

QUALITY OF LIFE

Affordability the Deciding Factor

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What you earn and what you spend is the fluctuating situation. Similarly, where you live and what is the cost of living there is another set of factors which decide the quality of life. Affordability is thus the central parameter on which Quality of Life depends. Deutsche Bank measured Affordability (2019) in 56 mega-cities across 40 countries. The findings derived are presented into 10 tables as shown in the figure.

1. Higher the emoluments you draw better will be the quality of life. This is the reason that life in United States is more comfortable. Figures derived in table 1 indicate that Americans draw 8.85 times more salary than Indians per month. Apparently, quality of their life is more superior.
2. Newyork is the costliest city to live in. The rent for a two-bedroom apartment is 9.76 times more in Newyork than in India.
3. Price of a car is not much in US. A mid-size car is hardly thrice the cost in India. Surprisingly, mid-size car is costliest in Bangladesh at USD 37575 as compared to India at USD 12147 and Newyork at 23454 dollars.
4. We often ask our dear one living in USA to bring some electronic gadget for them simply because electronic items are cheaper there than in India. An iphone X5 in India costs at Rs.1,15,000/- while the same type of smart phone is available in USA at Rs.87,000/-.
5. For one day stay in a Five Star Hotel, Cairo is the most expensive at USD 658 and New Delhi is least expensive at \$244 only.
6. Cost of a date which includes cab ride, dinner, movie ticket, and drinks is most expensive in Newyork and least expensive in Cairo. India costs 1/3rd of US.
7. Cost of a pair of Levis Jeans is highest in Shanghai at USD 108.7 and lowest in Dhaka at 24.5 dollars only.
8. Cost of 5 Beers and two packs of cigarettes is cheapest in South Africa at 16.6 dollars and costliest in Newyork at \$66.5. In Mumbai, it is modest at 26.2 dollars.
9. Cost of one month Interest Service for 8 Mbs is most affordable in India at 11 dollars only while in US it is almost 5 times more.
10. Going to a Movie for entertainment has become an integral part of our life. Indian cinemas are almost 4 times less expensive than cities like London and Newyork.

TEA DRINKING ETIQUETTE FROM ACROSS THE WORLD

RUSSIAN SAMOVAR TEA



In Russia, tea lovers always enjoy drinking samovar tea. You will see one bubbling away in every home and it is at the centre of its culture. Samovar tea is prepared on the top of the samovar to keep the tea that it steeped in hot within. The brewed concentrate is brewed separately into a concentrate called *zavarka*. This is added to the pot of tea, a small amount of *zavarka* is added to each cup, followed by hot water. Often, jam is also served alongside the tea. In special jam dishes.

JAPANESE RITUAL

In Japan, tea drinking follows a complete traditional ceremony called Chado or Way of Tea. The ceremony is a ritual that is performed in a tea room on a tatami (straw mat) floor and sip on green tea, for guests, using a tea whisk (chawan), container for the powdered green tea (tsubo), and a bamboo whisk (chasen). The traditional sweet is served before tea. When the ceremony commences, a bowl of tea is placed on a mat in front of a person. He or she must pick it up with the right hand, place the bowl on the mat, and then drink the tea with gratitude after finishing the tea. In a more formal ceremony, tea drinking spills into a few hours, commencing with a *kaiseki* course and then wanes into a thin brew.

EXOTIC EGYPTIAN



The Egyptians love their tea and it is had in two varieties — *koshary* with fresh mint leaves and cane sugar, and *saidi* and cane sugar. The national drink in Egypt is *Karakadeh* tea, a sweet-sour red drink, prepared with dried Sudanese rose flower petals. It can be had hot or cold.

TAIWANESE BUBBLE TEA



In Taiwan, bubble tea, also known as boba tea, has tapioca pearls, sugar, added to the tea. The tapioca pearls are immersed in a sugar syrup and they are stored in the fridge until they stay fresh. To prepare the beverage, brew strong black tea and add sugar to taste. A spoon of the tapioca pearls to a tall glass. Take a shaker and mix together tea, the sugar, and tapioca pearls. Pour into the glass and enjoy!

MOROCCO MINT



The tea, *Atay* of Morocco, Marrakech and mint, go hand in hand. Moroccan mint tea, also called *Mahrebi* mint tea, is brewed with fresh mint leaves. It is believed that the flavour not only pairs well with a heavy meal, but also helps digest it. The tea is prepared in a pot and served in front of guests. Ingredients used are dried green tea, mint sprigs, sugar, and water. The tea is not added in the brewing process. It can also be added to the individual glasses. The tea is served in breads, cookies and pastries are served with it.

TURKISH TREAT

The Turks take the aesthetics of drinking tea to a different level. The tea, *çay* is a beautiful orange hue, and can be had at any time and in any quantity. The tea is brewed with a stacked teapot, called a *çaydanlık* in the upper (smaller) teapot you steep the loose-leaf tea, while the pot where water is boiled. The tea is served in longish, tulip-shaped glasses with lemon. Sugar can be added and lemon is often served with it.

INDIAN MASALA CHAI

One of the best pick-me-ups, *masala chai* can be had at any time in the day. It's basically milky tea to which a blend of aromatic spices such as cardamom, ginger, and cinnamon are added. The tea perks you up a cool winter day and adds its own charm to a monsoon one. Apart from its use, the tea is also used in Ayurvedic medicine. It is anti-inflammatory and anti-bacterial and works effectively to keep colds away. It also aids digestion.

ICY CHAI

A trip to Thailand is synonymous with the amber coloured, delicious Thai food tea, also known as *che-yue*. The drink is a perfect accompaniment to a spicy meal. To make the iced tea, brew the tea with sugar and cardamom. The tea is added to a pot of cool ice. Pour this into glasses with ice cubes in them. Add some condensed milk to each glass and mix.

LADAKH'S BUTTER TEA

In mountainous Bhutan, Sikkim and Ladakh, a brew that warms people is the *po zha* butter tea. The tea is brewed from *po zha* (butter salt), and some *nyk* (butter) and is served with yellow rice. *Syja* is said to prevent dryness and chapping of lips and is also an energy-giver. The tea is used as a warm beverage. The tea is used to churn the butter when making the tea. A sweeter version of it is *nyega*, which is similar to Indian cup of Chai.