

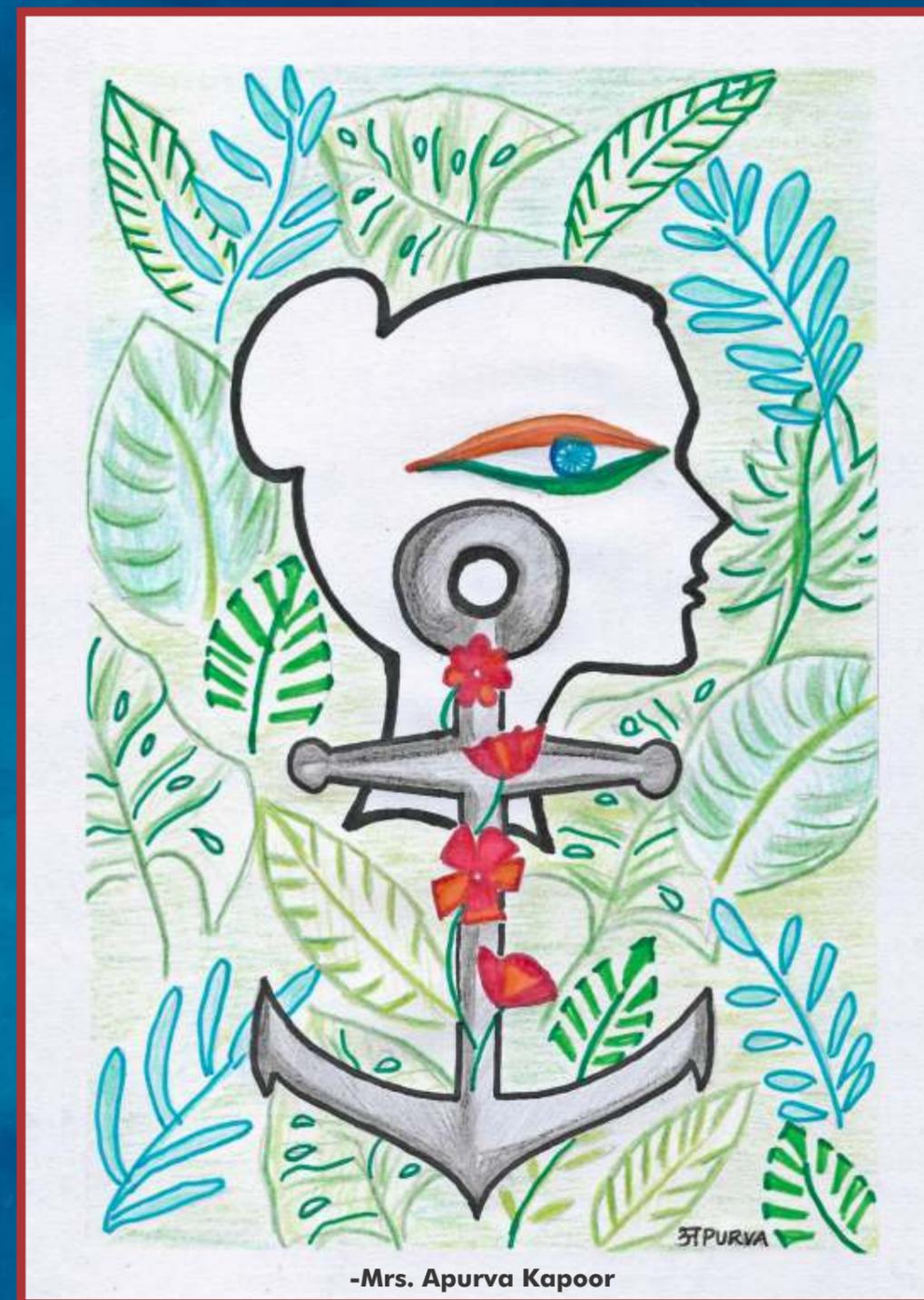


Paulami Das | 13 Yrs



VARUNI

NEWSLETTER MAR 18 - SEP 18



-Mrs. Apurva Kapoor

*Navy Wives Welfare Association
INS Hamla, Southern Region*

BIOSCOPE



Baking Workshop for NWWA Ladies



Cultural Programme at the Milan



Woman's Day Walkathon Winners



Scholarship Presentation by President NWWA, INS Hamla



Healthy Cooking with Oats participants



Farewell Coffee Evening for LLMC Ladies



Yoga Diwas conducted by Patanjali



Interactive Session on Holistic Nutrition



Welcome Coffee Evening for LLMC Ladies



Drawing Competition for Udaan Children on 'Environment'



