The First 5 Years..

V. A Bora

Childhood is the most cherished and precious phase of a person's life. The life of a baby begins even when it is inside the womb, and

considered as 'unborn'. However, after its birth, we mean, after its entry into the real world, which is always in a rat race; its life starts taking pace and changing. This is a crucial period of an infant's life. An early childhood is defined as

# Saturday Fare



### **Cook Time**

Award-winning cookery writer, Mridula Baljekar is the best-selling author of 27 Indian cookery books and the proud winner of two international cookbook awards. Her book, The

Complete Indian Regional Cookbook, was awarded the Best in the World by the prestigious Gourmand International Cookbook Awards in 2013. Mridula was also the winner of the "The Best Asian Cookbook in the World" for her book Great Indian Feasts in 2005 by Gourmand World Cookbook Awards.

Mridula presented 52 shows for Carlton Food Network, her own series 'Mridula's Indian Kitchen' and 13 episodes of the highly acclaimed 'Spice Trail'. She owned a contemporary Indian restaurant in Windsor,

Berkshire, England, winning several prestigious awards, including the winner at the Best in Britain Awards from 2002-2006.

## **Spiced Potato Canapes (Papri Chaat)**

Preparation Time: 20 minutes, plus marinating Cooking time: 15-20 minutes

Each serving contains: Kcals: 80; g fat: 2; g satu-

- 225g potatoes, boiled in their skins and cooled (uble hue aloo)
- 125g low-fat plain yogurt (plain dahi)
- •½ teaspoon chilli powder (mirch powder) • 1 small green chili, seeded and finely chopped
- hari mirch, beej nikalke) • 1 tablespoon finely chopped fresh coriander leaves
- kate hue dhaniye ke patte)
- 1-2 tablespoon finely chopped red onion (bareek kate hue laal pyaaz)
- •½ teaspoon salt to taste (namak swaad anusaar)
- 1 packet small water biscuits • 1 quantity Date & Raisin Chutney (khajur aur kishmish ki chutney)

• Peel the potatoes and chop them very finely. Put



them into a mixing bowl.

- Mix the yogurt with the chili powder, green chili, fresh coriander leaves, onion and salt.
- Pour the mixer over the potatoes and mix thor-

### • Pile about 2 teaspoons potato mixture on each biscuit and top with chutney to taste - try heaped teaspoon first, then adjust the quantity to your lik-

## Rose-Flavoured Iced Dessert (Gulab ki Kulfi)

Preparation Time: 5 minutes. plus cooling freezing Cooking time: 12-15 minutes Serves: 6-8

Each serving contains: Kcals: 330; g fat: 21.5; g saturated

### **Ingredients:**

- 300ml semi-skimmed milk
- 400g can reduced-fat evaporated milk
- •300ml bouble cream substitute •74-125g castor sugar (maheed safed cheeni)
- 2-3 tablespoon Rooh Afza or rose-flavoured syrup

• A few fresh rose petals to dec-



• Lightly grease a heavy non-stick saucepan (this will prevent the milk from sticking to the pan) and pour in the milk, evaporated milk and cream substitute.

• Add the sugar and bring to the boil over medium heat, stirring frequently.

And continue to cook for 8-10 minutes, stiming regularly. Remove from the beat and stir in smooth after or now floured aynup. Allow to cool, sliming occasionally to prevent a skin from forming on tup

• Pour the mixture into six to eight moulds and froze for 5-6

• To unmould the desserts, hold a mould upside-down under cold runing water for 20-25 seconds, taking care not to allow water into the forzen mixture. Quickly dry the outside of the mould with a tea-lowed and hold it between the palms of your hands for few seconds. Then invent the mould on to a plate and lift it off the kulfi. Repeat with the remaining desserts

• Decorate the desserts with rose petals. Serve the kulfi on its own and other half protions with fresh fruit to reduce the overall fat content of



# Weight Loss Recipe

smooth mixture.

