



USAP News

United Seniors Association of Pittsburgh

www.usaofpittsburgh.org

Volume 7 Issue 3

SUMMER ISSUE

July 2025

WE WELCOME YOU TO THE SUMMER EDITION OF USAP NEWS!

Every Summer, we are reminded that after every long winter, life blooms again – bright, warm, and full of new chances, and reasons to hope again. Everyone is up and about, carefree and travelling places.

The USAP Nature Lovers retreat at Valley Falls, West Virginia in late June, is still fresh in the minds of many – a hidden gem where waterfalls whisper and wild beauty calms the soul, where John Denver's iconic song '*..country roads take me home..*' is vibrant in the air. Much is written about in the pages within.

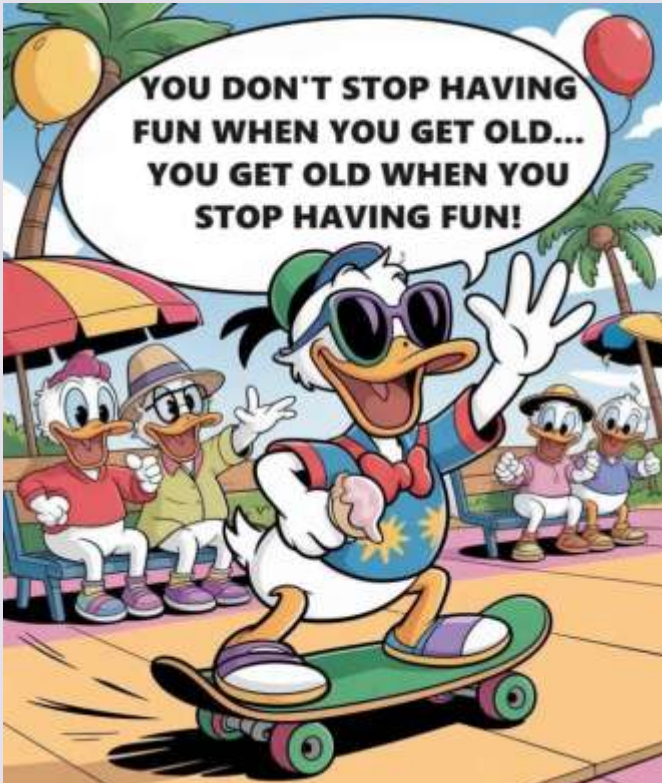
Dance and Drama

USAP has always brought forth new activities for its members which encourage not only, physical mobility and mental agility but also social support and bonding. Dancing to the tune of Bollywood music has been going on for a while with the help of Shakuntala Shinde. Now Drama is being added as a new activity with the help of Madhura Ranade, who will be directing a Hindi play. There are many characters in the play for both male and female participants. Those USAP members who are interested in acting, should contact Madhura ji latest by August 1st. Auditions will be held in mid August. The actual play is tentatively planned for first week of October. If you have prior experience in acting, or have participated in other plays, please mention that to her when you sign up. If you are selected, you will need to come regularly for weekend practices. It's a commitment that you must keep. We look forward to seeing some of you enthusiastic members on the stage soon.

Just like a doctor belongs to a medical association or a lawyer relies on their bar association for professional community advocacy, seniors too need an organization that represents their unique needs and interests, and for many, the organization is USAP. To remain sustainable and continue to thrive, USAP must plan for new ways to generate income beyond membership dues. To host fundraisers, community benefit events, and other potential avenues worth exploring, USAP will need active suggestions and creative ideas from its members. After all, who knows the community's needs and possibilities better than those who are a part of it?



READERS WRITE



Valley Falls Retreat 2025 was a real treat! We received many heart-felt comments. We'd like to share some of them here.

Huge shoutout to Chetan, Viharika, Bhavna and your supportive spouses for an unforgettable retreat! From yoga (still feeling that stretch!) to Bingo, Antakshri, Bollywood dance lessons, spontaneous Punjabi songs, lots of laughter and more, every moment was a pure joy! The positive energy from everyone was contagious, and even Mother Nature graced the fun with perfect weather and a soft, cool breeze. And discovering that magical Rock Park on the way back? What a perfect finale. We left feeling totally recharged. Big cheers and a very loud Hip Hip Hurray!

Vinod and Manju Chablani

Since this Valley Falls Retreat is so popular, we should do another similar retreat during Fall for the colorful Fall Foliage when the trees have yet to shed their leaves.

