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# REPORTer™

India's first all women newspaper

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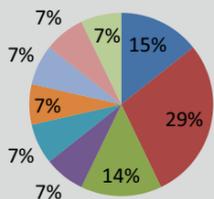
## In this edition

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## Writer's Reach

### Article Contribution February 2017

■ New Delhi ■ Mumbai ■ Kolkata ■ Bangalore  
 ■ Patiala ■ Lonavala ■ Jaipur ■ Bern  
 ■ Nagpur ■



For February 2017

## Write to us

REPORTer is planned to be India's first Women Only Newspaper. We invite articles in the following sections:

1. Highlights on important news
2. Woman health, nutrition & hygiene
3. Good parenting measures
4. Happy child development
5. Kitchen magic
6. Gynaec check where doctors give valuable advice
7. Beauty & make up tips
8. Women oriented job vacancy
9. Pregnancy care & concerns
10. Latest styles & trends
11. School & college corner where developments would be reported
12. Young achievers column where children would be given recognition
13. Appreciation to one women achiever & her cover story
14. Legal counsel on important cases
15. & many more...

Submit your articles to:  
[writer@reporter.in](mailto:writer@reporter.in)

## IT'S THE MONTH OF LOVE

Dear Readers,

February, the most awaited month for all of us because love is such a heavenly feeling and to be loved is our birth right. As daughters, as friends, as wives, as mothers, as grandmothers and in any format existing in our society, the respect and responsibilities with every lovely relation are carefully and intensely crafted and carried out by women. The balancing act is inherently carried to generations and is expected without any scope of adjustment in most of the relations.

Being a woman, we have an inbuilt respect and responsibility to craft these relationships to the best of our



ability and in managing all the things, we often forget to "love oneself".

We tend to keep giving and sharing and in that journey at times we forget to fuel our inner soul with the love and pampering that it requires. Yes it's Valentine's Day shortly so wishing each of u love. Cuddle that inner soul and strengthen it so that it can reflect more love and respect around the society.

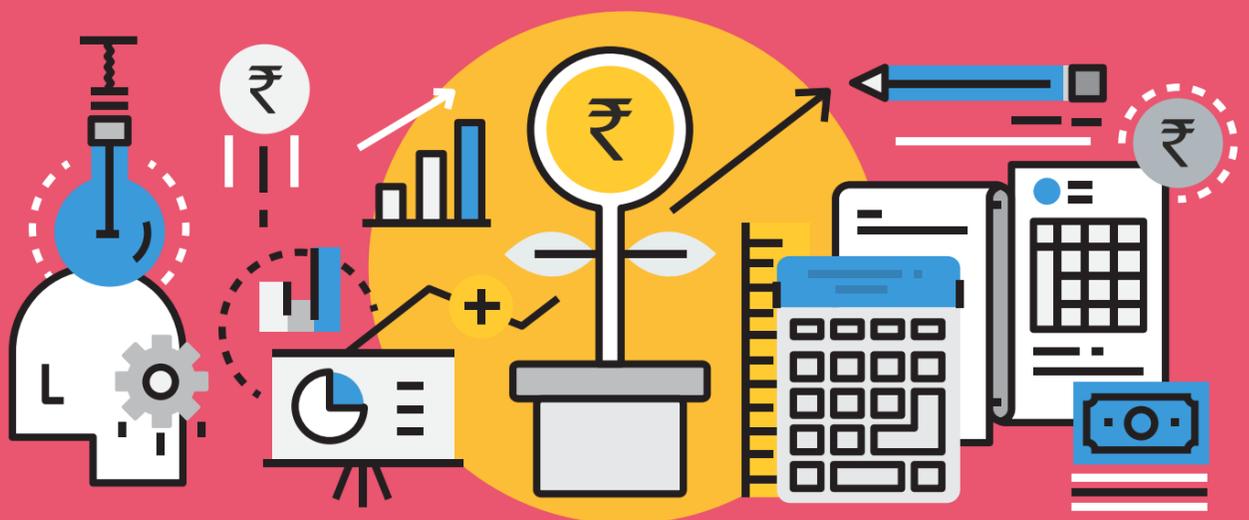
REPORTer therefore wishes each of our well wishers a very happy valentine (love) month ahead . Love & respect yourself first only then people around will cherish your presence & love you .

