DLF gardencity GURGAON

DLF

OASIS

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WE LOVE OUR HOMES

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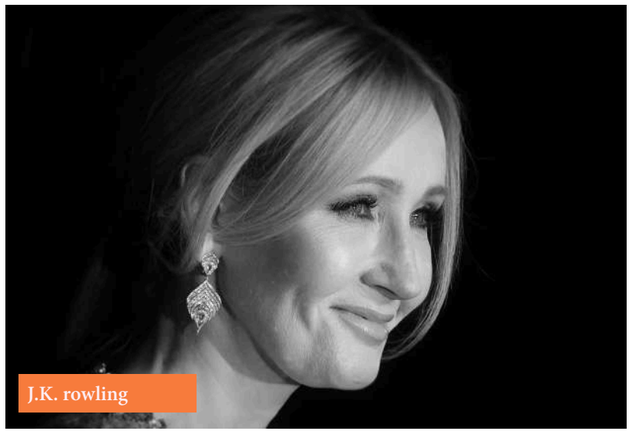
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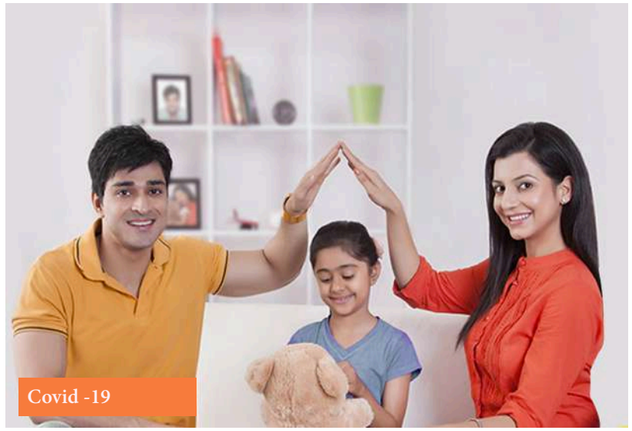
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Interesting Facts


J.K. rowling


Covid -19

Dear Reader,

As the impacts of COVID-19 continue to unfold and we all work though the coming weeks and months together, I want to take this opportunity to thank you for your continued support, commitment and efforts in joining us during this fight against COVID-19. But it is not over yet, which means we all need to continue to do our bit, to keep ourselves, our co-workers, our friends and our families safe. As the destiny of the entire world unites, our community spirit certainly needs to be cherished for how gracefully we have adapted to the new ways of life while being cautious and empathetic towards one another and society at large.

These are difficult times but the yonder horizon shines much brighter by the light within us. Kahlil Gibran says, “Hearts united in pain and sorrow will not be separated by joy and happiness. Bonds that are woven in sadness are stronger than the ties of joy and pleasure.” Let us welcome this new chapter of our life that has blessed us with numerous lessons on compassion and piety.

It is a pleasure to note that our residents are making good use of their time at home and keeping themselves engaged in interesting and productive activities, which is the supreme trait of life. This is evident from the large number of contributions made by our residents to this particular issue of Oasis- the lifestyle magazine of DLF Gardencity. With this, the magazine grows a step further towards its bigger objective. This issue contains articles and heartfelt expressions of several residents from different age groups which makes it fit to be a memorable one. We found the efforts of our residents organizing food drive worth congratulating and a mention of the same has also been included in the inside pages. Moreover, this issue contains a number of features related to various topics to give you an interesting read for your hours at home.

Thank you for your unwavering support and compassion as we navigate this uncharted territory together, and while life must go on, we must not stop being careful. Do share with us your thoughts, stories, feedback and photographs to be a part of Oasis to make it better with every passing milestone.

We wish you and your family continued safety, health, and happiness.



Karan Kumar
Chief Marketing Officer
DLF Ltd.

IS THERE A SILVER LINING TO COVID-19?

By Shivangad Singh Gill



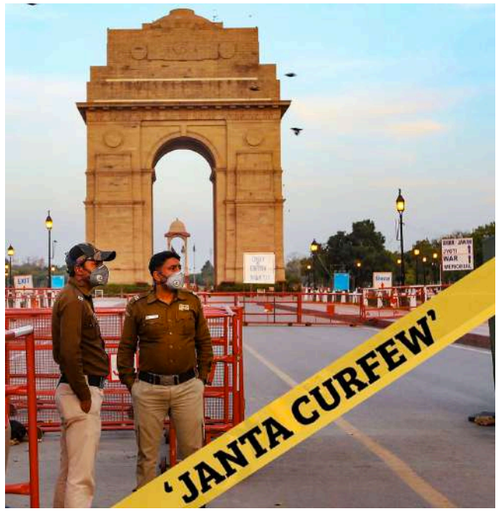
As the pandemic across the globe forces human beings to go on a standstill and results in the reduction of various kinds of human activities, the environment recovers. The emissions of greenhouse gasses fall and pollution reduces across continents.

