

MARCH 2022



MILLENNIALS

WRITERS RETREAT

@ Open Writer's Room



27 MARCH WORLD THEATER DAY

ISSUE 09 • MARCH 2022

INTERNATIONAL WOMEN'S DAY - MIND CONTROL - NO SMOKING DAY - WORLD
TUBERCULOSIS DAY - BIOGRAPHY - कविशाला - BOOK REVIEW - FINANCE & INVESTMENT -
QUICK BITES - SPORTS - TRAVEL WITH OWR

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I. TYPICAL BOARD OF EDUCATION EXAMINATION SYLLABUSES IN DRAWING

Preliminary Examination for Elementary School Teachers' Certificate

DRAWING:—

Candidates will be required to undergo a test in either (1) or (2) below, whichever may be chosen by the Examiner.

(1) Drawing from Natural Objects.

Candidates are required to make a drawing on a half imperial sheet of paper from a natural object. The drawing may be made with any materials, and should be as complete as the candidate is able to make. Rulers, compasses, ruling, measuring, tracing, or other mechanical aid whatever is allowed.

Candidates should have gone through a graduated series of exercises in drawing from natural objects, for the purpose of acquiring (a) a general knowledge of the form, structure, and other characteristics of natural objects, and (b) the power of drawing them, together with an appreciation of their beauty, and knowledge of their uses.

(2) Drawing from Mechanical Objects.

Candidates are required to draw on a half imperial sheet of paper, tinted or otherwise, a mechanical object from the point of view at which the candidate may choose. The drawing may be made with any materials, and should be as complete as the candidate is able to make. Rulers, compasses, ruling, measuring, tracing, or other mechanical aid whatever is allowed. For the test a group of objects, will be given.

Candidates should have gone through a graduated series of exercises in drawing mechanical objects, for the purpose of acquiring by direct study a knowledge of the form, structure, and other characteristics of mechanical objects, and of perspective in modifying their appearance, and of the relative positions of the objects as they are in sight, but not in perspective. The exercises should not be restricted to the objects suggested by the use of the objects.

WORLD OF WORDS

Free-Arm and Industrial Drawing

“massing” consists in building up forms, just as objects can be built up in clay. The “dot” is the starting-point, and that is made to grow into larger shapes, by enlargement and other additions. It is quite an evolutionary or accretive process.

Afterwards, when the scholars grow off at the beginning; because they must necessarily grow experienced in outline drawing in the representation of a mass by an outline. They may then fill in this outline with fully shaded lines as an embellishment, give a more solid appearance to the object. The order is thus reversed. This, however, by no means essential. The recurrence of the ill-proportioned object is the best corrective. “Massing” must never be done into “messing”; for the latter is a disorganizing process.

allied to painting (which is entirely a system of massing with the brush), but it is also closely allied to other kindergarten exercises, as e.g. clay-modelling.

In later stages of senior work, it reappears under the form of shaded pastel drawings of groups of objects on white paper, or similar groups on brown or tinted paper; in which case the lighter pastels are used to express the light surfaces, and the darker ones to depict the shadows.

Ruskin it was, who strongly recommended pupils of about fourteen years of age, to pin a piece of foliage to a white vertical surface, and sketch it in, stems and leaves, in black ink. This would give the effect of a landscape against the sky, or its reverse. It would help the eye to see the object as a whole, and not as a collection of parts.

in common with expert draughtsmen. They delight in by its beginning under our eyes, the life and soul of a drawing. The lines should not be hard, but of a fairly soft edge with contours; but avoid the hard, like the pencil, without massing without its virtue. It is worth the trouble from a drawing should not be over-large in scale. The edge of the point should at all times be sharp.

MONEY

Lal Singh, Retd. Chief
Engineer(IMS)

Buried in the story of the word money is a rather disconcerting notion—that of a warning.

Money, as a means of exchange and a store of value, has an ancient history: the first known coins were in use in the Kingdom of Lydia, in western Turkey, around 700 BC. The word itself has a lineage that is slightly less venerable.

It goes back to the days of ancient Rome when the city fathers decided that they needed a mint. The chosen site was on Capitoline Hill, in a temple dedicated to the goddess Juno, the wife and sister of Jupiter.

She was sometimes known as Juno Moneta, the 'warning' goddess—perhaps the Roman felt that she would warn them if their finances became shaky. (Moneta comes from the Latin verb *monere*, 'to warn or advise', from which we get a whole array of English words, for example, admonish, demonstrate, monitor, monster, monument, muster, premonition and summon). The word *moneta*, therefore came to refer to a mint, and then to what a mint produces—money. And so, through Old French, our money derived.

A stylized illustration of a woman with short, wavy white hair. She is wearing a floral crown with various flowers in shades of pink, red, blue, and white. She has a serene expression with closed eyes and a slight smile. She is holding a bouquet of flowers, including pink tulips and orange flowers. The background is a dark blue with a subtle floral pattern. The overall style is flat and modern.

INTERNATIONAL WOMEN'S DAY

8TH MARCH

July-August 1981

Number 23

\$2.00

Theoretical Review

The Material Basis of Women's Oppression in Capitalist Society by Jean Tepperman



International women's day is celebrated on the 8th of March every year. According to United Nations, the day can be traced back to the year 1908 when the 15,000 women first took to the streets of New York to protest against unfair working hours, meagre wages and voting rights. Since then it has been observed internationally in various countries of the world.

Every year a theme is chosen in order to celebrate that day and this year's theme is "Gender equality today for a sustainable tomorrow". The need for gender equality cannot be emphasized enough especially when the women that comprise half of the population of the world, live in poverty and have no assets to account for. More vulnerable

among them are women living and dependent upon natural resources and therefore the joint initiatives of gender equality through sustainable development are the most appropriate themes.

The campaign theme for this year is **#breakthebias** and it is the need of the hour that we break away from old systems and perspectives and look ahead towards an equal world where the gender bias finds no place.