Cheers !!!



**N'USE: News you can use!**

## UNION BUDGET 2017



1. Total Budget of ₹ 21.47 Lakhs crores for 2017-2018.
2. Increase in Direct Tax collection by 34% after demonetisation.
3. Holding period for LTCG for Land & Building reduced to 2 years.
4. Carried forward of MAT Credit for 15 years instead of 10 years.
5. 5% tax exemption for companies having turnover below ₹ 50 crores.
6. 6% presumptive tax for turnover upto ₹ 2 crores.
7. No cash transaction above ₹ 3 Lakhs will be permitted.
8. Maximum Donation receivable from unknown source by pol party will be ₹ 2k.
9. Change in period of limitation for scrutiny assessment.
10. 5 % tax for income below ₹ 5 Lakhs.
11. No tax for income upto ₹ 3 Lakhs.
12. 10% surcharge for assessee income between ₹ 50 Lakhs to ₹ 1 crores.
13. One page Income Tax return proposed.

Source: From the internet



# UJJAYI PRANAYAM

Eela Dubey, Lonavala

Pranayama expert, Kaivalyadhama Yoga Institute

One practice in Pranayama that can be combined in a time sensitive space, especially when you're a working professional or a full time home maker, is **Ujjayi**, which in Sanskrit means **leading to success**. **Ujjayi** has been shown to enhance activation of the parasympathetic system and in turn leads to mental relaxation and reduction of stress.

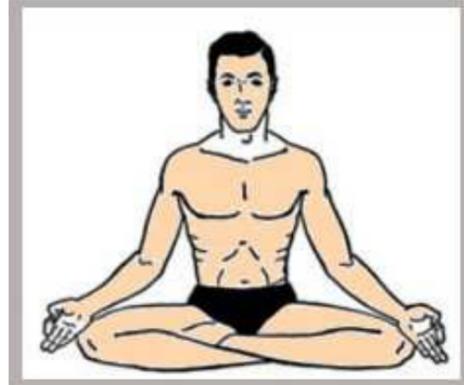
### Here are the steps:

- Closing your mouth, take a deep breath in
- Make sure to count the number of seconds that you're inhaling
- After you've inhaled, use your right thumb to close your right nostril. Now, exhale through your left nostril while constricting your throat muscles. If you are doing this correctly, you will hear a low but sweet and uniform pitch as you exhale.

- While exhaling, make sure that the number of seconds is double that of your inhale\*
- After you get the hang of this practice on the outflow, gently constrict your throat as you inhale. One inhale and exhale constitutes one round. Repeat this practice anywhere from 10-15 rounds

\*One of the important techniques of pranayama is that your exhalation should always be double that of your inhalation. Thus, it is important to not overstretch yourself and breathe according to your capacity! Why is this so? The longer we retain our breath the longer we retain carbon dioxide in our brain. In fact, prolonged natural retention of carbon dioxide is what works with our neuro-receptors to give us that "calm, cooling effect," that helps counter stress.

Image Source: www.pureyoga.wordpress.com



Although this practice seems to be uncomplicated in its instruction, it's important to remember that Pranayama heavily impacts the nervous system. Therefore, it's always safe to sign up for a class or two in your respective locality, learn the techniques properly, and cultivate a routine of your own. Once you are able to apply it on a daily basis, you may notice higher self-awareness along with greater clarity of mind.

