



ELECTROSTEEL



STORIES AND CURES FROM EVERYWHERE



GRANDMA

A name that evokes warm hugs and sweet memories. As the cuddler, the friend and even the home doctor, she conjures fond remembrances.

She was the one who had a lifetime's worth of cures for things that ailed us. Be it from the special jars tucked away in a corner of the kitchen or from deep in the recess of her memories, all her remedies were completely natural and coated with her special ingredient - **love**.

This book is not just a collection of how common ailments are naturally treated around the world.

It is a collaboration of Electrosteeilians around the world digging deep into their memories, connecting with their grandmothers and sending us their own authentic, exotic and unique remedies.

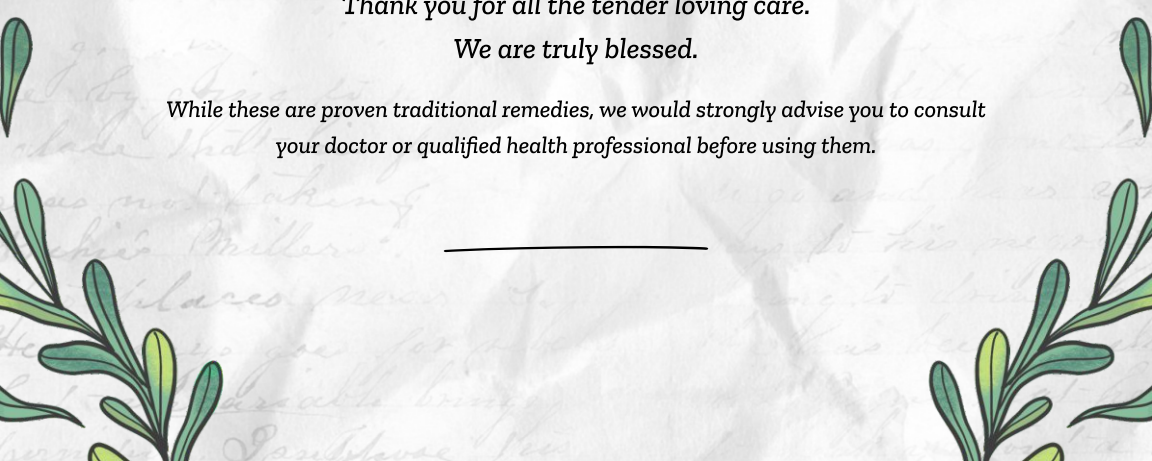
What we also have are heartwarming tales which are sure to leave you with a warm smile and a moist eye.

This book is our homage to all grandmothers around the world.

Thank you for all the tender loving care.

We are truly blessed.

While these are proven traditional remedies, we would strongly advise you to consult your doctor or qualified health professional before using them.





To deal with a **running nose** you can take a fine cloth, put some kala jeera (black cumin) in it and tie a tight knot. Rub it against your palm to heat it up slightly and smell it. Voila! Your flow will disappear in no time!

Is a cold making you feel not that great?
How about **some soothing ginger tea**?

Ginger tea is brewed by boiling water, adding in crushed ginger, black tea, sugar (if needed) and milk and happens to be one of the best tried and tested home remedies to cure a cold.



NOTHING TO SNEEZE AT

Nose is a little runny or a little blocked because of a bad cold?
Grandma's got exemplary recipes that are old but gold!



Prepare an infusion with 60 grams of anise seeds, 30 grams of fennel seeds, a few sage leaves and 40 grams of thyme. Each of these ingredients has a series of properties that, when combined, form the **perfect cure for sinusitis**.

To get rid of a bad cold in a jiffy, boil a glass of water with Basak leaves (Malabar Nut; known variously as Vasaka, Vasa or Adulsa), Tulsi (Holy Basil), Ginger, Liquorice and Palm Sugar candy. Extract the juice and drink it.



Evelyn Coleman (USA) recounts how her grandmother, **Ida Montroy**, had the perfect cure for a cold up her sleeve - Hot Onion Tea!

"My grandmother would come to our home, boil a large yellow onion in water, chop, strain, add salt and pepper and serve it with a smile. The down side of this was that she would stand over you until the last drop was drunk. At five years of age onion tea was, well, hard to swallow!!"