Tree Plantation on Earth Day



Eye Camp for Senior Citizens in collaboration with Rotary Club



CORE COMMITTEE MEMBERS (L TO R)

- Mrs. Ratika Malhotra - Vice President, Samudri, Jagriti, Udaan, Sanchaar
- Mrs. Gurpreet Matharu - President, Sakhi
- Mrs. Neha Chaudhary - Treasurer
- Mrs. Manju Bisht - NWWA Secretary



COMMITTEE MEMBERS (L TO R)

STANDING

- Mrs. Vinita Suryawanshi - Ashirwad
- Mrs. Priyanka Jakhad - Prakriti
- Mrs. Parul Kuthiala - Varuni
- Mrs. Anju Sahota - Pragati, Saundarya, Vastralaya
- Mrs. Neha Chaudhary
- Mrs. Manju Bisht - NWWA Secretary
- Mrs. Manju Ray - Sparsh

SEATING

- Mrs. Ratika Malhotra
- Mrs. Gurpreet Matharu
- Mrs. Monica Binny - Arogya



SUBCOMMITTEE MEMBERS & ACTIVE VOLUNTEERS (L TO R)

STANDING

- Mrs. Prem Kumari
- Mrs. Poonam Sarwan
- Mrs. Meera Devi
- Mrs. Soni Kumari
- Mrs. Rupinder Kaur
- Mrs. Aarti Yadav
- Mrs. Reena Kumari
- Mrs. Sabita Devi

SEATING

- Mrs. Vani Bhardwaj
- Mrs. Sushmita Ghosh
- Mrs. Gurpreet Matharu
- Mrs. Kiran Misra
- Mrs. Sonali Mallick



KENDRA IN-CHARGE

Mrs. Ruma Das

HELPER

Mrs. Pratibha Surti

SUPPORT TEAM

LT AMITA SINGH

NWWA Co-ordinator

SATISH KUMAR, PO LOG (MAT)

NWWA Incharge

LT AKANKSHA THAKUR

Varuni Support



Navy Wives Welfare Association
Ashirwad Building
NWWA Kendra
Naval Base
Kochi – 682004

Message from President NWWA Southern Region

It is an honour to serve as President NWWA Southern Region and to take on the responsibility of leading this organisation. Over the years our organisation has transformed in sync with the Indian Navy and increased its ambit to cover a variety of activities associated with the welfare and well-being of the SNC Parivar.

I am proud to lead this motivated and talented team of ladies who have volunteered to contribute towards the betterment of our community despite their own commitments and responsibilities on the home front. I intend to build upon the strong foundation laid by our predecessors and take NWWA Southern Region forward in all its endeavours.

NWWA, today, undertakes several activities which include: empowering our women through specialised training provided at subsidised rates; contributing towards making Navy Children Schools world class; running schools to meet the requirements of special children; providing creches for working women; supporting the elders in our community; encouraging healthy habits; encouraging talented individuals in various fields; and working to make our environment green and sustainable. These efforts ensure that the Naval community remains a vibrant, healthy and happy place and we need to pursue them with purpose and vigour.

It's my firm belief that we have gained much from being a Naval spouse and it is our duty to return this favour by contributing our efforts towards the betterment of the Naval community, in the same manner as our officers and sailors who selflessly serve the country.

I look forward to the continued voluntary support and cooperation of all ladies in SNC to take our endeavours forward. A particular area of my emphasis will be to better integrate the large number of young ladies who join the Naval community and to provide them with necessary support and information, so that they integrate seamlessly into our Parivar.

There is no greater joy than giving. I look forward to working together with all of you in helping to make a positive difference to all our lives.

Jai Hind

Mrs Sapana Chawla
President NWWA
(Southern Region)



Message from President NWWA, INS HAMLA

"Saving our planet, lifting people out of poverty, advancing economic growth...these are one and the same fight. We must connect the dots between climate change, water scarcity, energy shortages, global health, food security and women's empowerment. Solutions to one problem must be solutions for all."