## Dangerous Chemicals in Baby Products

Dr. Shruti Sharma, Kolkata  
Researcher

There is nothing as delightful as the sound of a laughing baby. Parents undoubtedly want the best for their babies, but sometimes, they are misguided by advertisements of big brands that claim to be the best. How can we ensure that we do not, unknowingly, expose our little munchkins to disease causing chemicals? It is very simple. We just have to look at the ingredient list of the baby-product and look out for the following:

- BHT (Butylated Hydroxy Toluene) is a widely used antioxidant used to prevent oxidation (or degradation) of the product and increase its shelf-life. However, it has been linked to risk of cancer, asthma and behavioural issues. You will be surprised to see BHT as an ingredient of most of your cosmetics and toiletries, but we should definitely look for alternatives without BHT, especially for babies.
- MethylParaben and PropylParaben. These are widely used as preservatives in cosmetics and toiletries for their antibacterial action. However, their ill effect on health has recently come to light.
- Mineral oil is a by-product of the petroleum industry and is a cheap ingredient of many products. However, it is very harmful. It provides zero nutrition and has been reported to cause cancer. Most baby-oils contain mineral oil with added fragrance.
- Talc is a very popular ingredient of baby talcum powders. It is known to cause allergies and even cancer.
- Polyethylene glycol (PEG) is a common ingredient of baby wipes and other baby products. It increases the permeability of the skin, and has been linked to cancer.
- Triclosan is a very commonly used antibacterial agent in hand-washes and baby soaps. It is a cancer causing agent and causes endocrinal defects, in addition to being environmentally unfriendly.

So the next time you pick up anything for the baby, make sure that you have a good look at the ingredients, regardless of what the product claims.

## FOOD TO BALANCE FEMALE HORMONES

Dr. Simrann Sainni, New Delhi

Wellness and nutrition consultant,

Our diet can help us maintain a healthy body weight and keep our hormones in balance. This helps to balance mood swings during menstrual cycle and it helps to deal with pre-menopausal phase in older women. Foods to include in your diet are:

### Poultry, fatty fish, soy proteins

Soya based proteins and poultry such as chicken, fatty fish such as salmon do more than just help you maintain lean weight. Egg yolks are also rich in countless vitamins and minerals including: A, D, E, B2, B6, B9, iron, calcium, phosphorous, potassium and choline which all contribute to a healthy reproductive system, hormonal balance, and healthy skin.

Vegetarians should opt for Beans, Sprouts, healthy nuts such as almonds, walnuts, Quinoa and Lentils for best results. These work well for the weight conscious as well as the good-health conscious females.

### Love your vegetables

Broccoli, cabbage, brussels sprouts,



cauliflower, red and yellow bell pepper control the secretion of excess estrogen to protect our body against a number of hormone based disorders.

### Fruits are joyful

These foods help control bloating and provide the perfect shot of antioxidants to make your skin, and hair look beautiful. Apples, oranges, watermelon

or watercress, enjoy them all.

### Heal with Spices

Just the correct and regulated amounts of Cinnamon, Turmeric, Cumin, Garlic and Ginger used in daily cooking do wonders to our immune and hormonal system.

### AVOID these foods for Hormonal Balance:

#### Sugar

Limit intake of sugar even through white breads, bakery products and desserts or colas.

#### Alcohol and Caffeine

Limiting caffeine works well and so does limiting the intake of alcohol

#### High-fat foods

Consuming food high in fat not only makes you gain weight it also makes sure that the increased weight starts destabilizing your balance of hormones in the body. Many times you may have heard that it is important to shed weight to correct hormonal imbalances such as PCOS.



## COPYRIGHTS



Sweta Tiwari Rachh, Mumbai  
Advocate

Copyright is a right given by the law to creators of literary, dramatic, musical and artistic works and producers of cinematograph films and sound recordings, by which the owner of the copyright has an exclusive right over his work and is entitled to make copies of the same.

Objectives of Copyright Act 1957

- To encourage authors, music composers, singers etc. to create their original piece of works by granting them exclusive rights.
- To stop the misuse of copyrights.
- To protect the rights of the copyright holder.
- To give civil remedies and criminal remedies in case of infringement
- To provide methods of acquiring copyrights.

What is the term of protection of copyright?

- The general rule is that copyright

lasts for 60 years. In the case of original literary, dramatic, musical and artistic works the 60-year period is counted from the year following the death of the author. In the case of cinematograph films, sound recordings, photographs, posthumous publications, anonymous and pseudonymous publications, works of government and works of international organizations, the 60-year period is counted from the date of publication.

Advantages of copyright registration?