GINGER

A biggie in traditional medicine, ginger's effect on digestive and ENT matters is widely recognized

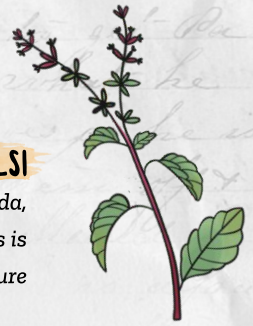
BAY LEAF

Pro at settling an upset stomach and helping the body function well holistically



The Incomparable One in Ayurveda, this queen of the herbs is considered an adaptive cure

TULSI



CINNAMON

More expensive than gold in ancient times, it's great for relieving congestion



LEMON

A rich source of Vitamin C, also used to ease digestion and increase appetite for the unwell



GRANDMA'S LOVE!

Need we say more?

KADHA

A decoction with its roots in Ayurveda, over time, adapted by Indian Grandmas into their own secret recipes. Versatile, with two to many ingredients, **used to treat fevers, colds, coughs and so much more**, they may come with added instructions – "have hot!", "must take a nap after", "consume twice a day for best results".



CAROM SEEDS

An antibacterial and anti-inflammatory straight from the Indian kitchen



LIQUORICE

Cooling and soothing, great for the nervous system and a strong adrenal tonic

CLOVES

Preventative and carminative in nature, cloves improve digestion



PEPPER

Useful in respiratory issues such as cough, cold, asthma and sinusitis, it's also good for the kidney and heart



FOR FEVER

Boil a glass of water until reduced to half with a piece of ginger + 10 black pepper seeds + a small piece of galangal + 3 spoons of liquorice. Take 100 ml thrice a day before meals.



FOR A COLD

Boil a glass of water until reduced to half with cinnamon + ginger + clove + ground black pepper + cardamom + tulsi leaves + carom seeds – serve just before bed with few drops of lemon + a spoon of honey.

TUMMY FRIENDLY

Constipation, indigestion and an upset tummy?

Grandma's got the perfect cures
that are also yummy!



A simple cure for loose motion and **stomach ache** is in buttermilk and Fenugreek. One and half teaspoon of Fenugreek seeds and a glass of buttermilk will do the trick in no time. Those who have an aversion to milk products can swallow them whole with some water.



Suffering from constipation? Take a spoonful of Amla powder (Indian Gooseberry) on an empty stomach with warm water and let your tummy loosen up!

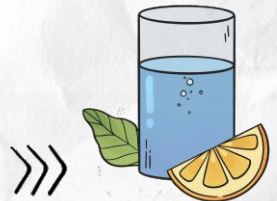


For indigestion, add 1 tablespoon of fennel seeds and 1 tablespoon of carom seeds with a pinch of cinnamon in a cup of boiled water and leave it covered overnight. Consume it in the morning.



Having severe heartburn?

Roast 1 teaspoon of cumin seeds and add one cup of water. Bring it to a boil and consume it before every meal. You can also take 1 teaspoon of cumin seeds, grind it into a fine powder, mix it with some curd to have a yummy remedy.



For intestinal gas woes, take lemon juice in a glass, add some salt and one tablespoon of baking soda. Stir it well and then drink down the bubbling water.

GRANDMA'S GO-TO REMEDY

In Spain, the perfect cure for intestinal gas would be anise powder!
José Manuel Hernández recounts how his grandmother **Facunda's** go-to remedy was,

"Boiling a cup of water, lowering the heat and adding a tablespoon of anise powder. Before drinking it, let it rest for about 3 minutes.

For optimal results, drink it every day."

SKIN IN THE GAME



Allergies, rashes and wrinkled skin?
Turn to grandma's timeless remedies
for the win!



Be the ultimate glow getter! Rub ripe papaya on the face before taking a shower everyday to get a "natural glow from within" look and also keep dark spots at bay!

Say aloe to skin that's softer, smoother and forever radiant!

Take some Aloe Vera, a pinch of turmeric, 1 teaspoon of honey, 1 teaspoon of milk and a few drops of rose water. Blend this mix till it forms into a paste. Apply it and leave it for about 20 minutes. Then wash gently with cold water.



For skin irritations/wrinkles apply curd/buttermilk on the affected skin area and wash after 5 minutes.



For skin allergies/rashes, mix Neem leaf powder with Mustard oil and apply to the skin one hour before taking a shower.