- Ban Ki- moon

Dear Friends,

I am immensely pleased to release the Mar-Aug 18 edition of Varuni Newsletter. This newsletter showcases the persistent efforts of NWWA Hamla to achieve its goal of personal growth, empowerment, community welfare and outreach programme.

My journey as President NWWA Hamla started in Mar 18 and I am fortunate to have been endowed with this opportunity to bring about a social change. The committed and dedicated involvement of the Committee towards achieving the goal of this organization is praiseworthy.

NWWA Hamla commenced its new term after summer vacations in July with a Milan and AGM-2018. NWWA organised summer camps for children during the break which included Swimming, Gymnastics, Science experiments, the response of which was overwhelming. NWWA also planted 200 saplings in and around Hamla in collaboration with Mission Green Mumbai.

To acknowledge the contribution of our senior citizens throughout their life we owe them our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by ensuring that our community is a good place to mature and grow older, a place where senior citizens can participate to the fullest and can find the encouragement, acceptance, assistance and services they need to lead life independently and with dignity. NWWA Hamla organised various medical camps, lectures and drives to express our gratitude to the senior citizens of the Hamla family and will endeavour to further their cause.

I strongly believe that education, training and good health are the most crucial and indispensable ingredients to build an individual's personality and self esteem. The programs conducted under the aegis of various committees, endeavour to serve the community and shape the future generations. Finally, I would like to thank all the ladies of INS Hamla for their support and contribution. I would also like to express my gratitude to the officers and men of INS Hamla who have provided support to all our endeavours. I am sure, as a team, we will continue with the same spirit and enthusiasm in the journey ahead

So, be the change that you want to see.

Mrs Gurpreet Matharu
President NWWA
INS Hamla



Message from Editor's Desk

It left me stood wondering and feeling both happy, as well as confused, the day President NWWA bestowed me with the responsibility of editing everyone's much-loved and popular newsletter 'Varuni'. I, being a doctor by profession, had no early experience of editing or writing. The best analogy of editing any article that I could relate to my profession was reading a case sheet of any patient, giving him the typical doctor's look that says, "You just reached here in time" and re-writing the case sheet using further difficult medical terms". Driving my motivation from there, I sat next to my bedroom window, admiring the unmatched serenity of Hamla beach and started my role of a novice Editor!!

This memorable journey of editing has happened over the past one month and has resulted into the newest Varuni newsletter unfolding the tale of NWWA's success, enumerating the untiring and endless efforts made by the members towards Hamla community and a storyboard of the numerous events conducted by NWWA.

The varied contribution of articles, anecdotes, talent and experiences by the members has done a complete justice to the theme of the newsletter which is "Environment". The committee members are extremely grateful to all the contributors for their thought provoking articles. A special mention of thanks also to Lt Amita Singh, NWWA Coordinator, Satish Kumar, PO Log Mat, NWWA-in-charge and Mr. Hemant Hatim for their consistent assistance and support.

I will fail in my duty if I don't thank Mrs. Ratika Malhotra, Vice President NWWA for her unflinching support that helped me throughout in editing this newsletter.

In the end, I am extremely grateful to Mrs Gurpreet Matharu, President NWWA on behalf of all NWWA members, for her unstinted support and guidance, without which the publication of this newsletter would not have been possible.

The time of release of the newsletter could not have been better with Mumbai monsoons at its peak. I am sure the weather will keep enticing all of us to savour reading this newest Varuni edition with hot cups of masala chais and pakoras.

Happy reading !!

Warm regards
Mrs. Parul Kuthiala
INS Hamla

MARCH 2018

PRAKRITI

On the eve of Women's Day celebration, team Prakriti organised a walkathon for the ladies of INS Hamla. The event started from South end of Hamla beach to Aksha beach and back to North end of Hamla beach covering a stretch of 4 Kms. The first four winners were awarded and other participants were given a small token of encouragement.



MILAN

A welcome Milan was organised at NWWA Kendra. An Interactive session between the new NWWA President and the NWWA ladies was held which was followed by lunch.



