

# MILLENNIALS

W R I T E R ' S R E T R E A T



*A Step for Life & Blessings*

**WORLD  
BLOOD  
DONOR  
DAY**



ISSUE 12 • JUNE 2022

WORLD BLOOD DONOR DAY - जीवन एक यात्रा है - MODESTY AND THE STETHOSCOPE -  
BIOGRAPHY - BOOK REVIEW - FINANCE & INVESTMENT- QUICK BITES - SPORTS - TRAVEL  
WITH OWR

# CONTENTS

## WORLD BLOOD DONOR DAY

A STEP FOR LIFE & BLESSINGS - 03

## WORLD OF WORDS

SNARL - 06

## STILL

जीवन एक यात्रा है - 08

## MARVELS OF HUMAN BODY & MIND

MODESTY AND THE STETHOSCOPE - 12

## कविशाला

एक शख्स - 14

## FACTUL FACTS

BOY TO MAN - 16

## BOOK REVIEW

A THOUSAND SPLENDID SUNS - 19

## BIOGRAPHY

THE KING OF LIONS - 22

## FINANCE & INVESTMENT

THE NEGATIVE RETURN ON INVESTMENT - 26

SAVE UPTO 20% - 29

## FESTIVAL

BATALLA DEL VINO - 30

## UNCOMMON ORIGINS OF COMMON EXPRESSION

FACE THE MUSIC - 32

## SPORTS

THE DEATH GAME - 34

## QUICK BITES

पनीर कटलेट्स - 37

## TRAVEL WITH OWR

HEMIS, THE HOME OF SNOW LEOPARD. - 40

A photograph of two people's arms and hands. The person on the left is wearing a red long-sleeved shirt, and the person on the right is wearing a white long-sleeved shirt. Both have white adhesive stickers with a red heart on their wrists. Their hands are clasped together at the bottom, forming a heart shape. The background is a light blue gradient.

# WORLD BLOOD DONOR DAY

14TH JUNE

# A Step for Life & Blessings

-by Nitish

Every year approx 1.5million people die due to physical trauma caused by accidents. The reason is hypovolemic shock a life-threatening condition in which more than 20% of blood is lost from the body. Every year people die due to road accidents and various severe diseases such as thalassemia(an inherited disorder when the body doesn't make enough haemoglobin), Leukemia (blood cancer), Haemophilia and kidney diseases where the person could have been saved with immediate blood transfusion. In all of these thalassemia is most severe where a patient requires blood at regular intervals.

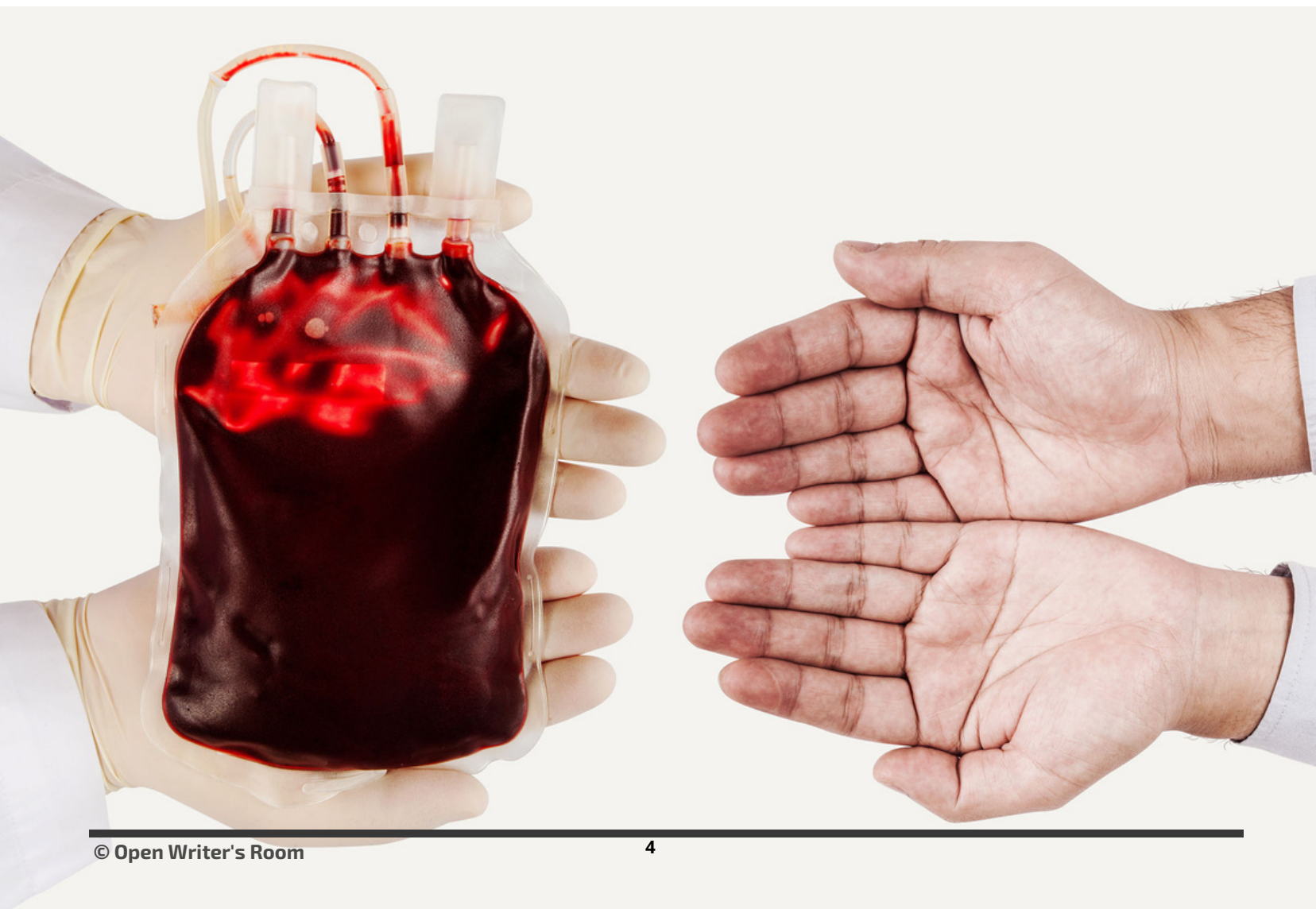
Every year on the 14th of June blood donor day is observed to promote voluntary blood donation and appreciate all those volunteers who have done innumerable work to save humanity. This day also commemorates the contribution of Karl Land Steiner an Austrian biologist who is credited with the discovery of ABO blood group types. This year Mexico will host blood donor day 2022 through its national Blood Centre.