From the **UK**, **James Wheeler** remembers his grandma **Doreen** rubbing a rotting potato on warts to get rid of them and burying it in the garden.

He shares a memorable anecdote, "My daughter had warts on her knee and they disappeared within a week! No-one was ever told where we had buried the potato, just in case, and they have never returned!"



Take a glass of water, boil it with four to five leaves of Karpuravalli (Country Borage), Tulsi leaves, pepper, cloves and cardamom. Filter the content and drink it down. Voila! Your **cough will disappear in a jiffy!**

Boil some water with a pinch of cinnamon, some ginger, a clove, a few ground black peppers, cardamom, fresh basil leaves, some carom seeds, with a few drops of lemon and sweeten it with a teaspoon of honey. Drink it before bed every day. It will **reduce your cough** and toughen you up!



Make a paste of betel leaf, turmeric powder and honey. Heat it up and drink it down! Voila! It will **reduce your cold and cough!**

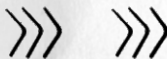
THROAT TALKS

Grandma's quirky cures ensure a sore throat and a bad cough, do not make your life too rough!



Take 50 grams of almond, 20 grams of sugar (brown, preferably) and 20 grams of black pepper. Grind all and keep in an airtight glass bottle. Take one spoon of this powder before going to bed to **relieve your cough.**

Spanish grannies swear by half a tablespoon of honey for children who are 2 to 5 years old, a tablespoon of honey for those aged between 6 to 11 years and two whole tablespoons for people older than 11 years for **curing cough woes in a jiffy!**



Steve Young from the **UK** says his grandmother used to give them butter, sugar and vinegar, warmed on a saucer to soothe a sore throat.

Smilingly he says, 'We tried it with our eldest son and now he absolutely hates vinegar!!'

**BUTTER,
SUGAR & VINEGAR!
FOR A SORE THROAT!**

THE GOLDEN HERB: TURMERIC

The golden herb, known commonly as Haldi or Turmeric, has a long history of medicinal use and is an integral part of Asian cuisine. Besides its cultural relevance in Indian skin care, this omnipotent and auspicious ingredient is also used in Ayurveda extensively.



FIGHTS INFECTION

Apply some turmeric paste on your wounds and its antiseptic properties will heal your infection in a jiffy.



BOOSTS THE IMMUNE SYSTEM

Turmeric is an antioxidant that boosts the body's immunity and keeps you protected from 100 disease causing germs.



HELPS CURE ARTHRITIS

Its anti-inflammatory properties make it the perfect herb to relieve arthritis, pain and stiffness in the joints.



LOWERS YOUR RISK OF HEART DISEASES

Turmeric improves the overall functioning of the lining of your blood vessels and keeps your heart healthy and happy.



FACILITATES HEALTHY DIGESTION

Turmeric is largely used in Ayurvedic medicine as a digestive healing agent. It can help with several gastrointestinal problems.

PAINTS THE WORLD YELLOW

Adds a bright, vibrant yellow hue to pretty much everything and brings it to life. Just in case you needed another reason to adopt the goodness of Haldi.



FIGHTS AGE RELATED DISEASES

Turmeric is blessed with benefits for longevity and is a useful anti-aging supplement. It's a secret to growing younger by the minute!



For bruises and cuts, mix raw turmeric powder with coconut oil and apply it on the affected area for two to three times a day for three days.



At night boil milk with haldi, add a pinch of black pepper powder and have it before bedtime as an **effective cure for coughs & colds.**

BAD TO THE BONE

Sprain, aches and pain?

From grandma's cures you have a lot to gain!



To cure joint aches and muscle pain, add 3 teaspoons of Chiretta (Bitterstick) and 1 teaspoon of Ajwain (Carom Seeds) in 2 glasses of water. Boil the solution till it reaches half a glass and add a pinch of edible camphor in it, apply and massage.



For ankle sprains, you need to mix sugar with limestone and water. Apply the warm paste and wrap it with a satin soft cloth. The thick paste absorbs the fluid of that sprained region and facilitates speedy recovery.



For strengthening joints, prepare a delicious bone broth of goat and have it. This is extremely beneficial for joint and gut inflammations.



For rheumatic problems, boil half a cup of mustard oil with garlic. Then, apply the lukewarm mixture on the affected area.

