

# VEDAANTA VANT *age*



VEDAANTA  
SENIOR LIVING

For July we have **SPORTS EDITION** to celebrate the spirit of Olympics, EuroCup, Wimbledon, Women's Asia cup and many more

## **SPORTS & SENIORS**

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IT'S ABOUT PASSION AND FITNESS AND HAS NOTHING TO DO WITH AGE.

## **TRADITIONAL SPORTS**

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TURNING THE SPOTLIGHT ON INDIAN TRADITIONAL GAMES/SPORTS

## **COMMUNITY STORIES**

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MEMBER STORIES AND EVENT WINNERS



# GET READY

VEDAANTA OLYMPICS COMING  
THIS MONTH!



## HAVE YOU REGISTERED YET?

**GET READY FOR SOME SPORTS FUN!**

We can't wait to showcase the champs in our  
newsletter and on social media!

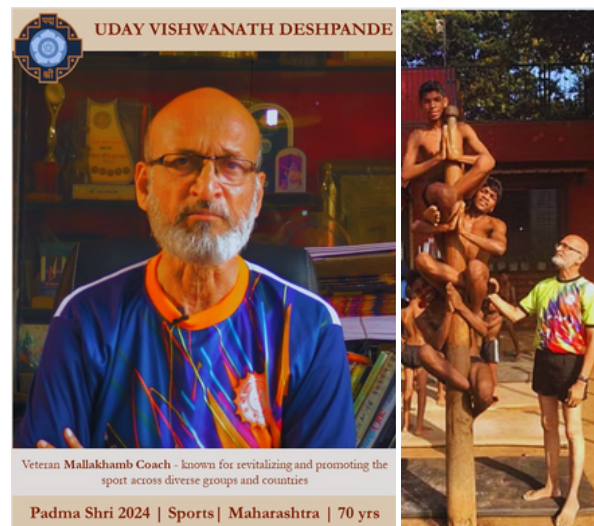
# TURNING THE SPOTLIGHT ON INDIAN TRADITIONAL GAMES/SPORTS

Did you know that 'Snakes and Ladders' originated in India in the 13th century and was known as Moksha Patam? The squares represented the virtues and vices and were named accordingly, for instance, kindness, honesty, greediness, disobedience, and so on - to teach the young about moral values. Played with cowrie shells, a good virtue took you up the ladder while a misdeed brought you down. The game represented the ups and downs of life, with the final square denoting Moksham or Liberation.

India has a rich history of traditional games and sports such as Kalaripayattu, Mallakhamb, Chess, Kabbadi, and more. While many of the treasures got lost during the invasions and colonial rule, we are beginning to witness the revival of ancient sports and games at a National and International level. Here are two instances where seniors have been instrumental in taking Indigenous games to the world stage.



Uday Vishwanath Deshpande, the 70-year-old veteran international coach of Mallakhamb and a recent Padma Shri Awardee, has worked tirelessly to bring this extraordinary Indian sport to the world stage. Mr Deshpande has conducted numerous workshops and trained several men and women across the globe in this unique sport that uses the pole magnificently to work the body in gymnastic and yogic poses.



S.R.D. Prasad, an exponent of Kalaripayattu, was bestowed the 2023 Padma Shri award. Prasad Gurukkal, now 79, spoke passionately at an international conference about rules and structure steeped in ethics and moral values - a feature evident in the war of Mahabharata - that make Kalaripayattu a class apart in martial arts.



Indian ethos and values ingrained in Indigenous sports and games make them unique and exclusive. With eminent seniors leading the way, it is time we appreciate and learn what is native to our culture and pass on the rich legacy to future generations.

# IN YOUR OWN WORDS!

## MEDITATION - PART 1

INSIGHTS FROM  
MS. RAMA FROM  
VEDAANTA  
BRINDHAVANAMN



During my trip to Bengaluru, I had a visit planned for the pyramid meditation programme. As I stood before the grand pyramid, I was struck with emotion as the serene look makes our eyes and heart joyous.

When the meditation programme started inside the pyramid, each one of us took a place of their choice. A soft flute music, playing in the background, was enchanting and I started the meditation. The past events that came up were brushed off and the morning lectures of practising meditation echoed in my ears and I followed it silently.

Slowly, as the minutes turned to an hour, my ankles and thighs reminded me that I am not a regulator meditator sitting in this sukhasana pose. It started giving me some "dukh" in my legs!

