

Pear: The quintessential fall fruit



Actor Malaika Arora has been roped in as the brand ambassador for USA Pears by the Pear Bureau Northwest. The event held in Mumbai, focused on expanding consumer knowledge and interest in holistic health and breaking the myth of the pear not being an everyday fruit. Celebrities and experts came forward to signify the benefits of pears and its nutrient composition.

Jeff Correa, international marketing director, Pear Bureau Northwest said, "Over the years, India has emerged as one of the fastest growing markets for the brand. The country is currently amongst the top 10 markets globally. Our pears are grown in Oregon and Washington with the right mix of volcanic soil,

clean mountain water. Warm spring and summer days, with cool nights, combine to produce finest pears. The growers of USA Pears make all endeavours to ensure that they produce healthy and nutritious fruits." Malaika Arora, said, "I am excited to kickstart the awareness programme since pears are a regular part of my diet regime. I am convinced that the fruit provides me with all the necessary nutrients. I look forward to the #ThePearCare campaign. I urge my fans to include a pears in their diet and see the difference themselves."

David J. Ranz, United States consul general, stated, "I'm proud of our American farmers for providing Indians with such a nutritious fruit that would complement their healthy lifestyle." For a tasty and healthy treat, indulge in the mouth-watering USA Pear this winter.

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(L-R) Sumit Saran, Pooja Makhija, Malaika Arora, David J. Ranz and Jeff Correa

You can be a leader should you choose to be one!

ASK US @

HIMANSHU RAI



I have often been told by people that leaders are born. Does this mean that it is just the accident of our birth that will decide whether we can be a leader or not? Can't I become a leader if I haven't been born in a privileged family?

—Madhur S

Look around you and you will see so many people from not so privileged families who are leaders across the fields, be it business, politics, academia, bureaucracy, fine arts, performing arts and any such. So, there is no need to despair. You can be a leader should you choose to be one.

The earliest theories of leadership did say that leaders are born. Popularly known as the "Trait" theory of leadership, it expounded that there are certain personality traits that lead people naturally into leadership roles. In a way, this theory explained the emergence of certain leaders rather than building leadership. The most common, and research validated description of traits comes from the Big 5 model that talks

about 5 meta dimensions of personality, namely, extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience.

In a nutshell, people who are high on extraversion are people who are outgoing, friendly, love public speaking etc. Those who are high on agreeableness are the people who don't like conflicts and thus, try to be in everyone's good books. People high on conscientiousness are those who are disciplined, organized, and trustworthy. Neuroticism is about being emotionally not stable, and openness to experience is about people who are open to new experiences, new ways, new methods etc. Trait theory suggests that extraversion, conscientiousness and openness to experience are strongly correlated to leadership.

On the other hand, the behavioural theory argues that people can choose to become leaders provided they practice

certain behaviours. In other words, people can "learn" leadership skills. The skills that make one a leader are communication, negotiation, empathy, and the likes. The key here is to change the focus from leaders to leadership.

While leaders are defined in terms of their attributes, leadership is defined as the process by which a person influences others towards an objective and directs the organization in such a way that makes it more cohesive and coherent. Thus, there are three elements which stand out in this process. The first element is the presence of an objective, which in philosophical terms calls for a vision. To be a leader, you necessarily need to have a vision, a big picture of the future that sets your direction. The second element is coherence in terms of passion. You need to be passionate about what you have set out to do. According, to me this passion also needs to be buttressed with compassion, for often without that, passion can go awry. The villains of the world were also passionate but certainly not compassionate.

The third element is cohesiveness in terms of building a team of followers who persevere in the journey toward that goal.

Thus, anyone who can bring these three elements together and communicate it to their followers clearly has the potential to be a leader. The "nature" versus "nurture" debate can go ad infinitum, but it is hardly likely to yield a conclusive answer. Instead of waiting for that debate to be settled, we should seize the day and display leadership in whatever sphere we are.

Have any questions about life, management, philosophy, education, literature, yoga, mountaineering in India, or psychological issues or all of these? Ask Himanshu Rai. He is the Director at IIM Indore, an author, mountaineer, yoga enthusiast and a Sanskrit scholar. Mail at askhimanshu@htlive.com

Disclaimer: The responses in this column given by me are based on my learnings and experience. They should, by no means, be taken as a substitute for medical/professional help.

ROYAL FOOD OVER MUSIC

Sumakha, an evening of food and music was organised as a fund raiser by Sahayata in association with UP Tourism at Indira Gandhi Pratishthan on Friday. The chief guest for the event were Jai Pratap Singh, minister for health, family and child welfare and Jitendra Kumar, principal secretary, UP Tourism. The royals and old families of the city could be seen coming together to support this cause.

The highlight of the event was a variety of Awadhi cuisine prepared by chefs using the secretly guarded recipes. Dishes like Nasoda, Phitorah ki sabji, Dumba (mutton), Mahi tawa (fish), Mirch ka Halwa, Lavki Lachha and others were served. "Best efforts were put in to make sure that the form of Awadhi cuisine served was the most authentic," said Vasundhara Kumari, one of the organizers.

