



Ageless Mind and Spirit: Faces and Voices from the World of India's Elderly

Samar S. Jodha, Vijay S. Jodha

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Photography: Samar S. Jodha

Research and editing: Vijay S. Jodha

Foreword by His Holiness the Dalai Lama

Essay by Dr. Martha Chen

11"x11", 324 pages, 140 photographs, 30,000 words text.

Ageless Mind and Spirit is a path-breaking photography book. It is a product of an eight-year effort covering 400 elderly people all over India to create a series of engaging human-interest stories in the voices of the elderly themselves. Each story represents one or more facets of ageing. Together they form a picture of the way we are or will be.

Meet the man whose family once owned whole of Calcutta or the eye doctor who spent over half a century traveling across India to examine and treat some ten million people without charging a penny! Or a man continuing a 900-year old textile tradition that is now confined to only three families; the man behind India's green revolution or the one responsible for the white revolution that took India away from shortages to world's largest milk producer, the swashbuckling female doctor who commandeered world's first women military regiment, or an illiterate woman who planted and nurtured hundreds of trees even though she couldn't count them; a social worker who sorted out 70,000 disputes in remote villages and now finds his approach changing the Indian judicial system; an actor who was called in to essay the same role over and over again in films and ended up in the Guinness Book of records; the film maker who began in the silent era and is still active after eight decades!

A perfect book to light up your life and those of your loved ones.

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