Dilip Shinde

Ajay and I have no words to adequately express how grateful, thankful, proud yet deeply humbled we are to have experienced what we did on this family retreat.

Yes, it totally felt like a family retreat surrounded by caring brothers and sisters where we jelled together and vibed together like one unit.

Our first retreat as new members but definitely the best one in terms of fond memories and the fantastic atmosphere and experience.

Coming downstairs to the lobby or the meeting room felt like entering our own family room!.

Ranjana Niranjani

This Valley Falls Retreat was excellent, it appears that everybody enjoyed it and had a fun time. I think those who spent lots of time in organizing, planning, preparing and executing this great trip deserve great credit. Thanks to all those who helped, especially Chetan Patel, Kiran and Viharika Bakshi, Bhavna Mehta, Vasanti Majmudar. And thanks to all the artists who entertained us all. We are looking forward to the next year's retreat.

Chetan Ladani

Your feedback is important to us. It gives us direction and keeps us going! One feedback is equivalent to twenty five.

USAP TOTAL MEMBERSHIP
(AS OF JUNE 30, 2025)

TOTAL Members : 399

.....
Charter Members : 223

4 Year Members : 176

Annual Members : --

**WELCOME TO NEW
CHARTER (LIFE) MEMBERS**

Jayeshkumar & Ramaben Patel

**WELCOME TO
NEW 4-YEAR MEMBERS**

Sanjay & Kirti Gulati
Ajay & Ranjana Katiyar
Nandlal & Bharti Khamar
Sanjay & Amita Mehta
Padma Melachuri
Vinita Patel
Bharat & Rasila Rana
Priyesh & Ketu Shah
Girija & Rajagopal
Thiruvadamarudur

**Please upgrade your 4-Years Membership to
Charter Membership**

**We sincerely appreciate your support to make USAP one of the
fastest growing organization of Pittsburgh and
boost the membership to close to 400 members.**

**PARTICIPANTS OF
USAP SPAIN AND PORTUGAL TOUR
FROM MAY 6 TO MAY 19, 2025
BACK WITH SWEET MEMORIES**



HAPPY BIRTHDAY WISHES TO OUR SPECIAL USAP MEMBERS

July: Vasu Malepati, Arun Mittal, Mina Patel, Nitin Merchant, Aruna Parikh, Niru Kamdar, Lata Dave, Vinod Goyal, Chhaya Bole, Kanwal Mahajan, Arundhati Mandava, Bakulesh Parikh, Mukesh Rustagi, Niranjana Shah

August: Ravi Kolli, Bina Monpara, Yogini Mehta, Farhad Cama, Vasanti Majmudar, Usha Joshi, Girish Thakar, Bina Goel, Sandhya Jain, Bhalchandra & Damayanti Mehta, Harshad Mehta, Pramila Ragoowansi, Shailesh Bhende, Shailesh Surti, Shobha Jatkar, Jayanthi Nama, Shahnaaz Cama, Manju Chablani, Kalpana Desai, Smita Gosai, Jagannath Karambelkar, Girish Patel, Harsha Pujara, Vijayakumar & Latha Bhagavatula, Prabhanand Yedla, Chandubhai Patel

September: Surinder Ajmani, Amita Mehta, Vinod Patel, Neelam Brahmbhatt, Sanjay Gulati, Devayani Pandit, Bharati Parikh, Ved Kaushik, Raman Patel, Raj Lall, Chetan Patel, Mehendra Shah, Jayna Desai, Prabha Bansal, Jayant Mirani, Kishor Patel, Shobha Mittal, Jashwant Modi, Gautam Patel, Sudhir Patel, Shashi Gupta, Lalita Jaspal, Kavita Thakkar, Manohar Badlani, Pramila Batra, Madan Batra, Seema Batra, Subhas Bole, Kamlesh Gosai, Shanti Swarup



United Seniors Association of Pittsburgh is a tax-exempt charitable organization.

Your support goes a long way in supporting free lunches and expanding our services to the senior citizens.

USAP TAX ID # 82-3787994

USAP News is published quarterly by United Seniors Association of Pittsburgh to keep its members and subscribers informed and connected. Your comments and suggestions are welcome to improve the dialogue.

