



## ONE OF A KIND

**B**edi is an Indian social activist and retired IPS officer. She joined the police service in 1972 and became the first woman officer in the IPS. Bedi held the post of Director General at the Bureau of Police Research and Development before she voluntarily retired from

the IPS in December 2007. She has also founded two NGOs in India. She is a recipient of the Ramon Magsaysay award, 1994, for her contribution to Government service. In her student life, she took up and won many awards like the Asian Ladies Title, the All-Asian Tennis Championship, etc.



## THE SINGING LEGEND

**O**ne of the best-known and most respected playback singers of our country, Lata Mangeshkar, started her career in 1942 and has spanned over six and a half decades. She has recorded songs for over a thousand Hindi films and has sung songs in over thirty-six regional Indian and foreign

languages, though primarily in Hindi. She is the second vocalist to have ever been awarded the Bharat Ratna, India's highest civilian honour. Mangeshkar was featured in the Guinness Book of World Records from 1974 to 1991 for having made the most recordings in the world.



# Her Self

Life 365

PUNE, Monday May 21, 2012



## VOX POPULI

### What women want?

**W**e love exotic vegetables, they add colour and taste to simple food. Go Thai, go Chinese or simply stir-fry them. Here are six fabulous cooks who tell us about their favourite exotic vegetables and why they buy them. These vegetables need not be called exotic anymore because even your local vegetable vendor has started stocking them and they have become a part of daily cooking.



#### PALLAVI KHURANA

I buy Zucchini every week and Pak choi at times. I use Zucchini to make Chinese stir-fried rice with vegetables and Pak Choi for plain fried rice.

#### CHANCHALA BARANWAL

I shop for coloured bell peppers every week. I use them in salads for their colour and taste. I also prepare a simple but delicious dish with bell pepper and paneer.



#### SAPNA RUNGTA

I buy broccoli very often. I buy it from Dorabjee's in Camp and the Pul Gate market. I get it really cheap at Pul Gate for nearly Rs 50 for half kilo.

#### PADMAJA DAVE

I love the red Poblano Chili and the sweet, coloured capsicums: purple, orange, chocolate, yellow and red are very easily available. They taste delicious in all preparations be it *sabzis*, *salans* and even pickles!



#### RADHA ADVANI

I buy broccoli because of its health quotient. I prepare a delicious creamy green broccoli soup, or alternatively use it in my stir-fry dishes.

# Her extended family

**Life 365 catches up with dog trainer and behaviourist Shalaka Mundada, for whom caring for the four-legged goes well beyond being a mere profession**



#### SHEHNAZ CHAWLA

**C**ertified dog trainer and dog behaviourist Shalaka Mundada loves her job. In 2008, she started a home away from home for dogs. Over the course of the last four years, Shalaka has looked after 500 pets. Today, PetSitters acts as not just a home away from home for your pets while you are on vacation, but also a place where your four-legged friend can enjoy a swim or play with other dogs.

**From the corporate world to the world of dogs—how has the change been?**  
The good side is that here I am not working. I am just enjoying every single day with different pets and it's a wonderful feeling. I have always liked dogs, but never really owned one as a kid. All those from Pune would know the concept of a *galli* pet and that's what we had. We used to take care of pets in and around our area, making sure they are fed and vaccinated.

**Sometimes, even understanding that your pet has a problem and understanding how to deal with it goes a long way.**

I got married into a super dog-loving family and my first two pets, Shadow and Bruno, adopted me.