# Rasam

Simple, easy to make and great to taste, it actually is a good antidote for cold.

### Ingredients

- Tomatoes 2, cut into large cubes
- Red chili powder ½ tsp
- Coriander powder 1 tsp
- Black pepper powder 1 tsp
- Turmeric powder 1 tsp
- Cumin seeds 1/2 tsp
- Mustard seeds ½ tsp
- Curry leaves 6, washed, coarsely
- Coriander leaves 1 tbsp, finely chopped
- Clarified butter 1 tsp
- Lemon juice 1 tbsp or to taste

- **Directions**
- Remove the tomato peels and blend to a

### till rasam starts becoming frothy. • Mash tuvar dal and mix in the tomato mix-

- ture and blend well
- and cumin seeds powder.
- In a small saucepan, heat clarified butter. • Add mustard seeds and cumin seeds and allow these to splutter. • Add the curry leaves and sauté for 1 minute.
- Pour this over the rasam and mix in chopped coriander leaves and lemon juice.

### Beauty Tips

# Fruit Masks

Banana Cleansing Face Mask Banana is a wonderful fruit containing abundant amounts of Vitamin B, E, A and



tal in helping your get healthy and glowing skin. Being one of the best sources of natural oils and potassium, it also works as a remarkable emollient. Not only this, it also contains an amino acid called tryptophan, making it ideal for use in beauty treatments.

Method:

Prepare a mask by mashing half a banana and combining it with the paste of a few strawberries and a little honey. Apply it on your face for about 20 minutes and then rinse off to get clear glowing skin. Cherry & Strawberry Face Mask

Cherries are extremely rich in Vitamin C, A and beta-carotene as well as contain anti-oxidants in abundant amounts along with minerals like iron, magnesium and potassium. Due to this, they have skin \_\_\_\_\_\_

with up to 10

captions; add

lightening and anti-aging properties. On the other hand, strawberries contain vitamin C and salicylic acid, making it ideal for aging skin as well. When mixed together with honey, they work as a powerful tonic for aging skin. Method:

To use this mask, simply crush 4-5 ripe strawberries and cherries and mix with a tablespoon of honey. Apply on your face for 30 minutes and get a beautiful skin texture. When used consistently, it will slow down the aging of your skin greatly. Mango & Yogurt Face Mask

Mango contains abundance of Vitamin C whereas yogurt is rich in lactic acid. Due to this, this fruit mask helps in cell regeneration as well as remove pigmentation and dullness from the facial skin.

Mix 2 tablespoons of mango pulp with a tablespoon of yogurt and apply on your skin for 15 minutes to get glowing skin. Watermelon Face Mask

Not many people are aware of this, but watermelon is a natural facial cleanser and can provide all kinds of skin a soft and velvety texture. Simple prepare a paste by mashing few pieces of watermelon and apply generously over your neck and face. Allow it to work its magic for 20 minutes and then wash using cold water.

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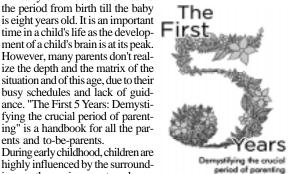
Casper Magico, Nio Garcia, Darell, Nicky Jam, Ozuna &

• Dura

• Mi Gente turing Beyonce

Middle-Eastern Songs

Amr Diab



VASAVVI

cation (ÉCCE) is way more than just a preparation to get an admission in a primary school. It looks at a holistic development of the child, which encompasses cognitive, emotional, physical and social needs so that a concrete foundation is laid. Further, this concrete foundation will help the child in progressing in life. The responsibility is of nurturing capable, efficient and responsible citizens. There is a fine line between being a parent just by sharing the same DNA, and in becoming an effective parent. This book draws that line and talks about it.