Editors:

Subash Ahuja, Chetan Patel

PLEASE MARK YOUR CALANDER
USAP ANNUAL GRAND GALA DIWALI DINNER
ON SATURDAY, OCTOBER 11, 2025
MORE INFORMATION WILL FOLLOW



USAP

Ask the Doctor – Q & A Session with a Panel of Medical Experts

Let's face it, we all have questions regarding our health problems! And we all need the right information from knowledgeable people in their fields so we can better take care of our health.

USAP has arranged a panel of Board-Certified Medical Experts in different specialties who we can ask questions in a friendly informal setting.

- **Chetan Ladani, MD**, Cardiologist (all heart related problems)
- **Vasanti Majmudar, MD**, Ob-Gynecology (all female health issues)
- **Ved Kaushik, MD**, Clinical Associate Professor (colon and rectal surgery)
- **Ajay Mathur, MD**, Rheumatologist (all arthritis and joint related problems)

This is a very special program, huge success of last year, and second time being organized by USAP, not to be missed. Please encourage your friends also to attend.

You can send your question in advance to Dr Chetan Ladani (ladanicd@yahoo.com) or Dr Vasanti Majmudar (basumati@gmail.com).



Dr C.D.LADANI M.D.;FACC.

He is board certified in internal medicine and cardiology. He has been practicing in Pittsburgh for over 40 years. He is specialized in cardiovascular diseases. He has developed special interest in hair loss, Leaky gut syndrome, SIBO, Brain fog, Surgical back problems and health insurances in western Pennsylvania.

SATURDAY, JULY 26, 2025 AT 10:00 am

Pittsburgh Mennonite Church, 2018 S Braddock Ave, PA 15218

Admission: Free RSVP: By Wednesday, July 23, 2025

Masala Tea and delicious lunch will be served

RSVP is strongly recommended, for proper food arrangement.

Contact for more information:

Chetan Patel 412-908-1711
Bhavna Mehta 412-443-0959
Kiran Bakshi 412-841-2718

Chetan Ladani 412-519-9024
Vasanti Majmudar 412-855-5072
Subash Ahuja 412-216-8135



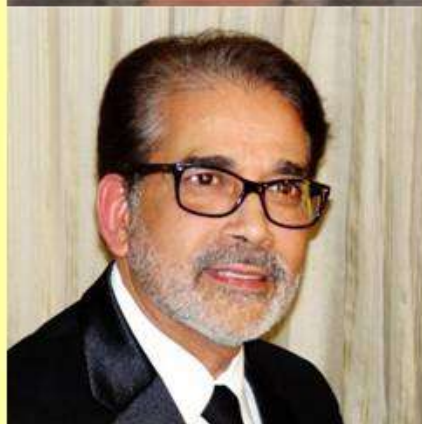
USAP

Ask the Doctor – Q & A Session with a Panel of Medical Experts

Doctors will be covering many important topics like – Insulin Resistance, Early Diabetes, what is LADA, Mental Fog, Forgetfulness, Prevention of injuries, Leaky gut syndromes, Microbiome, gut bacteria, Rheumatological problems, Early diagnosis and prevention of Cardiovascular diseases.



Dr Vasanti Majmudar is Board certified Obstetric/ Gynecologist doing private practice @ UPMC Passavant hospital for 42 years. Speciality covers issues with Menopause, hormone replacement therapy, osteoporosis, incontinence, hypo sexual disorder as well as routine Gyne exam benign and malignant gynecological issues.



Dr Ved Kaushik is a Experienced Surgeon with a demonstrated history of working in the hospital & health care industry. Skilled in Clinical Research, Medical Education, Medicine, Intensive Care, and Patient Safety. Strong healthcare services professional graduated from Maulana Azad Medical College. He is Clinical Associate Professor, Division of colon & rectal surgery at Upmc Passavant for last 36 years and training and teaching surgical residents.



Ajay K Mathur MD, FACP.

Dr. Mathur is board-certified in Internal Medicine and Rheumatology. He has been practicing in the Pittsburgh area for over 35 years.

He is specialized in the treatment of various arthritic conditions including osteoarthritis, rheumatoid arthritis, psoriatic arthritis etc. Dr Mathur is also involved in the diagnosis and treatment of other medical conditions such as osteoporosis, fibromyalgia, and various autoimmune diseases.

He is actively involved in community education.



USAP Invites you all

Fun-filled Picnic At North Park



Let's get out from our stressful life and join USAP's fun-filled Picnic and recharge your life.