- The certificate copy of registration acts as evidence of the authorship
- It helps the author to take immediate legal action against the infringement
- The registration certificate is useful to author and his successors to establish their title in case of dispute
- It helps to prove the copyright in the foreign countries.
- It is helpful for the government in levying and collecting royalty and pay

the same to the copyright holder.

- Prior registration helps in determination of licensing.
- It helps to prove the copyright in the foreign countries.

For detailed knowledge and understanding of Rights, Exemptions, Infringement, Authors special rights etc. refer **The Copyright Act 1957**.

### YOUR STORY

Wish to have your story on any of these pages?

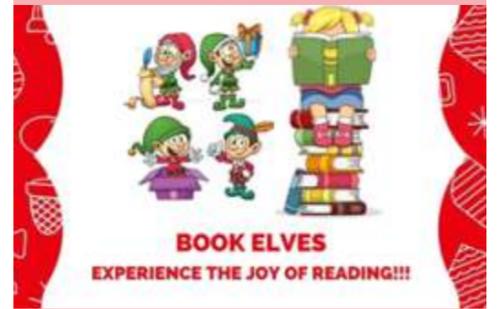
Write to us at [writer@reporter.in](mailto:writer@reporter.in)

### I WANT TO...

Is there something you want to learn or ask?

Write to us at [writer@reporter.in](mailto:writer@reporter.in)

## ADVERTISEMENT



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## HOW TO IMPROVE CONCENTRATION

Dr. Anita Gautam, Jaipur  
Psychiatrist

Concentration is the process of taking mind off many random thoughts and focusing on selective thoughts or tasks. To increase concentration, here are some tips:

- ★ **Healthy life style:** Healthy body and healthy mind tend to focus more on work. So, include exercise in your life-style as it increases blood circulation and positive chemicals in brain, which keep the brain stress-free, active and sharp. At least 7-8 hrs of sleep is necessary for a brain to be alert and work efficaciously.
- ★ **Food for Brain:** Brain needs proper supply of glucose. Whole grains, cereals, walnuts, tomatoes, citrus fruits and green tea increase concentration. Healthy food not only provides glucose but also antioxidants to the brain, which protect it from damage by free radicals, ageing and brain cell damage. Avoid drugs, alcohol, and junk food as it may lead to mental illness, short term memory loss and fatigue.



- ★ **Avoid multi tasking:** Today's life is hectic with busy schedule and everybody is doing many things at the same time. But it decreases performance and productivity and increases forgetfulness. Make an everyday to-do list, prioritize your things, avoid distraction like phones and seek a quiet place to study or completing projects.
- ★ **Meditation:** Go to a quiet place, close your eyes and stay peaceful. Daily meditation or pranayama for 5-10 minutes can increase the concentration level and power of mind to work in a better way.
- ★ **Concentration Exercise:**
- ★ Use your body in new way – like switch handedness try to comb, write, eat from other hand
- ★ Keep on learning new things
- ★ Make a habit of reading
- ★ Do crosswords and puzzles.
- ★ Read riddle books.
- ★ Spell words backward.

## ENCOURAGEher

By Kshama Rao, Mumbai

*Kalpna Shree*



Kalpna had a keen interest in craft work right from childhood. She has completed many certifications in this learning space and she started Kalpna Creations.

Her article about Coffee Painting was published in Deccan Chronicle and craft with Pista shells in Tamil magazine, "Thozi". She also presented a TV show about shell work which was tele-cast in Bazaar channel and few other channels.

She has also been interviewed by Radio channels on the topic of craft work. She has taught paper quilling to the children with Rotaract Club of Vishwahita arranged by Rotaract Club of Dr. MGR

Janaki College of Arts and Science sponsored by the Rotary Club of Madras Industrial City, Madras Coromandel, Meenambakkam under the program "Chitiram 2014". It is a Sevasamath (NGO) in collaboration with the MGR Janki College, Chennai.

Kalpna creations are registered with Cidco in Chennai and it is registered on 19th July 2013. She is eligible to sell her creative arts and crafts under the name of Kalpna Creations. She has participated in several exhibitions and have conducted coaching classes for colleges and schools.