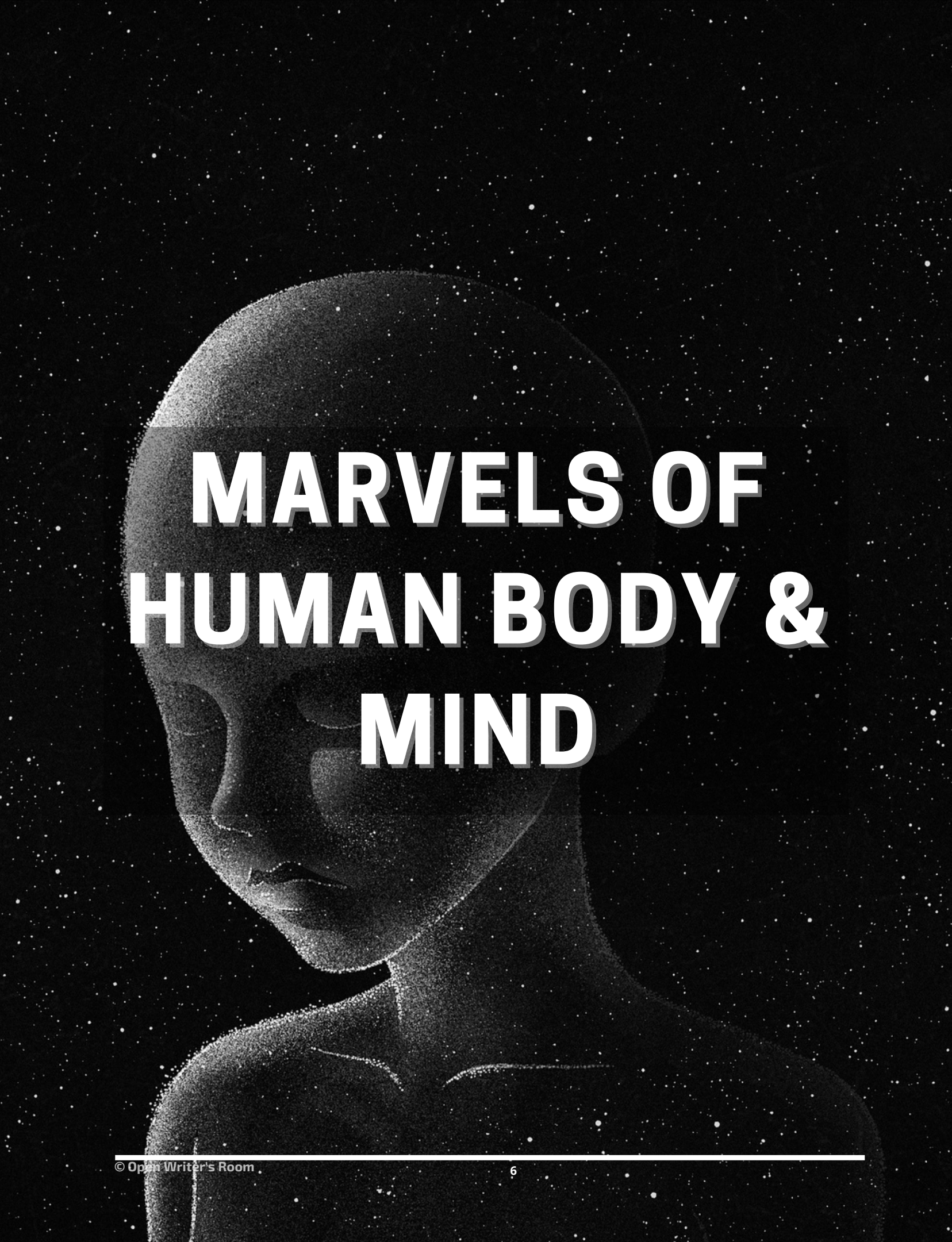
All these efforts that the generations before us have made will be futile if we don't carry those lessons ahead and break free from a patriarchal mindset that is



“**Gender
equality
today for a
sustainable
tomorrow**”

- by ADV Mehak

ingrained in our minds. It's time to look for real empowerment and to look beyond the idea that women have already achieved equality when in reality the picture is a whole lot different. If we do not ground ourselves and accept that the world is unjust and biased then we won't be able to work towards an equal and sustainable future.



MARVELS OF HUMAN BODY & MIND

MIND CONTROL

- by Dr. Navkiran Panesar

Meditation, Yoga, and other mind-control techniques, which have been practised in the East since about 1000 BC, can have a measurable effect on the body, scientists have found. They can even affect the body in ways that are ordinarily beyond the reach of conscious control. Researchers in Britain in the mid-1970s taught yoga relaxation techniques to half of a group of people who suffered from high blood pressure. The trained people were later able to lower their blood pressure by an average of 16 percent, simply through using the techniques. Normally, blood pressure- like the heart's pulse rate - is controlled unconsciously by the body's nervous system.

In the early 1980s, British researchers discovered that similar results could be achieved with biofeedback. In this technique, the patients were hooked up to machines that displaced their blood pressure visibly, **and they were encouraged to concentrate on trying to reduce the reading by mental efforts alone.**



**NO
SMOKING DAY**
13TH MARCH



No Smoking Day

by Nitish

If you buy a packet of cigarettes, you'll see the warning "tobacco causes cancer". But sadly, people ignore this. The culture of smoking is now widely prevalent among youth. Research tells that more than 70 *Carcinogenic (Cancer Causing)* chemicals present in tobacco and smoking can cause serious health hazards such as Emphysema, *COPD (Chronic Obstructive Pulmonary Disease)*, heart attack, strokes premature death and various types of cancers of the throat, lungs and colon.

No smoking day is an annual health awareness day started in 1984 in the United Kingdom to help smokers to quit smoking. Every year it is celebrated on the second Wednesday of March to raise awareness about the health hazard of smoking.

