

Fountain pen: A relic back from the dead

NEW DELHI, Oct 6:

The good old fountain pen that people laid to rest in their heads long ago may well be on its way to regaining at least some of its lost glory across the globe, thanks to reasonably priced fine writing instruments made in India.

An American citizen, on his business trips to India, realised Indians had good handwriting and it was the result of great penmanship. A quest to improve his own handwriting, which he describes as "chicken scratch", led him to discover the affordable fountain pens manufactured in India.

The answer for a good long-hand, for Kevin Themann, lay in the fountain pen. Also, in what the Father of the Nation, Mahatma Gandhi, who apparently had terrible handwriting, said about "bad handwriting" being "a sign of imperfect education".

Themann was parked at an online pen networkers' forum when someone asked him the inevitable - about the Indian fountain pen.

"I received a message from a fellow member asking me if I had run across any of the Indian models. I didn't know such a thing existed but the question made me curious. So began my hunt for Indian-made fountain pens," writes Themann on his website fountainpenrevolution.com, which has hues of the tricolour on its masthead and is dedicated to Mahatma Gandhi.

Soon enough Themann was on a buying spree -- for himself and for his friends in the US and also collectors -- for affordable Indian pens, which he claims were being manufactured in India to promote good handwriting.

"So began my hunt for Indian-made fountain pens. In the course of the journey I have learned much about India's long history of affordable and useable fountain pen manufacture and of Gandhi's story, which is shared on the homepage. Not only did I begin buying these pens for myself, but I also took a bunch home to the US and began marketing them to US collectors. Thus began our quest to make these hard to find pens more available to the world market," he wrote.

Themann's first exclusive Fountain Pen Revolution Pen is called 'Dilli'.

"Dilli is the local pronuncia-

tion of Delhi, India, a city close to our heart. The Dilli is a beautifully built piston filled pen with translucent body and cap. It comes in fine, medium, flex and fine stub nib options," reads the description of the pen that adorns his homepage.

Pens manufactured by Deccan Pen Company of Hyderabad, who specialise in making handmade pens since 1920s, Guilder Pen Company of Rajahmundry, Lazor Hero Pen of Calcutta, Hamraj Max Pens of Varanasi and the Oliver Pen series of Chennai are all up for sale on Themann's website. (PTI)

Restore: Fighting away the inflammatory lifestyle

NEW DELHI, Oct 6:

Eat less, switch on the anti-ageing gene, and watch yourself get younger and disease free.

These are among the several tips that Mumbai-based nutritional therapist Rachna Chhachhi suggests in her new book "Restore", which is about how diseases take root and how we can restore our health.

Her five rules to start a journey are: Take the biological age test, Eat an anti-inflammatory diet, Cut your simple sugars and carbohydrates, Get the vitamin-B that makes you young, and Eat less.

"Implementing all these may seem difficult, but it isn't. Each

one of the rules contributes to reducing inflammation, hence reducing the propensity to get diseases," she says.

According to her, inflammation inside the body is the root of all pain and most illnesses.

"Inflammation ages you, your organs and makes you get diseases faster. It accelerates degenerative diseases you were meant to get in your 60s, and makes you get them in your 30s and 40s," the book, published by Timeless Health, says.

Rachna herself went through a debilitating disease while she was working with a financial company and cured herself by nutritional therapy before changing the course of her life.

Her first person account, and case studies on how she reversed diabetes, cholesterol, hypertension, migraines, rheumatoid arthritis etc via nutritional therapy, form part of the book.

She cites three reasons for diseases to take root that finally lead to inflammation: nutrient-anti-nutrient imbalance, stress and sleep.

High stress and less sleep will upset the nutrient-anti-nutrient balance and cause damage.

Sleep is one of the most important factors to stay fit.

"Sleep deprivation lowers growth hormone levels that are directly linked to accumulation of fat around the waist. (PTI)

Societies, trusts declared public authority: NGO

NEW DELHI, Oct 6:

Some societies, trusts and charitable institutions have been declared as public authority covered under the Right to Information Act by different high courts, according to a compilation by an NGO.

The data, which was compiled in the backdrop of a recent government decision to amend the RTI Act to give immunity to political parties from providing information, shows that many private organisations and autonomous bodies have been declared as public authority by state and central information commissions.

"Many information commis-

sions at the central and state level have held several non-government organisations to be public authorities under the RTI Act because they are financed substantially by some government or the other.

"Many such organisations challenged these decisions in various high courts demanding a reversal of the orders but did not always achieve success," Venkatesh Nayak, coordinator (access to information programme) of Commonwealth Human Rights Initiative (CHRI) which has brought out the compilation, said.

The compilation includes a series of judgements declaring

cooperative societies, cooperative banks, cooperative sugar mills, private organisations and Special Purpose Vehicles (Private Public Partnerships), autonomous institutions, educational and religious institutions as public authorities.

Bangalore International Airport Authority Ltd has been declared as public authority by the Karnataka High Court, Delhi Multi Model Transit System Ltd, and Electronics and Computer Software Export Promotion Council by the Delhi High Court and management bodies of Hindu temples declared public authority by the Madras High Court, it said. (PTI)



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