

tthaaastu

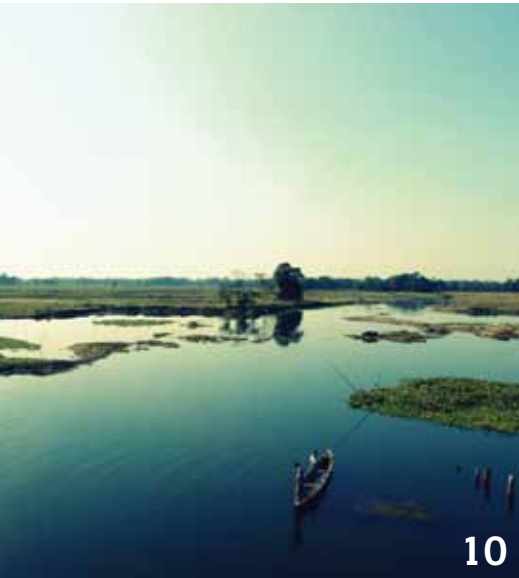
TRIDHAATU®

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Dear Reader,

We thank you for your constant support as we welcome you to the third issue of Tathaastu. This magazine brings to you an interesting bouquet of stories and we hope you will appreciate it as much as you did the first two issues.

The scope for urbanisation is increasing day by day as the number of people in cities rises. A recent study by McKinsey Global Institute predicts that as many as 590 million people will be living in cities in India by 2030 against 380 million in 2011. We analyse how such a surge in urban population will demand an enormous need for infrastructural development in existing as well as future urban areas and how we are placed to handle it.

Read about the fast-depleting island of Majuli in Assam, nature's unique marvel that also holds a treasure of antique weapons, utensils, jewellery and other items of cultural significance. India's unique artistry finds expression across the country through various artforms. This month, we look at the different kinds of idols made as part of the famed 10-day festival, *Ganeshotsava*, across the country, as well as the Pattachitra style of painting from Odisha that uses traditional motifs and natural colours on fabric to create artworks of timeless beauty. In our special section, we highlight the transformation in the style and apparatus over the years.

Pick up some cues on how sports can make you a better management expert, helping you excel in your field of work. And later, to relax and unwind, take up Tai Chi, a Chinese martial art form with slow movements that still goes a long way in keeping you fit.

As part of our efforts towards responsible citizenship, we bring to you Toy Bank, an NGO working for underprivileged children. With a mission "recycle toys- recycle smiles", the NGO collects toys, restores them and then distributes them to children who need them.

We wish you a happy festive season and look forward to your comments and suggestions.

Happy reading.



DHANANJAY SANDU
Managing Director

**As part of our efforts
towards responsible
citizenship, we bring
to you Toy Bank, an
NGO working for
underprivileged children**

URBANISATION HELPING RESIDENTIAL GROWTH

It cannot be reversed but can be turned into an opportunity. We look at how, in real estate parlance, urbanisation has brought about a sudden spurt in the residential development space

WORDS **VANDANA VASUDEVAN**



There was a time when social scientists would cry foul of the growing urbanisation as the reflection of inadequate planning in rural hinterlands. An increased influx of population in search of employment and better living and overburdened urban resources, saw desperate

measures by various governments, of reversing urbanisation in the last few decades.

A recent study by McKinsey Global Institute has thrown interesting numbers on the rate of growing urban population in India. Sample this: By 2030, 590 million people

will be living in cities as against 380 million in 2011. As of now, India has 50 cities with a population of more than one million of which eight cities have a population of more than five million.

By 2030, more than 13 cities are expected to have population

exceeding four million and six cities, including Delhi and Mumbai, with a population over 10 million.

By 2050, about 70 per cent of the world's population will be living in cities. India will need about 500 new cities to accommodate the growing urban populace. This gives way for a scope of an investment of US\$ 1.2 trillion in the next 20 years for developing infrastructure, both for economic activities and residential spaces.

A study by the Confederation of Real Estate Developers' Associations (CREDAI) indicates that the spread of organised real estate in the residential space in 2012 for leading Indian cities such as Delhi NCR, Mumbai, Bengaluru, Kolkata, Hyderabad, Chennai and Pune is over 200 million sq ft respectively. The outlook is that the residential development, especially in the affordable segment, would be unprecedented.

The realisation has finally set in within the Government it seems. Reversing this phenomenon is impossible but making it a new opportunity is a better idea to deal with it. By giving high priority to infrastructure, the introductory budget by the newly formed Modi government has given a new impetus to the real estate development, especially in the residential space.

Ear-marking ₹7,060 crore in its maiden budget for the creation of 100 smart cities across India's special economic zones and corridors, the Government has sent out the message loud and clear—drive economic growth through better infrastructure and living spaces.



The Modi government, in its maiden budget, has given a new impetus to real estate development, especially residential space

The change has to start from the mindset up of seeing urbanisation from tinted glass doors as a fallout of poor regional planning, rather than an opportunity. The efforts now should be more concerted on ideas to maximise the benefits of urbanisation over its costs. According to KPMG's real estate document published in April 2014

called Indian Real Estate–Opening Doors, in the last decade, the residential real estate development saw 51 million new houses coming up in urban areas as 91 million people shifted to cities.

The urban population is expected to add to the country’s 70–75 per cent GDP by 2025. Every year, approximately 10 million people are moving to Indian cities. According to the Government of India Census 2011, this rate of urbanisation requires two million residential spaces to be built every year.

Hence the spurt in demand will be in residential development, especially in the affordable segment of Economically Weaker Sections (EWS), Low Income Groups (LIG) and Mid-Income Groups (MIG).

Another segment which witnessed huge growth in recent years in the residential development happens to be luxury housing. The segment poses bright future in India for the next 15 years. India recorded second highest growth of 22.2 per cent in its High Networth Individuals. The increase in disposable income with individuals has allowed luxury projects worth



According to the Government of India Census 2011, this rate of urbanisation requires two million residential spaces to be built every year

US\$ 30 billion to be absorbed in India during 2008–2012.

The future looks bright for residential development according to KPMG’s research report on Indian real estate as the country would see 85–90 per cent of total residential development, which is about 40–45 million housing units in the affordable housing bracket by 2028. This means 15–18 billion sq ft of development in the affordable segment itself.

This growth prospective can be achieved by addressing issues such

as inadequate developable land, delaying regulatory processes, supply constrictions, funding and technology. The Public Private Partnership (PPP) model can be answer to these problems. Private equity, indigenous and foreign, solves issues related to funding and technology.

Increasing the fixed limit for raising funds through external commercial borrowings from the present US\$ 1 billion is a positive step towards this direction. Land pooling policy adopted by Delhi Development Authority (DDA) and by many states has allowed owners to cumulate land parcels and develop jointly with private players and is solving issues related to supply dynamics.