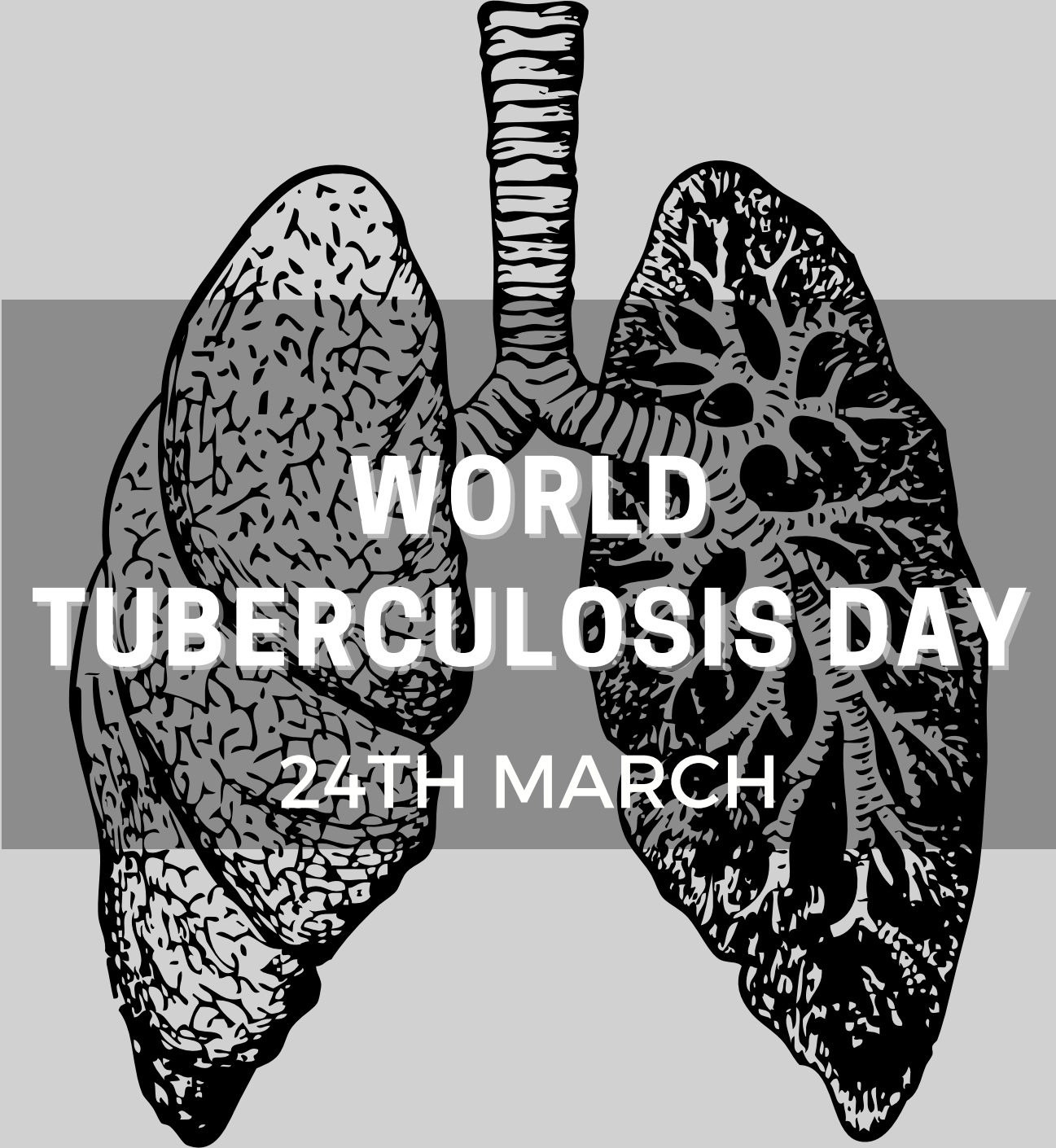
A question arises why smoking is so prevalent among youth. Smoking generally starts in teenagers and can continue till a later stage of life. Reason can be many since adolescence is an age of transition and one undergoes various physical, mental and emotional changes, peer's pressure to appear cool, urge to experience something new lead one's to light a cigarette.

Cinemas and movies also promote smoking subtly and are shown as a symbol of masculinity. The protagonist of the movie who is shown strong, manly has an addiction to smoking and drinking. Sometimes the reason is given that people smoke to relieve stress or emotional trauma. But all the intoxicants disturb the chemical balance of the body leading more prone to depression. Moreover, addiction just escapes you from reality which we don't want to face the fear of getting hurt. So, they try to suck pleasure from various intoxicants such as cigarettes, alcohol or marijuana.

Quote by Keith Richards rightly said-

"All the contortion we go through just not be ourselves for a few hours".

Smoking is deadly for you and your family. It is draining your health and wealth. So, next time before lighting a cigarette think of your family because you may be unaware that when your passion converted into obsession and turns into an addiction. **"Smoking kills"** So stop smoking before it kills you.

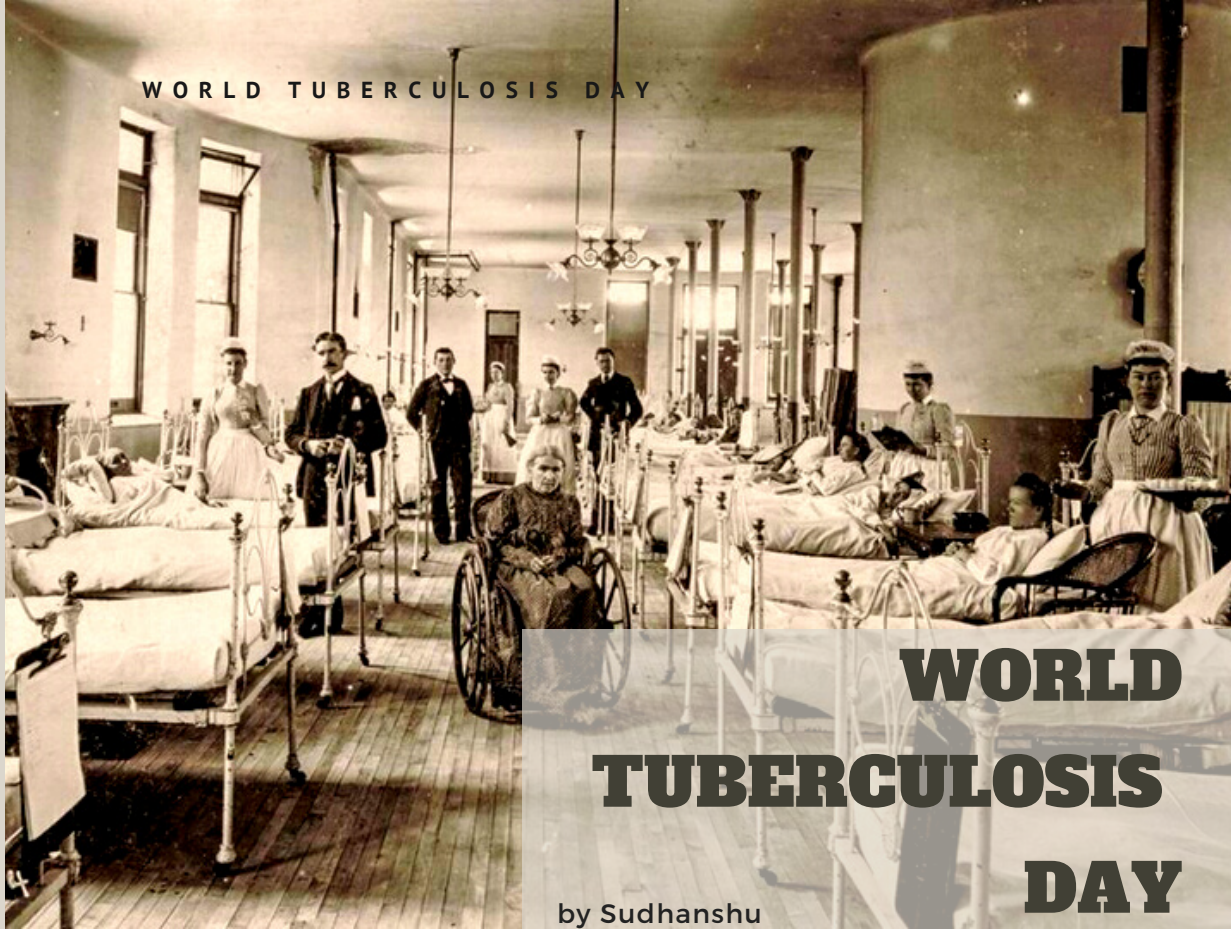


**WORLD
TUBERCULOSIS DAY
24TH MARCH**



Robert Koch

Gebürtner Regierungsrat Professor Dr. Robert Koch.



