



NEWSLETTER

VARUNI

MAY 19 – OCT 19



*Navy Wives Welfare Association
INS Hamla (Southern Region)*

COMMITTEE



Standing(L to R): Mrs Harsha Bisht (Prakriti & Samudhri), Mrs Ruchi Rajput (Soundarya), Mrs Hema Bindu Gottapu (NWWA Secretary & Jagriti), **Mrs Gurpreet Matharu (NWWA President, Sakhi)**, Mrs Mamata Patil (Pragati), Mrs Ishita Dubey Sharma (Aashirvad), Mrs Madhu Bala Yadav (Sparsh), Mrs Shilpa Sharma (Udaan & Vastralaya).

Mrs Monica Binny (Arogya) and Mrs Neha Lakhanpal (Treasurer)

SUB-COMMITTEE



Mrs Gita Upadhyay, Mrs Rihana, Mrs Sonali Mallik, Mrs Soni Kumar, Mrs Sabita Devi, Mrs Kiran Mishra, Mrs Pushpa Singh, Mrs Geeta Parsher, Mrs Rasmita

Mrs Saroj Roihlla	Kendra Incharge
Mrs Prathiba	Helper
Lt Payal Hooda	NWWA Co-ordinator & Varuni support
Prem Kumar, PO(LOG)MAT	NWWA Co-ordinator & Varuni support



PRESIDENT'S MESSAGE



*It gives me great pleasure to present to you another exciting edition of Varuni dedicated to the theme 'No to Plastics'. The edition reflects our pledge to achieve the four R's viz **Reduce, Recycle, Refuse and Reuse** of plastics and save the planet from its harmful impact.*

I have mixed feelings to pen down my thoughts for this edition which will be the last for me prior bidding adieu to the salubrious and serene environs of Hamla. It has been an honor and gratifying experience for me to serve as the NWWA president, INS Hamla for the past twenty months. I express my humble admiration and thanks to the ladies of Hamla for the whole hearted support in conducting multitudinous activities of NWWA which has resulted in a happy, harmonious and empowered community.

The year gone by have witnessed flurry of activities viz. Milan's, outreaches, medical camps, funs and games, welfare and eco-friendly activities. The talented and vibrant ladies of our team have left no stones unturned in making each activity a grand success. The inspiration and vision set by our higher echelons of NWWA have guided and motivated us to put our best foot forward in fulfilling the myriad objectives.

Team NWWA at Hamla is committed towards well being of the community and empowering women by creating a conducive environment to showcase their talents. A lot of thrust was given towards upgradation and renovation of NWWA facilities which will go a long way in community development.

We are in a progressive path and I am sure we will achieve many laurels as we sail together as a coherent and enthusiastic team. I compliment the editorial team for this informative edition. I will end this note by expressing my gratitude to all the incredible members of NWWA and Hamlites for the support extended. The memories of Hamla will be forever close to my heart. Wishing Hamla and NWWA all the best for future endeavors.

Best Wishes and Warm Regards

Mrs Gurpreet Matharu
President NWWA, INS Hamla



FROM EDITOR'S DESK



Dear ladies,

We are pleased to bring another edition of Varuni. This issue is focused on anti-plastic movement and a pledge to save our planet Earth.

***“Beat Plastic Pollution”.** It is oblivious to state that plastic waste is ubiquitous and poses a serious threat to the environment and human survival. In the present materialistic world, man’s greed knows no bounds, we are hell bent on destroying the very nature which nurtured us. We are not only exploiting the natural resources, but also polluting our mother earth and choking it with filth and waste.*

The war on plastic pollution is the need of the hour. Various campaigns and measures are already put in place by the government to combat the ill effects of plastic. However, it will succeed only if we replace plastic with eco-friendly substitutes spreading the awareness to masses that might bring a change in people’s thinking. We need to stand united in this fight against plastic pollution and start making small changes which are under control like avoiding single use plastic for day to day activities. These small changes if followed religiously by everyone will definitely turn into a bigger movement and will pave a path to achieve the ultimate target of cleaner and greener planet.