The Real Estate Investment Trusts (REITs), which addresses the problems of funding in real estate, is a real big step which allows external commercial borrowing through a regulated network. Let more bold decisions follow this development scenario. ▲



ATHLETIC LESSONS

Tathaatsu picks up well-known sports from across the world to teach principles of good management

WORDS **NORRIS PRITAM**



Sport is no more a weekend pastime. It is now a multi-billion dollar industry. The main source of revenue for the International Olympic Committee (IOC) is the TV rights it sells for the Olympic Games. The IOC, in turn, gives massive financial assistance to 212 countries affiliated to it. This would not have been possible if the athletes and managers running sport business were not on the same page. In fact, executives and managers running the sport industry have



(Left) Indian 4x400m relay team comprising Nirmala, Tinku Luka, Anu Mariam Jose and Poovamma (right) Boxer Mary Kom

learnt many management skills from elite athletes and international federations running sports on the global stage. No wonder then that Indian business schools invite the likes of Olympic champion shooter Abhinav Bindra and ace cricketer Rahul Dravid to interact with their budding managers.

DECISION MAKING

Tough and quick decisions, so often seen on the sport field, can teach a lot to business managers. For instance, during the Glasgow Commonwealth Games, Indian

hockey team was repeatedly attacking from the left wing. But it did not result in goals. The coaches were quick to realise it and decided to strengthen the right wing that balanced the game.

On the other hand, Indian athletics coaches went on having Tintu Luka in the 4x400m relay team even though she had never trained with the other three runners. It was a lapse that reflected India's poor decision-making tactics. A tough decision of dropping Tintu would have been better for the Indian

MILESTONE MOMENTS OF INDIAN SPORTS

- Indian hockey team won the first gold medal in Olympics in 1928 in Switzerland.
- Prakash Padukone became the first Indian to win the All England Badminton Championship in 1980.
- India won the cricket world cup in 1983 at Lord's, London.
- Viswanathan Anand became the first Indian Grand Master in chess in 1988.
- Mahesh Bhupathi and Leander Paes are the first Indians to win a Grand Slam tournament in 1999.
- Abhinav Bindra won the first individual Olympic gold medal in the 2008 held at Beijing.
- Saina Nehwal became the first Indian to win an Olympics bronze medal in women badminton in 2012.
- Sania Mirza is the only Indian woman tennis player to win Women's Tennis Association (WTA) title in 2012.





(Left) CWG champion Parupalli Kashyap (right) ace shuttler Saina Nehwal

team. Dropping of a player by team management is so much like sacking or transfer of an employee, however senior he or she may be. Business leaders can learn so much from the sports field!

DISCIPLINE & AUTHORITY

These two factors form the base of a successful team. Discipline requires a player obey his coach and also take the decisions by referee or umpire, if they happen against him, in the right spirit. Again, the Glasgow Commonwealth Games are a pointer. Indian hockey captain

Sardar Singh unnecessarily clashed with an Australian player and had to pay the penalty of sitting out for a match. This nearly ruined India's chance of winning a silver medal. A successful organisation can learn a lot from it to avoid "penalties" and loss in business.

UNITY OF COMMAND

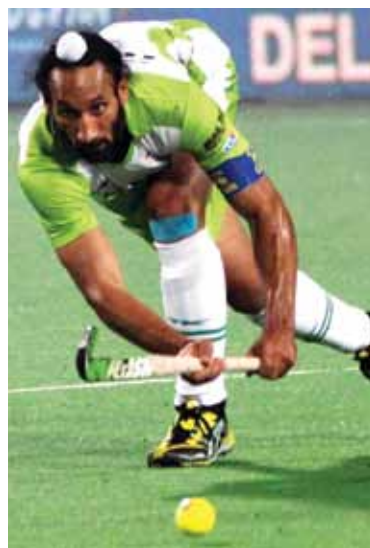
The team captain and the coach are supreme leaders. Any violation of their instructions by a player disrupts the team's chances of winning. P Kashyap's gold medal in badminton at the Commonwealth

Boxer Mary Kom is a classic example of having goals and then going all out to achieve them despite many troubles

Games clearly demonstrated that single command works in sport. As Kashyap was getting edgy to go out and attack, it was the saner command of coach Gopi Chand from the sidelines that saved the day for India. Gopi constantly reminded Kashyap to keep calm that ultimately resulted in Kashyap winning that elusive gold medal.

PERSONAL GOALS

Boxer Mary Kom is a classic example of having goals and then going all out to achieve them despite loads of troubles. Even after becoming a mother, Mary went on to take part in the London Olympics and managed to win a bronze medal. On the other hand, a devout Catholic Anju Bobby George delayed pregnancy to continue with her successful career as a long jumper. ▲



MAJULI

NEXT ON YOUR WISHLIST

The world's largest river island, Majuli, is nature's gift to mankind. We suggest you take a trip to this beautiful island full of natural beauty and cultural treasures

WORDS **SUMANTHA RATHORE**



Nestled in the lap of the fiery Brahmaputra River, Majuli island in Assam is considered the largest river island on earth. It is a haven for lovers of nature and heritage. Perched 20 km from away from Jorhat airport, UNESCO has declared this place as a world natural heritage site.

The island, which was originally a narrow long stretch of land called Majoli (meaning land in the middle of two parallel rivers), had Brahmaputra flowing on one side and Burhidihing on the other till they converged at Lakhu. The moment you reach the island, you will be greeted by greenery, flowers and paddyfields.

Known for hundreds of migratory birds, flora and fauna, culture, festivals and landscape, the place has something for everyone. If a walk in the lap of nature is your thing, you can take your pick from a stroll in the busy and beautiful gardens to a bird watching session or an agenda-less stroll in the woods. Or sit in a ferry



(Clockwise from left) Top view of a beautiful lake, tea garden at Jorhat, Garamur Satra and a woman fishing on the lake

and cruise your way to Jorhat and back to the mesmerising islands.

Take a walk through the village and you will be overwhelmed by the warmth and simplicity of the people living there. Agriculture, fishing, weaving, boat-making and handloom are the main sources of income here. Their exquisite weaving uses a lot of colours and textures of cotton and silk.

Majuli boasts of being shelter to nearly 100 species of birds. When in Assam, you can't miss seeing the elephants and one-horned beauties (the one-horned rhinos) at the nearby wildlife sanctuary.

If culture is your calling, then a visit to Vaishnava Satra is a must, as it soaks you in the neo-Vaishnavite philosophy. Formed centuries back by saint and fountain head of Assamese culture, Sankardeva, the place is home to the first neo-Vaishnavite monastery, born of insightful discourses with his spiritual successor, Madhabdeva.

Majuli is considered the main seat of Vaishnavite culture. The first satra, set up by the pioneer of the medieval-age neo-Vaishnavite movement, Manikanchan Sanjog, got washed away and is no longer there.

However, out of the original 65 satras, 22 satras are still standing

**Out of 65 satras,
22 satras are still
standing tall and every
year colourful festivals
take place in them**



(Above) Dancers performing at Ras Mahotsav festival (below) Natives performing Majuli mask dance

THE HUB OF FESTIVALS

Majuli has various festivals throughout the year. We bring you some of the most popular ones in this island.

- Ali-ai-ligang in February-March:**
 This colourful annual festival marks the ceremonial sowing of paddy.
- Ras Mahotsav Festival in November:** The three-day festival usually held in November celebrates the love of Radha and Krishna. This colourful festival is organised in Garamur Satra.
- Paal Naam** at Auniati Satra is a huge attraction, held at the end of autumn.
- Bathow Puja** is a festival performed by the Sonowal Kacharis tribe where Lord Shiva is worshipped with high veneration.
- Auniati satra is home to beautiful flowers and during bloom time, a beautiful dance festival is held here every year.

tall in Majuli and every year various colourful festivals take place in these satras. The annual floods and land erosion have forced many of the satras to shift base to the mainland.