AASHIRWAD

Team Aashirwad organised a Bhajan Kirtan for the senior citizens of the naval fraternity on the occasion of Ram Navami at Shiv Mandir, Nausena Baugh. As a token of respect and appreciation, President NWWA presented gifts to all the senior citizens.



APRIL 2018

SPARSH

On 14th Apr 2018 NWWA Hamla members visited Daya Vihar orphanage at Malwani. Distribution of stationary items to the children was undertaken during the visit.



MAY 2018

PRAKRITI



A summer camp for children of the age group 06-12 years was organized at various places with different activities i.e Swimming, Gymnastics, Art & craft, Science Camp etc.



MAY 2018

PRAGATI



On 12th May 2018 a coffee evening was organised. We bid farewell to the outgoing LLMC officers wives and thanked them for their support in various NWWA activities.



Team Pragati celebrated Mother's Day on 14th May 2018. A lecture on "Women Health" was delivered by a well known psychiatrist of Rotary Club, Kandivali.

JUNE 2018

AROGYA

Team Arogya organised "Yoga" by Patanjali at the Community Hall on the occasion of World Yoga Day. It was attended by more than 80 ladies. Main focus was to reduce depression, eliminating stress from the body and mind to control hypertension.



PRAKRITI

Tree plantation was organized by team Prakriti on 28th Jun 2018. The members planted numerous saplings along the beach front.



PRAGATI

A coffee evening was organised on 29th Jun 2018 to welcome the new batch of LLMC officers wives. They were briefed about the base and various NWWA activities carried out at INS Hamla.



JULY 2018

PRAGATI

AGM was organised to welcome new members, who joined the unit and to constitute various NWWA Activity groups. Annual Activities report was presented by Vice President NWWA. Committee and sub-committee members were selected for the year 2018-19.



JAGRITI

A cooking competition with the theme "Healthy Cooking with Oats" was organised by team Jagriti. The winners of the competition were felicitated with prizes.



AUGUST 2018

ASHIRWAD

Free Eye check up camp was organised by team Ashirwad in collaboration with 'Rotary Club' for all senior citizens, serving officers and families of defence and civilian personnel.



AUGUST 2018

UDAAN AND PRAKRITI

A drawing competition on 'Environment' was organised by Prakriti for Udaan children. 55 children of different age groups participated. Prizes were distributed to the winners.



SPARSH ROTARY VISIT

On 13th Aug 2018, children from Rotary Club Kandivali, visited INS Hamla, where they were briefed about the various career options in the Indian Navy. Thereafter they were shown a short film on the Indian Navy and visited the Hamla museum.



PRAGATI

Teej festival was celebrated on 14th Aug 2018 by team Pragati where Mehendi competition was held for all the ladies of INS Hamla and prizes given to the winners.



SEPTEMBER 2018

AROGYA

"Health is Wealth" being the theme of the year, a Yoga camp by Patanjali was organised for all the ladies of INS Hamla. Various Pranayam and Asanas were demonstrated and their benefits for various health ailments were taught.



JAGRITI

Teacher's Day was celebrated by team Jagriti at Naval KG School. Teachers of KG School were gifted a small token of appreciation by the President NWWA.



PRAKRITI

An interactive session on Solid Waste Management was organised at Sagarika for Naval fraternity. Presentation was given by Rishav Shah, Vice President of Excel Industries. The aim was to introduce the concept of waste management by segregation of dry and wet waste at source level.



SEPTEMBER 2018

PRAGATI



Milan was organized at NWWA Kendra. Cultural program was put up by the NWWA ladies which was followed by personality development tips from President NWWA.



Under the aegis of team Pragati, coffee evening was organised to present the orientation capsule for Officer's wives, based on the directives of central region. This was followed by games and high tea.

THE SEA AND ME



- Advik Malhotra

The sea and me are close friends, Why?
I think as we live nearby.
I wake up at six 'o' clock
Go to the beach and take a walk.

The sea keeps me calm and well,
It is the place where I want to dwell.
The sea is blue I wonder, why?
Is it because of the sky?

Sea is also a dangerous place,
Where ships and planes crash and break.
The sea and me are good friends , why?
I think as we live nearby!!