NWWA has been working for this cause through various activities to create awareness in every household of Hamla. With heavy heart we bid farewell to last batch of our beloved ladies who have contributed immensely to NWWA and to this cause. The new tribe of ladies who joined has filled the vacuum left by the previous one’s with fresh ideas. We welcome this new clan with open arms who have pledged their wholehearted support to take forward the fight against plastic pollution in Hamla.

On personal note, from the bottom of my heart I would like to express my utmost gratitude to Mrs Gurpreet Matharu, President NWWA for her unstinted guidance and support. Her love and affection created a conducive and homely environment for NWWA ladies to function. Her personal interest in this cause has turned a simple movement to transform the households of Hamla into large scale transformation of entire base.

It would be injustice if I don’t acknowledge the efforts put in by all ladies and children of INS Hamla for their invaluable contribution in making NWWA a happening and inspiring place.

*I am happy to say that, we have left no stone unturned to make this edition of Varuni an Interesting and informative read. I hope you also find it exciting and may inspire you to follow our motto **“Reduce, Refuse, Reuse and Recycle”**. Jai Hind.*

Happy Reading!

Warm Regards!

Editor-Sanchar, INS Hamla



CO-EDITOR'S NOTE



BREAK-UP LETTER WITH PLASTIC

We both knew this was coming, it's just not working between us anymore. It's not me, it's you. It's your whole chemical makeup. You're just...TOXIC! At first it was great; you're easy to travel with, so available and let's face it, you're convenient! The way you rocked the medical field and saved all those lives was so impressive! And I mean...c'mon, you've been to the MOON!

When I heard how dangerous you were, I didn't want to believe it! I was relieved when you became "eco-friendlier" and more hoped we could make a fresh start of it. The reports have been underivable though. There's just no good version of you. You cause cancer, diabetes, obesity, reproductive problems and once you're really into someone, you change them genetically. Then there's all the environmental damage you're inflicting! I just can't have something like that in my life anymore.

We've tried taking some space, but you don't seem capable of it. Sure. It worked for a while. We'd see each other now and then at restaurants and you'd occasionally carry my groceries for me. Now though, everywhere I look there you are! You're in my kitchen, sneaking into my food. You're all over the grocery store, in my mailbox, in my clothes; you're even in my damned yoga mat! When I want to take a bubble bath and get some "me" time, there you were in my bathroom, hugging all my personal products like some sort of creeper! Is there no end to your stalkerish tendencies??

I know it's not your fault. It's just how you're made. I'm not sure why I expected something so sketchy to ever be good for me. Maybe if you get some therapy and reinvent yourself into something healthy for the world, we can be friends someday. Until the though, you're just not an acceptable life choice. Trust me, it's better this way.



PRAGATI



- On **20 Jul 19** AGM was organized to **Welcome New Members**. Committee and subcommittee members were selected for the FY 2019-20. NWWA Secretary Mrs. Hema Bindu Gottapu gave a presentation on the recent developments in NWWA with an annual activity report. The AGM concluded with a sumptuous lunch and interaction with NWWA President.
- **Teej festival** was celebrated by team Pragati. Women dressed up like newly weds in bright hues such as red and green to represent “**Hariyali Teej**”. Mrs. Mamata Patil and her team of volunteers organized a variety of fun games and entertainment program.

SAMUDRI



Samudri boutique encourages entrepreneurship and empowerment for the women in the naval community. **Mrs. Harsha Bisht** as the coordinator of Samudri shop took interest in organizing an exhibition at NWWA Kendra, displaying various attractive articles of home décor, handicrafts, crockery, Phulkari dupattas, hand embroidered purses, kantha stitch kurtis, Rajasthani jutis, block print suits, table covers, dohars and bedsheet sets from Mhow and Chikankari Kurtis. The sale was a tremendous success. **Mrs. Ishita Dubey Sharma** showcased her crochet creativity on hair clips, sweaters, baby boots, soft toys and doilies.