MOON SHELTER
Ingomar Rd, North Park

**Sunday, August 10
from 1:00 pm to 7:00 pm**



**\$25 per person
Entrance Fee**

**Various types of Snacks,
Delicious Dinner, Fruits, Soft
Drinks and Beer, Lots of Games
and Entertainment Activities**

**If you are interested to join,
please give your names asap**

Please contact for information:

Chetan Patel	412-908-1711
Bhavna Mehta	412-443-0959
Viharika Bakshi	724-858-5539
Kiran Bakshi	412-841-2718



THE USAP RETREAT TO WILD, WONDERFUL WEST VIRGINIA

A BLISSFUL ESCAPE

By Dilip Desai

The planning committee had started working out the meticulous details weeks ago. So, it was a collective sigh of anticipation when **Friday, June 27**, arrived. Everyone reached the West Virginia hotel promptly at the assigned time of 5 pm.

For some, the fun had already started with their delightful wine tasting excursion to a nearby Batton Hollow local winery.

Upon arrival at our hotel, we were treated to a much-needed meet and greet tea and snacks party, a warm welcome that instantly made us feel at home. Soon after dinner, the entertainment started with a game of Bingo (arranged by Vasanti Majmudar) and the winners were instantly gratified and happy. Dilip Shinde was creative in offering a prize to the loser with a worst score. So, everyone ended up in a happy mood. This was followed by karaoke singing and dancing. There seemed to be no end of talent in the group. Dilip and Shakuntala Shinde played a game of musical quiz using song lyrics as patient's complaint and asking the audience to determine the name of the patient's disease. It was a hilarious night!

Saturday, June 28.

Our day began with an invigorating yoga session led by Bhavna Mehta. Refreshed and energized, we then set out in our own cars for the much-anticipated **Valley Falls State Park**. The drive was scenic, each turn revealing more of West Virginia's untamed beauty. Some took a strolling walk while others went for a peaceful three-mile walk along a wooded trail in the forest. It was "**Almost Heaven**" as the sign in the picture depicted, the iconic opening line of "Take Me Home, Country Roads" by John Denver.

There was help available with a golf cart for those who needed it.

Lunch was a welcome respite, a delicious spread of refreshing bhel, rice and raita, and sweet, juicy watermelon, providing the perfect fuel for our continued exploration. A thoughtful selection of wines and beers along with *lassi* and soft drinks were always available.



We couldn't take a boat ride, so instead the group spontaneously launched into a lively round of Antakshari, which added melody to the nature.

Back at the hotel, a quick freshen-up session prepared us for the evening's festivities. We reconvened in our meeting room, which had transformed into a vibrant hub of entertainment. The air crackled with excitement as impromptu singing and dancing sessions erupted. This left us breathless and exhilarated. A casual and delicious pizza dinner perfectly complemented the joyous atmosphere, providing the sustenance needed to keep the party going late into the night.



Sunday, June 29

A Grand Finale



It brought with it a bitter-sweet feeling—the end of a memorable retreat. After a hearty breakfast, we departed at 10:30 am for our stop along the way at **Coopers Rock State Park**. This park, perched high above the Cheat River Gorge, offered a truly awe-inspiring panorama. The "rock" itself, a massive sandstone formation, provided an incredible vantage point, showcasing miles of pristine forest and the winding river below. It was a befitting finale to our West Virginia adventure, a last chance to soak in the natural beauty before heading home.

As we dispersed, making our ways back to our respective homes, the consensus was unanimous: the USAP retreat was nothing short of awesome. The WhatsApp group, which had served as our planning hub, now overflowed with messages of gratitude and shared memories. Friends expressed immense satisfaction, delighted with every aspect of the weekend—from the comfortable accommodations and delicious food to the perfectly curated activities and, most importantly, the invaluable time spent together.

The USAP mission, at its core, is to foster senior community, encourage cultural exchange, and strengthen bonds among its members. This retreat perfectly embodied that mission, creating a space where friendships deepened, laughter was abundant, and spirits were revitalized. It was more than just



a getaway; it was a testament to the power of connection and the joy of shared experiences, leaving everyone eagerly anticipating the next USAP adventure.

A big round of applause goes to our President, Chetan Patel, as well as Viharika and Kiran Bakshi, Bhavana and Vijay Mehta, for their outstanding leadership, thoughtful planning, and flawless execution, and to the rest of the group for their participation and helping in many ways.

There are hundreds of pictures taken but only a handful could be shared in this limited space.