PLANT ONE TREE

One Tree for the father, One Tree for the Mother
One Tree for the Sister, One Tree for the Brother
Yes, one makes the difference, it starts a spree
No need to worry, live life with glee
Just Plant one tree, get oxygen free.
One for the birds which fly in the sky,
One for the squirrels which lives nearby,
One for the woodpecker, who wants to test his beak,



- Mrs. Archana Singh

Don't kill the trees, they all want to speak
Without trees, chances of life, are very bleak.
We all need to wake up, before it's too late,
A second earth for us, no one is going to create,
Let's change our ways and change our fate,
Change is all needed, the Change in attitude
Respect for environment, a feeling of Gratitude
No need to worry, live life with glee,
Just Plant one tree, get oxygen free,
It is as simple, as one two three,
Let's all make an effort, for our Planet E



MOTHER - AN EPITOME OF PERSEVERANCE



- Mrs. Vishnu Priya Mohan

Why do we call her Mother,
When all we do is bother
What did we do to her beauty
When protecting her being is our duty
How could we tamper?
When all she knows is to pamper
Her outrage, can we bear?
Do we have the courage to dare

Done is done, No more harm
Let us revive her charm
Let us not pollute
Let us start to salute
Air, Water, Soil
Enough of the toil
Let us pledge an oath not to spoil

Before it is too late
Let us change our fate
Let us treasure our nature
As a present for our future
Let us preserve her reserves
Because she deserves
So here we come our Earth
To extend our warmth
Remember! She is our Mother
Shall we start to treat her like one?

PLASTIC HAZARDS ON OUR ENVIRONMENT

Plastic is one of the most common things used in our day to day life . From toys, pens to carry bags, 70% of daily household things are in some form of plastic.

The reason of its growing demand in our lives is their low cost, ease of access, versatility and durability, However plastic has posed a great threat to our environment.

Plastic is non biodegradable i.e., it cannot degrade on exposure to sunlight, water or microbes due to which it accumulates in area where we throw it which leads to pollution of soil.

Moreover slow accumulation of plastic in soil creates an impervious layer on earth which hinders the penetration of rainy water on soil leading to drying of earth beneath and more flood like conditions on that area. It also chokes drainage pipes and sewer lines causing dirty water to overflow on roads.

If plastic is burned it liberates harmful gases like CO₂, CO, NO, CH₄, SO₂, etc which pollute the air. Burning down of large masses of plastic also contributes to green house effect which is one of the responsible factors for global warming.

The waste plastic which gets accumulated in the sea and ocean pollutes the water.

The marine creatures ingest the plastic which increases the mortality rate in them also when such sea food is taken by humans it can causes harmful effects in their health also.

Thus in short we can say that wide scale use of plastic leads to air, water and earth pollution. It leads to disturbance of our ecological system therefore strict measures should be taken to restrict its usage as much as possible in our day to day life and to ban it where possible.

Apart from this usage of recyclable or bioplastics should be increased at both, commercial and household levels.



- Dr. Anjali Chamoli

● SUSTAINABLE LIVING ●

“Individually we are a drop, together we're an ocean”

We hear a lot about living sustainably these days. So what does "sustainable living" really mean and how can we prove to actually make a difference to our ever so precious environment?

We as humans, have used and abused the natural resources that surround us. We have been constantly dumping waste, polluting the air and environment, and even wasting useful resources like water, food, etc. and over time we are destroying our planet - our only home.



- Mrs. Apurva Kapoor

It's shocking to face the fact that India alone produces 1,00,000 metric tonnes of solid waste on a daily basis, which is higher than the solid waste generated by many other countries combined. India is literally drowning in its own garbage!

In today's world of myriad choices as consumers, there are a number of things we can do at the most basic level as individuals to contribute to the greater 'whole', and as responsible citizens we must.

● TO LIST OUT JUST A FEW OF THESE PRACTICES ●

Purchase from brands that are eco-friendly; banning the use of plastics and products made from plastic, for they not only are bad for the environment, they are no good for health; growing our own terrace garden, converting materials from our everyday food waste - like vegetable peels, leaves etc., into compost, and using it as manure to help plants grow, (and oh how beautifully they thrive with this); carpooling, when you can; using daylight as much as possible, for it's free and reduces the dependence on fossil fuels that generate electricity with your bulbs lasting much longer.