AROGYA



- There's nothing more beautiful than birth of a child. The NWWA Committee members welcomed aboard the new born babies and showered their blessings with a gift.
- Yoga is a physical, mental and spiritual discipline which is practiced for good health and relaxation. As a part of “**International Yoga Day**” 21Jun19, team Arogya in association with Patanjali conducted “**Yoga for Heart**” at Community Hall for the ladies of Hamla. NWWA President shared her views about the importance of Yoga in our daily life and encouraged the ladies to start practicing on daily basis.

SAUNDARYA



“**Makeup** is a way for a woman to look and feel like herself, only prettier and more confident”- **Bobby Brown**.

On **02 Aug 19** a free Makeup and hairstyle workshop was conducted by **Mrs Ruchi Rajput**, **Mrs Pinky Rajput** and **Mrs Arthika Akash** with a theme on Festival Look, among all ladies of INS Hamla.

ASHIRWAD



The **Bhagwat Gita** is the most sacred, holy book of Hindus full of spiritual and intellectual knowledge. Reading Bhagwat Gita faithfully and regularly not only purifies mind and soul but also gives us strength to face uncertainty and failures. Bhagwat Gita Path for Senior Citizens was organised by Team Ashirwad on the occasion of **Sri Krishan Janmashtmi**. The elders of the Hamla Unit gathered joyfully to sing bhajans followed by aarti at the temple in Nausena Baugh. Coconut ladoo, bundi and fruits were distributed as prashad. **Mrs Ishita Dubey Sharma** (dentist) with a presentation educated the ladies with basic tips to maintain oral hygiene.

UDAAN



73th Independence Day was celebrated by Team Udaan at NWWA Kendra with an eco-friendly message to our little citizens. Mrs. Hema Bindu Gottapu and Mrs. Harsha Bisht gave a presentation on Plastic Pollution by sending message through the kids to their parents for replacing Plastic bottles and plastic tiffin boxes with eco-friendly materials. Naval kindergarten school children performed at NWWA Kendra. NWWA President Mrs. Gurpreet Matharu took an initiative in giving a plantable seed paper flag to the younger generation which will send a strong message to our commitment toward a greener planet. This switch to sustainability will help in reducing paper wastage as well as assure the flags doesn't end up on roads or in the garbage.

COFFEE EVENING



‘Chai pe Charcha’ forum is an initiative commenced at Southern Region. A Coffee Evening was organized for the ladies to share their ideas and suggestions with the NWWA President. A fun-filled coffee evening with games and surprises was organized by the NWWA Team on **09 May 19** at the Wardroom. The ladies participated with great enthusiasm and bagged many prizes.

JAGRITI



Teaching is a noble profession that shapes the character, caliber and future of an individual. **Teacher’s Day** was celebrated by Team Jagriti at **NKG School** on **05 Sep 19**. The NWWA Team requested the teachers to spread awareness about the harmful effects of plastic to the school children. As an initiative by the NWWA President- “**No to Plastic Bag**” the team distributed jute lunch bags and steel boxes to the teachers.

HEALTHY COOKING COMPETITION



A Healthy cooking competition was organized among interested ladies of INS Hamla by team **Pragati** on **14 Sep 19**. The event featured Healthy and Nutritious breakfast. The ladies prepared tempting dishes like Vada Sambhar, Daal-Bati-Churma, healthy Basket, Spinach-Bread, varieties of Idlis, Rai-Dosa, Spring Rolls, Mutiya etc. Each dish was plated beautifully and could've easily appeared in any restaurant's menu. **Mrs. Harsha Bisht** emphasized on the benefits of healthy and nutritious food for children. She encouraged to avoid junk food and mentioned to spread awareness about food wastage. Prize distribution to the winners by President NWWA, Commanding Officer and Executive Officer, followed by a thank you note from the Commanding Officer of INS Hamla.

COMMITTEE DINEOUT



The fondest memories are made when gathered around the table and games, catching up over good food and something nice to drink.