Melanie Stack (UK) says her late grandma **Kathleen Carter's** remedy for sprains and swellings was to place comfrey leaves on the affected area and wrap it with a wet bandage and let it dry.

She further adds, "I'm not sure if it was the comfrey that made everything feel better or the hot chocolate and hugs whilst the bandage was drying but you always made a full recovery."



A BIT OF A MOUTHFUL

Chapped lips, toothaches and ulcers?
Grandma's got tried and tested answers!



Lips feeling chapped and dry? There's something you can definitely try! Cut fine slices of cucumber and rub on lips. You can also apply fresh Aloe Vera gel or homemade malai (from milk) to make your lips satin soft!

To treat ulcers, boil raw papaya with water, add a small amount of salt in it and drink the extract twice daily.



Hiccoughs making things difficult for you? Grandma's got something for that too! Chew 1-2 Elaichi (Cardamom) and some black-pepper to cure it in no time.

In the UK, for a bad toothache, you would need to place some clove oil on a piece of cotton wool and chew it a bit to release its oil. Clove helps to numb the nerves in the tooth and thus alleviates pain.



It's time to rebel against that foul mouth smell!

Take 2-3 guava leaves and rub on teeth with your fingers for at least 7 days to get rid of bad odour from your mouth.

“THE HEAD OF
THE HOUSE,
LEAVES BEHIND
A LEGACY FOR THE
NEXT GENERATION.”

Atindra Narayan Dey's grandma's remedy for bad breath was gargling with the warm decoction prepared from boiling some clove. He says, "My grandma expired when I was only 10 years old, so, I barely remember her. But every woman who was once, so to say, the head of the house, leaves behind a legacy for the next generation. This is a home remedy which was passed on to my mom and aunt by my grandma and the tradition is still being followed."

GO WITH YOUR GUT

Nausea, piles and intestinal worms?

Grandma's remedies can cure everything by all means and norms!



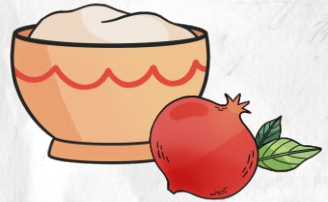
Here's an effective and surefire way to cure nausea. Take 10 grams of black salt, some tamarind, 1 teaspoon of cumin seeds, $\frac{1}{2}$ teaspoon of black pepper seeds. Grind it down into a mixture, add some lemon juice and roll it up into small, round shaped balls. Not only can you stock it up, but also eat it whenever required.



To get rid of intestinal worms, consume some dhania powder with jaggery twice a day for 3 to 5 days.



To cure vomiting in children, grind some virgin mango and virgin jamun leaves and mix it with honey.



A quick and easy fix for nausea is in the glorious mixture of yoghurt and pomegranate!



P Viswanathan's grandmother has this unique remedy for curing **piles**.

Roast small onions with Ghee till tender and eat the same every day before meals. You will notice a difference in just a week! He recounts, "My grandmother became blind at the age of eight due to a faulty eye operation but she could see a little sliver of light. In spite of that, she used to manage everything by herself and could tell who was standing about 5 metres away relying on her sense of smell. She could also tell the approximate time by sensing that tiny sliver of light".



THE HUMBLE HERB: TULSI

A wonder herb for all reasons and seasons, Tulsi or Holy Basil, is known for its myriad medicinal properties - antibacterial, antioxidant, antifungal and antiseptic. Easy to grow and easier to locate in the Indian subcontinent, it finds its place as the undisputed queen of herbs in ancient Ayurveda.



SOOTHES INDIGESTION

Packed with nutritional goodness, chewing on a few tulsi leaves is the perfect cure for an upset tummy.



REDUCES HAIR LOSS AND IS GOOD FOR YOUR SKIN



Top your beauty regime with tulsi and get your shine on in no time.



A DETOXIFYING, CLEANSING AND PURIFYING AGENT

Its anti-bacterial and anti-fungal properties purify the blood and keep you healthy and happy.

TREATS CARDIOVASCULAR DISEASES AND RESPIRATORY ILLNESSES



The essential oils in tulsi are very effective for a number of ailments including respiratory illnesses! Who'd have thought?



PROTECTS THE HEART

Hearts are fragile creatures. Tulsi is enriched with Vitamin C and other antioxidants that are good for your heart.