There are certain myths which are associated with a blood donation that blood donation can make you weak and can also cause irreversible damage to the body. But the truth is it takes only 24 hours to replace the Blood volume. Red blood cells take just 4-6 weeks for complete replacement and one can donate again in 8 weeks without any complication. There are certain conditions required to donate Blood. The donor must not be suffering from any infectious disease such as HIV or Hepatitis Since it can infect the recipient and the donor must be of at least 18 years of age. Anyone who is above 18 and considers himself healthy can donate blood. There's no problem if he has tattoos on his body or has hypertension or diabetes.

It's very shocking that in India being the second-most populous country the awareness of blood donation is very low. People resist donating blood which causes scarcity in hospitals at the time of emergency which eventually causes black marketing. Every day 12,000 people in India die due to a lack of donated blood. India collects 11 million units of blood but needs 15 million units, causing a deficit of 4 million units. You may not be aware that your donated blood can save someone's precious life.

So Donate blood and share life with others.





# SNARL

(v.) snahrl

To growl viciously, especially with a raised upper lip to bare the teeth, as a dog is to snarl. The expression is raised mostly when the person is in angry mode to keep a point to state a statement aggressively. Origin in 1580's, from Dutch or Low German *snarren* "to rattle," meaning to "*speak in a harsh manner*" and it was first recorded in the 1690s. In the most simplified manner It can examplified as, "*they're having a great fight there, with a great snarl.*"

- by Adv. Ravisha



# STILL



# जीवन एक यात्रा है

~ कृष्ण कांत त्रिपाठी

जन्म मरण के पूरे चक्र का नाम जीवन है। मनुष्य अपने संपूर्ण जीवनकाल में सुख दुःख की खट्टे मीठे यादों को संजोता हुआ जीवन पथ पर आगे बढ़ते जाता है, उस यात्रा के दौरान कई बार ऐसा भी वक्त आता है कि वह वहीं ठहर जाए आगे न बढ़े, लेकिन जो मनुष्य आगे बढ़ता जाता है एक न एक दिन अपने जीवन की यात्रा को पूर्ण करता है और जन्म मरण के चक्र से मुक्त हो जाता है।

यह वाक्या भी एक ऐसे ही जीवन यात्रा का संस्मरण है, जिसमें उत्साह भी है, जुनून भी है, बेचैनी भी है, सुकून भी है, अपनापन भी है, प्रेम भी है और साथ जुड़े रहने की चाहत भी, असल में यह ओपन राइटर्स रूम के जीवन यात्रा की विस्तृत कहानी है।

4 मार्च 2020 दिल्ली के कश्मीरी गेट बस स्टैंड पर बैठे दो लोग बात कर रहे होते हैं कि नये उभरते लेखकों के लिए एक प्लेटफॉर्म तैयार किया जाए जहाँ लोग विश्वसनीयता के साथ खुलेमन से अपने विचारों को लिख सकें। थोड़ी देर इसके प्रारूप पर बात हुआ फिर संस्था के जीवन यात्रा से उठकर बात व्यक्तिगत जीवन यात्रा पर आकर रुक गई, और दोनों अपने जीवन यात्रा पर आगे निकल गए। लेकिन जब आप किसी यात्रा को ठान चुके होते हैं तो कहीं न कहीं वह आपके साथ साथ सफ़र में शरीक हो जाता है।

ओपन राइटर्स रूम के भी जीवन का यात्रा रुका नहीं और अंततः जून में यह निर्णय हुआ कि एक प्लेटफॉर्म, जो अब तक नये उभरते लेखकों को लिखने के लिए प्लेटफॉर्म दे रहा था, वह उन्हीं के लेख को आधार बनाकर मासिक डिजिटल पत्रिका निकाला करेगा। जब व्यक्ति/संस्था के पास खोने के लिए कुछ न हो तो वह बहुत कुछ



पा सकता है। ओपन राइटर्स रूम के पास भी खोने के लिए कुछ न था मगर पाने के लिए पूरा जहां बाकी था, मगर इन सबके बीच सबसे बड़ी चुनौती थी पत्रिका के लिए कुछ ऐसे लेखकों को ढूँढना जो अपनी लेखनी से पाठकों को बांधकर रख सकें ताकि पत्रिका की जीवन यात्रा भी अनवरत चलती रहे, और आखिरकार कड़ी मेहनत करके कुछ राइटर्स ढूँढ लिए गए जो अपने कलम से पाठकों को बांधे रख सकते थे और उन्हीं का साथ लेकर अंततः जून 2021 में डिजिटल पत्रिका का पहला संस्करण प्रकाश में लाया गया, जिसको पाठकों ने खूब पसन्द किया और कुछ अन्य स्थाई नए लेखक भी पत्रिका के साथ जुड़ते गए, और यह चार पाँच लोगों के साथ से शुरू हुआ कारवां एक विस्तृत परिवार में बदल गया।