ents and to-be-parents

highly influenced by the surround-

ings or the environment, and peo-

ple. Early childhood care and edu-

With more than 10 years of experience in early childhood education, the author, Vasavi Acharya Bora, who is also the founder of a fiveyear-old chain of preschool, has penned down her experiences to create this book of parenting formulas. Yes, you read it right, it's a formula book for effective parenting. Her preschool has been successfully operating in the northeast India, which now has a national presence too. Through this book, she has addressed different aspects of the child's growth and behavior observations that are often missed out by the parents. The book says, "Many research studies reveal that the first five years of a child's life play a pivotal role in the complete development of the brain, but many are still unaware of the importance of an enriched environment imperative for the development of a child." And, as the author firmly believes, "Parenthood is a blessing and should never be taken for granted." She has, further, shared about a humongous number of queries that she used to receive from the parents pertaining to their child's moral, behaviour, preferences, dislikes, personality traits, etc. She has literally combined all her experiences while writing this book.

Her book talks about the science behind the brain development & neural networks of child, which gets built up with the passage of time. Not just that, she also talks about the child's emotional quotient (where she talks about five different categories of emotional quotients as cited by Daniel Goleman) & socio-emotional development in the children, in the first part of the book. Towards the third part, you'll find that the book also includes a discussion on one of the common mistakes that parents usually do i.e., comparing their children with another children. This part of the book also talks about how much stress a toddler can handle, among other critical subjects. In the Part IV, there's an assessment for the parents among other subjects, and it is called as "What type of Parent Are You? This chapter works as a real insight-provider, in fact, it acts like a mirror. Additionally, it also guides the parents on what points to consider while looking out for a perfect preschool for their child. However, as a whole, the author emphasizes that despite of escalating work pressures and the demands of our society, parents shouldn't ignore the need of personal care, quality time, love and comfort that play a pivotal role in a child's growth. "The First 5 Years..." is a handbook for effective parenting and a must have have for the to-be-parents. Available on: Amazon India Price: Rs 185



Luis Fonsi & Daddy Yankee Featuring Justin Bieber

**Bad Bunny** Nicky Jam x J Balvin

Daddy Yankee

J Balvin & Willy William Fea

· Illa Habibi

• America?, (Who Discov-



Ozomatli • Ma'ak Bartaah

Amr Diab • Saturday Night

Ozomatli

Al Leila

Amr Diab **Asian Songs** 

· Oh Mv! Seventeen

 Egotistic Mamamoo

• 1, 2, 3! Seung Ri (Big Bang)

# **Depression** in a Child Here are some of the symptoms that will hint you whether

your child is going through depression:

Children undergoing depression may have a sad or tetchy mood for most of the day. They may say that they are sad or angry about something and may look more tearful and touchy • They may not get actively involved in social gathering and

Normally, they will not enjoy things that usually make a child happy • Drastic change in their physical ap-

pearance (extreme weight gain or loss; change in eating habits, etc) also work as indicators • Sleeping habits, ei-

ther sleeping too less at night like insomniacs or too much dur-

• They start avoiding family or friends • They may look weak and lack of energy or feel incapable to

 Lower self-esteem and worthlessness or feeling guilty • Caring less about the future • Aches and pains when nothing is really wrong

# **Useful Apps** & Websites

## Shazam

This app is a very famous app used by millions of people to quickly identify music that's playing. Just in one-tap you can have access

to the video clips, song lyrics, related tracks and streaming services. where vou can listen to Shazams or

buy them.

