

Silence, lack of awareness barriers in India



Over the last two decades, Tai Chi – which many call the “moving meditation” that is good for those who can’t do rigorous physical exercise -- has gained ground in India. But as a popular form of meditation or physical exercise, it has a long way to go.

“Those who lived abroad knew about it, and it started becoming popular since 2000,” says Rajeew Sabharwal, who teaches tai chi to a dozen people at the Gold Gym in Palam and at an office complex. “All over the world, people are turning to it,” he

says. And in India, tai chi can be more helpful because of the spiralling stress levels. But currently, only about 5 per cent Indians practise this. In Delhi, there are around four centres. “But I guess, in the days to come, this will become more popular.”

Sabharwal himself was attracted to the martial art after he saw his karate teacher practising it. A practitioner of karate since 1979, he realised that strength gets affected with age. In 1989, he began learning and in 1991, perfected the art

under an Australian ambassador who was an expert. “It is a beautiful art. Some call it Chinese Yoga, even though it is a form of martial art. But it is moving meditation and very helpful for people in all age categories.” At the gym, a few people have enrolled since the 45-minute sessions require absolute silence. “Some people don’t like to be silent,” he says. “Which is why, it requires a mature person to practise tai chi.” Not many know that those who cannot practise yoga due to spinal or other problems, can practise tai chi.

Older people don't like being called 'retired'

New Delhi : The cliched notion of grandmas and grandpas retiring in the twilight of their careers could now be the thing of the past.

A new survey on the International day for Older persons reveals that senior citizens get hurt and have a feeling of seclusion when the world refers to them as “retired.”

Delhi-based NGO Agewell Foundation recently conducted a survey on 15,000 older persons in 135 districts spread over 25 states of India. The survey aimed to identify changing and emerging needs of older Persons in modern society.

Change in social environment and medical set up topped the needs of senior citizens followed by their psychological condition, financial status, interpersonal relationships, legal

set up and religious conditions.

32 per cent of the older persons mentioned a lack of love and compassion in their life prominently and the use of the word ‘retired’ as the primary cause of their psychological problem.

“When people call me an old retired man, it hurts. I never feel that I am old, as I find myself as active and healthy as people in their 50s. I am looking for a suitable job to prove this,” says Ravi Prasad Sharma, 62-year-old retired engineer from Chandigarh. Psychiatrist Samir Parikh says it does not matter how people address you but what counts is how you take it and how society treats you.

“Calling anybody retired makes no difference and it depends on the individual how he feels from inside. Also, how his family and society treat him is equally important,” he says.

Human mating preferences are increasingly being studied to understand what shapes our complex reproductive behaviour.

Whilst previous studies have separately investigated ideal mate choice and actual pairing, this new research was specifically conducted to compare them.

The researchers gathered data from one hundred heterosexual couples living in Montpellier, south of France.

To measure preferences for body morphology, they used software, which allowed the participant to easily modify the body shape of their ideal silhouette on a computer screen.

The researchers then compared ideal silhouettes obtained with the actual characteristics of the partners.

For the three morphological traits studied - height, weight and body mass - men's mating preferences were less different from their actual partner's characteristics than females.

mating preferences for body morphology than the actual morphology of their partners and the discrepancies between real mates and fantasies were often larger for women than for men.

The study also found that most men would rather have female partners much slimmer than they really have.

Most women are not satisfied, either, but contrary to men, while some would like slimmer mates, others prefer bigger ones.

Our real-partners are poles apart from our ideal mates

London : You might have given a whole lot of thought about your ideal partner, but according to researchers, our image of the perfect mate is drastically different from our real-life partners.

The study by researchers at the University of Sheffield and the University of Montpellier in France, found that our actual partners are of a different height, weight and body mass index than those we would ideally choose.

The study found that most men and women express different

Smokers 'waste a year of their lives on fag breaks'

London : Seems the boss is right! Smokers work an hour a day less than non-smoking colleagues – wasting over a year of their lives on office cigarette breaks, a study has revealed.

The study of 2,500 adults by UK-based market research company 'OnePoll.com' found that an average smoker takes four 15-minute breaks daily, amounting to nearly 445 days out of a working life. Moreover, four in five smokers didn't cut down on their breaks during the recession and that women spent longer outside than men, according to the findings.

Surprisingly, only one in 10 smokers admitted going outside for a chat without lighting up.

“These stats are bound to be



annoying for employers.

It will also irritate non-smokers, who wouldn't get away with taking four 15-minute coffee breaks,” a spokesman was quoted by the 'Fox 26' online as saying.

Working mums and full-time women suffer most stress

Melbourne: Increasingly hectic work schedules are wreaking havoc with most people's lives these days, but a new study revealed that working mothers and full time working-women are affected the most.

The study by the Centre for Work and Life at the University of South Australia, found working women were the most unhappy. They also found that males aged 29-49 (Gen X) worked the longest hours and had the worst work-life balance.

The value of time-off has increased so much that workers would rather have an extra two weeks of holiday

than an equivalent pay rise, but about 60 per cent of workers stockpile holidays because they are on short-term contracts, lacked security or were under pressure at work, reports the Courier Mail.

“Indeed, the situation of full-time women has deteriorated, with a 10 per cent increase between 2007 and 2010 in the proportion who find that work interferes with activities outside work,” the study showed.

About 25 per cent of women working full-time and 20 per cent of men were dissatisfied with their work-life balance in 2010.