तमाम उतार चढ़ाव देखने के बाद जब मैगज़ीन के एक वर्ष पूर्ण होने को थे तब मई 2022 में यह निर्णय किया गया कि इस मैगज़ीन के स्थाई लेखक या यूँ कहें कि ओपन राइटर्स रूम परिवार के सभी जनों एक साथ बैठकर इसके भविष्य पर विचार विमर्श करें और यह भी सुनिश्चित करें कि इस परिवार के लेखकों के सिर्फ कलम ही नहीं बल्कि दिल भी मिलते हैं। आखिरकार 13 मई 2022 से 17 मई 2022 तक का एक टूर प्लान किया गया जिसमें संस्था से जुड़े ग्यारह लोग एक साथ जुड़े और ऐसा तनिक भी एहसास नहीं हुआ कि यह पहली बार मिले हों। हमने अपनी छुट्टियाँ एक साथ बिताये और तमाम खट्टी मिठ्टी यादों को सँजोकर एक दूसरे को अलविदा कह दिये। एक साल पहले तक जबकि हमें ढूँढने पड़ रहे थे कि कौन अनवरत पाठकों को बांधकर रख पायेगा, आज



© Open Writer's Room



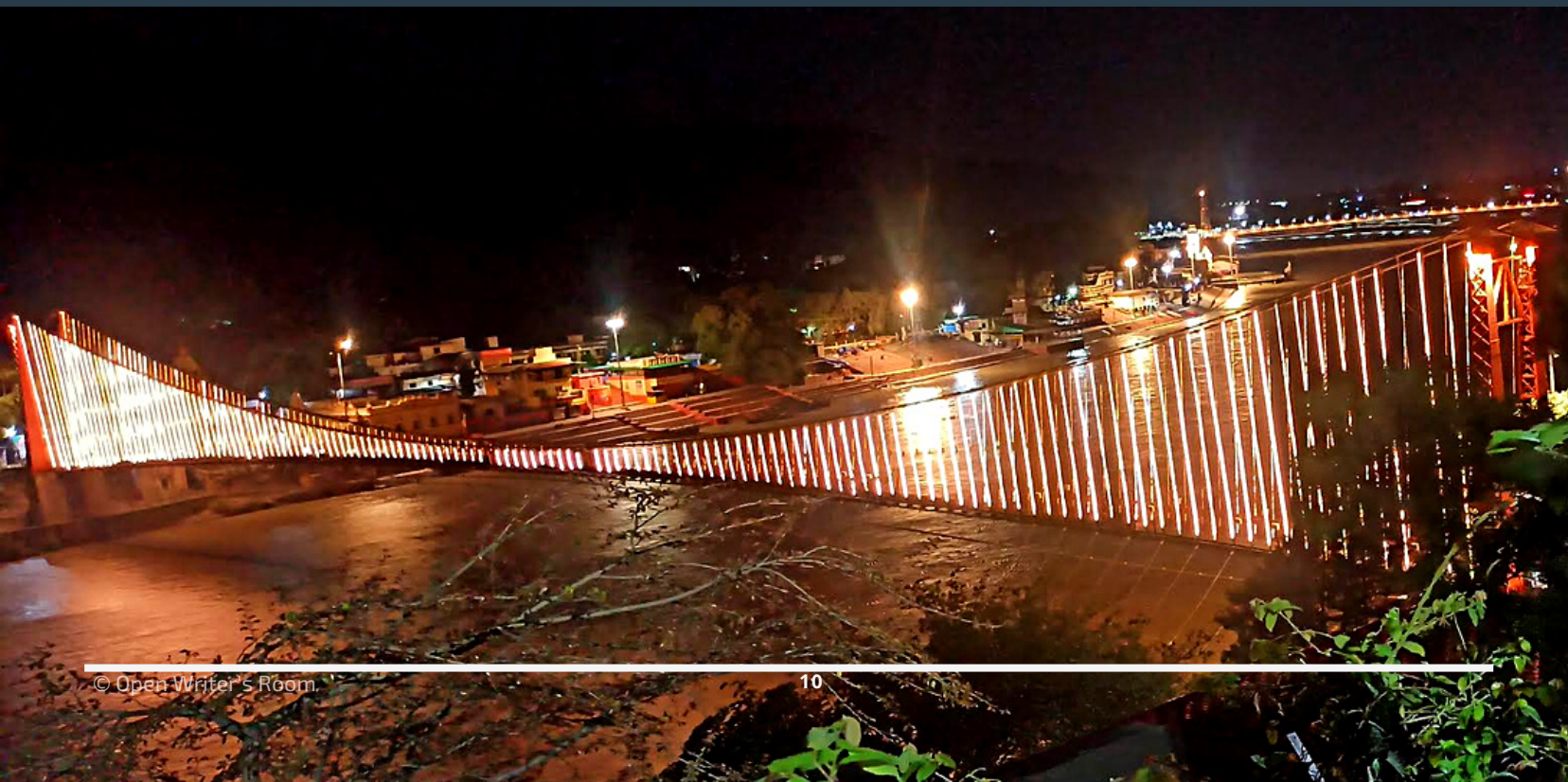
9



STILL

स्थिति इतनी बदल चुकी है कि हम सब मिलकर कलम की डोर से बाहर निकालकर एक दूसरे के दिलों में बंध चुके हैं। इसी का परिणाम है कि अब कहीं न कहीं ओपन राइटर्स रूम का संबंध एक लेखक और पाठक के बीच तक सीमित न रहकर दिलों तक रिश्ता बन चुका है।