1. Repurpose and reuse empty pill bottles for they can be used for taming the mess of your junk drawer, sewing kit, jewellery and so forth. Why throw them away when they love to contain little things.
2. Don't dispose off those paper egg cartons, use them to start seedlings. Since the paper will biodegrade, each cup with its seedling can be dropped right into the soil. Toilet paper tubes can be used in the same way.
3. Back in the day sailors would use banana peels to shine their shoes. Rub the inside of the peel on shoes, then buff with a soft cloth.
4. Make good use of used coffee powder. Just place in an open jar in your refrigerator or freezer to neutralize food odors.
5. Affixing your keys to some old wine corks could save you from not only misplacing loose keys, but this creative floaty key ring will save your keys from sinking while at the beach or pool.
5. A simple formula to clean utensils and metal fixtures, is sprinkling a little salt to juiced lemon halves, it leaves the dishes clean with a fresh fragrance.
7. Use old unused binder clips to tame and control unruly wires around the home. Just roll the wires and clip!
8. Don't forget the old trick of using newspaper instead of paper towels to clean windows and mirrors.

Sustainable living is thus, a more conscious way of utilising the resources we as humans have collected and accumulated.

Conscious and mindful living will automatically help us to leave a better environment for the future generations to come. Make this choice today! It's the best gift to give to yourself and your loved ones.

● VAASTU TIPS ●

For a house to become a home, it needs to radiate the right kind of energy. According to a number of traditional beliefs, each home comes with its own energy type.

A person dwelling in a house comes under the influence of a specific energy field, which in turn influences him in one way or the other. Being part of the Naval fraternity, we keep shifting from one place to another on transfer. Packing, unpacking and setting up home are usual chores associated with every transfer.

Here are a few VAASTU tips to help you with interior decoration of your home to ensure peace, harmony and positive vibes.



- Comdt Daisy Das

- A beautiful entrance attracts wealth and prosperity. According to the vaastu,

North or East direction is ideal for the entrance door. Keep it well arranged, bright and well-lit. The door should be preferably of solid wood. Avoid keeping shoe-rack or footwear here as it is believed to block positive energy from entering the home. Make sure to put the nameplate at the entrance.

- If there is a wall at the entrance, don't leave it naked. Naked wall represent loneliness. Show your creativity and decorate the wall. You can hang the picture of the God or place a statue there.

- Bring home an aquarium and with it bring home positive energy. Aquarium attracts fortune and wealth. Make sure that the fishes in the aquarium are healthy, active, strong swimmers and always on the move. The constant movement of the fish will keep the flow of wealth energized. Keep the water well aerated and clean. The ideal place for the aquarium is the north-east position of the room.

- Kitchen is the food factory of our home and it needs to be in perfect balance because the two opposite forces of nature, fire and water, exist here. It is important to place the sink and stove in such a way that they don't collide with each other. They should be as far from each other as possible. Avoid placing both in same line.

- Keep the bedroom well lit with natural lights during the day. Let the fresh airflow into the room by keeping the windows open for at least 20 minutes every day. There should be minimum furniture and the colour of the walls soothing. If it is the room of a couple, keep a single mattress instead of double. It is the symbol of togetherness. Avoid placing a mirror or television in front of the bed. Your reflection must not be seen in a mirror when in bed as it causes fights and other domestic disruptions. Avoid having a temple, paintings depicting water or a fountain in the bedroom as it could cause emotional outbursts.

- Keep all electrical/heat generating appliances in the SE corner of the room.
- The kitchen should not be directly in front of the main door.
- Do not keep broken mirrors, watches and electrical gadgets which are either lying idle or out of order in the house.
- Avoid having garbage dump, street-light pole or boulders in front of the main gate or door.
- The image of Gajalaxmi at the main door is considered auspicious.
- The north-east corner is the face house and should always be kept clean.
- While cleaning the floor with any disinfectant, a little sea salt should be added.
- Students should study facing the north or east.
- Do not keep or hang paintings depicting war, crime, violence, unrest, agony or distress.
- Grow a tulsi or basil plant in front of the house.
- Do not have any cactus in the house. Having it outside the boundary is good.
- Elderly people are always more comfortable in the South-West corner.
- Do not have a toilet or prayer room (puja room) under a staircase.