WORLD TUBERCULOSIS DAY

by Sudhanshu

In this section, we are discussing World Tuberculosis Day which is observed on the 24th of March by the World health organization (WHO) to increase awareness and inform people about this issue.

On 24th March 1882, Robert Koch announced that he discovered the bacteria by which TB is caused and mentioned that now we can find the way by which TB is diagnosed which is very satisfactory news for the whole world, on 24th March 1982 on the 100th anniversary of Roberts Koch's invention **The**

International Union Against Tuberculosis and Lung Diseases (IUATLD) give a proposal to WHO for World TB day on 24th march but WHO didn't announce officially but keep working on TB with IUATLD on the theme **"Defeat Tb: Now and Forever"**.

In 1995 WHO and Royal Netherland Tuberculosis Foundation held the first TB day meeting in the Hague Netherlands and in 1996 along with two organizations IUATLD also joined and conducted a campaign of awareness on a global level and request

and requested all the countries to join their campaign every year.

In 2018 about 10 million people got infected by TB and about 1.5 million of them died, which is a leading death by any infectious disease.

Every year World TB Day is addressed with a different theme through which every nation and organization gets their goal for the whole year.

The previous year's theme was the "Clock Is Ticking" which defines that the world is running out of time

we have to end this TB disease to fight with other pandemics.

This year the theme of World TB Day is **"Invest to End TB and Save Life"** which defines that you can invest whatever you have like if you have time then join any organization to aware people, if you have experiences you can share them with everyone by which they feel safe and get aware by the TB if you have the money you can help in organizing campaign, also distributing in some free medicines etc.

A woman with long dark hair, wearing a purple dress and high-heeled shoes, is seen from behind on a stage. She is looking towards the right. The background is a large, curved wall illuminated with warm, golden light, creating a dramatic atmosphere. The text is overlaid on a dark horizontal band across the middle of the image.

WORLD THEATER DAY

27TH MARCH

मनोरंजन जगत की आत्मा है थियेटर

कलाकार मर जाते हैं लेकिन उनकी कलाकृतियां युगों युगों तक जीवंत रह जाती हैं, क्योंकि कला अमर है, थियेटर भी एक ऐसे ही कला का नाम है। थियेटर एक ऐसी कला है जिसने अपने ख्याति के अनुसार नाम तो नहीं कमाया लेकिन जो सम्मान पाना चाहिए वो जरूर कमाया। आज जब बॉलीवुड, टॉलीवुड और तमाम फिल्म इंडस्ट्री चलचित्र जगत में अपना जगह स्थापित कर रही हैं, वैसे में थियेटर के प्रति लोगों का रुझान कम होता जा रहा है। अब लोगों का थियेटर करने का मूल उद्देश्य फिल्म इंडस्ट्री में काम पाने का रास्ता बन चुका है। जबकि डेढ़ दशक पहले तक थियेटर ही काम और शौक दोनों हुआ करता था। लोग थियेटर छोड़ने को तैयार नहीं होते थे।

थियेटर के इतिहास की ओर जब जाते हैं तो पाते हैं कि यह फिल्म इंडस्ट्री से बहुत पहले जनता के मनोरंजन का माध्यम हुआ करता था लेकिन आधिकारिक तौर

पर 27 मार्च 1961 को अंतर्राष्ट्रीय नाट्य संस्थान द्वारा प्रत्येक वर्ष थियेटर दिवस समारोह मनाए जाने का प्रस्ताव रखा गया। इसका उद्देश्य थियेटर के प्रति लोगों के मन में प्रेम जगाना और इस कला को जीवंत रखने की कोशिश है।

बॉलीवुड की बात करें तो वर्तमान समय के अधिकांश लोकप्रिय अभिनेता "नेशनल स्कूल ऑफ ड्रामा" के प्रॉडक्ट हैं। अधिकांश ने अपने जीवन का एक लंबा वक्त थियेटर अकादमी में बिताए हैं। थियेटर उनके रगों में दौड़ता है। जब किसी थियेटर कलाकार से उसके दिनचर्या के बारे में जानते हैं तब मालूमात होता है कि ये वो लोग हैं जो थियेटर खातिर खाना पीना नींद सबकुछ छोड़ सकते हैं। इनके मन में थियेटर के लिए एक अलग ही जुनून होता है।

वर्तमान में थियेटर के प्रति रुझान का कम होना चिंता का विषय है। यह अति

आवश्यक हो जाता है कि मनोरंजन के सबसे पुराने साधन में फिर से नया जान डाला जाए। इक्कीसवीं सदी में जब आवश्यकतायें अनंत हैं और पूर्ति के साधन अल्प हैं तो ऐसे में आवश्यक हो जाता है कि आवश्यकता पूर्ति हेतु उचित प्रबंध किया जाना चाहिए। थियेटर कलाकारों का फिल्म इंडस्ट्री के प्रति बढ़ता रुझान भी आवश्यकता पूर्ति का विकल्प ही है, क्योंकि ये बात जगजाहिर है कि फिल्म इंडस्ट्री अपने कलाकारों पर नाट्य संस्थानों से भारी पूंजी निवेश करती है। इसलिए सभी कलाकार धीरे धीरे नाट्य संस्थान को अकेला छोड़ रहे हैं। नाट्य संस्थानों को अपनी प्रासंगिकता बनाए रखने के लिए अति आवश्यक है कि अपने कलाकारों के आवश्यकताओं को ध्यान में रखकर उनकर निवेश करें और थियेटर की सार्थकता बनाए रखें।

- कृष्ण कांत त्रिपाठी



कविशाला

तुम्हें क्या नज़र आता है?