Countries across the world are seeing the environment adapt to reduced human a ctivities. China and northern Italy have witnessed significant reductions in their nitrogen dioxide (NO2) levels. Globally, the months of April and May have high carbon emissions as natural factors like decomposition of leaves add to the carbon in the atmosphere which in turn increases pollutants, but researchers have recorded one of the lowest levels of pollutants in the air since 2008 global financial recession.

Waterways in Venice have become clearer as sediments have settled due to reduced movement by boats and gondolas. Recent photographs of octopus and jellyfish in Venice's canals further reinstate this. However, dolphins are yet to visit the canals of Venice, contrary to the viral photos circulated widely on social media which were of Sardinia (nearly 800 kilometers away).

India also saw similar changes in its environment. After the 'Janata Curfew', the Air Quality Index (AQI) showed a dip in the pollution levels. As the lockdown was extended, cities like Delhi, Bengaluru, Kolkata and Lucknow saw a major dip with the average AQI, with it generally staying in two digits. Due to low air pollution, a very rare feat took place which was also widely talked about. The residents of Jalandhar, Punjab, were able to see the Dhauladhar mountain range, which is more than 200 kilometers away from Jalandhar.

The water quality of Ganga and Yamuna has also improved. According to the data provided by Central Pollution Control Board (CPCB), the water quality of Ganga has become so clean that it is suitable for bathing in some parts with the industries of Haridwar and Varanasi locked down and the people indoors. The Yamuna also has seen a reduction in industrial waste dump and has become more suitable in some areas for the propagation of wildlife and fisheries.