PRAKRITI



The indiscriminate use of plastic has resulted in the dumping of plastic waste into our landfills and oceans. The single-use plastic products are everywhere. NWWA President has taken many forward looking and far reaching decisions to accelerate and facilitate the pace of implementation of plastic pollution program in INS Hamla. **Mrs. Harsha Bisht**, Prakriti Coordinator gave a lecture and presentation about “**War on Plastic**”. The lecture was focussed to show the harmful effects of plastic pollution and how we can improve the way we manage our plastic waste. As a part of the initiative the NWWA President distributed cloth bags to the ladies of INS Hamla.

SPARSH



The Sparsh group organized an outreach program for the domestic help and conservancy ladies and children at the NWWA Kendra. As responsible citizen of our country it is important that we realize the need of the hour, and the present calling is “**War on Plastic**”. **Mrs Madu Bala Yadav**, Sparsh Coordinator gave a presentation on the increasing amount of Plastic Waste leading to Plastic Pollution and simple solution to lower the level of plastic waste. NWWA President advised to avoid plastic and adopt eco friendly products. She suggested on **Reduce-Refuse-Reuse-Recycle** plastic products. The NWWA President interacted with the ladies about their well-being in Hamla and distributed steel boxes. The event ended with recommendations on leading a “**Plastic Free**” life style.



SAY NO TO PLASTIC



Plastic! Plastic! Can we really live without plastic? From buying groceries to shopping in D'Mart and malls, from our lipstick and makeup sets to our children's toys, water bottle, tiffins and even the show pieces in our houses, we always use plastic. We are all surrounded with plastic. We all know the harmful effects of plastic in our lives but when we go to a mall the tiny cute little plastic box is so appealing that a mere want becomes a necessity and we land up buying it.

*We are well aware of the hazards of plastic and how it has affected us, but to really think of it, **CAN WE ACTUALLY LIVE WITHOUT PLASTIC?** A plastic free India. We are long-long away from this concept. But nothing happens overnight. Right now we cannot change our Pepsi bottles and toys our kids play with. But let's start with what we can do.*

Age old grandmother tips are best. We should follow them, avoid plastic and live a healthier life. Store water in earthen pots. It not only keeps water cool but also has amazing health benefits. Using glass or steel bottles is also a very good option.

Though steel insulated lunch boxes do not look as fancy as plastic ones, they are healthy and also keep your food warm.

We now have designer cloth grocery bags with compartments for different vegetables. Awesome, isn't it? Use it, flaunt it.

Amazon and Big Basket are selling bio-degradable eco friendly disposable plates/ cups/ spoons in all shapes and sizes. Why use thermocol plates for your parties now!

We are now becoming aware and conscious of the ill effects of plastic. We have indiscriminately used plastic for over two decades and are now facing the brunt of it.

*Take these few steps to make a difference. Realise all the ill effects that plastic brings with it and say a **BIG NO** to it. Pledge to stop the usage of plastic in your own small ways.*



*There came a call of the nation
And he couldn't attend his brother's graduation
He couldn't be a part of his sister's celebration
Because he was busy protecting the nation
He told his parents "I live in the battle fields
No news is good news"
Entering the battlefield he told his companions
"If I die in the war zone"
Box me up and send me home
Put my medals on my chest and
Tell my mom I did my best
Tell my dad not to bow
He wont get tension from me now
Tell my brother to study perfectly
The key to my bike will be his permanently
Tell my sister not to be upset
Her brother will go on a long sleep after sunset
And
tell my nation not to cry
because I'm a soldier born to die
then he entered the battlefield and fought
with all his might
on the country
that was in his sight.*