THE JOY OF NATURE THROUGH THE LENS

By Dilip Desai

There is a quiet, timeless wisdom in nature that reaches past words and straight into the soul. A shaft of light piercing morning mist, the hush of wind through trees, the infinite rhythm of ocean waves—these are not merely sights or sounds. They are invitations to stillness, perspective, and peace.

In our fast-moving world, nature remains one of the few sanctuaries where the mind can rest and the heart can open. Modern research confirms that natural settings reduce stress, lower blood pressure, and restore emotional balance. But long before scientific studies, poets, scientists, and sages knew this truth.

“Look deep into nature, and then you will understand everything better,” said Albert Einstein. In a forest trail or beneath a twilight sky, we are reminded of our smallness—and our belonging. Nature doesn’t demand achievement or productivity. It simply offers presence. And in that presence, something essential within us begins to heal.

Beauty in the Everyday

The sacredness of nature is not limited to mountain peaks or tropical shores. It reveals itself in the quiet glitter of a stream, the slow drift of clouds, or the sudden bloom of a flower unnoticed the day



before. As Vincent van Gogh observed, “If you truly love nature, you will find beauty everywhere.”

Sunrises and sunsets, in particular, carry a power that transcends time. They invite reflection, gratitude, and awe—without saying a word. Walking through woods or along a riverbank becomes not just exercise, but meditation in motion. Birdsong, once tuned into, feels like music composed for no audience but the present moment.

Photography, for those who carry a lens, becomes a natural companion to this awareness.

Through the Lens: A Practice of Presence

To photograph nature is not merely to capture an image, but to pause and honor it. The lens slows the gaze. It teaches us to see patterns in leaves, reflections in puddles, and meaning in what once seemed mundane.

As Ansel Adams, master of landscape photography, said: “You don’t take a photograph, you make it.” In the act of composing a shot, we become active participants in beauty. We frame not just the scene, but our own attention.

What might have been passed by becomes a moment of revelation. A single beam of sunlight on dew-covered grass. A bird mid-flight. A curl of mist over water. These images, when revisited, rekindle the calm and joy of the original moment.

Nature and the Soul

Time in nature not only connects us to the world—it reconnects us to ourselves. “And into the forest I go, to lose my mind and find my soul,” wrote John Muir, whose life was shaped by wilderness. In moments of stillness outdoors, we find clarity not through effort, but through surrender.

This reconnection is not solitary. Sharing a walk, a sunset, or even a simple nature photo with someone else builds emotional bridges. It becomes a shared language of presence, wonder, and gratitude. As Henry David Thoreau once wrote, “Heaven is under our feet as well as over our heads.” We only need to look—really look—to see it.

A Final Reflection

In nature, joy is not something we pursue. It’s something we notice. A gift revealed when we slow down, open our senses, and allow the world to speak. You don’t need perfect weather, a perfect camera, or a remote destination. You need only a moment—and a willingness to be present.

As I often remind myself, and others: The earth offers her beauty freely. It is up to us to pay attention.

PROTEIN FOODS FROM ALL SOURCES

By Khozem Mogri

Proteins are made up of building blocks called amino acids and are found in every cell throughout our body, so an adequate amount of protein intake is important for keeping our muscles, bones and tissues healthy. The human body needs protein to perform Tissue Repair and Growth, Metabolic Functions, Immune Support, Nutrient Transport and Overall, Health.

Dietary sources of protein include **Animal-based foods** like lean meat, milk, yogurt, cheese, pork, beef, eggs, poultry and fish as well as **Plant-based foods** like quinoa, buckwheat, spirulina, soybeans, nutritional yeast, chia seeds, and hemp seeds, nuts, whole grains, legumes, and soy foods such as tofu, quinoa and pistachios.

Animal protein

Certain animal protein sources like fish and poultry are linked to a reduced risk of heart disease, improved cholesterol levels, increased muscle mass, lower risk of type 2 diabetes, colorectal, stomach, pancreatic, and prostate cancer and better weight control. However, red meat consumption leads to an increased risk of heart disease and stroke. Generally, animal protein sources also supply other important nutrients, including vitamin B12 and [heme iron](#). Heme iron is more readily absorbed than the iron found in plant foods ([non-heme iron](#)).