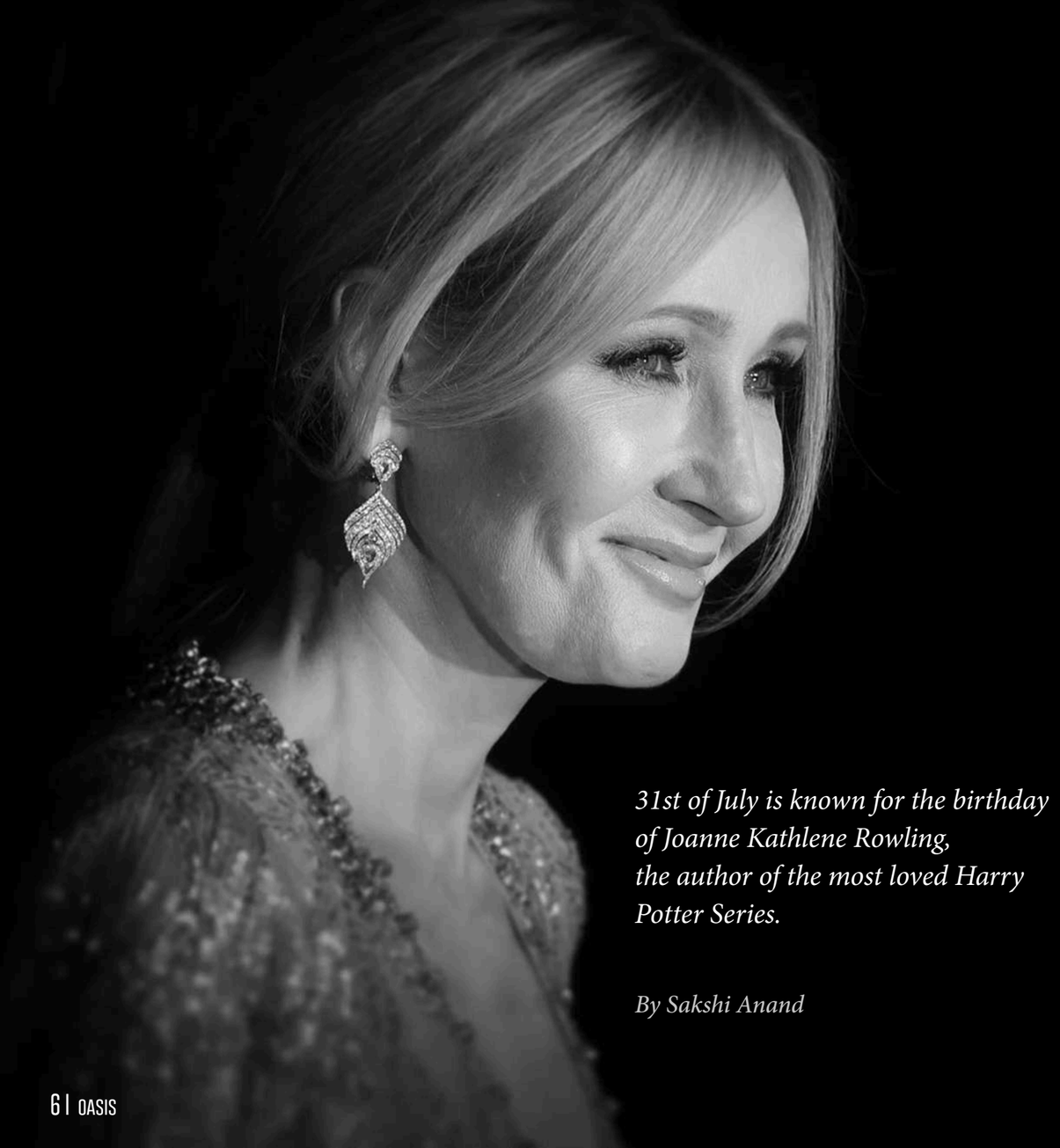


In Navi Mumbai, Maharashtra thousands and thousands of flamingos occupied the creeks and wetlands. The images of the birds instantly went viral. Traditionally, the areas near these wetlands typically witness a lot of movement and also constant construction work nearby, which changed after lockdown. With negligible human intervention, the birds were free to live in a comparatively encouraging habitat.

All these instances show nature's resilience and how quickly it can recover, however, scientists point out that if the world returns to the status quo, the environment would also go back to the same state. As things improve and countries successfully flatten the curve, we have to take the environment into consideration and work together towards improving synergies with nature.

We should gain from this experience of lockdown and understand the detrimental impacts of our activities, further utilizing this knowledge to enhance and evolve policies and regulations which impact the environment. While as individuals and families, we need to proactively work towards reducing our carbon footprint to make way for a better, safer and more sustainable future.

J.K. ROWLING: BEHIND THE SCENES



31st of July is known for the birthday of Joanne Kathlene Rowling, the author of the most loved Harry Potter Series.

By Sakshi Anand

Everyone loves a vintage rags-to-riches story! But, when it comes to studing the life of one of our favourite authors, the experience becomes even more surreal. J.K. Rowling - who discovered not only fame but a position amongst the very elite might have made a considerable push with her very first Harry Potter novel, but do we know how she really got there?

Rowling's early years

The author's parents never graduated from college, or to put in simple words, they never got through college and received an education. Coming from the suburban colonies of Gloucestershire, England, Rowling lived through her initial years as a single mother on government aid and assistance.