The above vaastu tips will help create a balance in the environment to make the house a home where we can find mental solace and also have the opportunity to enhance health, wealth, good luck and prosperity.

पर्यावरण का संरक्षण

साथ मिलकर आओ हम सब एकमेव प्रण उठाये
पर्यावरण के संरक्षण के लिए अपना पग बढ़ाएं !!

आसमाँ का रंग देखो आज धुंधला हो गया है,
स्वच्छ अविरल हर नदी का रंग मैला हो गया है
पुष्प जो उपवन की शोभा में सदा कुसुमित रहें हों
रंग उनके हम अनेकों अपने जीवन में सजाएं
पर्यावरण के संरक्षण के लिए अपना पग बढ़ाएं !!

तरुवों की छाँव जिनके फल मधुर मन को जो भाये
कर्णप्रिय कलरव जो कानों में मधुरता घोल जायें
उन परिंदों का घरौंघा आज जिनको हमने तोड़ा
उन्हें देकर हरित उपवन नव निकेतन पर बुलाएँ
पर्यावरण के संरक्षण के लिए अपना पग बढ़ाएं !!
जो कभी हमने सरल नदियों का भी था जोर देखा
मंद शीतल सी पवन में औंधियों का शोर देखा
बूँद बारिश की नमी मिट्टी को जो रहती थी देती
उस धरा का रूप जलविहीन व निर्जीव देखा
आधुनिकता में नयन मूँदे न उनकी आजमाएँ
पर्यावरण के संरक्षण के लिए अपना पग बढ़ाएं !!

जो हमारे प्रण में दृढ़ता हो तो एक नवयुग बनेगा
सृष्टि को फिर से वही नवरंग नव जीवन मिलेगा
आधुनिकता और प्रकृति के परस्पर समन्वय से
एक नया संसार मानवता का तब स्वागत करेगा
सर्व सम्मति से इन्ही सपनों को पलकों पर सजाएँ
पर्यावरण के संरक्षण के लिए अपना पग बढ़ाएं !!

साथ मिलकर आओ हम सब एकमेव प्रण उठाये
पर्यावरण के संरक्षण के लिए अपना पग बढ़ाएं !!



- श्रीमती प्रियंका चन्द्रा

WINNING RECIPES
HEALTHY COOKING COMPETITION WITH OATS

COURSE: DESSERT

Cuisine: Indian
Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes
Servings: 16



INGREDIENTS (240 ML CUP USED)

1 cup or 200 grams grated jaggery or sugar (can reduce a bit)
1 cup or 100 grams rolled oats
1 cup heaped or 150 grams grated fresh coconut or frozen coconut
¼ tsp. green cardamom powder
1 tbsp. water
1 tsp. ghee /coconut oil / vegetable oil or butter for greasing the palms
Ghee roasted Nuts and raisins as needed.

HOW TO MAKE THE RECIPE

Heat a heavy bottom pan dry roast oats till they smell good. Cool this completely, powder in a dry blender to suit your taste coarsely or finely and keep aside. To the same pan, add jaggery, water and coconut. Stir and cook till the jaggery or sugar melts off. Add cardamom powder, cook stirring constantly, till you see strings in the mixture. Time to add the powdered oats. Stir well. Switch off the stove. Stir in the ghee, nuts and raisins. Let the temperature come down, roll small portions to balls with greased palms. Serve laddoos with a sprinkle of a mixture of grated coconut and the ground roasted oats.



Mrs. Apurva
Kapoor

OATS VEGETABLE IDLI DISH

INGREDIENTS

Instant Oats – 1 Cup/1Part
 Sooji – ½ Cup
 Curd – 1 Cup
 Beans – 10 Chopped Finely
 Carrot – 1 Grated Finely
 Urad Dal – 1 tbsp
 Green Chilli – 1 Chopped finely
 Ginger – 1 tbsp grated
 Oil – 1 tbsp + for greasing idli plates
 Baking Soda – 1tbsp

METHOD

In a dry pan add oats and roast it till nice aroma comes, it will take around 3-5 mins. Allow this to cool down and powder it finely. Now take this in a mixing bowl and add in rawa and mix well. Pour in curd and mix well. Add in enough water and mix well till it gets a smooth consistency. Now heat oil in a pan and add in mustard and urad dal. Add in green chilli and ginger and mix well. Add in beans and carrot and cook for 5 mins. Now add this to the batter and mix well. Add in salt, baking soda and mix well. Take the idli stand and grease the plate with oil. Take a ladleful of batter and fill those plates. Now stack it together and steam it for 15 mins. Remove this and allow it to cool down. Now remove the idli with a spoon and store in a hot case. Serve this with chutney or as it is.