- **What inspired you to start Pet Sitters?**  
Post a 9 to 5 job, I had had enough. I quit and sometime then, Bruno was sick. Regular trips to the vet got me volunteering at Dr Hatekar's clinic, where I learnt how to handle other people's dogs. One such time, post Diwali, a lot of pets came in sick after being in kennels for a couple of days. Just a bit of questioning was enough to understand the boarding scene in Pune for canines and that day PetSitters was conceptualised.
- **How does your family**

**support/react to your work?**  
Coming from a setup which always had pet dogs, they completely support what I do.

- **You are a certified dog behaviourist—can you elaborate on this?**  
Pets talk to you in many ways; understanding what they have to say to you is what is critical. Pet behaviour is usually backed by an experience the pet has had in its past with his birth mother, littermates or pet parent. Understanding the problem and finding a solution to it is what a pet behaviourist does. It involves asking the right set of questions to find out the problem and then correcting it. Sometimes, even understanding that you pet has a problem and understanding how to deal with it goes a long way. Most common behaviour-related issues we deal with are aggression, chasing bikes, afraid of loud noises and separation anxiety.
- **Pool parties, birthday and fun parties for dogs! How is the response been?**

It was muted initially, but now it's catching up. Pet parents are looking at more avenues to spend quality time with their pets. Time and money spent on pets is increasing and these events now garner a lot of attention from people across different age groups to come out and participate in fun events and games and celebrate each occasion with them. In fact, the last pool party, we even had owners get in the pool with their pets in tow and they all enjoyed it a lot.

**Are you planning to house other animals as well?**  
We are planning to foray into cat boarding soon. We do get a lot of calls from people wanting to keep rabbits and hamsters. By 2013, I think we would be able to house them as well.

#### EXTRA

PetSitters at Maan Village, 4kms away from Hinjewadi IT Park, Phase I, Pune  
Contact no 91 9881076677 or 9423009648

# Adjusting to change is a process

#### DR BHOOSHAN SHUKLA



state to state. Let's look at this issue one by one:  
• **Quality of education**—First of all let me make it clear that in spite of my multiple degrees and excellent academic record, I am not a great fan of education (till secondary school level). What one really learns from school till age of 15 is—the process of learning, social skills and self-discipline. These three issues should be bedrock of education till the age of 15.

**L**ast week at a get together, a friend was telling me that he was very worried about his children's future in India as he was re-thinking about moving to India from the U.S. His main concerns were quality of education, effect of other children's behaviour, change in accent, health and physical environment.

His tone was of worry and I could empathise with him, having made a move to India more than a year ago. Many families move a great deal now. Some move continents and some move within India from

Most schools of today are better equipped than the school we went to. Proponents of American, British or any western school will realise that in such schools, emphasis is on creating a good environment. If you can help your child stay out of the rat-race, they will face



the world readily no matter which school they go to.  
• **While choosing a school**—Some things to remember are: Number of children in each class (at the most, 35), proximity to your home, availability of playground, attitude of school of course affordability.

- **Effects of other children's behaviour**—Children learn a great deal from other children of their age group. That has its advantages in language development, and sports activities. Most colonies in India have dozens of kids and that helps in finding

**Ultimately, it is not about kids. It is about how you cope with change. In my experience, kids have always coped a lot better than their parents!**

playmates. Children moving in from western countries often find it difficult to adjust with Indian kids who can be quite aggressive. As a parent we can always model good behaviour for our kids and that has a longer lasting effect than that of other kids' behaviour.  
• **Change in accent language**—In an increasingly mobile world, being multilingual is a great advantage. There is some evidence that people using different languages have better problem solving abilities. What better place to learn languages than our melting pot cities?

• **Health and Physical environment**—With high levels of pollution, overcrowding, the Indian city is not an ideal place for a child to grow. Fortunately for the affording class, health care facilities are good in India. Where else in the world you can find a doctor at the other end of a mobile phone at all hours?

#### EXTRA

for more details log on to [www.childpsychiatrypune.com](http://www.childpsychiatrypune.com)

For the women who make Pune TAKE SOME TIME OUT

Women want to be informed about everything—from kitchen tips to stories of women who have made a difference to society. Write to us in 400 words on:  
• Woman of courage you know

- Your parenting tips
- How a working woman should manage time
- Your experience with crèches
- The art of living in a joint family
- The art of cooking fast and good

- How to get some me-time everyday
- Overcoming the honeymoon blues
- The truth about my spouse
- Making your house environment friendly
- How to be your child's friend

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