RELIEVES STRESS

Has a therapeutic effect like a fidget spinner, but only better.

WARDS OFF MOSQUITOES, INSECTS AND EVIL SPIRITS



Just in case you needed another reason to adopt the goodness of tulsi.



Tulsi heals cracked heels!

Make a paste of aloe vera gel, turmeric, tulsi and camphor in equal proportions. Apply this paste on the heels and keep it for 20 minutes. Wash it with lukewarm water. Once clean, apply lotion.



Tulsi ensures a cough is not too rough on you!

Take a glass of water; boil it with 4-5 leaves of karpuravalli, tulsi, pepper, cloves and a cardamom. Let it boil and filter it. Voila! Your magic potion is ready.

In Spain, the humble potato is a cure for insect bites! Wash, peel and grate a potato, put it in a sterile gauze and apply it on the bite. This will not only dilute the pain but reduce the swelling too.



Don't let cuts cause you any hurt!

Take four to five leaves of Telakucha (Ivy Gourd) plant, rub it mildly in your palms and wrap it around the bruise/wound. It will not only stop you from bleeding but cure it as well!

WHERE DOES IT HURT?



Cuts, insect bites, migraines, unwanted burns?
Let's see what cures can grandma churn!

Sometimes bikers can be susceptible to **getting burnt by the bike's hot silencer** while on the road. You can take Akra (*Calotropis gigantea*) leaves which are found easily outdoors, heat it up on the silencer and tie it around the burnt area with the help of a cloth, to get instant relief.



Looking for an effective remedy for bruises? Look no more! Add a little

turmeric powder in 1 teaspoon of mustard oil. Heat it on the stove. Then apply it with the help of a cotton ball or soft clean cloth on the cut. Coconut oil can be an easy substitute for mustard oil.



For frequent headaches, mix cinnamon powder in one teaspoon of water and make a paste. Apply the paste on your head and cover the head with a thin/plain towel. After that, all you have to do is take a 15-20 minutes nap and the headache is gone.



Santanu Chatterjee's grandma, Late Mrs. Saraswati Mukherjee, had a unique insight on the use of sandalwood. He says, "As per my grandmother, even if the migraine is in the back of your head, applying sandalwood powder on the forehead can cause blood vessels to function properly and cure it. You may have seen Indian religious workers applying a patch of sandalwood powder on the forehead throughout the day. It's an age-old practice."

**“SANDALWOOD:
AN AGE OLD
PRACTICE”**

WHAT'S GOT YOU DOWN?

Fever, fatigue and fungal nail infections?
Grandma's remedies will cure with lots of affection!



To cure fever, boil a cup of water and add some fresh ginger, honey and lemon. Drink it down and voila! Your fever will be cured in a jiffy!



To bring down a temperature, use Holy Basil. Make a potion using about 8-10 leaves of basil and boil them in $\frac{1}{2}$ litre of water. This should be consumed twice daily with $\frac{1}{2}$ a cup of milk, 1 teaspoon of sugar and a quarter teaspoon of powdered cardamom.



In Italy, a quick fix for fatigue is in black currants and rosemary. While the former can be had in the form of jams and juices, rosemary should be had as herbal tea.

Fungal nail infection giving you stress and tension? Take one betel leaf and put some lime paste, 2 teaspoons of milk cream and blend it with your fingers on the surface of the leaf. Keep the affected finger in the paste and wrap the leaf around it tight and secure it with a bandage. Repeat once every 24 hours for three days and on the fourth day your infection will be cured.



P. Muni Kumar tells us about his grandma **Late Mrs. Adi Lakshmi**. "My grandmother used to help people who had fungal nail infection. She cured them with her secret home remedies and became famous in Tirupati by serving the poor without any fees and many even recommended her to those who were suffering. My mother continues this practice after my grandma's demise."

**"SECRET HOME
REMEDIES
FOR FUNGAL
NAIL
INFECTIONS"**

LET YOUR HAIR DOWN

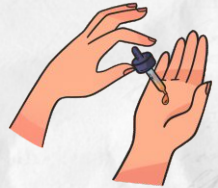
Dandruff, thinning tresses and greying of hair?

Grandma's got your back, fair and square!