## FEEDING YOUR PREMATURE BABY

Kshama Rao, Mumbai  
Freelance Writer

A premature baby is one born before 37 weeks of gestation. Babies can be born prematurely for different reasons. Stress is the main reason for premature delivery. A premature baby is in high risk of complications. Premature babies need special attention, as their digestive system, lungs and immune system are yet not mature.

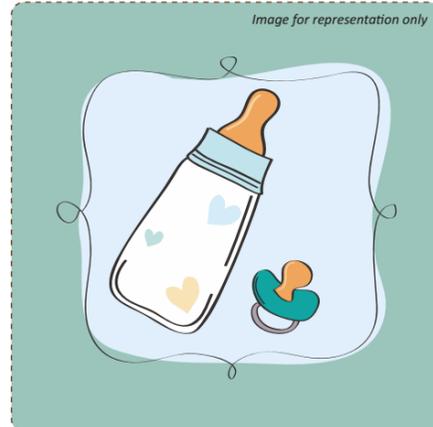
### Feeding your premature baby:

Feeding a premature baby can be really stressful. Methods for feeding a premature baby is as follows.

- **TPN - Total Parenteral Nutrition** is a method of feeding a premature baby.

In this method, nutrients like protein, glucose and fats are introduced through a vein. TPN provides all necessary nutrition, for a premature baby to grow.

- **Tube Feeding Method:** A tube, is passed through their nose down to the stomach. Co-ordination of sucking is not developed in premature babies. So, tube feeding is important to provide them adequate nutrition.
- **Nursing:** Mother's bodies produce antibodies to protect the baby. This is transferred to the baby through



placenta in the last three months of pregnancy. This process is broken when a baby is born prematurely. Breastfeeding helps in transferring the antibodies to the baby. Breast milk, is must for a premature baby.

The skin to skin contact also develops bonding.

- **Bottle feeding:** When your baby is ready for coordinating, sucking and breathing, he can be given formula milk. Formula milk contains more of nutrients than normal milk. It is rich in various vitamins, proteins and calcium.
- **Supplementary feeding:** Supplementary feeding should be introduced, if it is difficult for the mother to feed the baby due to any reasons. The supplementary milk should be inspected by the doctors before introducing to the baby. 🌟

## PROBLEM? MOVE ON

Dr. Sapna Sharma, Nagpur  
Life Coach, Counselor, Speaker

I often meet people who take great deal of efforts to describe something that happened many years ago. It is not just the description that surprises me but the emotions - bitter, sad, depressing, frustrating... all are expressed so strong and vivid as if the whole thing has just happened yesterday!

Certainly it has been something very important for them. Some of these incidences have been life altering and most. Some are left with deep scars. And yet I am sure that we don't have to carry it with us all our life.

Most people would dress and treat their physical wounds to ensure fast healing and freedom from pain. Unfortunately, the same sentiments do not stand true for the emotional wounds. Somehow we love to pamper and keep it open and decaying for years and every time we look at it, it gives that sweet pain that says, "oh you poor dear you have been hurt, no one cares about you, so and so is really evil..." and so on.

What are you doing about your wounds? Trauma and pain is a part of life. How much do we carry is a choice. People like to believe that they have been



wronged and they do not have any choices than to be sad and miserable. But we do have a choice, every time.

We may not be able to control what other people do, but we certainly have the control over how we process the effect of what has happened to us. It hurts for sure. But it shouldn't hurt the same intensity for years, unless, we decide to keep it festering and alive.

Work on your wounds. Whatever happened, close it. You deserve to be happy. And life is not very long. Certainly, not worth wasting over something that was in the past. Take help from a counselor if needed. But move on... Life is still beautiful. 🌟

## MUSIC THERAPY

Dr. Smita Sanjay, Mumbai.

Music has been used as a tool of healing since ancient time. Music has been used throughout human history to express & effect human emotion. Music therapy is not very widely practiced, but its healing effects have been known to mankind since time immemorial.

The Greek mathematician Pythagoras (circa 500bc) was in a very real sense, the father of music therapy in the use of flute & lyre as the primary healing instruments. He called his method as "musical medicine". Music as medicine, with certain melodies composed to cure the passions of psyche anger & aggression.

