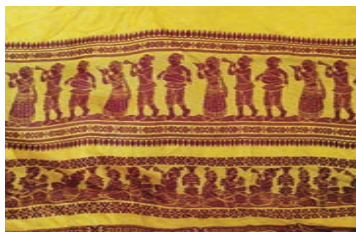
July 25 (Thurs)

History of textiles in
Bengal—Art of weaving
Baluchari saris

Venue: Commune Hall

Time: 5 p.m. - 7 p.m.

What to expect: *Ms Ruby Palchowdhury, honorary general secretary and executive director of the Crafts Council of West Bengal, will take members on a journey of the evolution of this world-famous Bengal textile.*



TSC Movie Forum Listings

JUN 20
(Thursday)

Movie: **Charulata** (1964)

Time: **5 p.m. - 7 p.m.**

JUL 05
(Friday)

Movie: **Guddi** (1971)

Time: **5 p.m. - 7 p.m.**

JUL 18
(Thursday)

Movie: **Roman Holiday** (1952)

Time: **5 p.m. - 7 p.m.**

AUG 01
(Thursday)

Movie: **The Gold Rush** (1925)

Time: **5 p.m. - 7 p.m.**

AUG 22
(Thursday)

Movie: **Golmaal** (1979)

Time: **5 p.m. - 7 p.m.**

*All programmes are subject to last-minute changes.