अब जब ओपन राइटर्स रूम के डिजिटल मासिक पत्रिका का एक वर्ष पूर्ण हो रहा है तो कई सारी यादें हैं जिन्हें साझा किया जा सकता है जिसको पढ़कर भी पाठकगण अपनापन महसूस करेंगे और साथ में जुड़े रहेंगे। दो लोगों की यात्रा के बीच से निकली ओपन राइटर्स रूम की यात्रा अब इतनी सफल हो चुकी है कि इसे यह नहीं सोचना पड़ेगा की आखिर कौन वे लोग होंगे जो पाठकों को बांधकर रख पाएंगे। अब ओपन राइटर्स रूम हर रोज नित नये आयाम को छु रहा है और पाठकों के मन में घर बना रहा है। तब यह सुनिश्चित है कि ओपन राइटर्स रूम के जीवन की यह यात्रा अनवरत आगे बढ़ती रहेगी और साथ ही साथ अपने पाठकों को भी साथ साथ लेकर कलम से दूर कहीं दिलों तक रिश्ता बनायेगी। जब तलक जीवन की यह यात्रा खतम न हो जाए।।





# MARVELS OF HUMAN BODY & MIND

# MODESTY AND THE STETHOSCOPE

- by Dr. Navkiran Panesar

The first stethoscope - the instrument which has become a trade mark of physicians and doctors around the world - was constructed because a young doctor was shy. It was devised in a matter of moments by the early 19th century French physician Rene' Laennec. One day in 1816, Laennec was consulted by a young woman, whose symptoms suggested that she might be suffering from heart disease. Dr. Laennec's modesty prevented him from the usual practice of placing his ear to next to her naked chest to listen to the heartbeat. So to avoid skin to skin contact, he rolled up a newspaper and used that instead. Realising that a tube magnifies the sounds, he went on to construct a 300mm (1foot) long cylinder of wood- first true stethoscope, which, in due course, was further modified to the present modern stethoscope we see now with the doctors.



*Sourced from Reader's Digest, BOOK OF FACTS*

# कविशाला

# एक शख्स

कभी खुद के हाथों ही खुद का कल्लेआम कर देता हूँ मैं,

कभी हर तरफ बस मैं ही दिखता हूँ मुझको,  
तो कभी खुद को खुद में ही गुमनाम कर लेता हूँ मैं

फकत एक शख्स के दूर जाने के दर्द को लेकर,  
बेवजह मोहब्बत को भी बदनाम कर देता हूँ मैं,

अफवाह मेरे बारे में इक ये भी है सौरभ,  
खुशनुमा सुबह को पल भर में गम की शाम कर देता हूँ मैं,

जिन नजरों ने नजरअंदाज किया बड़ी सादगी से कल तक,  
आज नजरें मिलाकर अक्सर उन्हें हैरान कर देता हूँ मैं,

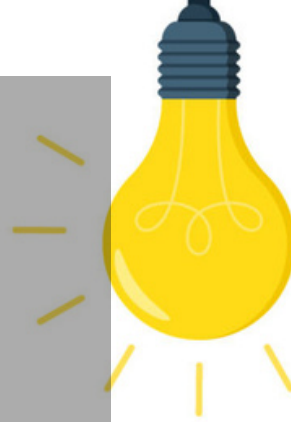
सफर की वादियों ने ये नायाब हुनर सिखलाया है मुझको,  
कभी जमीं को बस जमीं तो कभी जमीं को आसमान कर  
देता हूँ मैं,

मैं बस लिखता ही तो हूँ, मेरी शख्सियत का क्या  
सबको अच्छा लिखकर खुद को ही बदनाम कर देता हूँ मैं  
कुछ इस कदर खुद को गुमनाम कर लेता हूँ मैं।।

- सौरभ

**DID YOU KNOW?**

**FACTUAL  
FACTS**





# Boy To Man

---



In Papua New Guinea, the crocodile is a spiritual and symbolic animal, and the Chambri tribe thinks it is descended from the fearsome predator. Crocodiles travelled from the Sepik River to land and eventually became people, according to an old tale. In honour of their ancestors, the tribe's young males are subjected to hundreds of deep cuts in cascade patterns down their backs, arms, chests, and buttocks, giving them the appearance and feel of a crocodile's skin.

Every decade there are some rituals for boys to prove they are mature enough. In the 21st century, the real mark of a boy turning into a mature man is when he starts earning and supporting his family for their needs. But still, in this 21st century, few tribes have their own customs and tradition that marks turning a boy into a warrior.

**Crocodile scarification** is a rite of passage for boys approaching adulthood in the *Chambri tribe* of *Papua New Guinea's East Sepik region*, during which their skin is slashed and scarred to resemble crocodile scales.