- Music cleanses the person from within & helps mind achieve new potential. Music increases the metabolic, activities within human body. Effects the "Central Nervous System" & circulatory system of the listener. It is a great tool of power in managing neurological disorders like Parkinson's & Alzheimer's. Music organizes cerebral function. Music can be beneficial for all (no criteria of age, sex). It doesn't have any potentially harmful or toxic effects it is safe & motivating.
- Music therapists helps their patients achieve goals through it including improvement of communication,



academic strengths, motor skills as well as concentration. It also helps in management of pain & behavioural therapy. Clinical studies about music therapy impact on numerous health issues. Music therapy is also helpful in infertility & in pregnancy complications. It reduces stress level, anxiety & depression. Music helps strengthen the bond with your unborn child. It helps to develop fetal brain, improving a baby's weight, growth, sleeping habits also after birth.

All forms of music may have therapeutic effects, although music from one's own culture may be most effective. Music therapy is an allied health profession & one of the expressive therapy. Across the world, music therapy is being used to treat a variety of health disorders. 🌟

### DID YOU KNOW?

**Adding ICE  
(In Case of Emergency)  
to your phone is a clever means  
by which emergency personnel can  
locate your next of kin  
when something goes wrong.**



## The ROMANCE ANGELS Readings

By Smithaa M Chaturvedi

**T**he Romance Angels are a group of cherubic angels who are focused upon all things love related.

**Aries:** This is a time for getting to know each other. As you reveal your innermost selves to each other, your bond deepens.

**Taurus:** Time for commitment is now. There may be wedding bells or proposals for some of you this month.

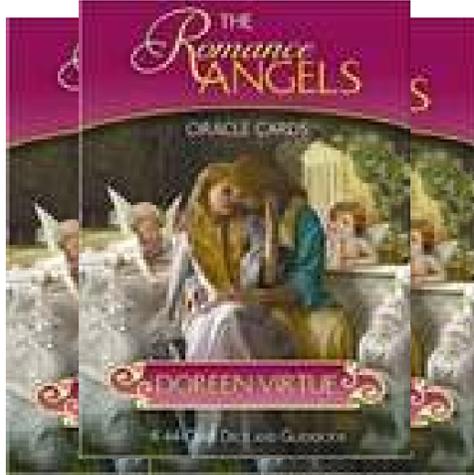
**Cancer:** A very lucky phase. You may meet your true love this month. This will be the romance of a lifetime.

**Leo:** Your love life is being affected by your children. Balance your time between your loved one / partner / spouse and your children.

**Virgo:** You need to give your relationship one more chance. Work on your partnership and try to make it better.

**Libra:** If you have met someone recently and are confused about your romantic feelings, then you need to believe your inner feelings. They are real and worth exploring.

**Scorpio:** If you are still waiting for that



perfect match or had a breakup recently, the angels assure you that this relationship is worth waiting for. Divine timing is at work in your love life.

**Sagittarius:** It is time to let go of addictions that are affecting your romantic life. Let go off the co-dependency to improve your life.

**Capricorn:** Remember that you deserve love and do not let anyone convince you otherwise. You are lovable.

**Aquarius:** You need to love yourself first before you can love another. Remember your self-respect makes you more romantically attractive.

**Pisces:** If you have recently met someone, this could be the one. He maybe the romantic partner you seek. 🍀

## What Motherhood Teaches

Kalpana Manhas, Bangalore  
M.Phil. (Biotechnology)

**M**otherhood perhaps, is the biggest joy and a privilege of a woman. Each baby begins the world itself and with it, begins a continuous journey of learning.

A mother learns to be selfless, sensitive, strong and more compassionate. She becomes a chef, a nurse, a teacher, a friend and much more when needed. It is incredibly surprising how we women turn into superwomen after becoming mothers.

We survive sleepless nights, pains and exhaustion, postpartum blues, anxiety, depression and what not. We learn to overcome all our fears during this phase which is indeed delightful but full of challenges from the day one. We have to fight a numerous battles in the cumbersome journey of motherhood and parenting and each one of us, emerges as a winner.