A musical performance by Swaraag, an Indo-Western fusion band from Jaipur consisting of Asif Khan (lead singer), Arif Khan (zitar, version of sitar), Saif Ali (tabla), Sajid Khan (drums), Arif Khan (kharatal-morchang), Tasurfi Ali (saxophonist) and Reyshab Rozzer (acoustic guitar) was another highlight of the event. The audience could be seen tapping their feet and enjoying the soulful music when the band performed gazals like 'Aaj jaane ki zid na karo' and Rajasthani hits like 'Dama Dam Mast Qalandar', 'Padharo mhare desh' and others.

Talking about the band's motive, lead singer, Asif Khan said, "Over the years, people have started forgetting the importance of classical music due to western influence. So, we want to show them, especially the youngsters, that a tabla or zitar can be as interesting as drums or guitars.



Mriganka Kumari & Shivika Singh



Vasundhara Singh & Kiron Chopra

You won't know that until and unless you don't try it. The famous band Beatles too has used sitar in their songs. When they can appreciate it, why can't we?"

Opening up about their experiences, zitar player, Arif Khan said, "This one time when we performed at university, and at the end the authorities told us that it was probably the first time that the students didn't leave in between a show. It was a very big thing for us as capturing the attention of the teenagers is a task."

Future plans, they said, "We have already recorded three songs which are slated to be released in January. We are also working on a Bollywood number."

—SANSKRITI AIRON



Members of Swaraag band performing during Sumakha event at IGP on Friday.

PHOTOS: DEEPAK GUPTA/HT



Shilpa Singh and Kavita Singh and Shalini Singh



Shahila and Wajahat Habibullah



Rajeshwar Singh and Jai Pratap Singh



Mandakini Prabha & Vidhu Singh



Devi Raja and Manjul Singh



Gitanjali Singh & Nandita Singh



Shambhavi and Gayatri



Namrata Prashad



Vija Singh & Shalini Singh



Manjari & Madhuri



Girish Singh



Renuka Tandon



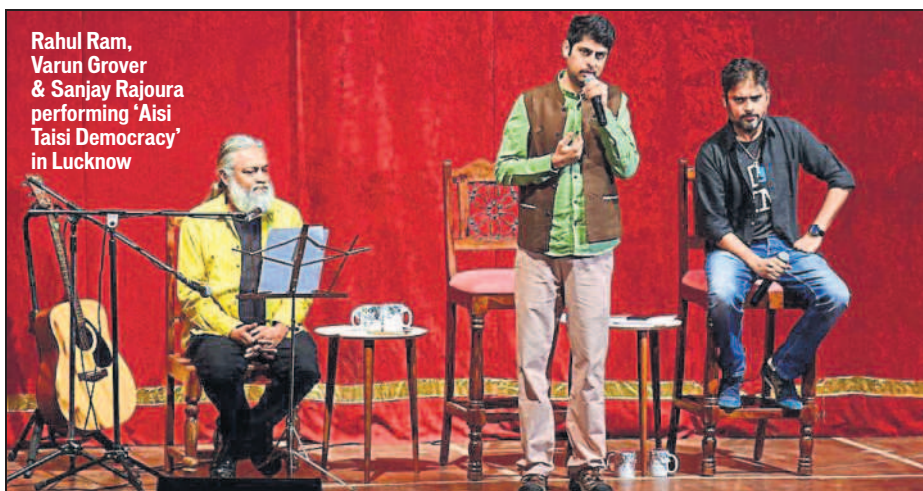
Sameeksha Singh

Performers shine bright on rain-hit day

The second day of season ten of ongoing Repertwahr Festival, saw play 'Aurat, Aurat, Aurat' being staged and comedy performance 'Aisi Taisi Democracy'. The rain-hit Friday, forced the organisers to shift the comedy show, scheduled to be held at the grounds of Sangeet Natak Academy, to its Sant Gadge Auditorium.

Stand-up comedian Sanjay Rajoura, stand-up comedian, writer and lyricist Varun Grover and the bass guitarist and vocalist of the 'Indian Ocean' band Rahul Ram performed the 'Aisi Taisi Democracy' act.

The trio left the audience in split with their sharp comic timing and melodious-hilarious composition. Despite a bad throat Rahul Ram performed his trademark musical comic acts. From the word go Varun took on everyone, including the audience, and picked up slices



from our daily life and news and enthralled everyone. The trio got a standing ovation.

Both the show of pay 'Aurat, Aurat, Aurat' were houseful. Directed by Naseeruddin Shah, it was performed by Seema Bhargav Pawha, Prerna Chawla, Bhavna Pani,

Jaya Viriley, Shruti Vyas, Trishla Patel, Dhruv Kalra, Sahil Vaid and Vijay Tilani. The all-female cast put up a brilliant performance for the audience which was based on Ismat Chughtai's autobiography and her three other works Ek Shauhar Ki

Khatir, Aadhi Aurat Aadha Khwaab and Sonay ka Anda. The Lucknowites could completely relate to the play's story and setting, the main reason being Ismat Chughtai's intimate connection with Lucknow.

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Seema Pawha and others during the play 'Aurat, Aurat, Aurat' HT PHOTOS



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