The Mawé, also known as the Sateré or Sateré-Mawé, are a Brazilian indigenous tribe that lives in Amazonas state. Sateré-Mawé is a combination of Sateré, which means "fire caterpillar," and Mawé, which means "clever and curious parrot." In this tribe, becoming a warrior is difficult because boys must suffer being stung by bullet ants to display their power to manage pain and discomfort. The **bullet ants** were woven into the gloves made up of leaves in which boys have to put their hands. For around five minutes, they must bear the pain of the bites, which are reported as being as terrible as a bullet shot. They will fail the initiation if they cannot endure the pain. The boy takes his hands out of the gloves when the five minutes are completed. Because of the ant venom, both hands and lower arms become fleetingly paralysed, and the boys may experience extreme pain, uncontrollable body vibrations, and hallucinations, which normally endure for several days until they are totally cured. Before they can be deemed warriors, the boys in this tribe must go through this process around 20 times over a period of many months.

by OWR Team





# BOOK REVIEW

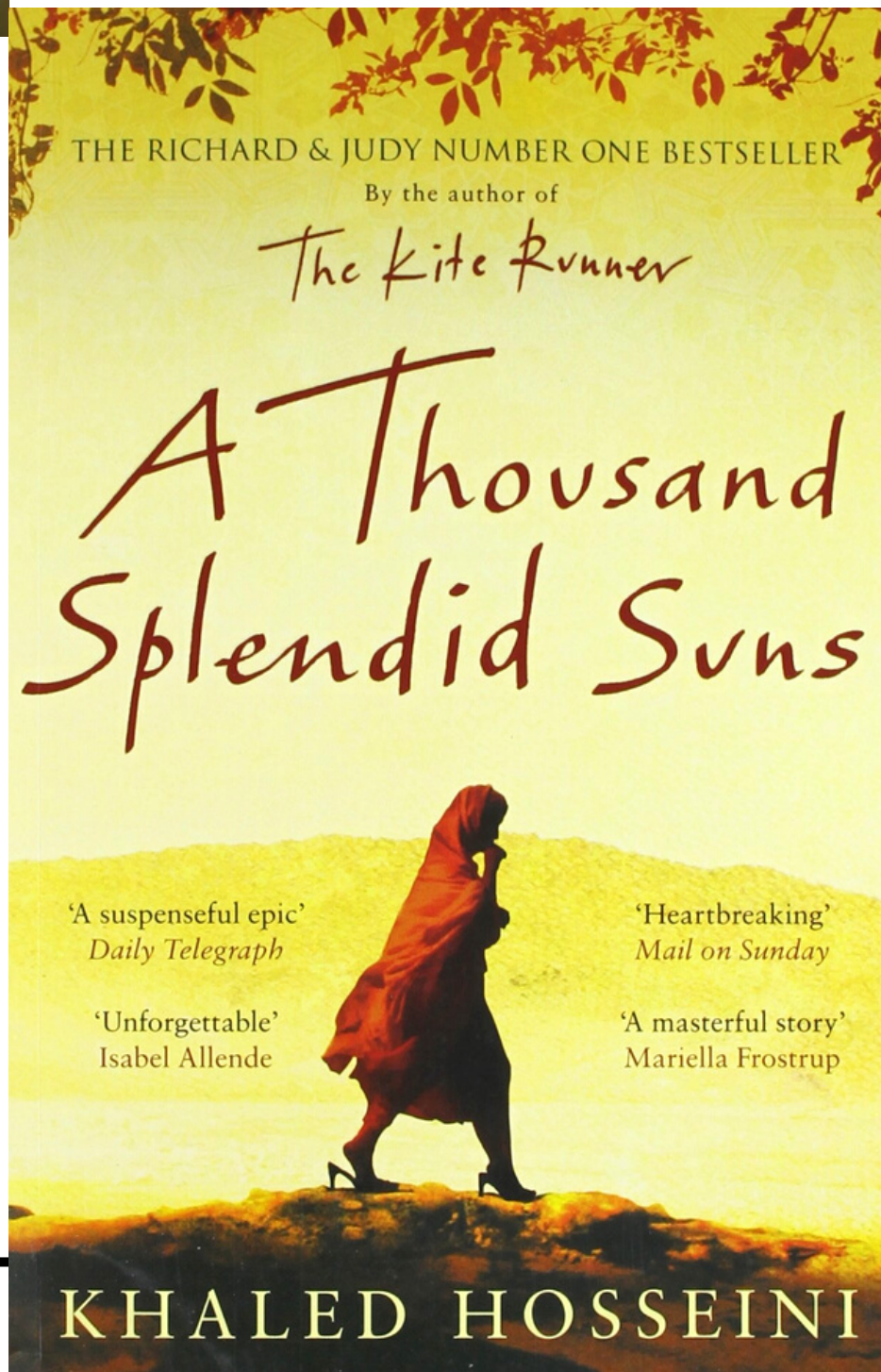


# A THOUSAND SPLENDID SUNS

by Adv Mehak

As we are soon approaching the one year of Taliban's rule in Afghanistan, one book that comes immediately to mind is "a thousand splendid suns". This is one such book which gives you a thorough insight into the condition of people in Afghanistan under the Taliban rule and all that they had to go through, which we cannot actually fathom.

This book is a story about two women Mariam and Laila and how they went through all the atrocities that the tough times in Afghanistan brought along. This is by far the best book written by Khaled Hosseini. This is a modern classic, so much so that every living human must read this. We as people living in our homes with all the facilities don't gather how much people, especially women go through for as much as to speak and go out of their homes alone. As we saw last year people from Afghanistan were so desperate to move out of their homeland so much so that they clung to the plane tyres, the situation in Afghanistan has not exactly been congenial for its citizens and they had



to suffer at the hand of these militants imposing arbitrary rules in the name of religion.

Mariam and Laila are neighbours. Mariam is married to an old man when she's all but fifteen and she goes through hardships of her own. Laila on the other hand is just a small girl who is born to a liberal father who supports her education. Laila finds a friend in Tariq, the neighbourhood boy who belongs to the minority community. All their lives get entangled as Laila has to get married to Rasheed, Mariam's old husband. Every day becomes a struggle and all are sold, the family has to live in abject poverty and all this while Rasheed doesn't make things easy for the women. Those are difficult times, and attempts to flee are also made. But all turn futile as the Taliban rule is all-powerful and the punishments are extreme. This is the September of 1996 and at that time, singing is forbidden, dancing is forbidden, all women are to stay inside, cosmetics are forbidden, Jewelry is forbidden, burqa is mandatory, so much so, that making eye contact is forbidden.