Motherhood changes many things and we all should embrace those changes for good. Every day we learn something which may not be big but important. When we learn to be a mother, we learn to be responsible, more caring, more patient, more content and more



positive.

We learn to find happiness in small things. We learn to love selflessly and unconditionally. We learn to laugh and play like kids. We learn to feel blessed and privileged. And the learning goes on and on. I can proudly say that I have become a better person after becoming a mother.

I have found my inner strength. So, all the dear women who are mothers too; feel loved, feel special and feel blessed to have experienced the joy of this blissful bond. Babies fill our world with bliss and make us feel complete.

Also, I would steal this opportunity to thank my little boy, my love Atharva for choosing me as his mother and making my world, a nest of happiness. 🍀

## HOW TO RECOGNISE POSITIVE & NEGATIVE INFLUENCE IN YOUR LIFE?

Himani Singla, Patiala  
Homemaker

**M**any attempts at self-improvement can fall flat due to various influences in our lives. If you're ready to make changes in your life, try to distinguish between "Positive Influence" and "Negative Influence".

**HOW POSITIVE INFLUENCE MATTERS:** Carefully examine why you put certain events, place and people under this list. Did they teach you something? When you think back on these items, do they bring back a smile on your face? Do you feel rested? Enabled? Inspired? They are the things that have shaped your positive attitude

& your feelings of self-worth.

However, just because someone taught you something or listened to you when you needed it once or twice doesn't always make them a positive influence. Sometimes it's difficult to sort out the various people in your life.

**HOW NEGATIVE INFLUENCE MATTERS:** The people, place or things you placed on negative part of the list make you feel emotionally drained, leave our self-esteem in shreds, and create an overall feeling of sadness and low self-worth.

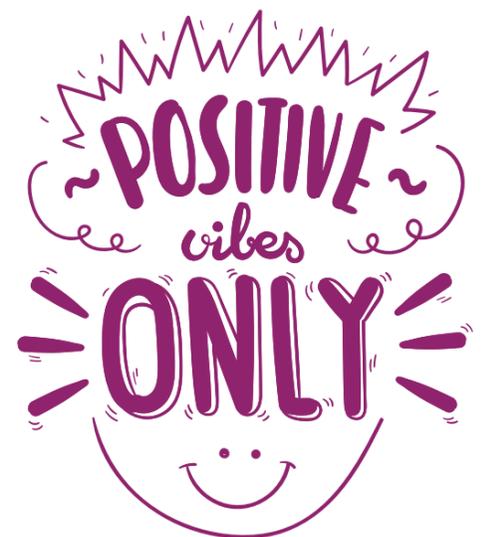
Certain people are commonly hostile

and dissatisfied with life. Others are impossible to please, the more you try the less they appreciate your efforts.

Some people try to minimize your dreams by showing you how impossible they are or by showing you that you can't live up-to the requirements to make them come true.

Some people are manipulative & try to use you for their own purpose, making their idea or goals more important than yours. One of the worst negative influences may be your own self-talk.

Most people are overly self-critical and can actually talk themselves out of



perusing their own dreams and goals.

You can't do anything about the negative influence of the past, except recognize how they influenced you and make a positive attempt to overcome them. 🍀



## SEXISM VS FEMINISM

Manisha Taneja Allam, Switzerland  
Doctorant, Bern University,

The major issues that women face are women empowerment and gender equality at workplace in terms of salary, working hours, position and respect. Other than these, the rise in the statistics of rape and molestation in all age-groups of females is shocking.

The current situation of the society is pathetic as on one hand where woman is self-realizing feminism on the same hand the problem of sexism is getting deeper. In past 5 years the woman in our country has faced the cruelest side of rape. The whole world addresses India a country of rapists rather than the oldest cultural society.

Indian culture is one of the oldest cultures of the world. A country where the woman was on one hand worshipped in the form of several goddesses is now more often seen in rags. This definitely raises a question of self-policing, not only in men but also in women. A mother is said to be the first teacher to her child.