ज़ख्म लिए सीने में कई, घूमूं दर ब दर
जहाँ तक नज़र जाए, बस कातिल नज़र आता है,

नहीं रही सादगी, बेबसी से वफ़ा में मेरी
चेहरे पर चेहरा ओढ़े, हर शख्स शातिर नज़र आता है,

चूर चूर हुए हैं सारे ख्वाब, ख्याल, ख्वाहिशें
जो सोचूँ कभी बारे अपने, ज़िम्मेदारियों का लंगर नज़र आता है,

जब कभी भी रखी मैंने सुनहरी धूप की चाह
न जाने क्यों सबको मुझमें, उम्मीदों का दिसंबर नज़र आता है,

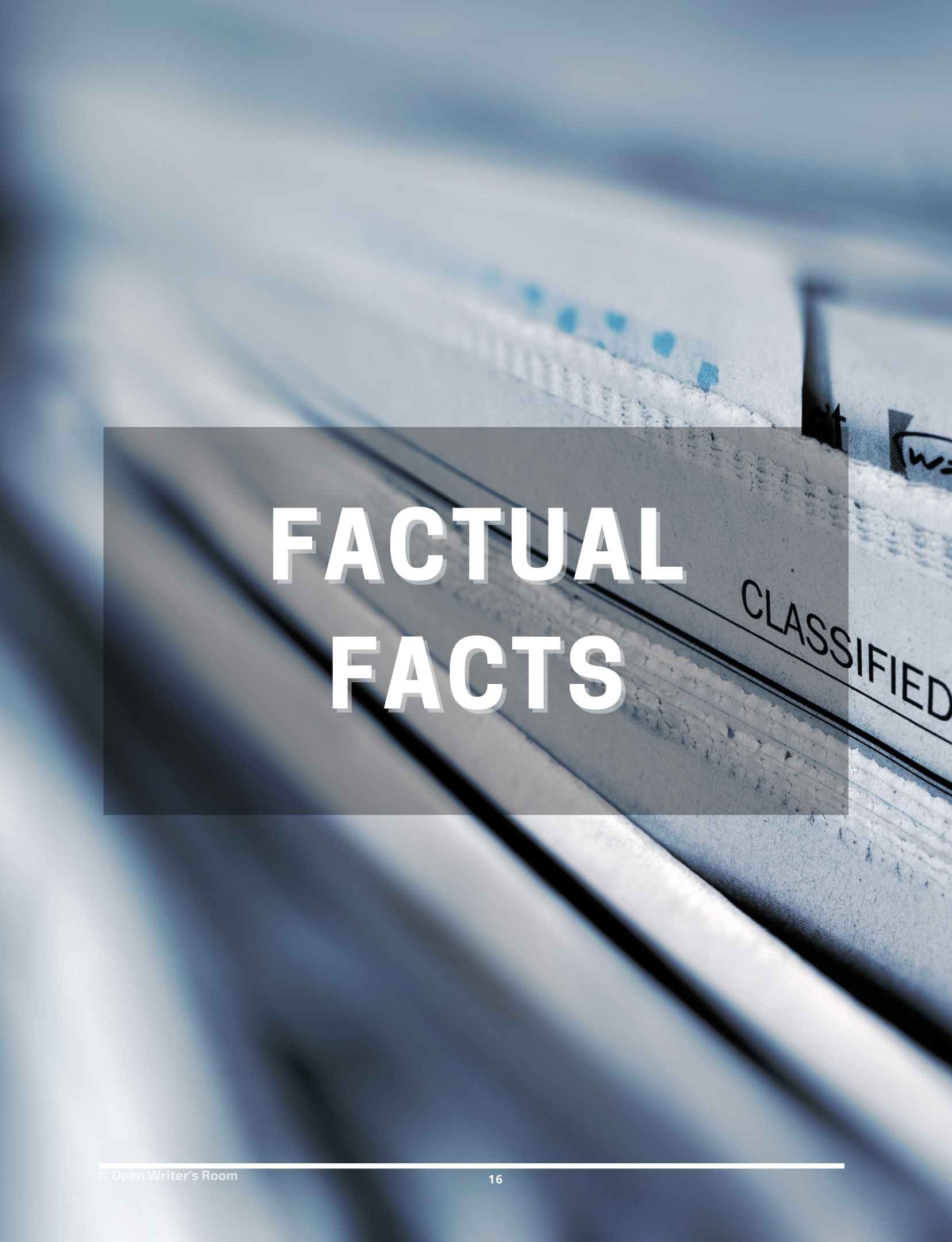
दिए हैं ज़माने ने दर्द के पैमाने इस कदर
हाथ गर मिलाऊँ किसी से तो हाथों में खंजर नज़र आता है,

नहीं लगता अब दिल मेरा मेरे ही आशियाने में
सूना सूना सा घर मेरा, एक खंडहर नज़र आता है,

अब लोगों से क्या ही राबता रखना सौरभ
ज़र्रा ज़र्रा टूटा हुआ सा, जब अंदर नज़र आता है,

तन्हा जिया हूँ और यकीनन तन्हा ही मरंगा
ज़माने का हर शख्स मुझे ठहरा समंदर नज़र आता है।।