This book is an authentic account of the people of Afghanistan and what they have been through. This shows us how much progress means for them and how heartbreaking it must have been for them to lose all the progress they made over the years and lose it all to Taliban rule in 2021 yet again.

Read this book if you want to know further. This is one such book which will get you hooked. If you are a non-reader then this is a good book to start with.





# BIOGRAPHY

# THE KING OF LIONS

by Adv Ravisha

On October 8, 1974, Kevin Richardson was born in Johannesburg, South Africa. He spent his youth in the Orange Grove neighbourhood. Kevin began his profession in fitness and surgical rehabilitation after graduating with a BSc degree. He made a drastic career change when he had the opportunity to work as a handler when he was twenty-three and cared for two six-month-old lion cubs, Tau and Napoleon, which he successfully saved. His early years were spent in Lion Park, which is located on the outskirts of Johannesburg.

When interacting with these wild creatures, he has broken every safety guideline known to man as a self-taught animal behaviourist. In contrast to popular belief that shattering an animal's spirit with sticks and chains is the best method to control them, he develops personal relationships with them through love, understanding, and trust. His unique methodology of getting to know their distinct



## B I O G R A P H Y

personalities, what makes them furious, joyful, sad, or irritated like as a mother knows a child—has led them to embrace him into their fold as one of their own.

Richardson worked at Broederstroom, a town 35 miles north of Johannesburg, South Africa, on a 650-hectare (1,600-acre) Lion Park. Kevin's one-of-a-kind interactions with these colossal predators have opened numerous opportunities and piqued the interest of people all around the world. He has presented and produced various videos on his interactions with the animals, as well as documentaries about the fate of lions in captivity and in the wild.





The background features a green and orange color scheme. On the left, there are stacks of gold coins. The right side is dominated by a candlestick chart with orange bars and white wicks. A white line graph with a jagged path is overlaid on the chart. A large, semi-transparent dark rectangle is centered on the page, containing the title text. A large, faint downward-pointing arrow is visible on the right side of the chart area.

# FINANCE & INVESTMENT

# THE NEGATIVE RETURN ON INVESTMENT

---

by Gaurav

Whenever we spend money on a vehicle or investment option, one common question is always there, kitna deti hai? (how much does it give?). We know what to expect in terms of mileage but in terms of investment? Off course there are percentage measures that suggest an absolute number, but is it correct?

*In mathematical terms, we suggest that an investment of 10 lakhs would yield a maturity value of 20Lakh, a @10% interest rate in 10 years.*

Looks fair enough!!

If I invested Rs. 10000/- in 2013 at a rate of interest of 9% in Bank FD's targeting to buy a DSLR in the next 10 years at maturity, it would yield me Rs. 20000/-. But is it enough to attain my target to buy a basic level camera? Of course not! in 2013 it was possible to buy a decent camera for Rs. 20000/- but in 2023 it will not. How come I failed?





When-

- The rate of Interest was good at 9%
- 50% of maturity value investment, i.e. 10000.
- Rs. 20000/- was to receive as total maturity at that time.

Having done all the valid calculations, where I did fail?

**Inflation** - With every passing year inflation is eating our money. On one side, we are getting 5-8% returns in basic investment options such as FDs and Bonds and on the other side, Inflation ranges around 6-9% resulting in decreasing the value of money we are earning.

A 5% FD will yield Rs. 105000/- after a year on a lakh. What about the purchasing power of the same Rs. 100000/- did it increase? NO!

What we could have bought in those one lakh rupees, has now inflated price, the groceries, clothes, consumer products or even investments. During all these maths when your money was lying in a low return investment, the purchasing power has been eaten up, **resulting in negative returns.**

The point that I want to make clear is whenever we are investing we must always focus on returns that beat inflation. Only then we would fetch value out of our money and also it will reduce in value even after increasing returns. Investments must always be inflation-adjusted, if not, the real value of our money will surely be eaten by inflation and reduce the purchasing power of money as a whole. Then, how can we safeguard our money from this inflated situation?

There are several options but they are a bit on the riskier side but if you believe in the growth story of India it will surely give better returns, i.e., **INDEX FUNDS, Mutual funds, Stocks**, etc.





# SAVE

## UPTO 20%

by Pooja

Capital gain is directly proportional to capital assets. Here, we are talking about residential property. There are two types of capital gains – **Short term capital gain** and **Long term capital gain**. The type of gain is dependent on the period of time for which the asset is being held. In the case of immovable property, if the asset is held for more than 24 months then it is a long term capital asset. And if the period of holding is less than 24 months then it is a short term capital asset.

