



AMHS

CONNECT

PRESIDENT'S SPEAK



Dear Member,

Hope you are all staying happy and healthy in these unprecedented times. It may seem like it's been long since we all gathered together for an event, but we are trying our best to make sure that we don't lose touch, while staying safe.

We've put together this Newsletter to keep you updated and remind you of the great work we are all doing to deal with the Pandemic and stay motivated, productive, healthy and energetic throughout. A few of our members are indulging in activities that will not only develop their personal skill sets but will also help others to bring out their creativity in various fields and bring more happiness into all our lives.

We would love to hear more about such extraordinary work done by us Modernites. To share these stories, please write to us at shailaja_mundra@hotmail.com

Yours truly,
Shailaja Mundra,
President

ART

Art, in any form, can give people emotions that can lift up their spirit and make them more driven than ever. And this is the mere reason why art is important in our daily lives.

Our very own ex student, Divdrisht Kaur Suri has taken out some time to introduce us to this therapy technique using Mandalas. Being a finance graduate from J.D. Birla Institute, Department of Management, I was set to pursue a master's degree in finance from HEC, Paris, until the time I stumbled upon this beautiful artform called mandalas and zentangles. Since then, there's been no looking back and I've gotten myself completely submerged in it.

All my work is delineated using pen, ink, and paper. They're all hand-curated designs, in black and white, trying to capture the essence of in-line symmetry and asymmetric art-forms using extreme

A mandala, loosely translated from Sanskrit, means a circle. Mandalas generally have one identifiable center point, from which emanates an array of symbols, shapes, and forms. They can contain both geometric and organic forms, commonly referred to as zentangles.

Mandala art therapy is a form of psychotherapy in which a trained therapist guides clients through a variety of artistic processes using geometric patterns in an effort to find or restore a sense of healthy mental balance

Sign up for a personal session! It will be a 1.5 hour workshop over Whatsapp video call/FaceTime/Zoom call.

You will need :

1) a compass 2) 2 a4 size sheets 3) pigment/fine liners (black gel pens will work too) 4) a pencil.

I'll be guiding you through the entire process from scratch! The image shared will be the mandala that you'll be creating.



DIVDRISHT KAUR SURI

- ▶ https://www.instagram.com/p/B_uxzKAAi5/?igshid=1uhuo7x3q6acg
- ▶ https://www.instagram.com/p/B-erTn_ATKi/?igshid=1m3qalrg6hi7t



@mandalas_by_divdrisht

FOOD AND NUTRITION

The effective management of food intake and nutrition are both keys to good health. Understanding good nutrition and paying attention to what we eat can help maintain or improve our health.

While the world drools over Dalgona coffee and sourdough, let's face it, Indians prefer to go back to comfort food for regular meals. During this Pandemic, numerous master chefs have been created. People are trying out so many new recipes and enjoying the amazing dishes they are coming out with.

Our very own ex students, Chef Samta and Dietician Poonam have been kind enough to share a few of their recipes and diet tips.

Poonam passed out of school in 1984.

A Nutritionist and Dietitian with over 20 years of experience in the field of food, nutrition and clinical dietetics.

Skilled in clinical dietetics with extensive experience in planning diets for cancer patients, corporate wellness coaching, nutrition and food safety education and school menu planning and nutrition and health activities. Nutrition consultant for food product development.

The mere use of the word "Corona" brings up a myriad of emotions in each one of us. We are saturated with the information overload related to the virus and on how to evade it.

So, when I was approached to write something about the current scenario, I decided that I'm not going to harp on the same tips on building immunity through ingredients (which of course is undoubtedly important), instead focus on an aspect which is not getting its due attention.

Prior to the lockdown, people were posting pics of their vacations to exotic locales, but that came to a screeching halt with the arrival of the virus. Then came a flood of pics of sumptuous home cooked dishes. From the most tempting Dalgona coffees to the homemade breads to momos, I think most people have cooked a large number of interesting and yummy dishes. It is like a big wave that has engulfed one and all. At the dining table, before lunch is even done with, dinner is being discussed. So you must be wondering what is wrong with that. A small informal study conducted by an Indian Dietitian revealed that people were consuming about 250 calories extra each day during the lockdown! Now multiply that by about 60 days and that gives you about 15,000 extra calories! Is that small? By no means. And coupled with a lifestyle that is less active than the pre lockdown days, it's certainly going to result in substantial weight gain.

Now let me tell you why this worries me.

We are well aware of the fact that USA has been hit really hard by Covid19. It was observed in a study that a lot of younger population were getting admitted to the ICU much against expectations. A large number of them were also obese. USA is also known to have the highest obesity rate in the world. So there seems to be a correlation between a high Body Mass Index and Covid19. Other countries have also had similar observations:

1. Obesity increases the vulnerability to infections
2. The obese have a higher chance of spreading the virus
3. Severity of the disease is more in obese patients. It can restrict ventilation and they may already be at pulmonary risk due to their obesity
4. Quarantine in the obese is likely to be longer

In the past, we have very clearly understood that obesity is linked to the development of lifestyle diseases, like, Type 2 diabetes, hypertension, cancers etc. It is now more important than ever to work on one's body weight in addition to building immunity and maintaining hygiene. With a little effort that is possible, isn't it? So let's spread this message and encourage friends and family to reduce a few calories each day, exercise a bit more and stay safe.