Mediterranean cuisine is more meat-based but also made up of plant food and processed staples, focusing on foods using vegetables, healthy fats such as olive oil and canola oil, alcohol in moderate amounts, poultry, and fish instead of red meat and includes an array of seeds and nuts like cashews, almonds, hazelnuts, and pecans, which is regarded as a balanced healthy diet. Olive oil is the primary cooking medium. Protein in non-vegetarian foods is rich in fats/cholesterol, hence people with heart issues need to be mindful of this.

Plant Protein

A diet high in Plant protein has been linked to a lower risk of heart disease, diabetes, and obesity. People eating a vegetarian diet are associated with significant reductions in blood pressure, tend to have lower body weight, lower cholesterol levels, and lower risk of stroke, cancer, and death from heart disease than people who eat meat.

Indian Cuisine provides more vegetarian choices and also options of lamb and chicken. Indian cuisine cooks with ghee or butter and features lentils and grains; particularly wheat and rice, which are rich in carbohydrates. Hence diabetic patients need to be mindful of this.

Animal versus Plant protein: Which is better?

The difference between animal- and plant-based sources of protein is the presence of “complete” proteins that contain all nine essential amino acids. While both animal- and plant-based proteins contain all the essential amino acids, plant based just contain limited amounts of some of them.... This means that you may need to eat a larger volume of plant-based protein food. A peanut butter sandwich is a complete protein source. While wheat used to make bread is low in the amino acid lysine, peanuts are rich in it, resulting in a complete protein meal or snack.

Rather than focusing on consuming one or the other, it may be better to focus on eating a varied diet rich in both nutrient-dense plant proteins and lean animal proteins.

USAP MEDICAL ADVISORY COUNCIL

Please save the following reference list of physician specialists who have offered to provide advice and guidance to USAP members. Please know that such help is advisory only and should not be construed as treatment. The physician shall not be held liable in any manner whatsoever for offering such guidance.

ALLERGIST

ADI TAMBOLI, MD.

412-997-7007

CARDIOLOGISTS:

BRAHMA SHARMA, MD

412-708-9128

CHETAN LADANI, MD

412-519-9024

COLORECTAL SURGEON:

VED KAUSHIK, MD

724-816-9818

ENT SURGEON:

VASU MALEPATI, MD

724-344-3301

INFECTIOUS DISEASES:

USHA KARUMUDI, MD

412-874-2423

NEUROLOGIST:

KIRAN PATIL, MD

914-316-0643

OB GYN:

RAJNIKANT POPAT, MD

724-366-0867

OPHTHALMOLOGIST:

JUGINDER LUTHRA, MD

304-794-6336

MANOJ PATEL, MD - 412-716-4565

PSYCHIATRIST:

RAVI KOLLI, MD - 412-498-5098

VASCULAR NEUROLOGIST

ASHIS TAYAL, MD - 412-605-4418

HOMEOPATH

GIRIJA RAJAGOPAL - 412-499-2841



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- Medicare Supplement Plans
- Part D Rx Plans
- Individual (ACA - Affordable Care Act) Plans

We can help with

- Making sure your doctors are covered
- Verifying your prescriptions are covered
- Reviewing your group/employer coverage vs. getting your own plan
- Helping with PA Health Exchange (Pennie)
- Seeing if you qualify for premium credits (lower premiums)
- Explaining access to doctors (Network Options)

Scott partners with Nayan Shah to help USAP members



Protect Your Family - Make A Plan Today



HEALTH INSURANCE ADVISORS

Scott R. Lindstrom helps people obtain the lowest insurance. He is an independent broker working with many different insurance companies.

He offers a variety of quality life options for you to choose from!

Contact Us For Your Life Insurance Needs:

Scott R. Lindstrom, CLU, ChFC
Halley-Dodson Insurance Advisors
123 Shafer Road Moon Township, PA 15108
Phone: 412-390-7576
Fax: 412-269-9444
E-mail: slindstrom@halley-dodson.com

HELPS FIND THE LOWEST COST INSURANCE

KRISHNA'S KITCHEN

Beets and Spinach



INGREDIENTS

- 1 large beet, peeled and cubed
- Beet Greens, chopped
- 100g fresh spinach chopped
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1/4 tsp red pepper flakes (optional)
- 2 tbsp lemon juice
- 1 onion cut in squares
- 1 tbsp peanuts (optional)
- 1 tsp cumin seeds
- 1 bay leaf
- Salt and pepper to taste

SERVING SUGGESTION

This beet and spinach dish can be served as a side dish or a light meal. It pairs well with any dal, curry, grilled chicken, or fish. You can also add it to pasta or quinoa for a more substantial meal.