The calculation of capital gain on Short Term Capital Assets (STCA) is simple, as the cost of acquisition shall be reduced from Sale proceeds and the remaining amount shall be taxed at @15% U/s 111 A plus cess plus surcharge. Capital gain on Long Term Capital Assets (LTCA) however takes a little more work. The formula for the same is:

***Long-term capital gain = Sale price - (indexed cost of acquisition + indexed cost of improvement + cost of transfer)***

***Indexed cost = (CII of a year of transfer / CII of a year of acquisition or expenditure) × Cost incurred***

Where Income Tax Department has specified CII as Cost Inflation Index. LTCG shall be taxed at the rate of 20%, plus cess and surcharge. However, certain exemptions can be claimed by a taxpayer from the long-term capital gains tax, under certain conditions:

**1)** Section 54 exempts LTCG tax, arising on the sale of a residential house, if the indexed capital gains are invested in the purchase or construction of another residential house, within the specified period. Certain conditions related to Section 54 are:-

- Exemption is available to Individuals and HUF's.
- Earlier, this exemption was available to one house only, but now it can be claimed for 2 houses. But this opportunity is available only once in a lifetime.
- The capital gains are used to construct or purchase another house.
- The new house is purchased one year before or two years after the old house is sold.
- The new property is constructed within 3 years after the sale of the old property.
- The property being developed/bought within National borders
- The new property isn't sold within three years after taking possession

**2)** Section 54EC allows an exemption of up to Rs 50 lakhs from LTCG Tax, if the indexed capital gains are invested in government-notified bonds, within six months.

**3)** If the house construction cannot be started immediately after the sale of the property then the capital gain amount may be deposited in any public sector bank under the Capital Gains Account Scheme (CGAS). The amount should be used for the construction of the house within 3 years otherwise amount shall be taxable as Long term capital gain.





# FESTIVAL

# BATALLA DEL VINO 'BATTLE OF WINE'

The Batalla del Vino - meaning "Battle of Wine" - takes place just outside of Haro, a quiet town in the midst of the Rioja wine region. The real battle took place in the Riscos de Bilibio hills, around 6Km outside of town. Every year on June 29, the celebration honours the saints of San Juan, San Felices, and San Pedro.

The world's largest wine battle attracts locals and visitors alike. Everyone goes to church in the morning before leaving town to climb the Riscos de Bilibio, which are nestled in the foothills of the Obarenes Mountains. The battle begins in this area, which is full of weird rock formations. The goal of the battle is to get so much wine on each other that their

garments become purple and nobody will be left wearing white. The brawl comes to an end around noon, and everyone proceeds to eat snails and lamb chops. Back in Haro, the celebration continues with live music, dancing, and street carts.

When San Felices de Bilibio died in the 6th century, pilgrims began to go to the caves of Riscos de Bilibio, where he was buried. This custom lasted hundreds of years, and in the 18th century, a chapel was constructed there. Wine baptisms did not begin to take place here until the twentieth century, and as time passed, these evolved into wine festivals, and finally, the wine battle was founded.





# UNCOMMON ORIGINS OF COMMON EXPRESSION



# FACE THE MUSIC

Lal Singh, Retd  
Chief Engineer(IMS)



Two theories have been put forward to account for this phrase - one military and one theatrical.

According to the military theory, a soldier being punished or an officer being cashiered would have to stand in front of a band and listen to the tapping of a drum while his misdemeanours were readout for all to hear, and his punishment administered or his insignia torn. Or perhaps it was simply that the band tended to play in front of the troops during the daily ordeal of the inspection parade.

The supposed theatrical origin of the phrase sounds equally plausible. The orchestra in theatres is traditionally positioned in the 'pit' between the stage and the audience. For an inexperienced actor waiting backstage or in the wings, it must be a nerve-racking prospect having to go on stage and face the music at last.

*(Sourced from book by John Kahn)*



# SPORTS

# THE DEATH GAME!

by Vishwajeet

From the title, you must be wondering what I have researched for you. So, before continuing to the article let me ask a question 'Are brave-hearted?'. Ok! I presume you are. You must have seen or known about a Rugby game, in which a player ran holding a ball in hand and try to reach the end line of the opponent to score a point. Just think about a similar game in which the ball is replaced with a beheaded goat. It sounds so cruel, how players enjoy and play games like this. BUZKASHI is a game primarily played in Afghanistan in which the beheaded goat is used as a ball. I am sure after reading about this game you



just want this game should be banned because it is not a game, it's a severe act of animal cruelty. I don't want to make any comments about this game whether it is right or wrong. I just want to put some interesting facts about this game which is still played in the world.

## **BUZKASHI**

BUZKASHI is a Persian word which is made of two words - Buz means Goat and Kashi mean pulling and this way BUZKASHI means pulling of goat. BUZKASHI is a traditional game in central Asia particularly in Afghanistan in which a horse rider try to



place a goat in a white circle. And opponent team's horse riders try to stop the player who has a goat's body.

The origin of this game started in nomadic Asian tribes from the 10th to 15th century. A BUZKASHI player is known as Chapandaz. Each team consists of 10 chapandazs. Only 5 players from each team can play in a half. The game is for a total of 45 minutes. The game is played in two forms; Tudabarai and Qarajai. Tudabarai is considered to be a simple form of the game. In this game, players must carry the dead goat and somehow manage to reach the scoring circle (circle of justice) and throw the goat into it. And the opponent player tries to snatch the goat or try to stop the player from reaching the scoring circle. The calf in this game was beheaded and his two legs were cut off. It is then soaked in cold water for a day to make it hard. On game day it is filled with some sans in order to make it heavier. You might be surprised by the fact that this game was banned by Talibaani who are known for their cruelty. This game got the status of a national sport in Afghanistan.

Hope You like this interesting sports the BUZKASHI.