- सौरभ



FACTUAL FACTS

CLASSIFIED

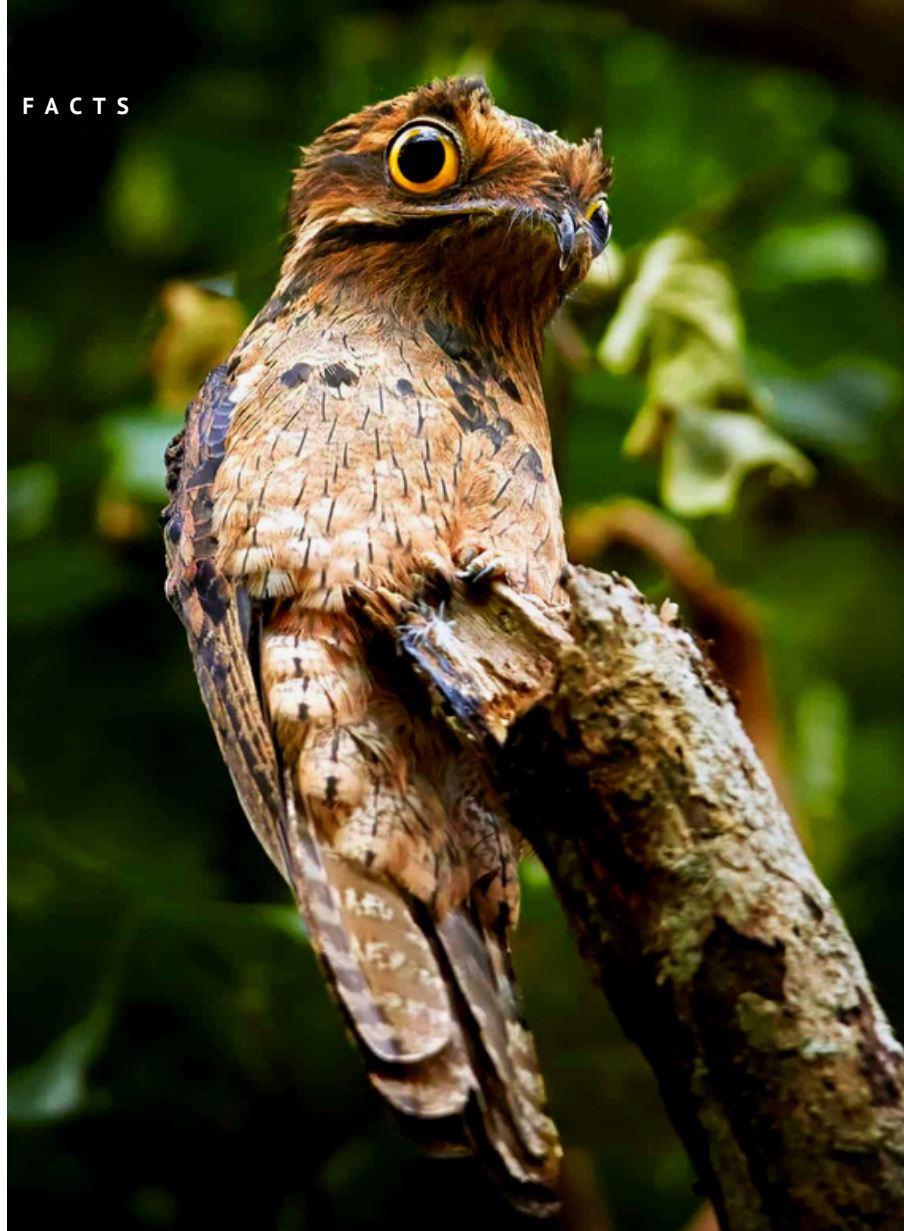
ALIEN BIRD

POTOO

Did you know that not everyone believes great potoos are realistic birds? As real as an owl or any other birds, the scientific name of potoo is *Nyctibius Grandis*, which are mostly found in Central America and parts of South America. They are nocturnal animals that hunt on large insects, smaller birds, and bats and perch on large branches.

As it seems like alien birds, it also has some spooky characters. With its eyes closed, this weird bird can follow you. Potoos have little holes at the bottom of their eyes that allow them to detect movement. They can monitor their prey even while their eyes are closed. They can also detect approaching shadows while resting, allowing them to flee danger.

by OWR Team



BOOK REVIEW



PSYCHOLOGY OF MONEY

by Adv Mehak

Money-related matters are quite intrinsic to everyone and everyone gets affected by these matters. I have always been fascinated by how money works and how it affects our lives and what role human psychology plays in it. I got all my answers and much more in this book.

Money-related matters are quite intrinsic to everyone and everyone gets affected by these matters. I have always been fascinated by how money works and how it affects our lives and what role human psychology plays in it. I got all my answers and much more in this book.

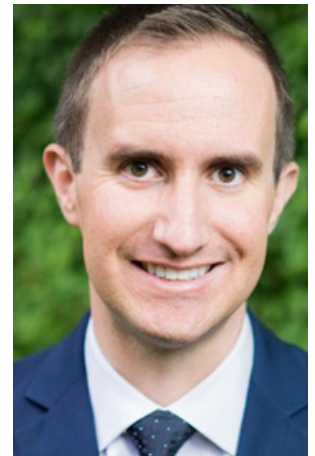
I must confess before I read this book my attitude towards money was different and I had my own limited viewpoint with regard to it, but Morgan Housel's bestseller got me thinking differently. I hope it helps others too. The chapters are woven meticulously. It gets you hooked. The author has used personal anecdotes and varied learning experiences in this book. One thing that makes it a great read is the stories of people and of the financial history of the world. One particular chapter at the end of the book handles the financial history post World War-II really well and tells us how the psychology of people born at different times differed from each other.

Although the book is jam-packed with important lessons on finance. The one that struck a chord with me was that "*no one is crazy*". It explains how people born in different places and times and coming from different social backgrounds have their own reasons for choosing what they do with their money and really no one is crazy. The book deals with matters of investment and strategizing the finances in an easy way. One important lesson one can take away is, less ego and more money that less compassionate and less humble people end up with less money at the end.

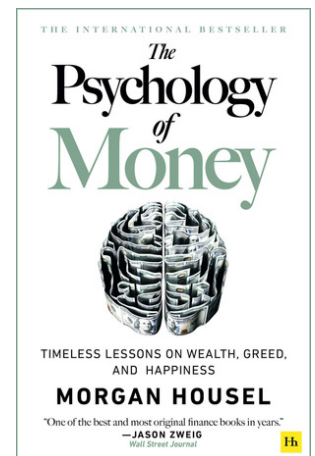
Morgan Housel has also introduced us to the '*man in the car paradox*' through this book, that no one is impressed by your possessions as much as you are. He has emphasized the need to leave enough room for error and gave examples of various millionaires and billionaires who've lost everything by no fault of their



own, but just because of the times. This book is a fascinating read which deals not just with money in a conventional way but puts emphasis on the human factor and the psychological undercurrents that are responsible for many of the things that happen in the world around us and how the human reactions to those things have the power to change the course of history.



Morgan Housel





BIOGRAPHY



MAN ON ROLLER FOOT

BAGICHA SINGH

by ADV Ravisha

Glorifying stories comes from incredible people. People who have motto to achieve, mission in mind and move in create stamping movement in history. Such less known story is of Bagicha Singh, a man who walking for past 26 years on foot to create awareness against tobacco and alcohol consumption.

Singh is 81 years old man from Panipat who started his non- stop foot campaign from

Jammu to Kanyakumari on February 22, 1993 and till date has covered nearly 6, 50,000 km. Bagicha carries a 90 kg backpack with 2 Indian flags waving on 18 feet long poles to create and spreading awareness against child labour, corruption, and other social issues in the country. He has walked across the nation more than 23 times and during his journey, Singh meet many people including celebrities and politicians.



FINANCE & INVESTMENT



DO'S AND DON'TS

by Gaurav

Ukraine - Russia crisis has caused a downfall in stock markets around the globe. Indian Exchanges, NSE and BSE also joined the trail. Investors had a panic set, Market mood switched to a fear zone.

What next? Or we can ask a bigger question: what does an investor do in such a tough time?

“Stock market investors are warned to stay watchful about additional events after *Russian President Vladimir Putin’s* recognition of two breakaway regions of eastern Ukraine since there is a risk of retaliatory action by the US and its allies. They should also keep a watch on the SGX Nifty’s narrower range, which is 16,800 to 17,380 points. A violation of the 16,800 points support level by the SGX Nifty would indicate further weakness in the Indian stock market,” stated the Vice President of IIFL Securities.