Tempted to see how others were doing, I opened my eyes slightly and looked around. My neighbour was missing. Meanwhile, many were so still and silent, engrossed in their meditative stance, that I couldn't help envying them. How I wish I could meditate like this!

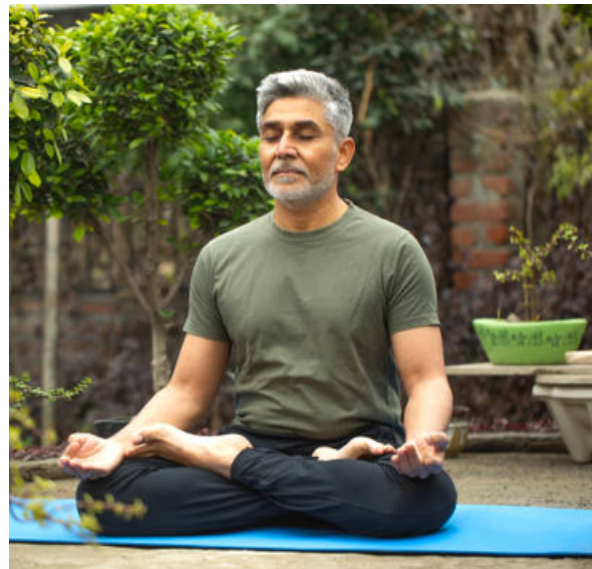
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Aye, you! You need to practice regularly yaar!," my inner voice reminded me.

True, in daily life, we spend more time on other outside activities. As a result, the time allotted for meditation is absolutely not enough for one to achieve the level of mental and emotional satisfaction.

So, the five day programme was a real blessing. It helped me get away from the maddening routine life of meeting people, planning what to cook and eat and spending more time watching TV news and serials.



Piramid Valley Meditation Centre,  
Bangalore

As I came out of the centre, my next plan was to visit our close relative who had shifted from Mumbai to Bengaluru.

As I reached their house, I could see that the uncle was missing and the aunty and her mother were the only ones present. When two seniors are together, their talk will be of either their children's marriage years back or their present knee problem.

Where is Uncle?, I enquired.

***(To be continued.....)***

Though we could have our mobile with us, half of the time it was also in silent mode. This enabled us to get a much needed break from WhatsApp and Facebook.

Soon, the routine "expressing the experience" was over and most of us felt that it was too short a period for an understanding and experience of the real meditation.

# SPORTS AND SENIORS - IT'S ABOUT PASSION AND FITNESS AND HAS NOTHING TO DO WITH AGE.



These elderly athletes from Chennai are accomplished sportspersons in their seventies and eighties. Besides following a strict daily fitness regime, they professionally coach the younger generation.

The common factor in these stories is determination, deep passion, and an unwavering faith in self. Above all, it speaks volumes about self-discipline and adherence to a fitness routine that overrides myths and misconceptions about age. Numerous studies have proven that physical exercise and fitness reduce the risk of bone damage, injury, and falls and improve heart health.

Seniors in India are making headlines for their exemplary accomplishments in sports, winning medals at International championships, including the Olympics. It is awe-inspiring to read about the story of Bhagwani Devi Dagar, a 95-year-old grandmother from Haryana who won 3 gold medals in April 2023 in the World Masters Athletic Indoor Championship in Poland.

Reena Tharakan is 63 years old but has been training with passion and determination in powerlifting for the past ten years and has won several medals at the district, state and International levels. Rukmini Devi Talluri got back to training when she was 50. At 68, she won silver and bronze medals in Pole Vault and Hammer throw in the Masters Athletic Championship and is now focusing on the championship in Sweden in August 2024.



Taking good care of your body and mind is essential, even if you are not a professional sports person. Whether one adopts a *simple walking routine*, *chair yoga*, or *meditation*, a self-care routine will go a long way in maintaining physical and mental health.

You can follow the stories of these inspiring seniors at the links below:

1. *Bhagwani Devi Dagar at the World Masters Athletics Indoor*

*Championship*

2. *Reena Thakaran's tryst with Powerlifting*

3. *Rukmini Devi Talluri- a multi-sport whiz*

4. *Chennai Champions who practice what they coach*





# ACE THE VEDAANTA SPORTS QUIZ!

## NO.1

Which Indian badminton player became the first Indian to win an Olympic medal in the sport?