# QUICK BITES



# पनीर कटलेट्स

-प्रतिष्ठा

आज इस बार जो रेसिपी में आप लोगों को बताने जा रही हूँ वो घर में रखे सामग्री से बन जाएगा, वो भी झटपट और टेस्टी

**पनीर कटलेट्स -**

**सामग्री -**

२५० ग्राम पनीर

२ मिडियम चॉप प्याज़

६ - ७ हरी मिर्च

१ इंच अदरक का टुकड़ा चॉप किया हुआ

हरा धनिया कटा हुआ

४- उबले हुए आलू

८ -ब्रेड पीस, ४ का ब्रेड क्रम बना ले

सबसे ज़रूरी कॉर्न फ्लोर पाउडर व थोड़ा सा मैदा

**विधि -**

सबसे पहले पनीर का पानी बिलकुल निकाल के उसको मैश कर लीजीए या किसनी में कस लिजिए - फिर चॉप प्याज़ का पानी भी सूखा लिजिए ये दोनों सावधानी करने से आपके पनीर कटलेट बहुत अच्छे व करारे बनेंगे।

एक बड़ी थाली या बड़े बाउल में पनीर, उबले आलू को मैश कर, 4 ब्रेड को मैश कर के अदरक, मिर्च हरा चॉप किया हुआ, प्याज़ चॉप किया हुआ सब एक साथ मिला लेंगे। उसमे सवादनुसार नमक व हरा धनिया मिलाएंगे व सबसे आखिर में कॉर्न फ्लोर पाउडर मिला के उसको एक डो बना कर रख लेंगे। फिर एक प्लेट में ब्रेड क्रम लेंगे व एक बर्तन में थोड़ा सा मैदा का घोल बना लेंगे।

फिर पनीर के उस डो से थोड़ा पनीर ले कर उसको ओवल शेप या हार्ट शेप या राउंड शेप देंगे। फिर उसको एक एक क्र मैदा के घोल में डालेंगे फिर तुरंत उसमे दबा-दबा के ब्रेड क्रम लगाएंगे। और लास्ट में एक सावधानी ये भी कि ये कटलेट्स बहुत सॉफ्ट होते हैं इसलिए उन्हें दो-दो दाल क्र ही फ्राई करें। ज़्यादा एक साथ डालने से वो कटलेट्स फटने लगेंगे। और यदि कटलेट्स फटें तो उसमें थोड़ा कॉर्न फ्लोर और डाल लिजिए। अब चटपटे कुरकुरे पनीर कटलेट्स खुद खाइये और सबको खिलाइये।

A hiker with a red backpack and a blue long-sleeved shirt is walking across a stone suspension bridge. The bridge has metal mesh railings and is surrounded by prayer flags. The background shows a rocky, mountainous landscape.

# TRAVEL WITH OWR



# Hemis, The home of snow leopard.



## Hemis Nation Park

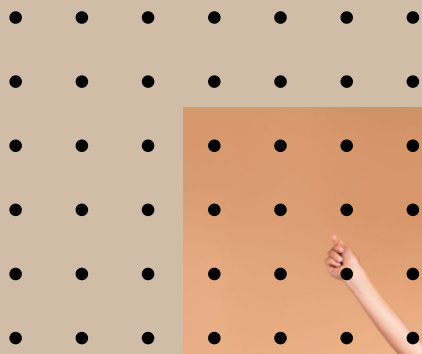
Hemis is a town in the Leh district of Jammu and Kashmir, India. It is located in the Rumbak valley and is the last inhabited village near the Line of Control between India and Pakistan. Hemis is famous for its national park and the Hemis festival, which takes place in early June every year. It is one of the most popular tourist destinations in Ladakh. It is located just 15 km from Leh town and can be easily reached by private vehicles.

Hemis National Park is situated at an altitude of 12,000 feet above sea level, in Hemis village in Ladakh. It is one of the natural habitats of snow leopards and another one is Khangchendzonga National Park. It has been designed as a wildlife reserve. The best time to visit this place is from June to September when the temperature remains mild and pleasant.

This park offers tourists various activities like trekking, hiking, camping and photography sessions that are conducted by experts trained for such activities. The weather during the summer months is ideal for spotting snow leopards in Hemis National Park! So if you want to get up close and personal with these amazing creatures, then July-September would be your best bet!

Hemis is a beautiful place for trekkers and nature lovers. The national park offers great opportunities for wildlife sightings and bird watching. Visitors can also go on safaris to see snow leopards, lynx, red foxes, vultures, golden eagles and blue sheep. Hemis National Park is well connected by road with Leh and other parts of Jammu & Kashmir through the Manali-Leh highway or Zojila Pass route. The nearest airport is Kushok Bakula Rimpochee Airport in Leh which is at a distance of 50 km from Hemis and if you opt for a railway then the nearest railway station is Jammu.





**SUMMER**  
**FASHION**  
**FASHION**

**Contact Us**

**With Your Requirement**

**millennials@openwritersroom.com**

**+91-8437500105**



**SHOP NOW**



**ADVERTISE YOUR  
BUSINESS WITH US**

---

WWW.XYZ.COM

# Publisher



## Note From Founder & Editor

Writing is the best practice that never lets you downhearted in any exam or in civic life. Possession of writing or reading can pay you smart to fulfil all your wishes. Open Writer's Room encourages all writers or who are willing to publish their articles online and those who are searching to read a mixture of articles, poems, or short notes online.

We at Open Writer's Room publish your write-ups without understating any language or word limit. So what are you waiting for? Contact us now and know more about it.

**Chief Editor-**  
**Adv. Ravisha Mahajan**

### CONTRIBUTORS

Adv Mehak  
Krishna Kant Tripathi  
Pratishtha Jaiswal  
Lal Singh  
Saurabh Chandra

Nitish Upadhyay  
Gaurav Chandra  
CA Pooja  
Vishwajeet Kumar  
Dr. Navkiran



[www.openwritersroom.com](http://www.openwritersroom.com)



[millennials@openwritersroom.com](mailto:millennials@openwritersroom.com)