Stay watchful - is the keyword here. Though the market crashed yet market gurus suggest looking for the growth story of the falls in the past. Geopolitical tension between countries can now be resolved faster than in past times, there are committees and organizations that are put together to minimize the threats to humanity. As an investor's point of view, one must be invested in good investment, as in covid19 times markets took a deep dive yet there was a unanimous call from fund houses to stay invested and not exit market only out of hope but through analysis that the recovery will follow and it did. When these situations come, an old adage is pulled out of the trunk - "Never put all the eggs in one Basket." If we take a closure look at the market scenarios, diversification in investment always comes handy. Gold, liquid investment i.e. FDR/Liquid funds, Good stocks, bonds, Invoice discounting, Mutual funds and SIP's are few options to diversify investment. When an investor's portfolio is diversified his return on invested amount is usually compensated interchangeably. In the latest case the stock market took a hit but gold prices are on rise.

Whenever there is a fall in the market do look for options and diversify your portfolio to avoid losses and continue with good returns.

Stay invested, Stay healthy.

A hand is shown holding a string of colorful beads (orange, blue, and purple) against a background of falling colored powder in shades of blue, purple, and red. The text 'COLOUR FESTIVAL' is overlaid in a white, bold, sans-serif font on a dark rectangular background.

COLOUR FESTIVAL

DOLYATRA

Holi is a festival celebrated all over India, but especially in northern India that commemorates the arrival of spring after the cold winters. Holi and Dolyatra might appear the same, but the way it is celebrated makes it different from Holi as witnessed in the rest of India.

As per the Bengali year calendar, Dolyatra marks the last festival of the year. It is said that on this day Lord Krishna expressed his everlasting love to her beloved Radha. Dolyatra is also known as Doljatra in West Bengal, whereas in Assam and Odhisa it is known as Dol Purnima because it is celebrated on the last full moon of the Hindu Calendar. Holi is celebrated to welcome the spring and celebrates the death of Holika, Hiranyakashyap's malevolent sister who attempted to kill the son of Hiranyakashyap 'Prahlaad'.

Dolyatra is based on the mythology that Lord Krishna confessed his everlasting love for Radha on this day. The colourful powder is an important feature of the festivities, much as it is in Holi.

On this day, devotees worship Radha and Krishna before beginning the celebrations. Special pujas and bhajans are also conducted. People like playing with colours once the event is complete. As is customary, young people begin the event by placing phag on the portraits of family members who have passed, and then on the elders' feet as a gesture of respect. The elders bless them by colouring their cheeks with colour. Following that, phag is applied to everybody and everyone.

Dol Yatra, also known as 'Dol Jatra', 'Dol Purnima', or the 'Swing Festival', is celebrated in a dignified way by placing the deities of Krishna and Radha on a picturesquely painted palanquin, which is then conducted around the city's principal streets. Women dance around the swing and sing religious songs while the devotees take turns swinging them. Men continue to spray coloured water and colour powder, dubbed 'abeer,' at them.



UNCOMMON ORIGINS OF COMMON EXPRESSION

CUT SOMEBODY SOME SLACK



The phrase '**cut somebody some slack**' is casual and dates back to the mid-nineteenth century. It alludes to the loosening of a rope or sail's tautness. Slack's etymology is fascinating. In the 1300's, slack referred to the absence of pain or mourning. However, it is not where the idiom originates. Rather, it derives from its second definition, a loose part of a sail or rope, which dates back to the late 1700's. To cut someone some slack, then, implies to ease a tight limitation. This might include less severe penalty for a crime or even providing someone some discretion in obeying the rules.

For instance, someone says, *I know Sarah is not up to the mark right now but let's **cut him some slack**. She's new to this environment and needs time to adjust.*

by ADV Ravisha



SPORTS

INDIA'S FIRST PARA-BADMINTON ACADEMY

by Vishwajeet



Para badminton has done tremendous work and made our nation proud at the Tokyo Paralympics. Promod Bhagat and Krishna Nagar bagged the gold medal while Suhas Yathiraj, Manoj Sarkar also got silver and bronze respectively and hence proved once again that people who are disabled can also do all those things which seems difficult to them. Keeping the view in mind **Dronacharya Awardi - Gaurav khana** has decided to launch the nation's first Para-Badminton Academy in

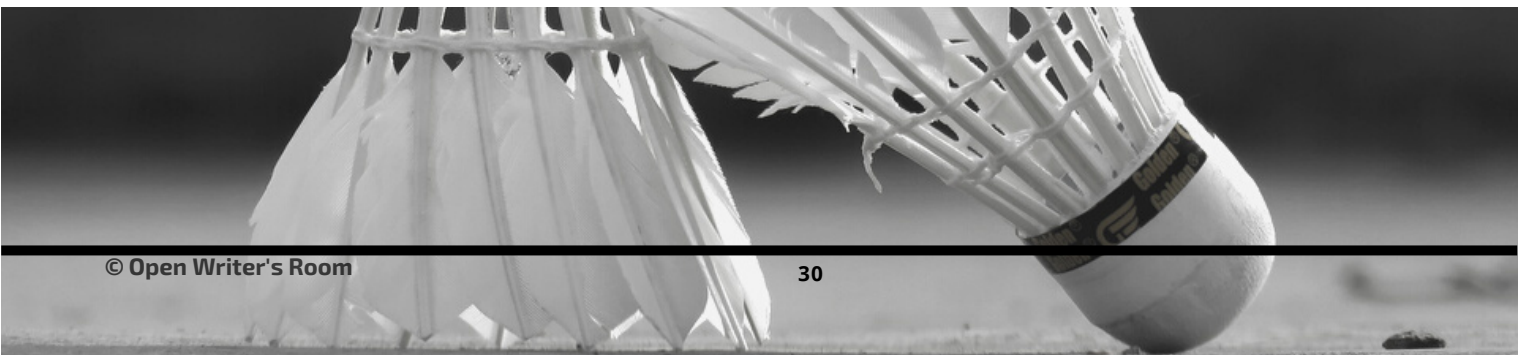
Lucknow with the collaboration of Ageas Federal Life Insurance. He also unveiled the Ageas Federal Life insurance "**Quest for Fearless Shuttlers**" program on the occasion to find out and train new talent for the next Olympics 2028 and 2032.

On 16th January 2022, the closed-door ceremony took place in which Gaurav khana said, " India has produced many para champions, but due to lack of infrastructure and facilities they didn't give their full potential. This academy will have all modern amenities, including four courts, two with BWF approved synthetic mats and two wooden courts for athletes who use the wheelchair. This academy also has a fully equipped gym, ice baths,



steam bath, sauna bath and also have a fully disabled-friendly environment and rooms for stay. "

He also said that in spite of all these things he is planning to run coaches excellence programs from para-badminton athletes get world-class coaches for their betterment. Now, Academy will train 50 para-athletes after that no. Of athletes increases in future.