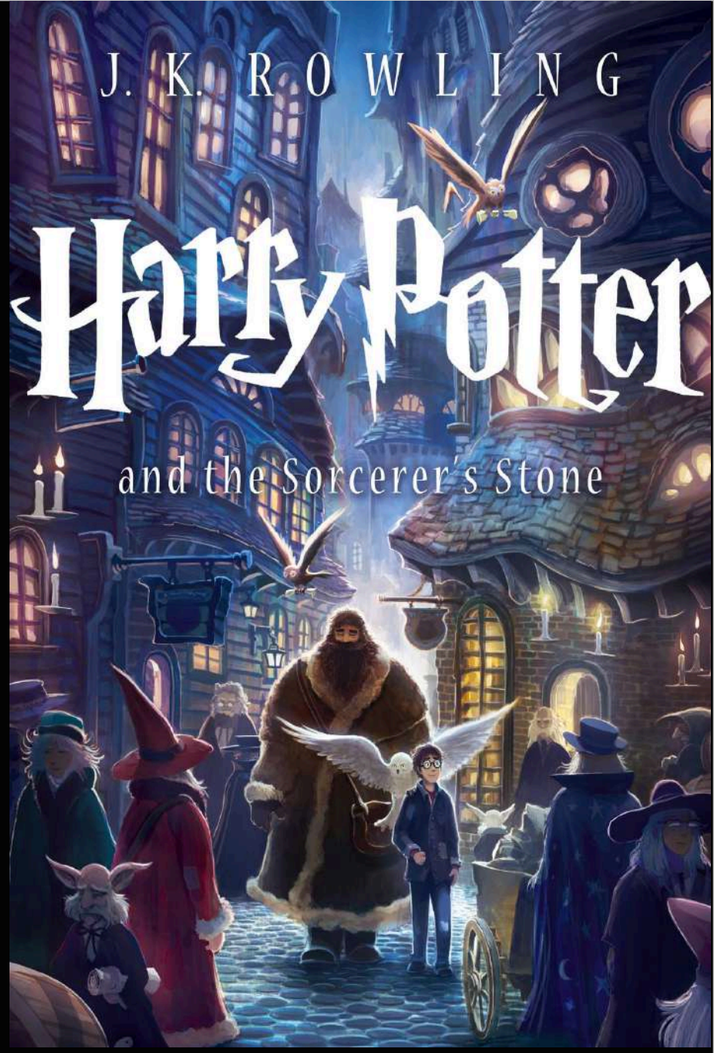
Back in the day, she used to tell tales and stories to her baby sister, Dianne. While she followed such a cycle, she used to constantly write stories as well. The first one that she wrote was when she was merely five years old - Rabbit called Rabbit. The author rarely let this fact out of her life and to anyone but let it out in one of her 1998 interviews.

After Rowling turned about nine years old, she moved to the Dean's Forest, which we all can see quite evidently in one of the final instalments of Harry Potter and the Deathly Hallows.

Does anyone remember the Dursleys? Well, obviously! In reality, she had it even worse than Harry himself. Moreover, she had to experience the news of her mother getting diagnosed with multiple sclerosis. All of this happened when Rowling was very young.

An elongated journey

Readers might not be familiar with such a fact that when the author studied French at Exeter University, she committed herself to read a lot, and that too out of her French syllabus. This landed her with a fine of around £50-60 for the books she issued. The names of the spells that you heard and read in the Harry Potter series is the impeccable result of Rowling's vast extents of knowledge that she gained through reading extensively.



With the onset of the last decade of the twentieth century, Rowling began to plan for Harry Potter and how she will move along the series she had in mind. But, in 1991, she was left crestfallen, when she got the news of her mother's demise through a phone call from her father. For days and months, she had a colourless silence in her mind, and even today, after so much that she has achieved, Rowling spends each day thinking about her mother.

When J.K. Rowling turned 26, she moved out of the country and settled in Portugal to teach English, got married, and gave birth to a daughter, Jessica. If you do not know the story behind her daughter's name - Jessica was named after Rowling's favourite author Jessica Mitford.

By the time she planned on moving back to Britain, her bag was full of papers and stories revolving around Harry Potter. She started living in a very small apartment and used to visit nearby cafes to write the first instalment of the Harry Potter series. While Rowling was moving without a job, she merely survived for a couple of years on Government's welfare, though she referred to it as vital benefits, without which she would have never started the series in the first place.

Almost committed suicide

One of the worst periods in the author's life was when she entered her mid-twenties. That's not all! She started to suffer from depression to which the author referred to as well in one of her interviews with the Sunday Times in 2008. The phase was not a minimalistic bump in her ride. I am talking about suicidal tendencies. She began to plummet due to the circumstances of her being poor.

Elsewhere, the author also penned down her experiences of being depressed through the Dementors described in her books. Though she did that quite consciously.

Harry Potter got roundly rejected

In the year 1995, the author sent the first copy of Harry Potter to the publishers, where it was soundly rejected. The cycle continued with 12 different pitches and rejections, which affected Rowling severely, but couldn't stop her from getting it published. She feared that after several rejections, everyone would follow the same path, but she kept going until every other publisher turned her down.

Finally, Harry Potter happened

After the struggle of more than a year, she managed to sign a deal with a small publisher who agreed to publish 500 copies. She was even made to pick a pen name as the publisher thought that most of the boys would not want to read a boyhood fantasy written by a female author. So, she picked Joanne and 'K' for Kathleen - her paternal grandmother.

Finally! The book was a success and sold more than 300,000 copies by 1999 in Britain alone. And, in the year 1998, Warner Bros. came forward and bought the rights of the first two instalments of the Harry Potter series.