Garamur Satra is another coveted place to visit where ancient and unique weapons are preserved. You can sit with the monks and talk to them about the little peaceful

place and its history. The monks here are kind enough to show you their monastery and the museum of royal artefacts.

If this interests you, pack your bags and rush to the place before it's too late as the island is shrinking every monsoon. And according to the experts place will be fully submerged in the next 20 years. So make sure you get here fast. ▲



HOW DIFFERENT STATES OF INDIA START THEIR DAY

Kashmir
Noon Chai is a common breakfast tea taken with baqerkhani bread

Punjab
Fried in ghee and loaded with butter, Aloo Paratha is Punjab's favourite breakfast. Best enjoyed with pickles, curd and curries

Gujarat
Deep-fried pooris and moong dal is the staple breakfast of Gujarat

Uttar Pradesh
This region loves to feast on jalebis with curd and puri sabzi

Bihar
Made of powdered baked gram, sattu paranthas are a high energy giving food

Bengal
Luchi and Alu-dom is a flavourful dish made from stir-fried baby potatoes

Assam
A traditional Assamese breakfast consists of chira with yogurt and jaggery

Sikkim
Lentils, rice and chicken curry are usually found for breakfast in this region

Madhya Pradesh
Poha mixed with vegetables and spices is the staple breakfast of Madhya Pradesh

Mumbai
Kolhapuri Misal is a delight for spice lovers

Karnataka
Neer Dosa and Upma are quite popular in Karnataka

Kerala
Puttu (steamed powdered rice) to be eaten with spiced chickpea curry



GANPATI BAPPA MORYA...

Ganeshotsava is celebrated across the country with pomp and splendour. We trace the journey of the festival in different parts of India

WORDS **VANDANA VASUDEVAN**



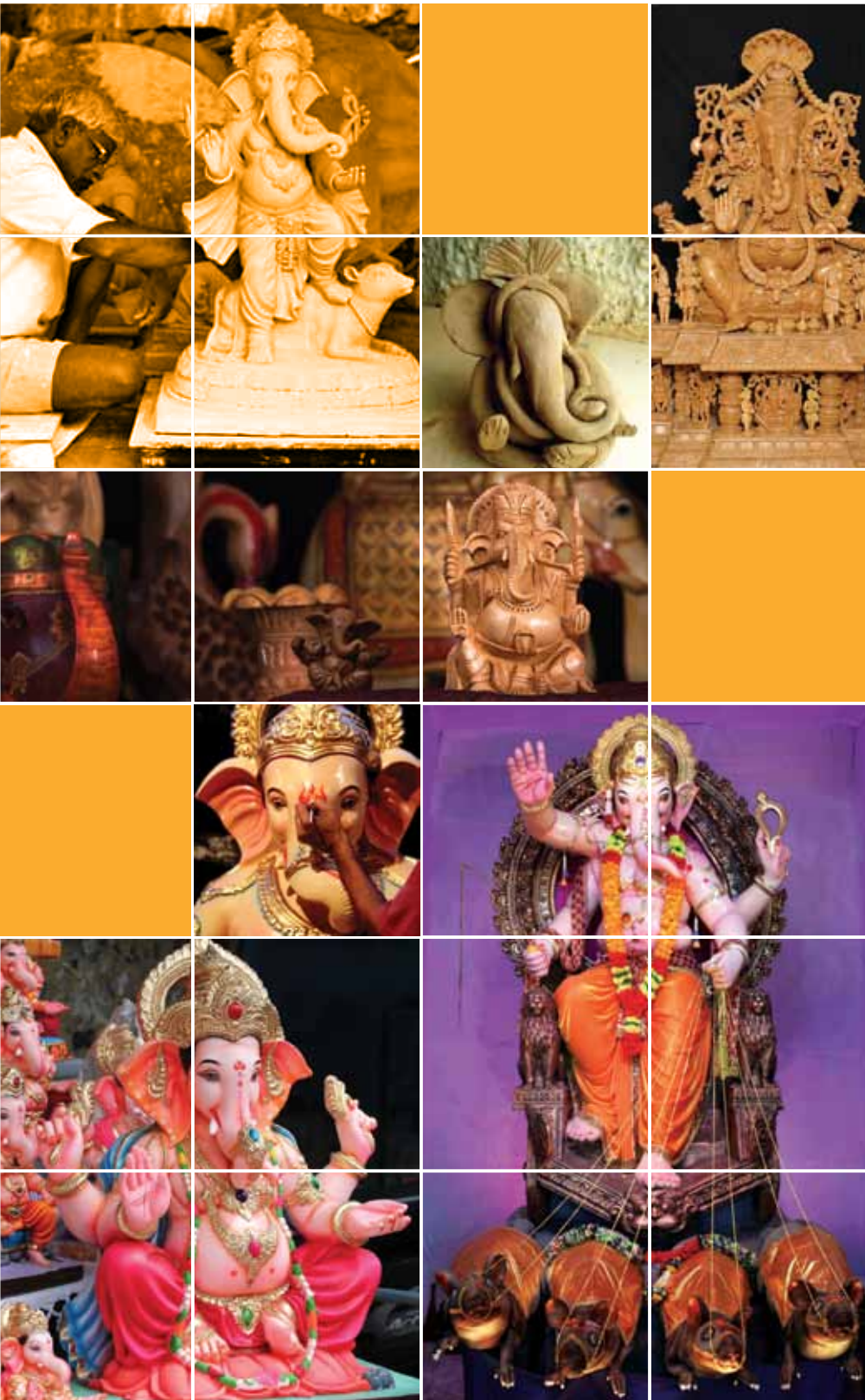
Ganpati Bappa Morya...When the traditional chant to welcome the first among the Hindu Gods, Lord Ganesha, rents the air, you know it is time to celebrate Ganeshotsava. Ganesha idols have a special place during the 10-day celebrations. Every year, (Ganesh Chaturthi fell on August 29 this year), artisans across India race against time to complete Ganesha idols.

Maharashtra is famous for its magnanimous idols put up in various pandals and Mumbai happens to be the hub of all celebrations. Idols are decked up in precious stones, pearls, gold and silver. The artistry with which such huge sculptures are made a reality is an age-old art which takes a lot of planning and precision. There are "sarvajanik" (public) Ganpatis as well as lakhs of families bring Ganesha to their home. Usually, Ganpati is worshipped for one-and-a-half day, five days or 11 days before *visarjan*.

Pen in Raigad district of Maharashtra is the hub of Kumbharwadadas (artisans' workshops) which work on myriad of designs and types of Ganesha idols. There are 300 traditional designs of these idols. The season never ends in this part of Maharashtra as orders arrive from all across India. The work begins just after Ganeshotsava ends and by the time the next one arrives.

It is an artform which is passed on through generations. The traditional idols are made

No matter which state an artisan belongs to, they all reverberate the same emotions. The art and its form may be different but the devotion is same



from clay and mud also known as Shadu idols. Shadu is a variant in clay found on the river banks of Gujarat and Konkan region. These idols are of spiritualistic value as ancient texts refer Ganapati's origin from grime. The environmental concerns in buyers have allowed the artisans to stick to traditional raw materials such as clay, mud, wood, coir and natural colours and dyes.

