

CHAPTER-VI

FAMILY TALK - FROM THE FENCE

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Dr. Megha Anand

Post-doctoral associate at the Technical University of Denmark in Copenhagen

**D/o Dr. S. B. Singh, Ex CMO
Member id: M-1603**



Abstract painting made using a black pen and pencil colors on an art paper. Such pattern drawings require absolute focus from the artist end.

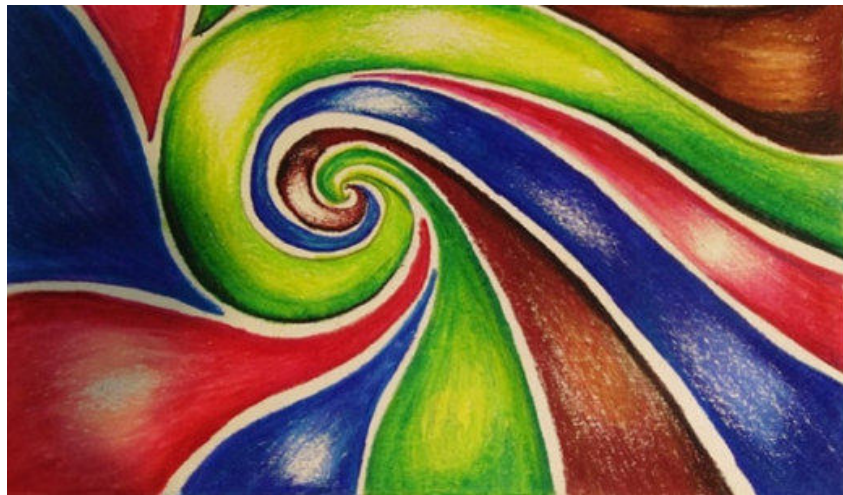


This is again an abstract pattern drawing on a canvas using acrylic paint. The bluish base was first created by acrylic pouring using a mix of dark blue and white color before drawing the patterns using the white color by regular brush. The painting signifies good luck.



This is my first ever acrylic painting on a canvas. I used brushes to draw the face of Ganpati while rest of the canvas is filled by dotting using a set of three cotton buds tied together.

This is an abstract painting I made using pencil colors on a regular drawing sheet. The idea was to use different shades and contrasting colors to give a spiral rainbow-like feeling.





Kakkariyil Phalgunan Joshi

Retd. Sr. Manager (E&M), WCL

Member ID M-1107

From a busy schedule as sub area engineer at Lalapet sub area, all of a sudden no work from March 2013 due to retirement, I decided to start oil painting on canvas. Some of the results are attached. I am attaching only a few of them. Then the COVID-19 pandemic started and I am unable to go out. So I started singing in StarMaker



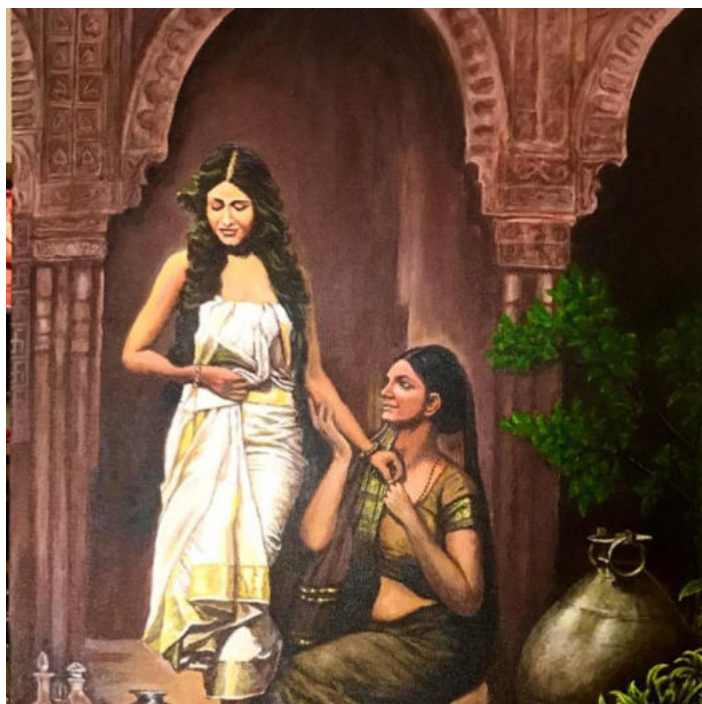
Mother hood my acrylic painting on canvas 24"x30"

"In this painting you can find the happiness of the mother on her face, and the child's reaction when water touches the body, in a beautiful tribal background of Kerala." - Contributor



Rural expectations my oil painting on canvas 18"x24"

"In rural areas of Rajasthan, the woman is busy in cooking with the old traditional way of cooking by burning wood and inhaling the smoke with full devotion, I tried to portray the old utensils also." - Contributor



Royalty being served

"I tried to capture the expressions of servant and the prince of an old ancestral house. The structural and the old vessel is very impressive. I got this photograph from Internet and made an acrylic painting on canvas."




- Contributor



Osho my pencil sketch

"I wanted to practice how to draw beards so I tried Osho's and I have learned from this."

- Contributor

SONG DESCRIPTION	CLICK/	OR TYPE ON ADDRESS BAR
Singing Title: Jhuki Jhuki si nazar beqaraar hai ki nahi SINGER: Kakkariyil Phalgunan Joshi (1107)		https://www.aiace.co.in/artists/songs/Jhuki_jhuki_si.mp3
Song Title: Koi Humdum Na Raha Koi Sahara Na Raha SINGER: Kakkariyil Phalgunan Joshi (1107)		https://www.aiace.co.in/artists/songs/Koi_hamdum_na_raha.mp3
Song Title: Ae phoolon ki rani baharon ki malka SINGER: Kakkariyil Phalgunan Joshi (1107)		https://www.aiace.co.in/artists/songs/Ae_phoolon_ki_rani.mp3



Sitanath halder

Retd. Sr. Manager, ECL
Membership ID: M-1403

A Book titled "Yogobale Rog-Arogyo" by Sri Shivananda Saraswati Maharaj of Kamakhya Ashram has helped me much since my school days.

FRIENDS, LEAD A HAPPY & HEALTHY RETIRED LIFE

USEFUL TIPS FOR A HEALTHY LIFE

1. Have 4 meals a day with a 4 hour gap between each meal
2. Do not overeat, but only to fill 2/3rd of your stomach
3. Include green vegetables and at least one juicy fruit in your diet
4. Avoid drinking water during meals
5. Drink at least 2 to 2 $\frac{1}{2}$ litres of water daily
6. Better not to drink coffee and tea
7. Avoid spicy and junk food
8. Develop a daily routine of exercise, yoga or pranayam
9. Follow the principle of "Early to bed & early to rise"
10. Develop a new hobby or activity involving your spouse in the same group
11. Take bath in lukewarm water, not cold water or hot water
12. Last, but not least, have a regular health check-up