Travelling has become a mundane thing for me. I travel and experience a new episode everyday. One evening I was rushing to catch my ferry. As soon as I entered two ladies jumped behind me. I observed they were carrying plastic bags full of food and a foil packet of chappatis. I started wondering and in no time one of them threw the plastic bag of food into the creek and the other one said, “ye rotian bhi daal de” on this the first one said, “kyu khol rahi hai aise hi de de”. And she threw the foil packet of rotis too in the creek. My head was churning to see this noble cause and I wanted to snap them there but I controlled my mind. As soon as the ferry reached the jetty I stopped the ladies and said, “Aap logo ne jo abhi kiya, kya lagta hai aapko thik kiya?” On this the ladies who had no clue of how and from where I pounced on them. They kept mum. I said, “aap logo ne apna punya sara pani mein daal diya lekin usse koi fayda nahi hai, aapka dala hua plastic or foil machaliya kaise kholegi khana khane k liye, aapne ye socha hi nahi or plastic, foil samundar mein daal k or zehar kar diya pani ko. Please aap log plastic ko pani mat daliye, ye hanikarak hai aapke liye, aapke parivar k liye, sabke liye.” Thankfully they never countered me but nodded in acceptance. I folded my hand in gratitude and left. Every citizen all over the globe have to come forward and together, to fight this battle against plastic and save the planet.

“Ek se nahi hoga ye... sabko aana hoga saath, plastic ko dur karna hai to milana hoga haath”

Mrs Poonam Kashyap

1. *Ghar se bahar market jab bhi jana..
Thaila saath mein bhool na jana*
2. *Come together let's join our hand
Say no to plastic n stop polluting our
land*
3. *Ghadi ki sui bole tik tik tik tik
Ab to band karo istamaal karna plastic*
4. *Aao milkar awaaz uthaye
Plastic hai zehar Is par rok lagaye*
5. *If u can carry mobile, chargers, power bank, lipsticks
Then also carry a cloth/ paper bags instead of plastics*
6. *Ek se nahi hoga.. Sabko aana hoga saath
Plastic se mukt hona hai to milana hoga hath*
7. *Suno meri choti si baat
Mat lagana plastic ko hath*
8. *Agar ho dharti ko bachaana
To padega plastic ko jaana*



- Mrs Poonam Kashyap

NWVA LITTLE

VOLUNTEER

NO PLASTIC BAG

Plastic bags are not good for our environment. Animals and water animals often eat them, and they get sick. Say "No to Plastic bag" is the best way to avoid it and save our Earth. We should use cloth bag or paper bag.

*- Chitraang Vankar
Naval KG School*



“गुड मॉर्निंग” हमारी प्लास्टिक से शुरू होती है कैसे? मैं बताती हूँ - आप सुबह उठते ही प्लास्टिक ब्रश से ब्रश करते हैं, प्लास्टिक की बाल्टी व मग से नहाते हैं, ऑफिस व स्कूल के लिए टिफिन व वॉटर बोतल में पानी व खाना साथ लेकर जाते हैं व बच्चों को भी देते हैं। प्लास्टिक हर जगह हर समय हमारे साथ होता है, प्लास्टिक हमारे जीवन का एक अभिन्न अंग बन चुका है।



बच्चे के जन्म के साथ ही हम बच्चे के मुँह में प्लास्टिक की दूध बोतल डाल देते हैं। प्लास्टिक का डायपर लगा देते हैं। खेलने के लिए खिलौने भी प्लास्टिक के होते हैं। प्लास्टिक का निर्माण मनुष्य ने अपनी सुविधा के लिए किया था। छोटी सी प्लास्टिक थैली खतरनाक जहरीले केमिकल से बनी है। जिसको नष्ट होने में हजारों साल लग जाते हैं। थैली छोटी सी होती है पर वजन बहुत उठा लेती है जब व पर्स में आसानी से आ जाती है। थैलियों के उपयोग के बाद कचरे में फेक देते हैं। बारिश के मौसम में थैलियाँ बह कर नालियों व सिवरेज को जाम कर देती हैं।

इसका उदाहरण तो हम देख ही रहे हैं आधा मुंबई शहर बाढ़ की चपेट में आ गया है। मुंबई ही क्या भारत के अनेक इलाकों का यही हाल है, थोड़ी बारिश होते ही त्राहि माम त्राहि माम ! हो जाता है। कैंसर जैसी बीमारी प्लास्टिक की देन है। प्लास्टिक को हम अपने पतन का कारण नहीं बनने देंगे। हमारे बच्चों का भविष्य क्या होगा? जरा सोचिए। नक्का में एक आर्टिकल देख कर मैं हैरान रह गयी कि हर साल इतना कचरा (प्लास्टिक) फेका जाता है कि हमारी पृथ्वी को 5 बार लपेटा जा सकता है। हमारा नक्का इस मुहिम में बढ़ चढ़ कर हिस्सा ले रहा है। कृपया सब इस में सहयोग करें। छोटी - छोटी बातों का ध्यान रखें जैसे की :-