Ganesha Chaturthi is Vinayaka Chaviti for the eastern states of India. Artisans in West Bengal mostly lay emphasis on clay idols as they are not only eco-friendly but the raw material can be procured easily from the banks of River Ganga. In Odisha, Lord Ganesha is given the terracotta touch. Surprisingly, Andhra Pradesh is also adapting to this model of Ganesha along with hay, coir and bamboo variants. In Tamil Nadu, many homes worship Ganesha made out of turmeric and sandalwood along with figures made out of rice dough placed along with the clay idol.

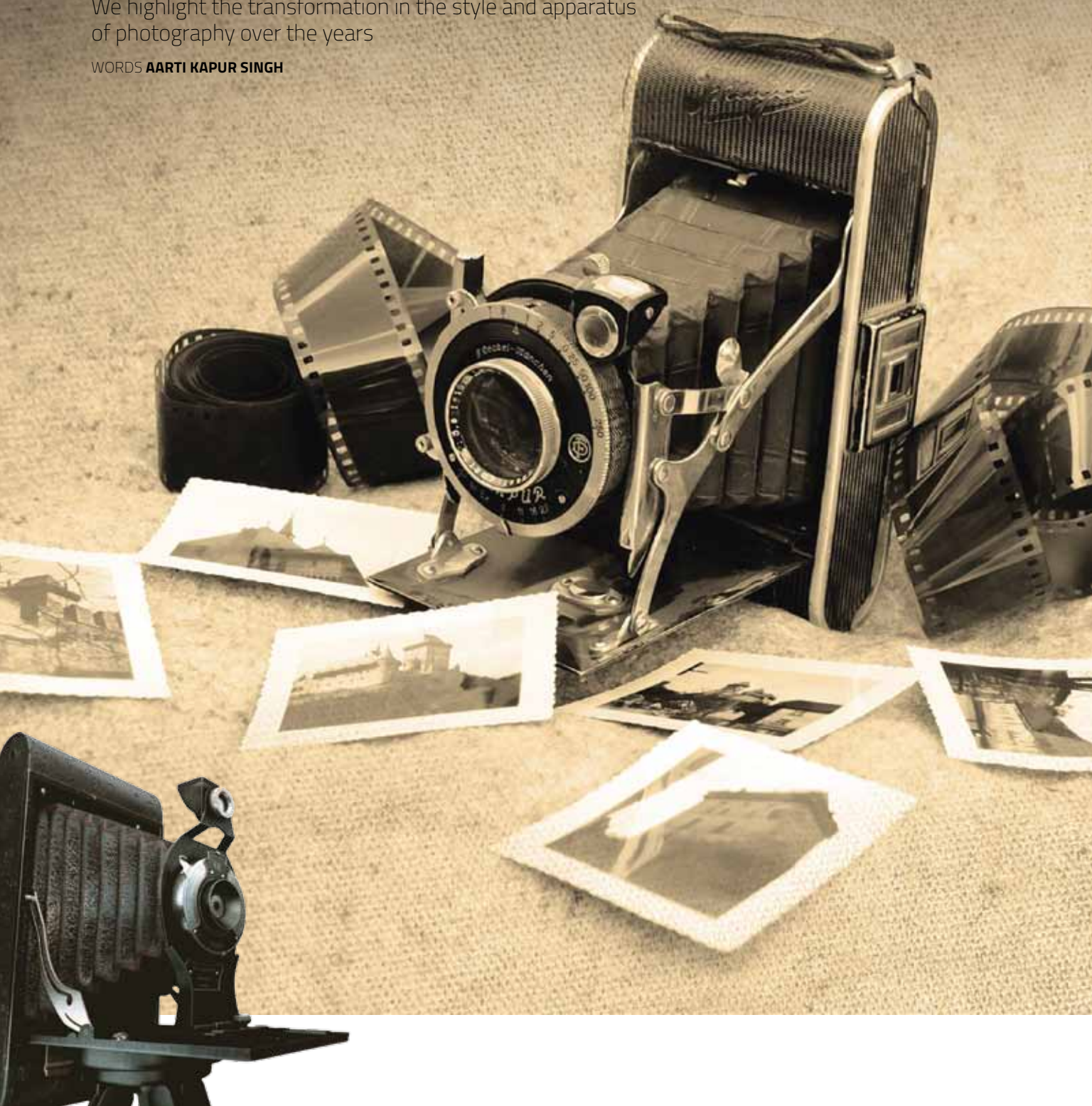
No matter which state an artisan belongs to, they all reverberate the same emotions. The art and its form may be different but the devotion with which an idol takes shape for the celebration in every part of the country is same.

Each day of the 10-day festival has its own significance. The triumph reaches its summit on Anant Chaturthi as devotees take processions of their deity for the final journey. It is at this very moment that the idol immortalises into the sea and artisans across India, in their *kumbharwadas*, gear up again for next year's festivities. ▲

ART WITH LIGHT

We highlight the transformation in the style and apparatus of photography over the years

WORDS **AARTI KAPUR SINGH**





Korske Ara, who introduced World Photography Day, once said "Photography has the power to tell stories, inspire generations and initiate change in the world." August 19, incidentally, was the day in 1839 when France announced that artist Louis Daguerre had (1787-1851) invented the first photographic process, Daguerreotype, and publicly presented it as a "free to the world" gift.

Photography is a word derived from the Greek words photos ("light") and graphein ("to draw"). The word was first used by scientist Sir John FW Herschel in 1839. This way of recording images by the action of light, or related radiation, on a sensitive material has over the years become more than a process of documentation and crossed the line into being an art form as well as means of expression.

Daguerre, who partnered with Joseph Nicephore Niepce, was the inventor of the first practical process of photography and called it the daguerreotype. By 1850, there were nearly a hundred daguerreotype studios in New York alone. It was about the same time that photography came to India, courtesy the East India Company. The first war of Indian Independence in particular raised public interest about India in Britain, creating an increased market for photographs. It was thus a key event in the development of photography in the country as well as a milestone in the struggle for Independence. People who read stories in the newspapers about Delhi or Lucknow wanted to see what these places looked like and wanted to see photos of Indians.

To capture images, flexible roll films made of cellulose nitrate were invented in 1889. Traditionally, linen rag papers were used as the base for making photographic prints. Paper has a tendency to gradually dry out and crack under poor archival conditions – this defeated the purpose of archiving by taking images. Thus by 1984,

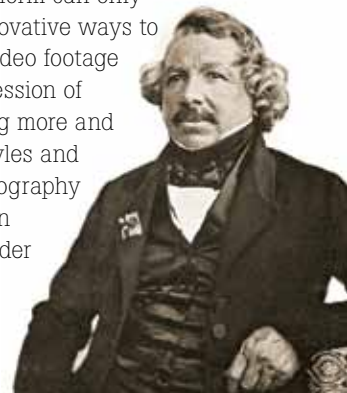
Flexible roll films, made of cellulose nitrate were invented in 1889.

Traditionally, linen rag papers were used for making photographic prints

Canon had developed the first digital still camera. So photography – which began as an analog, precision-based process where photos were either constructed, posed, carefully planned or all of these – now encompasses a wide variety of artistic styles.