Hence a woman can also contribute to shape the society by raising her kids in a certain way. Why are today's men suddenly so much more animal? It's the urgent need of the time that we educate ourselves on these lines. The situation of the women outside our country is also not great. They are not praised as

goddesses but they are also not raped every minute. In USA, only 4.4% women hold the top ranking positions.

Does Feminism mean getting into trousers or short dresses? Does feminism mean using an abusive language? Does wearing the symbols of marriage a sign of feminism or sexism? Is doing the household chores a sign of feminism? There are several issues like virginity, menstruation, marriage, motherhood menopause, prostitution etc. that need to be discussed in order to understand this difference.

## RECIPE



Low Cal Stuffed Capsicum Recipe

Ankita Priyadarshini, New Delhi

### Ingredients (Serves 2):

- Capsicums – 3 Large or 4 Small
- Potatoes – 4 Medium
- Onions – 4 Medium
- Green Chillies – 4 or 5
- Tomatoes – 4 Medium
- Lemon – 1 small (Juice)
- Salt – To Taste
- Cumin Seeds – 1 Teaspoon
- Black Pepper – 4-5 Corns, crushed/1 Teaspoon Powder
- Turmeric Powder – 2 Teaspoons
- Sambhar Masala Powder – 2 Teaspoons
- Ghee – 1 Teaspoon
- Oil – To Roast

### Process for Stuffing the Capsicums:

- Boil, cool and mash potatoes.
- Chop one chilli and two onions and add to the mashed potatoes.
- Add 1 teaspoon sambhar masala, turmeric, lemon juice, salt to taste and mix well.
- Cut the top off the capsicums and hollow them. Fill them with the stuffing.
- Heat a pan, add oil and roast stuffed capsicums, one side at a time. Cover the pan to ensure the capsicums get cooked. Keep turning them to ensure all sides get roasted evenly.
- You can serve them as is, garnished with chopped coriander.

### Process for Gravy (Optional):

- Add a teaspoon of ghee to a kadhai or a deep pan. When ghee becomes hot, add cumin seeds, black pepper and chopped green chillies.
- Meanwhile grind two onions. Once chillies get roasted, add turmeric and onion paste.
- Once the onion paste begins to change colour, grind tomatoes and add and let it cook.
- Once the tomato paste changes colour, add 1 teaspoon Sambhar Masala, salt and capsicums and cover for ~5 minutes.
- Let the capsicums soak in the gravy, cool the curry, garnish with chopped coriander and serve!
- The stuffed capsicums can be served dry as well as in gravy, with rice or with rotis or pooris. Eat it hot in cold winters and enjoy!

## POETRY

### THE WILLOW TREE

Ruth Esther Mak, Stay-at-home mom, Kolkata.

*Upon a tuft of grass so green  
With blue skies above serene  
I lay beneath the willow tree  
My life has no duties,  
careless and free!*

*With winter gone, spring gives way  
To show off buds in full array  
Twigs are strewn all around  
On earth's sweet-smelling ground...*

*The branches sway in the breeze  
I love to hear the rustle of leaves  
The fragrance of flowers fills the air  
My life is replete, without any care!*

*My bliss is disturbed by a sight  
It spoilt my happiness and gave me a fright  
A man comes near with axe and rope  
All I could do is hold on to hope...*

*I find myself grabbed by the hand  
And shoved around, I do not understand  
He began to hack my beloved tree  
On and on he went, in counts of three!*

*He seemed to be a giant with power  
Crushing my spirits with every cruel hour  
He looked so fierce grinding his teeth  
I kicked at the dust that lay at my feet...*

*How to save my tree, I did not know  
Helpless I watched him ramming his blow  
Alas! His task accomplished, my tree fell  
down*

*With a clarion wild, it slammed to the  
ground!*

*My beloved tree lay dormant and dead  
My head felt as heavy as lead  
And then I saw sprouts below  
That soon would grow into my willow...*

*The foolish man did not know  
That my dear willow soon would grow  
It had escaped the illusive snare  
And would blossom everywhere...*

*With tears in my eyes and a smile on my face  
I looked through the blurry haze  
Hopes and dreams bloomed in my heart  
And I looked forward to a new start!*