SPIRITUAL

SUDARSHAN KRIYA

We all are breathing since our birth, but do we know that breath is one of the most important sources of energy? We can live without food, sleep for a few days but how about Breath? How long can you live without breath? And we hardly give any importance to our breath.

Our body is designed to release 70% of its toxins through breathing. If you're not completing deep breathing, you're not releasing toxins. Also as an adult, we don't use our lung capacity to the fullest. Breath is the first act of our life and the last act of our life but have we ever thought that it plays such a vital role in our living?

You will experience the miraculous potential of the breath when you will do Sudarshan Kriya for the very first time a decade ago. Sudarshan Kriya is a powerful yet simple rhythmic breathing technique. It incorporates specific natural rhythms of the breath, harmonizing the body, mind and emotions. The technique eliminates stress, fatigue and negative emotions such as anger, frustration and depression, leaving the mind calm, focused and the body energized, completely relaxed.

Day follows night, seasons come and go, a tree sheds its old leaves to get new ones - **This is Nature's rhythm.** Similarly, there are biological rhythms of the body, mind and emotions corresponding to those found in Nature. When stress or illness distorts these biological rhythms, we experience discomfort, discontent, and feel upset and unhappy.

Don't delay any more in experiencing this amazing gift for mankind. If you are reading this now, Google "**Happiness Program or Online Meditation & Breath Workshop**" and register for the upcoming program.

If you have not experienced it yet you are already very late !

by Shrey Jaiswal



QUICK BITES





"हेल्दी वेज कटलेट्स"

- प्रतिष्ठा

आप सभी जब लगातार जंक फूड खा रहे होते हैं तो फिर अचानक से खयाल आता है न कि - नहीं यार चलो अब कुछ हेल्दी नाश्ता करते हैं। तो आज मैं आप लोगों को बहुत आसान झटपट से बन जाने वाला चटपटा सा हेल्दी वेज कटलेट्स के बारे में बताती हूँ -

वेज कटलेट्स सामग्री -

1 बाउल शिमला मिर्च (ऑप्शनल),
1 बाउल छोटे टुकड़ों में कटा गाजर,
1 बाउल हरा मटर,
1 बाउल गोभी छोटे टुकड़ों में कटा हुआ,
1 बाउल सूजी,
4 हरी मिर्च,
थोड़ा चिली फ्लेक्स,
थोड़ा कुटा हुआ काली मिर्च,
स्वादनुसार नमक,
और गार्निशिंग के लिए थोड़ा हरा धनिया,
और सबसे ज़रूरी आधा लीटर दूध,
थोड़ा सा मैदा पानी में घुला हुआ व
थोड़े ब्रेड क्रम्स

बनाने की विधि -

सबसे पहले एक पतीले में दूध डाल के उसे उबालेंगे। फिर जब दूध उबल जाए तो उसमें सारे कट्स वेजिटेबल दूध में डाल देंगे। थोड़ी देर बाद दूध में से वेजिटेबल निकाल के देख लीजिए की वो पक गए हैं ना - अगर वेजिटेबल पक गए हों तो उसमें हरी मिर्च, थोड़े पीसी काली मिर्च भी डाल सकते हैं, फिर गैस का फ्लेम सिम करिये। फिर उसमें सूजी डाल के लगातार चलाते रहिये, और उसी वक़्त स्वादानुसार नमक डाल दीजिये। चलाते चलाते जैसे जैसे वो गाढ़ा होने लगे उसमें कटा हुआ थोड़ा हरा धनिया भी डाल दीजिए। हलुआ की तरह जब गाढ़ा हो जाए तो एक थाली में ऑइलिंग कर के उस सारी सामग्री को फैला दीजिए। फिर जब वो ठंडा हो जाए तो उसे बरफ़ी के आकार में कट कर के उसे मैदा के घोल में डीप कर के उसमें ब्रेड क्रम्स लगा के रख लीजिए।

उसके बाद एक कढ़ाई में आयल या घी गरम कीजिये फिर धीरे धीरे उन सारे बरफ़ी को तल लीजिये। और गरमा गरम मस्त चटपटे वेज कटलेट्स खुद भी खाईये और सबको खिलाइये।



TRAVEL WITH OWR

VELAS TURTLE FESTIVAL

Velas is a small village in Maharashtra, which is 200km from Pune and 230km from Mumbai. It is a coastal town famous for the most promising **Turtle Festival**. Other tourist attraction are the beaches, Bankot Fort and Harihareshwar Temple. The festival is also called **Olive Ridley Turtle Festival**. It is about witnessing the birth of young turtles that hatch from their eggs and slowly crawl into the ocean to start the journey of their life.

Olive Ridley Turtles have declared endangered a long time ago, and in 1992, an NGO called *Sahyadri Nisarga Mitra* teamed up with the Marine Conservation Society to fight for their protection. Many Olive Ridley turtles arrive on the western coastlines of Maharashtra in February and March to lay their eggs. Roughly 40% of them make their way to Velas Beach. A team of volunteers then guards the eggs against animals and poachers. Previously, they were either sold in marketplaces or destroyed by animals, but now, because of their efforts, the Ridley family has risen to prominence. And the Velas Turtle Festival is a big deal in this sense!

You won't be able to see it on any certain days or times. It's a step-by-step procedure; you must first arrive and then wait for the procedure to begin. The majority of the hatching occurs in March and April. The following are the most likely dates for various tourist groups to visit Velas Beach to see the hatching.

by OWR Team



A stack of books is shown in the upper half of the image, with a yellow book featuring a black and white abstract pattern on top. Below it are books with white and purple covers. In the lower half, a row of colorful pencils in various shades like yellow, green, blue, orange, red, pink, purple, and black is arranged diagonally. A semi-transparent grey rectangle is centered over the pencils, containing the text 'SHOUTOUT' in white, bold, uppercase letters.

SHOUTOUT

CUSTOMISATION



Customisation is something that the generation desires!!

Product customization is the process of delivering customized products to the customers as per their desire and needs. Everybody wants to order the products of their own choice in today's online shopping universe.

A few years back, product customization was limited to some particular products like personalized mobile cases, mugs and now it's become a vast online business.

So, as I am a founder of handmade crafts... I want to let you know how I customised and

personalized products according to customer desires and needs.

For each order. I asked the customer that What's the occasion? Ex - Birthday, anniversary

What will be the theme? Ex- love, friendship To whom they are gifting?

We also do customisation according to the profession.

For ex-doctor in a particular field, Engineers And yes when you are buying something from handmade

You're buying more than the object, you are buying hundreds of hours of failures and experimentation.

by Ekta

Publisher



Note From 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 free without understating any language or word limit. So what are you waiting for? Contact us now and know more about it.

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