INSTRUCTIONS

1. Heat the olive oil in a large pan over medium heat
2. Add the bay leaf and cumin seeds and saute until brown
3. Add the onions and cook for 5-7 minutes, until slightly softened.
4. Add the spinach, beet greens, and beets; cook until wilted, about 2-3 minutes.
5. Add the salt and pepper. cover and cook for 3 minutes, keep it open
6. After all the water has evaporated, remove from heat, and sprinkle with lemon juice
7. Sprinkle with toasted peanuts (optional)
8. Serve immediately

SINGING FOR GOOD HEALTH

By Alka Kaushik



Just like daily exercise, practicing yoga and meditation, etc. we should include singing in our daily routines for good health.

Studies have shown that 96-97% of people can sing. Only 3% have Amusia and are unable to decipher tune and tone. There are 3-4% of us who have a natural ability and start singing at an early age with no training. Most of them have an inherited advantage as to the shape of their vocal cords and the anatomy of their pharynx and mouth which helps them reproduce the right tones and pitch. Most others, however, have to work hard and train to sing.

THE 3 COMPONENTS TO SINGING

1. A power source.

Our lung capacity and the movement of the diaphragm give power to our voice. Breath control, diaphragmatic breathing and good posture are essential for effective singing.

2. A Sound Source.

The vocal cords produce the notes at the right pitch and the mind guides as to how and when the notes will be delivered.

3. An Amplifier.

The mouth and the nasal passages work to give the volume to the notes.

HOW SINGING HELPS IMPROVE OUR HEALTH

Physically, it increases the lung capacity and oxygenation by deep diaphragmatic breathing and good posture.

Mentally, It is relaxing, engaging and improves our focus and attention.

Emotionally, It is a good mode of expressing our emotions by decreasing the negative emotions and improving our personality and confidence.

Socially, It brings people together transcending all boundaries.

Spiritually, Singing has been used across all cultures to reach the divine in all institutions. It can take us beyond the body, mind and intellect to the true nature in us -our consciousness.

SOME HELPFUL HINTS TO IMPROVE OUR SINGING

1. Practice breath control and good posture and practice to sing from the diaphragm.
2. Do vocal exercises and warm up before singing.
3. Find your range and gradually increase it with practice.
4. Control your pitch by practicing the scale.
5. Train your ears. This will improve your pitch and rhythm.
6. Practice with songs you like and are in your range.
7. Take guidance from a teacher.

In conclusion, Singing is a learned behavior to a certain extent and can be achieved with hard work, dedication and perseverance. Since there are many health benefits associated with singing, we should include it in our daily routines of life.

KABADDI & KHO KHO

Traditional Indian Sports on the Rise

By Sailesh Kapadia

When I saw an article on Kabaddi appearing in the Sports and Leisure section of Saturday Evening Post (April), I had a nostalgic feeling of our youth when we used to play the games of Kabaddi and Kho Kho. They are two traditional Indian sports that reflect the cultural richness and athleticism of rural India. They required no expensive equipment yet were excellent for physical and mental growth. Now they are enjoying renewed popularity on the world scene gaining international appreciation in the modern era.

KABADDI is a contact sport involving two teams of seven players each. The objective is for a 'raider' to enter the opposing team's half, tag as many defenders as possible, and return without being tackled—all while holding their breath and chanting "kabaddi." The defenders, on the other hand, aim to stop the raider by wrestling them to the ground. Kabaddi requires a mix of agility, strength, and mental calculation. The sport gained mainstream appeal with the launch of the **Pro Kabaddi League** in 2014 and is now played in over 40 countries, including Iran, South Korea, and Kenya.



KHO KHO is a high-speed tag sport played by two teams of nine players each. The chasing team sends one active runner to tag members of the opposing team, who try to avoid being caught. Teammates sit in a row in the center of the field, alternating direction. A key element involves strategic passing of the chase from one player to another through a process called 'giving a Kho.' The chaser can only change direction at the ends of the field, adding a layer of complexity. Kho Kho is known for its dynamic gameplay and teamwork. With the launch of the **Ultimate Kho Kho league** in 2022, the game has received a professional makeover.



Both sports are deeply ingrained in Indian school curriculums and require little or no special equipment or protective gear making them accessible to all.

Today, they serve not just as games, but as symbols of India's athletic legacy and community-driven play.

As seniors now, can we play these games we all grew up with?