Advancement in photography happened on two levels – technological as well as software. Even though software is part of technology but its advent through computers changed the way photographs can be enhanced. Software can be wonderful to add extra pizzazz to a photo. But it can also be a crutch that limits raw talent and technique. Software cannot overcome all the problems caused by bad technique. It cannot focus an out-of-focus image or correct a blurry photo caused by using the wrong shutter speed. And while cropping, cutting and pasting can solve some issues, they are no substitute for developing a real skill for composition.

Photography as an art form can only evolve as new and innovative ways to transform photo and video footage are created. The progression of technology is becoming more and more rapid, and the styles and artistic themes of photography is expanding more than ever. We can only wonder how much further it can evolve and how this will influence artistic footage in 50 years' time. ▲



Louis Daguerre

INTERESTING FACTS

- Back in 1990, Kodak used cuddly collectible toys to promote their brand in effort to get kids into photography.
- Today we snap as many photos every two minutes as humanity as a whole did in the 1800s.
- The largest collection of cameras in the world is held by Dilish Parekh of Mumbai. He has a collection of 4,425 antique cameras.
- About 20 per cent of all photos this year will end up on Facebook.



GETTING BACK THOSE INNOCENT SMILES

In a world so unaware of the disparities kids face, Toy Bank initiative is a move to bridge the gap

WORDS **KAMYA KANDHARI**



Toddler: An age when the life revolves around toys and only toys. Girls' best friend would be a Barbie and boys' may call Hot Wheels their buddy. Toy Bank works on the mission to keep smiles alive on innocent faces.

Shweta Chari, an Electronics engineer by profession started this NGO in 2004 with a vision to 'Recycle Toys- Recycle Smiles'. She says that Toy Bank propagates the right to play for the young unprivileged souls, thus bridging the gap between the rich and the poor.

The concept of recycling toys is not popular in India but the considerable efforts of the Toy Bank team is well on its way to motivate people. It will not be an overstatement to say that the initiative



has been able to move thousands of people and has put an everlasting smile on underprivileged children over the last few years.

"The NGO has been able to collaborate with the government and gets the necessary aid and help possible," says Chari. If one would wonder how does the NGO have so many toys to be given out, she tells us that they have different Toy Impact centres where people voluntarily come and donate toys. Hundreds of people voluntarily participate to support Toy Bank efforts. They involve themselves in toy collection drives and even help in wrapping the toys for their beneficiaries. Hence, helping the

Hundreds of people participate to support Toy Bank efforts. They get involved in toy collection drives and help in wrapping toys

NGO to bring back the smile on the kids' faces.

Be it new or used, a toy is a toy for a child who hasn't played with it. The impact centres largely attract the masses to participate in the initiative and make whatever contribution possible. The collaboration with

schools, workshops, government organisations contribute in a large way and also provide the much required feedback available. The team works on different tasks at a time monitoring all the demands, inputs, supplies etc at different levels. Toy Bank has even managed to draw different societies and other NGOs to make worthy contributions.

It's all about intention as they say. Who would have thought that a young engineer's aspiration of distributing smiles would turn out to be a fruitful step towards feeding the starved and healing the pain? The entire exercise has been a truly inspiring move to minimise the unfortunate disparity in the society we live in. ▲

If you wish to donate toys or volunteer for the NGO, get in touch Shweta Chari at shweta@toybank.org. You can also visit the website at www.toybank.org

FOR A PERFECT BODY AND MIND

The ancient Chinese martial art form of Tai Chi is gaining popularity these days. Tai Chi music creates a tranquil, meditative ambience and each posture flows into the next without interruption

WORDS **KAKOLI THAKUR**



Tai Chi is a moving form of yoga and meditation combined. Derived from an old Chinese martial art form, it is a sequence of movements performed slowly. The main aim of Tai Chi is to foster the circulation of this 'chi' within the body, enhancing the health and vitality of the person. It helps to foster a calm mind. Tai

Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. Although, Tai Chi is generally safe, women who are pregnant or people with joint problems, back pain, fractures, severe osteoporosis or a hernia should consult their health care provider before trying Tai Chi.



Tai Chi has different levels but it takes around six months to learn a basic course.

This art is like a slow meditation through hand and leg movements

Tai Chi is not like fast food and you can't learn it in a fortnight. You have to understand the essence, there is a process and you have to go step by step. You can't jump from A to B. You can learn B only when A is clear to you. Don't go by the glamour of the institute, check the credentials first," says expert Kanishk Sharma who has been practising Tai Chi for 26 years.

Studies across the world have shown the benefits of Tai Chi. It helps in mind-body coordination, increases inner body strength and generates inner strength. A combo of exercise, meditation and breathing helps relieve anxiety. It helps increase muscle strength, flexibility and balance and tackles diseases like anxiety, arthritis, fatigue,

joint stiffness, muscle tension, poor posture and stress – common among executives and corporates. "There is no age factor, people who prefer soft martial art due to old age can prefer Tai Chi," says expert JK Singh.

Tai Chi has different levels but it takes around six months to learn the basic course. This self-healing art is like a slow meditation through hand and leg movements. It helps people who have blood pressure, arthritis, spine problem, dizziness, etc.

"People should be matured enough to know its benefits. To maintain fitness, we teach 18 moves which takes around 20 to 25 classes to learn. If one practises between 20 and 40 minutes on a regular basis, it's enough," says expert Rajeev Sabharwal.

People with chronic diseases should practise Tai Chi. Sabharwal shares an experience, "Once a woman from China came to me and said, 'I am from China. I know the health benefits of Tai Chi. I have cancer, please teach me so that I gain inner strength to fight the disease inside me.' While practising, we breathe in and out again and again. The oxygen helps in healing any disease." ▲

HEALTH BENEFITS

- Helps in mind-body coordination.
- Increases inner body strength and helps relieve anxiety.
- Helps in fighting diseases like anxiety, arthritis, fatigue, joint stiffness, muscle tension, poor posture and stress.

MOVIES BASED ON TAI CHI

- Drunken Master (1978)
- Drunken Tai Chi (1984)
- Once upon a Time in China (1991)
- Iron Monkey (1993)
- Tai Chi Master (1993)

WEAPONS USED

There are four main weapons used in the ancient Chinese martial art form and each weapon has its own purpose.

- **Straight Sword (Jian):** The straight sword is a double-edged sword that usually weighs 4-8 pounds. It teaches coordination between the hand and the body, flexibility, balance and fitness.
- **Broad Sword (Dao):** Broad sword is a bit shorter than straight sword and weighs around 5-10 pounds. The weight of the sword and spins develop physical fitness, wrist strength and flexibility.
- **Spear:** Spears are usually around 7 ft long and are made of wax wood. The spear form teaches twisting and suppleness and allows us to practice extending energy outside of the body.
- **Long Pole:** Poles are made of wood and equal thickness. Most poles are around 8-10 ft. The pole increases the strength of the stance and exercises and strengthens the spine.

TALES OF YORE ON FABRIC

One of the oldest and most popular art forms of Odisha, Pattachitra painting is disciplined and the *chittrakars* maintain rigidity in their use of colours and patterns

WORDS **DHRUV BANSAL**



All places have different forms of expression, whether it is through art, music, plays or any other aspect that depicts their culture. These "art forms" describe the traditions of the place and distinguish them.