To **increase the strength of hair**, use the leftover starchy water after cooking rice and store it for a day. Apply it evenly on your hair, massage gently but thoroughly and leave it for 10 – 20 minutes. Rinse hair with warm water.

Multiple hair problems? There's one solution! Heat 100 grams of coconut oil, add a pinch of edible camphor and some lemon juice and apply it on your hair.

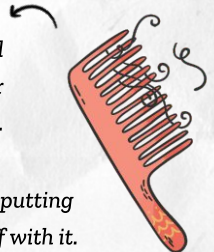


To prevent unwanted **greying of hair/dandruff**, boil some coconut oil with some curry leaves. Apply it on your hair and keep it for at least 2 hours before washing it off.

To **reduce hairfall** take one teaspoon of onion juice, one teaspoon of lemon juice and 5 teaspoons of coconut oil. Mix it well and apply it at least thrice every week for a month, for optimum results.



In the **UK**, a common way to **get rid of lice in children's hair** is putting Tea Tree and lavender oil in water and then rinsing the hair off with it.

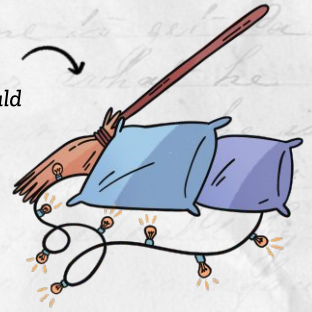


Lime and garlic juice mixed with warm water can not only **kill lice but also curb dandruff**.



R Balaji shares an endearing story about his grandma **Shri Ramisetty Lakshmi Bai**. "At the age of 9, I was away from my parents and brought up by my grandparents for three years. My grandma was our protector, the first to give us pocket money and was a keen storyteller too. Now, she serves not only as an ayurvedic home doctor and adviser for all members in our family but is also the best assistant to nursing pre and postnatal mothers!"

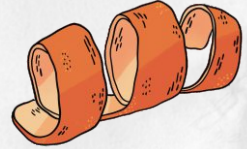
Cure for boredom before the age of iphones? Danny Swalley from the **USA** reminisces, "My grandmother would challenge us to build pillow forts throughout the house. One time, the challenge was to build a structure we could sit under while it supported her dog using nothing but Grandpa's old jackets, broom handles and the family's outdoor Christmas decorations. This was basically what our kids now call Fortnite. I'm happy to report the dog got its treat, we got cookies and Grandma got rid of a lot of Grandpa's stuff!"



A quick fix for a cough would be a hot shower. Inhaling the steam can provide temporary relief.



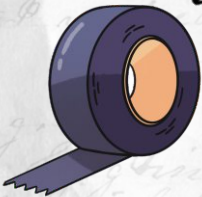
To cure ear pain, heat some salt in a small cloth bag and put it on your ear.



If your **feet are hurting**, simply grind an orange peel, mix it with water and drink.

UNUSUAL REMEDIES

Not your typical Grandma's remedies for boredom, warts, health during pregnancy, evil spirits, urine infection, cough, ear and feet ache.



The easiest **wart removing hack?** Use duct tape!

In the **UK**, an effective way to get extra vitamins and iron and **improve overall health while being pregnant** is to drink Guinness or Stout!



To get rid of a urine infection, apply some slaked lime paste on the big toe for immediate relief. However, it has to be the right big toe for men and the left big toe for women! Grandmas are very specific about this!

Feel like an **evil spirit is hovering over your children?** Ward it off by taking 10-15 big red chillies, rotating that around the affected child's head and putting it into the cooking fire in the evening.





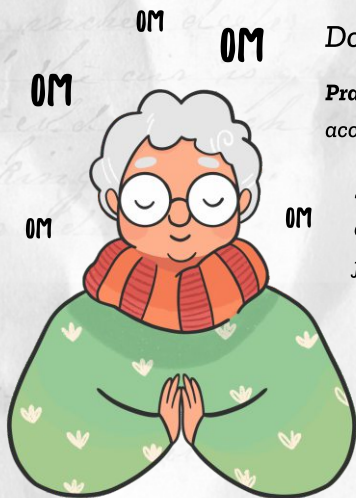
To cure diabetes, combine 10-20 ml of bitter gourd juice with 10-20 ml juice of the fresh rootstalks of turmeric and have it twice a day.