Popular artists like Kendrick Lamar, Demi Lovato and Adele are also using this app to search new music. This is a free app with more than ■ 100,000,000 installations and is compatible with all

devices. Do you think you can beat Shazam? Play with the Shazam app while you watch the show and find

You can sing along to songs with music lyrics provided by this app, or watch their videos; broadcast songs and add them to Spotify

**MEME GENERATOR** DO YOU LIKE CREAT-ING MEME'S? THEN

playlists; identify music even when you're not connected; you can check out suggested tracks to find new music; stay in the loop with Shazam; you just have

to simply log in to sync all your Shazams across all devices; you can use Pandora radio based on artists you Shazam; buy Shazamed songs in

Google Play Music; see what your friends are Shazaming when you connect your Facebook account; Share your discoveries through social accounts like Facebook. Twitter, WhatsApp and others; shazam visual recognition; just tap the camera icon to get Shazam posters, magazines, books it anywhere you see the on your Android Wear

and song appear. THIS THE APP FOR YOU.

memes by using this app and share them with your friends on all social sites like Facebook. Twitter,

mail, Dropbox, Drive, Snapchat and others. Its size is 52M. It has more than 10,000,000 installations and is compatible with all devices. There are more than seven hundred high quality memes with lots of example captions; several meme categories; you can customize memes using any picture from your gallery; share and

save memes; add stickers to

your memes; adjust text

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your own; create complex memes

our own captions and move them anywhere vou want; combine multiple saved plans, 200 and memes into one more guided multi panel meme; you can crop images;

quickly scroll and optional grid view for individual categories; add borders to any image your way; create your list of favorite memes; you can find you favorite meme in seconds: new memes are added regularly; there are no watermarks on

images; your privacy is our

main concern; make funny

help school and college students. Chegg eBook easily

searches for for session duration varied from 5 - 70 mins; stay on track with your health data access to your eTextbook, with daily yoga app; while your books are on

and get some extra cash. DAILY YOGA Yoga daily offers more than 500 asanas, 50 yoga class

only helps you

to stay with

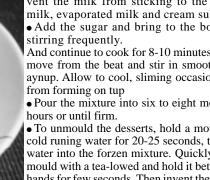
installations. It provides yoga classes with HD video updated monthly; multiple choices

suitable home exercises which not only nourishes you with all the tiresome yoga studio on the go. It was awarded "Best Yoga



camp, strength, flexibility, relaxation, balance. menstruation, body detox, meditation etc; supported by google Fit; online class a regular basis; easy-tofollow videos.

your health but also spares workouts and helps you in achieving fitness goals with App of 2015/2016/2017" by





Transfer to a saucepan and mix in the spice

powders and asafetida, except black pepper

• Lower the flame and simmer for 3 minutes or

powder and cumin seed powder.

• Allow the mixture to come to a boil.

# **Lemon Tomato**

- Tuvar dal 1 tsp, cleaned and soaked
- Cumin seed powder ½ tsp
- Salt to taste

### • Asafetida - 1/2 tsp

• Pressure cook tuvar dal and tomatoes, in two

and much more; you can use camera logo; launch Shazam smartwatch to see the artist

You can create hilarious

Adjust salt and mix in black pepper powder

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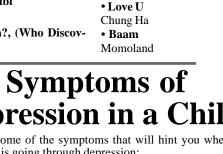
your way so that you can get started on math's homework or physics assignment right away. If it's the time for the end of semester/quarter, you can sell your extra books

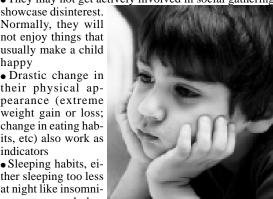
specially designed meditations with online coach yoga, meditation classes and the largest yoga pose base that suit yogis from beginner to advanced. Not

yoga every day, and both your mind and body get benefitted through this. It is more focused on voga for weight loss, beginner to advanced, better sleep and relaxation, altogether 20 yoga experts aim to make it easier & convenient for yoga workout and helps you to gain better results from yoga. This is a free app with more than 5,000,000

guide; yoga post daily with a supportive community; it is available in7 languages worldwide; various meditational

toning, weight loss, boot from world famous coach on This app provides the users





ing the day • Lose concentration and focus, and start being indecisive for having trouble with making choices • Having pain or aches in different parts of the body while

nothing is really wrong • School or college grades may start dropping down

do simple work

• When the intensity of depression is high, they may start thinking about death or suicide frequently