OATS KE LADDOO

सामग्री

1 कटोरी ओट्स, ½ कटोरी बादाम, दो चम्मच घी, 5 खजूर, 1 चम्मच खजूर, चम्मच सब्जा, ¼ कटोरी गुड, ½ चम्मच दालचीनी पाउडर

विधि

सबसे पहले बादाम के छोटे-छोटे टुकड़े काटकर कढ़ाई में भुन ले। फिर कढ़ाई में 2 चम्मच घी में ओट्स भुन ले। मिक्सर के पहले बादाम पीस कर ले और बाद में ओट्स, खजूर, गुड एकसाथ पीस ले (खजूर के बीज निकालकर उसे छोटे-छोटे टुकड़ों में काटे)। पीसा हुआ मिश्रण एक प्लेट में निकालकर उसमें दालचीनी पाउडर और सब्जा डालकर फिरसे एक बार सभी मिश्रण अच्छे से मिलाकर लड्डू बनायें।



श्रीमती शीला जगताप

TOMATO CHUTNEY RECIPE

INGREDIENTS

Tomato – 1 Kg
 Onion – 1 Cup Chopped
 Ginger Garlic paste – 2 tbsp
 Salt – 1 tbsp or to taste
 Chilli Powder – 1 tbsp
 Urad Dal – 1 tbsp
 Garam Masala – 1 tbsp
 Oil – 2 tbsp

Heat some oil, add brown onions and ginger-garlic paste to it and cook till they brown. Add tomatoes, sugar, salt, chilli powder and garam masala and cook to a thick consistency. Add vinegar and simmer for about 5 minutes. When cool, pack in an airtight jar and store it.



Mrs. C. Jayabharathi Chennappan



Prathmesh Jayprakash Naik | Age - 12 yrs



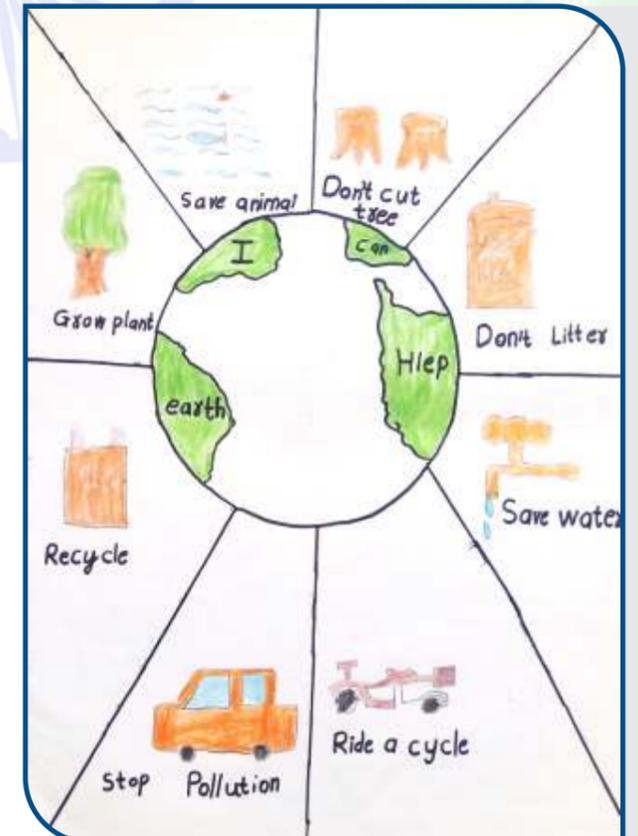
Tamanna | Age - 12 yrs



Shubham Kumar (II,IC) | Age - 09 yrs



Anjali | Age - 11 yrs



Omkar | Age - 08 yrs