- A) Kidambi Srikanth
  - B) PV Sindhu
  - C) Saina Nehwal
  - D) Prakash Padukone
- 

## NO.2

Which city hosted the iconic 2011 Cricket World Cup final between India and Sri Lanka?

- A) Mumbai
  - B) Kolkata
  - C) Chennai
  - D) Delhi
- 

## NO.3

Which Indian Grandmaster won the Super GM Chess tournament in Hungary?

- A) Nihal Sarin
- B) Adhiban Bhaskaran
- C) Parimarjan Negi
- D) R. Praggnananda

## NO.4

Who was the first Indian tennis player to win a grand slam

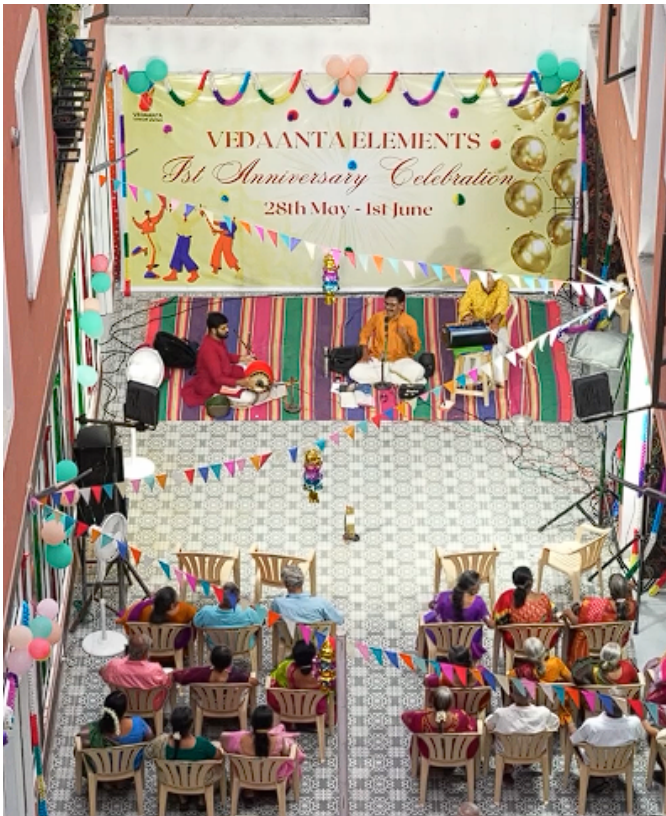
- A) Mahesh Bhupathi
- B) Leander Paes
- C)Saniya Mirza
- D) Rohan Bopanna



# COMMUNITY STORIES

JUNE MARKED THE CELEBRATIONS  
OF MILESTONES AND PERSONAL  
STORIES.





## First Anniversary of Vedaanta Elements

While all anniversaries are memorable, the first one is always closer to the heart. One year ago, on 1st June 2023, we launched Vedaanta Elements. No matter how many projects we conceive and launch, the thrill and anticipation remain constant each time. Without you and your trust, we cannot truly succeed, and we are eternally grateful for your support and faith in us.

The month began with a three-day anniversary celebration of Vedaanta Elements, starting from 28th May - 1st June. A sumptuous food festival and soulful music were the highlight of the celebration.

The menu for the food festival was exhaustive, with each item being delectable. The semi-classical concert by Shri Umamaheshwaran Palakkad was spell-binding. The Sing With Me light music session with Shri Kumar Iyer was a big hit with all the residents. What enthusiasm and spirit everyone displayed! We discovered some lovely singers amidst us.

## Father's Day at the Vedaanta Community

We can safely adjudge parenting as the most challenging job. While a mother's role gets acknowledged occasionally, the father usually remains the quiet pillar of support for a family. Our residents across all Vedaanta communities met online to share their thoughts on what being a father meant to them- as a father and child.



Speaking about one's parent doesn't come naturally for a generation unaccustomed to any outward show of affection. However, rarely did that mean there was no love. Did they choose a different way of parenting when it was their chance to be parents? The webinar quickly turned emotional as memories tumbled out, and the feelings lay bared open.



## International Yoga Day

Residents across all communities celebrated International Yoga Day by practising Yogasanas. Mr Naveen guided the residents through Suryanamaskar and Chair Yoga poses. Most seniors showed strength, stamina, and enthusiasm during the practice.

Also Read: [Best Chair Yoga Poses for Seniors](#)

# TAMBOLA WINNERS



# QUIZ WINNERS



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