Pattachitra is a medium that expresses Oriya and Hindu cultures. Folk stories and mythological tales of Hindu culture are depicted in the form of art. The word *Pattachitra* comes from two Sanskrit words - *Patta*, which means cloth, and

Chitra which means picture. This translation means pictures on cloth, the meaning holding more weight than just simple drawings. The major themes are Thia Badhia - depiction of the temple of Jagannath; Krishna Lila - enactment of Jagannath as Lord Krishna displaying his powers as a child; Dasabatara Patti - the 10 incarnations of Lord Vishnu and Panchamukhi - depiction of Lord Ganesh as a five-headed deity. More than anything, the themes are clearly the essence of the art form. It is no

surprise, therefore, that the process of preparing the paintings requires undeterred concentration and careful craftsmanship, stretching the preparation time of the patta alone to around five days.

What makes them special is not only the depiction of the Hindu religion and its traditions but the characters as well. The emphasis given to the expressions and the characters tells a tale, and the stress on colours and painting techniques turn it into



(Clockwise from left)
A chitrakar making
'Pattachitra', Lord Krishna
with Radha, Tribal women
performing dance and
warriors going for battle



a beautiful collaboration between religion, culture and folklore.

There are borders designed intricately to frame the entire picture in each of these works of art. The frame brings the characters of the paintings to life. The intricacies are translated into other art forms as well. The beauty of Pattachitra is that each feature helps the painting stand out - from the design of the border to the use of colours. These paintings are hung as wall decorations; many have tried

The themes of Pattachitra mainly revolve around Lord Jagannath, who is a depiction of Lord Krishna displaying his powers as a child

to imitate the styles but nothing quite matches up to the level of the Pattachitras.

Painters of the Pattachitras are called *chitrakars*. They invest a lot of time and effort to make the "Patta", as this art form is associated with spirituality. The paint used is vibrant and earthy, traditionally made of raw materials like mustard, vermilion, tea leaves and conch shells. Although time consuming, developing the core of the paintings is an art in itself.



(Clockwise from above) Painting of Lord Jagannath, fight scene between Lord Rama and demon Ravana and Queens getting dressed in their fineries



**The simple stroke
of a paintbrush and
the colour used can
depict emotions and
clarity in an art form
as intense as the
*Pattachitra***

entire story and theme in the canvas of *Pattachitra*.

The characters and setting of *Pattachitra* are also quite different from other paintings. Other forms of art have a definite perspective. *Pattachitra* defies norms as there is no perspective. The painting is just made to be seen from a close point of view, whether it depicts an action, a story or just a character in it.

In this art form, lines are bold and the pull of the brush has the ability to bring out the subject's expressions. It can go to the extent of designing the subject's outfits and postures to even defining the character. The figures of the paintings are distinct in their actions and postures. Again, unlike many other art forms, the "background" mostly consists of designs and the frames rather than actual settings. This can be interpreted differently - some say it almost depicts a dream-like setting or it puts focus on the other details of the painting. The art form stands out as a folk story told by the *chittrakars*. ▲

The process, however, has been consolidated with regular paint. This emphasis is on the main trend - vintage in today's culture. Vintage and authenticity play a major role in keeping this art form alive.

The paint is crucial to emphasise the elements in the art form. Something as simple as a floral design or a character is essential to the themes and characterisation as a whole. Just a stroke of a paintbrush and the colours used can depict emotions and clarity with intensity in a *Pattachitra*. The expressionism and intricate designs can define the



now in fitness

FIT AND FINE

OSIM India recently introduced uShape, a full-body vibration exerciser that helps burn off calories efficiently. The uShape, also known as whole body exercise vibration training, is designed to achieve a body workout with little effort and time, making it perfect for the time-poor urban dwellers. The uShape provides strong vibrations to the whole body with stand, sit or hold varying positions such as squat, push up, lunge etc. These strong vibrations cause rapid contractions to all muscles that are being exercised, making it an easier and more effective way to get a full-body workout. This results in increased muscle strength, improved flexibility and improved blood circulation which encourage the body to burn up to 136 calories in 10 minutes, resulting in an increased metabolism. Moreover, it helps reduce the appearance of cellulite and in achieving effective shaping and toning of the body. ▲



now in accessories

HISTORY ON YOUR WRIST

Setting a new benchmark, Jaipur Watch Company (JWC) has launched exclusive watches based upon certified genuine antique coins and watches which can be customised on request. With careful deliberation and personally handpicked coins, Jaipur Watch Company has come up with a unique concept of "Coin Watches" where coins are used as dials bringing history back on your wrist. The watch is made out of stainless steel, is water resistant till 30 m, has a scratch-proof sapphire glass and comes with a sapphire stone on the winder. The company also provides authentication certificates to all the buyers, along with a two year warranty. ▲



now in interiors

DINE IN STYLE

Aria Interiors has unveiled polo dining table, a fusion of Persian and Indian aesthetics put together to conceive refined and fascinating interiors. Your first meal of the day, ideally the king sized meal and your favourite card game deserves a luxury just like them. This polo table is the answer for both the purposes. The frills and laces lies in the ebony wood finish and lacquer polish. The base is solid wood with hand carvings that brings out the glorious past of the inspiration. In their latest collection, one can see the reflections of its inspirational roots. Now that has been maintained, each item has its own unique charm that would be a pride to the space it takes up. ▲



FIRST DRIVE

AUDI A3 SEDAN

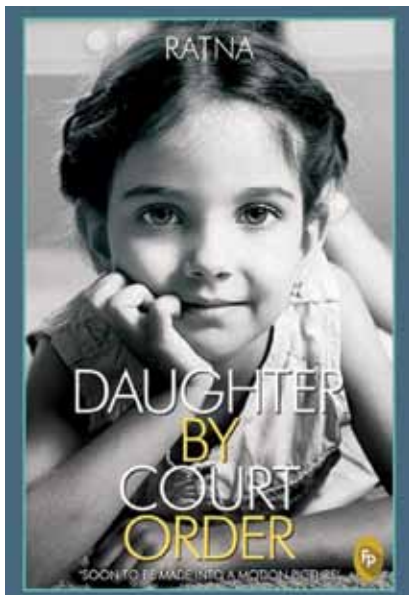
The true charm of an Audi A3 can be explained in just three qualities – 1. It's the cheapest Audi you can buy in India. 2. It has a boot 3. Design-wise, it's difficult to tell from other bigger, more expensive Audis. The A3 comes with a panoramic sunroof as standard and even an MMI touch unit hooked up to a seven inch display unit. The best thing about them? They are both retractable! The interiors are clean and uncluttered, although the S-package on the car we drove did have a plastic accent on the glovebox and front doors, an absolute no. The best part of the car's interiors, apart from the sunroof, are the allegedly jet turbine inspired air vents.

The exterior itself is phenomenally exciting, especially front bumper with its air scoops. The Audi trademark grill and sharp lines lends the car a definite 'up and aboutness'. The rear lid boasts of a built-in spoiler and a useful 425 litre boot. The A3 will be available in two engine options – the 35 TDI running a 2 litre diesel engine and the 40 TFSI which runs a 1.8 litre petrol engine. Both are hooked to S-tronic transmissions and deliver a swift kick in the pants driving experience. ▲



BOOKWORM

DAUGHTER BY COURT ORDER



Published by Fingerprint Publishing, ₹295

Daughter By Court Order is the story of a woman who fights her own mother in order to get her identity and her rights as a daughter recognised by a court of law. Written in a very simply yet engaging style, the book speaks to the reader with great strength, revealing to the reader, at all times, the trials and tribulations the protagonist faces in her fight for identity.