To get rid of a kidney stone, collect the edible stem of a banana tree and extract its juice. Heat it up with some turmeric and salt and drink it down.



IT'S WHAT'S INSIDE THAT COUNTS

Diabetes, kidney stone and mental stress?
Grandma's remedies will keep you from being a mess.



Don't let stress make your life a mess!

Practice yoga and meditation to calm and unify the body and mind according to grandmas of yore.

Some grandmas recommend a cup of **milk and almonds** in the morning keeps one fresh, energetic and helps overcome stress.



While a few also suggest soaking some **raisins in rose water** and keeping it overnight in a glass container covered with a stone utensil. Eating the soaked raisins in the morning is meant to keep you upbeat throughout the day.



How to always stay at the top of your game?

Eliana De Micheli's grandma Maria from Italy has the answer, "Before you start your day, drink a good infusion of rosemary. Rosehips' berries are rich in vitamin C and allow you to always be at the top. Just soften them together with some berries, for about ten minutes, in a litre of boiling water. Filter everything and enjoy your regenerating herbal tea!"

**"BEFORE YOU
START YOUR
DAY, DRINK A
GOOD INFUSION
OF ROSEMARY!"**

ON THE OTHER HAND

Insomnia, bedwetting and proper hygiene for your eye?
Grandma's special remedies you must apply!

To prevent **bedwetting in children**, mix some urad dal with black gram powder and water and get the kids to drink it up before bedtime.



For improved eyesight, apply a small amount of mustard oil on the big toe and let it rest for 3-4 minutes before taking a shower.

Can't sleep? Here's a remedy that you must keep. Grind poppy seed with green chili, cumin, salt and mustard oil. Serve dinner with a side of this paste!



Triphala (literally translated to three fruits) is an ayurvedic polyherbal blend comprising three fruits- Bibhitaki (Beleric), Amalaki (Indian gooseberry or Amla) and Haritaki (Myrobalan). It cools the eyes and **improves eyesight**. Add ½ a teaspoon of Triphala powder to a cup and add 8 ounces of boiled, filtered water. Stir and leave to cool overnight. Strain with a cloth and wash your eyes with it everyday. Your eyes will sparkle and shine in gratitude!



Spanish grandmas have a rather quirky way of curing insomnia! Take a glass of hot milk with a spoon of rum and voila! You'll fall asleep in no time.

Matt Fulleylove from the **UK** shares his grandma **Jean's** go to cure for insomnia. "My nanny used to put little bags of lavender in our pillows when we used to sleep over at her house. She used to think we would drop right off to sleep; that is, until she found me and my sister, an hour later, still playing, when we were meant to be asleep!!"



UNUSUAL REMEDIES

Remarkable (and just a little bit strange) remedies from Grandmas for common cold, cough, skin problems, insect bites, teeth troubles, headaches and body odour.



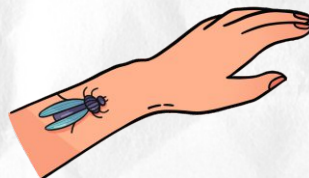
To cure a common cold, boil some mustard oil with garlic and apply at the bottom of the feet before you sleep.

An effective way **to cure a cough in Spain** is to put a split onion on the bedside table! Who would have thought?



In Honduras, an effective way **to cure skin problems** was to use the ashes from firewood. The ashes lift unwanted chemicals, grime and dirt to the skin's surface so when they are washed away, so are the toxins.

With insect bites, iron tools can help you fight! Take any thing made of iron and rub on the affected area for 5 minutes. Follow it up by applying an antiseptic.



Unwanted headaches? Just bite a pencil for your head's sake!

To cure a toothache in the UK, grandmas put a capful of Polish strong Vodka in the mouth and leave it there to take away the pain.



To whiten teeth naturally, rub the inner part of a banana peel on them!

Want to get rid of body odour naturally? Soak some orange peel in a bucket of water overnight and use this to take a bath in the morning instead of regular soap.





OUR CONTRIBUTORS

From top left to bottom right

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 Subhendu Banerjee / Sudeb Saha / Sudhamoy Dasmunshi / Sugyan Jyoti Sethy / Sukant Kumar Chourasia
 Sushanta Roy / Swati Chakraborty / Tarak Roy / Umesh Chandra Rai / Víctor Gómez