- (1) दुकानदार को थैली के लिए मना करें, घर से कपड़े या जुट का थैला लेकर जायें।
- (2) एक बार इस्तेमाल आने वाली चीजें जैसे :- गिलास, प्लेट, स्ट्रॉ आदि से बचें।
- (3) अपने आस पास प्लास्टिक के कम इस्तेमाल को लेकर चर्चा करें
- (4) बच्चों को जागरूक करें।

धन्यवाद

श्रीमति सरोज रोहिल्ला



HOW TO AVOID **PLASTIC** USE IN OUR DAILY LIFE!



1. Avoid buying items packaged in plastic. Look for produce and other items that aren't over-packaged. Buy food in glass jars rather than plastic ones, and detergents in boxes rather than bottles. Not only are you reducing the plastic you use, you're sending a powerful message to the makers of those products that you don't like plastic packaging.
2. Use cloth shopping bags. Plastic bags are an eyesore and are dangerous to wildlife. Keep reusable bags somewhere handy—in your car or your bike or by the front door—so you don't forget them when you go to the market, grocery store or mall.
3. Skip bottled water. Carry a reusable canteen. Plastic bottles are one of the top five most common types of litter found on beaches. Since bottled water is much more expensive than tap water, you'll also save money doing this, and avoid the possible hazards of plastic toxins leaching into your beverage.
4. Up cycle. Think of new uses for old items rather than discarding them or buying new ones.
5. Bring a reusable mug when you order coffee. Stow it on your desk, in your purse, car or bag so you have it on hand when you order or refill your drink.
6. Say "**No straw, PLEASE**". Straws are one of the top 10 items found on beaches. In most cases, drinking out of a straw is simply unnecessary. If you do need a straw, you can get a reusable stainless steel or glass one.
7. Wear clothing made from natural (not synthetic) materials. Wearing and washing clothes causes fibres to flake off, and polyester clothing is made of plastic. Tiny particles of microplastic found in oceans around the world have been traced to such synthetic fabrics.
8. Avoid disposable tableware, or use the compostable kind. Try using washable and reusable cups, plates or utensils. When using compostable tableware, be aware they will not biodegrade in a landfill and must be disposed of in appropriate composting conditions.
9. Don't just discard electronics. Aim to repair or upgrade your devices instead of buying new ones. Sell gadgets and computer parts, or find a facility where you can turn them in for recycling.

- **ASTHA SINGH**

(D/O Mrs. PUSHPA SINGH)



मुठिया

अजवायन, सोडा, गुड, तेल, आदि, नमक, मिर्च
बनाने की विधि - सबसे पहले लौकी को कटुकस करेंगे और उसमें आटा मिलाएंगे और थोड़ा सा आजवायन, नमक, मिर्च, गुड, सोडा और थोड़ा सा तेल का मोड़न डाल कर आटा गुंद लेंगे फिर छोटी छोटी मुठिया बना लेंगे। इन मुठियों को भाप में पकाएंगे। भाप में पकने के बाद मुठियों को तेल में तल लेंगे थोड़ा तिल राई करी पता का तड़का लगा देंगे। मूठिया तैयार है।

सजावट के लिए - हरा धनिया, अनार, मूँगफली आदि।

- श्रीमति सुनीता शर्मा



लिटी भरता और तिल की चटनी

लिटी सामग्री - आटा 250 ग्राम, चने का सतू 150 ग्राम, थोड़ा सा अदरक, लहसुन, प्याज, हरी मिर्च, आजवायन, नींबू, सरसों का तेल और नमक स्वादानुसार