Daughter Aranya discovers that her family has been fighting in court for over a decade regarding ancestral property and has very conveniently left her out of it. Forget informing her, they have kept her very existence a secret

from the court. This is when she decides to fight and take what is rightfully hers. There is great power in the story as the protagonist stays true to her human-ness, falling in her endeavours at times and then getting up back again, never claiming superhuman strength or motivation. The moments of despair and dejection in the story are real and strong, as are the moments of achievement.

The story is inspiring and highlights sensitive topics such as the workings of parallel power economies, gender politics, and the importance of the system of law and justice. ▲

RESTAURANT REVIEW

N BAR & GRILL

Dig into decadent Indian delights and European fare all with a quirky twist at the N-Bar & Grill, located adjacent to Mumbai's famous RK Studios in Chembur. Commence your culinary journey with the lusciously marinated chicken tikka, cream drenched malai kabab, charcoal smoked galouti kabab or the chilgoza bharwan khumb pair to perfection with ulte tawe ka parathas. From the Westerns, golden fried camembert with raisin vinaigrette and mayo-tobasco fired RDX Prawns stand out.

Savour a heart-warming mutton yakhni, a roasted bell pepper tomato soup or the chicken kaffir lime soup that set the stage for delectable mains. Delicately spiced,

kukkad ke koftey with fragrant rice is a palate pleaser as are the raane-gulmarg and the murg lazeez with a full bodied cashewnut gravy. Rice lovers can feast on the aromatic dum murg biryani or the beautifully tempered kacche gosht ki biryani.

Restaurateur Amit Maken says, "Classic Indian food is something that each of us always comes back to after experimenting with different cuisines and this is what I had in mind while setting up this place. Arrive at a sweet conclusion with a sinful fig and pear enriched crème brulee or unique inhouse ice creams like the honey ginger and caramelised Parle G ice cream or the Madagascar vanilla bean sugar free ice cream." ▲



DIY

GROW HERBS IN TERRACE GARDEN

Aromatic and flavourful, herbs can be a useful addition to your garden. Here's how to grow some popular ones:

Mint (pudina): Take the leaves off a few stems you have bought. In a rectangular planter, loosen the soil with the help of a trowel, dig out a longish space approximately 5 inches deep, and place a stem horizontally inside it. Repeat for each stem. Sprinkle on water twice a day. Your mint should sprout in two-three weeks.

Coriander (dhania): Take a few coriander seeds and crush

them by rubbing between your hands. Plant them, at least, an inch deep in soil. Sprinkle water daily and place the pot in light sunshine. You should see results in two weeks.

Fenugreek (methi): Soak the seeds overnight and plant an inch deep in the pot. Sprinkle water. Wait for a week-10 days for the seeds to germinate.

Besides, you can get saplings of rosemary, thyme and celery from the nursery. They are easy to maintain and make great-tasting additions to soups and salads. ▲

PEOPLE HAVE STARTED RECOGNISING ARCHERY

For someone who has put India on World Archery Map in her teenage years, Deepika Kumari has a long way to go



At the early age of 20, Deepika has already pocketed top grade honours at the international level in archery. Having positioned at second rank on the world archery chart, this young girl has made India grow stronger on the global arena.

An auto-rickshaw driver, Shivnarayan Mahato's daughter, Deepika Kumari as a child, practiced archery while aiming for mangoes with stones. As she grew up it became difficult for her parents to financially support her dream, often compromising on family budget to buy her new equipment for her training. She even used homemade bamboo bows and arrows to enhance her archery skills.

Archers Limba Ram and Dola Banerjee had put India on the sport's world map a few years ago but the expectations couldn't sustain long enough. But after the arrival of this shy girl from Jharkhand India began to eye high laurels. Deepika got her first breakthrough in 2005 when entered Arjun Archery Academy and thereafter in 2006 she joined the Tata Archery Academy in Jamshedpur that gave a right direction to her career. It was here that she started her training with proper equipment and uniform. She also received ₹500 as stipend. Deepika returned home



(Above) During a practice session with fellow players (below) receiving the Arjuna award in 2012 from President of India Dr Pranab Mukherjee

three years later after winning the cadet World Championship title in November 2009.

She has got an endless list of achievements to her name at such early stage of her life. She announced her presence on the international stage by winning the 11th Youth World Archery

We never know what is going to be the result of a tournament.

I like to live in the present and think about one tournament at a time

Championship held in Ogden, USA in 2009, at an age of 15.

Today, due to her hard work, Deepika has reached the top world rankings, helped the Indian tally in the 2010 Commonwealth Games with two gold medals, won the world cup stages four times, clinched silver at the world cup final and is also an Arjuna awardee.



Deepika qualified for the 2012 Summer Olympics in London where she competed in Women's Individual and Women's Team events, finishing in eighth place in the latter. She has also been honoured with FICCI sports person of the year award in February this year.

The ace Indian archer agrees she has made it big in such a short time and is well aware that if she keeps shooting like this, another World Cup Final appearance will not remain out of reach. "I have achieved a lot

in very little time but there's still a lot I have to do in future," she says. Deepika hasn't yet set goals for herself and believes in giving her 100 per cent to her performances, "We never know what is going to be the result of a tournament. I like to live in the present and think about one tournament at a time. I haven't made a list of what I want to achieve. I just care about performing my best every day," says the current world number two archer in recurve category.

STRONG COMMITMENT TOWARDS HER WORK

Deepika has never believed to have taken rest in her life. She kept on moving on the progress ladder at every point with the aim to achieve the best in her career. Her coach Purnima Mahato says that it's her 'morale and confidence' that set Deepika apart



(Top) Deepika Kumari with Bombayla Devi and Dola Banerjee during Commonwealth games 2010 (below) at Tata Archery Academy

Deepika's dedication has made India a worthy competitor in archery. She is proud to admit that other teams are afraid of us now

and way ahead from others. "You just have to point out a mistake once and Deepika would not rest till she has got the best of that," says Purnima. It is Deepika's dedication that has made India a worthy competitor in the field of archery.