DIETICIAN
POONAM

FOOD AND NUTRITION

Samta Gupta passed out of school in 1986. "I started my career as a restaurateur and chef as soon as I completed my graduation at the Institute of Hotel Management, Calcutta. My undivided interest in cooking has grown multifold over time and this passion of mine has led me to experiment with various ethnic and eclectic cuisines. As a consultant, my strength lies in training chefs and line cooks to churn out sensational meals.

Over the past two decades I have worked in many kitchens around the world. At the end of the day, nothing gives me more pleasure than getting my chefs white's on and simply mixing a bowl of ingredients with my hands. I strongly feel it's my cosmic connection to food and a childlike bliss that I find while cooking, which has tied me to the food industry permanently."

RECIPE ZUNKA (Portions- 2)

Ingredients:

- Chickpea flour (Besan)- 4 table spoon
- Water- 3 cups
- Oil- 4 tablespoons
- Green chilli, chopped- 2 (more if you like it spicier)
- Whole red chillies - 2
- Garlic, chopped- 5 cloves
- Ginger, chopped- 1 teaspoon
- Onion, chopped- 4 table spoons
- Cumin- ½ a teaspoon
- Mustard seeds- 1 teaspoon
- Asafoetida (Heeng)- ¼ teaspoon
- Curry leaves - a bunch
- Fresh coriander- a bunch
- Spring onion, chopped- a hand full
- Turmeric - a large pinch
- Red chilli powder (Degi mirch) - a large pinch
- Sugar- ½ a teaspoon
- Lemon juice- a generous squeeze
- Salt to taste
- Feta, crumbled- 1 tbsp
- Fresh basil leaves – a few

Method:

- Heat oil in a pan
- Temper with mustard seeds, cumin, asafoetida, curry leaves and sugar
- Throw in one or two whole red chillies too
- Toss in the ginger, garlic and green chilli
- Add some chopped onion and sauté till brown specs appear on the onions.
- Add the turmeric and chilli powder and cook further till done. Add salt.
- In the mean time make a paste of the chickpea flour in half a glass of water and add it to the pan.
- Cook well, roast it a bit, you will get a nice fragrance of the roasted chickpea flour.
- Add about 2 glasses of water and let it all bubble, keep stirring and cook for about 15 to 20 minutes till done.
- Add fresh coriander and a squeeze of lime.
- Serve garnished with green onions with Indian flat breads.

RECIPE WATERMELON AND DATES SALAD (Portion -1)

Ingredients:

- Water melon, cut into triangles- 2 cups (approximately 2 inches)
- Dates, sliced- 1 tsp
- Apricot, sliced – 1 tsp

Dressing:

- Bengali mustard sauce (Kasundi)- 1 tsp
- Sriracha sauce- 1 tsp
- Lemon juice- 1 tsp
- Red wine vinegar- 1 tbsp
- Fresh basil, chopped- 1 tbsp
- Olive oil- 1 tsp
- Chilli flakes – a pinch
- Salt - to taste

Garnish:

- Feta, crumbled- 1 tbsp
- Fresh basil leaves – a few

Method:

- Mix the dressing ingredients in a bowl.
- Toss the water melon triangles with dates and apricots in a bowl.
- Put it on a platter and pour the dressing on top.
- Garnish with fresh basil and feta.
- You can substitute the basil with fresh mint and kasundi with English mustard.
- Sriracha sauce is a Thai hot chilli sauce.



CHEF SAMTA



MUSICALLY YOURS

It has been generally accepted that both listening to and creating music can have various positive effects on mood and mental health. Incorporating music into your everyday life can help to: elevate your mood and motivation, aid relaxation.

Why music is important in our life?

Music is an important part of our life as it is a way of expressing our feelings as well as emotions. Some people consider music as a way to escape from the pain of life. It gives you relief and allows you to reduce the stress.

ANNESHA GANGULY passed out of school in the year 2012.

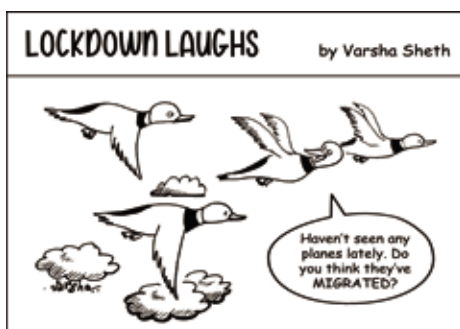
She did her B.A. in English, Rani Birla Girls College, 2015

Masters in Management and Analytics, Carnegie Mellon University, 2018.

She started her professional career by working on arts marketing working for the MET, MoMa, New York City Ballet, L.A. Philharmonic, the Smithsonian Museums and Broadway.com. Currently She is working in Marketing Analytics for a political creative agency in New York, NY, working on Joe Biden's 2020 Presidential campaign. She specialises in digital media strategy, audience and web analytics. She has also been fortunate to be able to perform music at various Indian associations across the US, making music still a big part of her life.

Annesha Ganguly

▶ <https://www.youtube.com/watch?v=S1MhAZPvY-g&feature=youtu.be>



LAUGH OUT LOUD

A part-time music teacher, freelance cartoonist and script writer, VARSHA SHETH (nee Mansata) batch of 1982, used her time creatively in the lockdown period to create a unique series of gags called Lockdown Laughs. This series, which looks at the lockdown mainly from the point of view of animals went viral on the social media, being shared on whatsapp groups of doctors, chartered accountants, teachers, govt. officials, lawyers and sports federations across the globe. We take pride in sharing a few of these precious gems with you