चटनी सामग्री-टमाटर 1, लहसुन 5 ग्राम, लाल मिर्च 2, तिल 10 ग्राम, नमक स्वादानुसार

भरता सामग्री- आलू 1, बैंगन 1, हरी मिर्च 2, नमक स्वादानुसार

विधि - सबसे पहले आटे को अच्छी तरह गूँध लें कुछ देर के लिए रख दें। चने के सतू में वारिक कटा हुआ अदरक, लहसुन, हरी मिर्च और प्याज सरसों के तेल में अच्छे से मिला लें। आटे छोटी छोटी गोलिया बना कर मिक्सर भर दें और तेल में तल लें।

चटनी की विधि - पके हुये टमाटर को अच्छे से आंच पर पकने दें। पकने के बाद जले हुये भाग को अलग कर दें। उसमें भुना हुआ लाल मिर्च लहसुन और तिल के साथ वारिक पीस लें।

भरता की विधि - आलू और बैंगन को आंच पर पका कर हाथ से अच्छे से मिला लें उसमें कटी हरी मिर्च नमक मिलकर लिटी के साथ परोसें।

- श्रीमति किरण मिश्रा



HEALTHY BASKET

• Ingredients :

- ◆ 2 cups Maida (All-purpose flour)
- ◆ 2 tablespoon oil
- ◆ 1/2 tablespoon Baking powder
- ◆ 1/4 - 1/2 teaspoon Ajwain
- ◆ Salt to taste

• Stuffing for 10 baskets :

- ◆ 1.5 cups Boiled Potatoes
- ◆ 1.5 cups Chopped Tomatoes without pulp
- ◆ 1.5 cups Boiled Garbanzo beans (Safed chole)
- ◆ 1.5 cups Chopped Onions and cucumber
- ◆ 3 tbsp Sprouts
- ◆ 2 cups beaten Curd/Yogurt
- ◆ 1 cup Tamarind Chutney
- ◆ 1 cup Green Chutney
- ◆ 1 tsp Red chili powder (to sprinkle on top of chaat)
- ◆ 2 tsp Chaat Masala (to sprinkle on top of chaat)
- ◆ 1/2 cup Sev (fried crunchy Indian snack) (to sprinkle on top of chaat)

• Recipe

- ◆ Prepare maida dough. Grease a steel bowl, roll the dough in a circle, place the bowl in the centre and wrap the dough around it.
- ◆ In the heated oil drop the bowl wrapped with dough and fry it.
- ◆ Oil will start filling up in the bowl, BE CAREFUL. Using a tong, carefully remove the dough and after draining all the oil pull the bowl out. Place the bowl on a greased paper towel - DO NOT TOUCH, it's still hot. Keep frying the dough shaped bowl in oil.
- ◆ Once brown remove from oil and drain it on a paper towel. The baskets are ready.
- ◆ Empty baskets will remain crisp for 4-5 hours.

• Assembling baskets

- ◆ Chop boiled potatoes, cucumber and onions.
- ◆ Remove pulp from tomatoes and chop them.
- ◆ Assemble all the ingredients and let's begin filling up these baskets.
- ◆ Place basket on a clean plate.
- ◆ Add 1 tablespoon green chutney, tamarind chutney, curd, boiled chickpeas, chopped onions, tomatoes, cucumber, boiled potatoes and sprouts.
- ◆ Sprinkle salt, pepper and chat masala.
- ◆ Garnish with sev and chopped cilantro and serve.
- ◆ These baskets can be prepared in advance. Stuff them with the toppings of your choice and enjoy!!



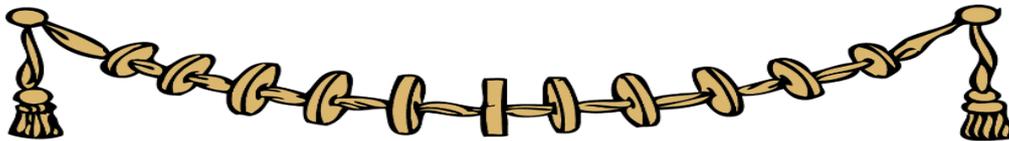
Ladies Painting



Monica Pradeep



Nidhi Patel



B I O S C O P E



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