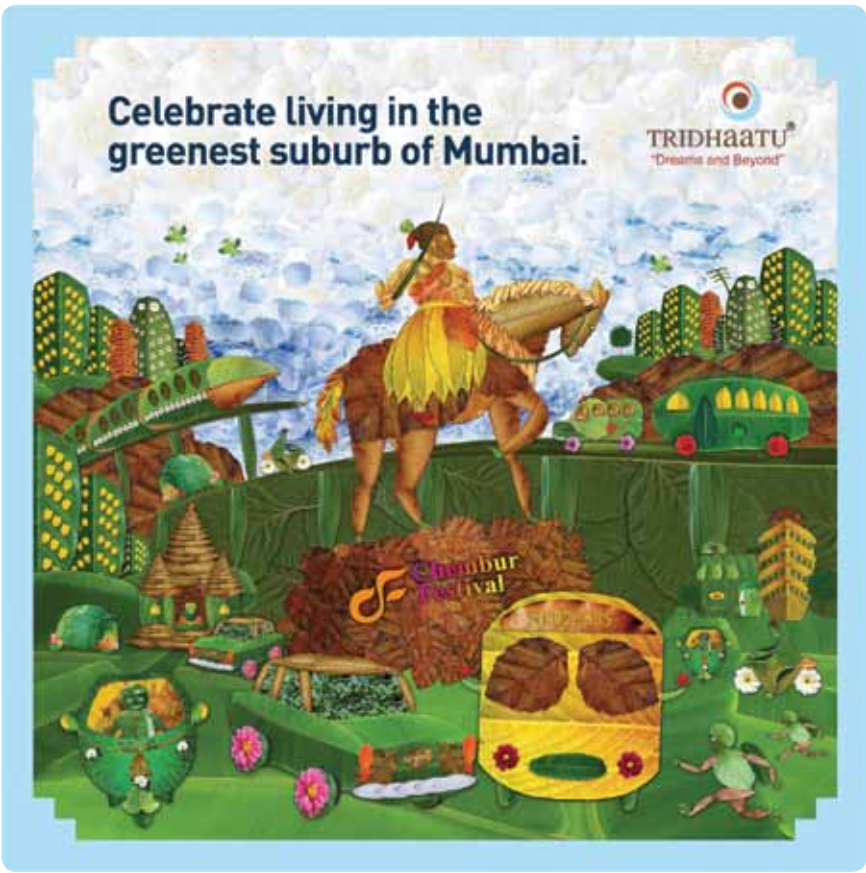
She knows that a lot is riding on her whenever she takes to the field but is smart enough to not let that affect her performance. "I can only practice hard and give 100 per cent every time," she says. Deepika was also featured by Forbes (India) as one of their '30 under 30'.

BRIGHT FUTURE: THERE IS LOT IN STORE

Deepika is looking forward to better her 2010 Asian Games bronze when she takes on the Koreans in their own backyard in the Asian Games (September 9 to October 4, 2014). The young star is training day in and out to give her best shot. "I am really working hard for the Asian Games. But the competition will be different from the World Cup. It is going to be very tough and we need to put in a lot of hard work," she says.

Being proud of her achievements and confident about her skills, Deepika says, "Many Asian teams are very strong. Koreans would, of course, have an advantage. But I know we will be ready."

"We have been beating a lot of top teams in these last two years. As a result, people have started recognising archery in India. Facilities and infrastructure have improved too. There's no looking back for us now," she puts in ▲



TRIDHAATU'S LEAF ART WINS AT GOAFEST 2014

Tridhaatu portrayed the idea of living in a green Chembur with an activity involving "Leaf Art" using natural flowers and leaves at Chembur Festival 2013. This artwork was awarded a bronze in the 'Branded Content & Entertainment – Best Use or Integration of Experiential Ideas' at India's premier advertising festival, Goafest 2014. We congratulate the entire team of Tridhaatu and the advertising agency TAILOR.

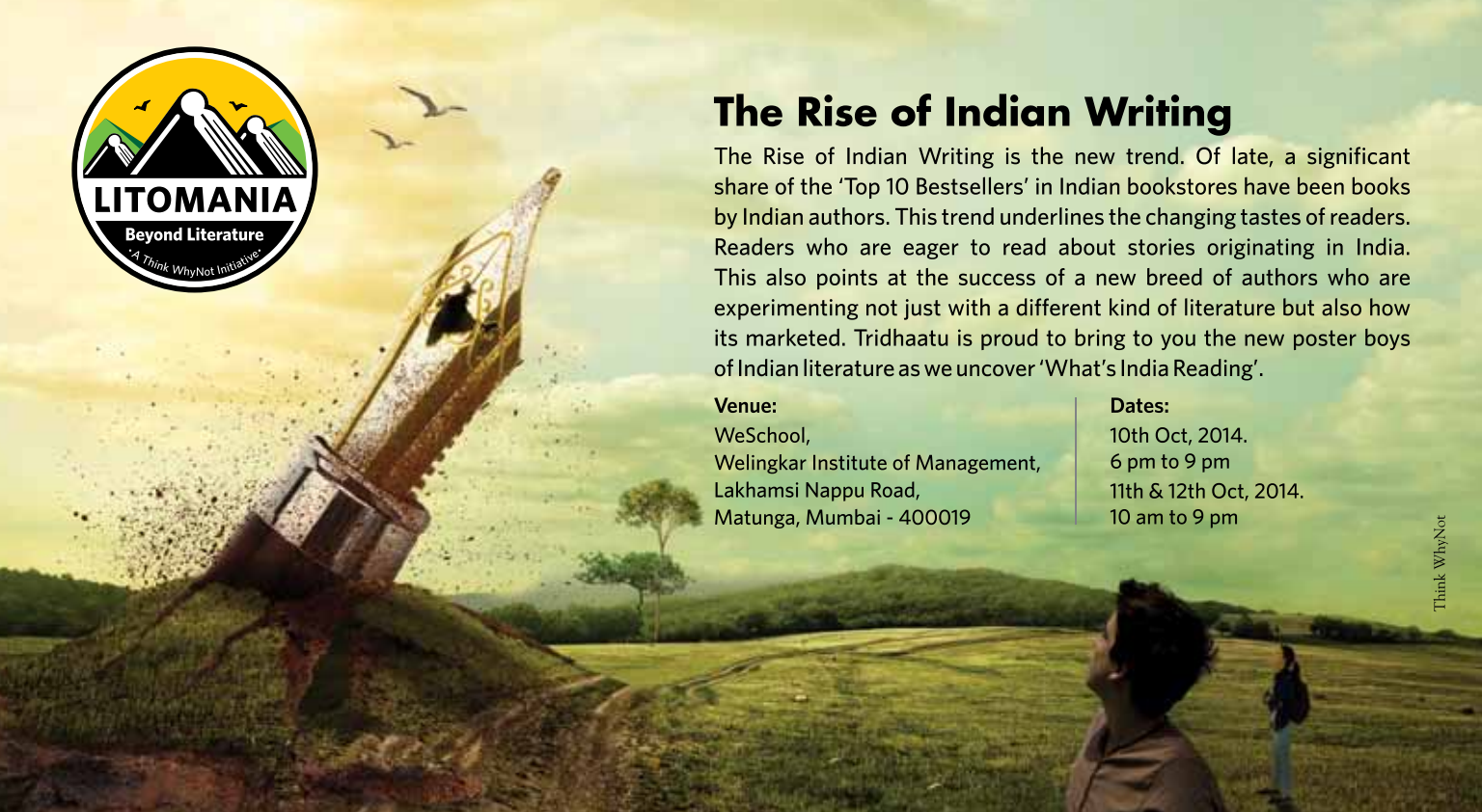


The Rise of Indian Writing

The Rise of Indian Writing is the new trend. Of late, a significant share of the 'Top 10 Bestsellers' in Indian bookstores have been books by Indian authors. This trend underlines the changing tastes of readers. Readers who are eager to read about stories originating in India. This also points at the success of a new breed of authors who are experimenting not just with a different kind of literature but also how its marketed. Tridhaatu is proud to bring to you the new poster boys of Indian literature as we uncover 'What's India Reading'.

Venue:
WeSchool,
Welingkar Institute of Management,
Lakhamsi Nappu Road,
Matunga, Mumbai - 400019

Dates:
10th Oct, 2014,
6 pm to 9 pm
11th & 12th Oct, 2014,
10 am to 9 pm



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