Like every other fantasy, authors want to get their work published, but with Rowling's case, it was what she ever wanted since the age of five. She crossed boundaries, lived a dejected life after getting separated, and even got rejected multiple times, just to get one deal that changed everything about her existence.

She became J.K. Rowling.

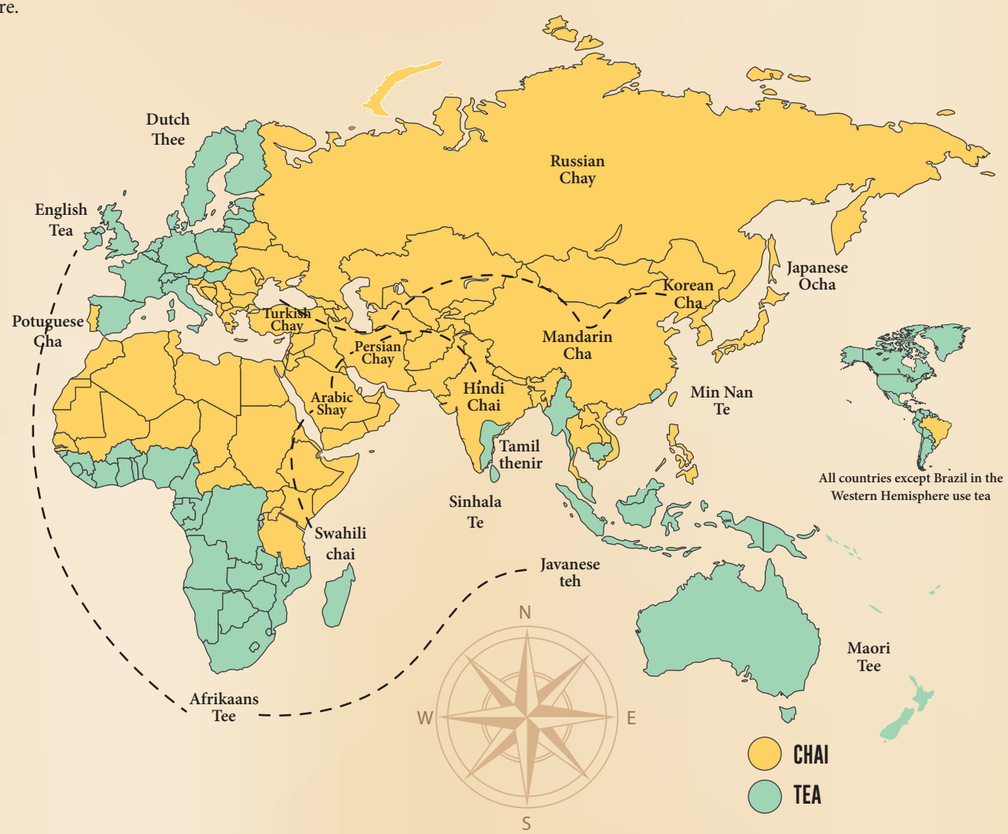
KNOW YOUR CUP OF TEA

Monsoon breeze is best experienced with petrichor intervaled by the aroma of tea. A sip of tea does to our body what rains do to our earth. As the clouds on horizon grow dense, let us make sure to look forward to its company by knowing some interesting facts about tea.

No other drink has received equal reverence from humanity as compared to tea. A cup of tea remains a constant witness to all the day to day moments of sorrow and happiness in every household. The love for tea is a legacy passed on to us through generations. A love so powerful, that it has shuffled economies and waged intercontinental wars throughout the pages of our history.

Discovery

According to a legend, 5000 years ago, in 2732 B.C. Chinese Emperor Shen Nung incidentally discovered tea when leaves from a wild tree blew into his pot of boiling water. He was immediately interested in thepleasant scent of the resulting brew and gulped some of it. The legend says, the emperor described a warm feeling as he drank the intriguing brew, as if the liquid was investigating every part of his body. He named it 'ch`a' – the Chinese character meaning to check or investigate. In 200 B.C. a Han Dynasty Emperor ruled that when referring to tea, a special written character must be used illustrating wooden branches, grass, and a man between the two. This written character, also pronounced "ch'a" symbolized the way tea brought humankind into balance with nature for the Chinese culture.



Nomenclature

All the names of tea around the world are originated from the same character. The Chinese character for tea, 茶, is pronounced differently by different varieties of Chinese, though it is written the same in them all. In today's Mandarin, it is chá. But in the Min Nan variety of Chinese, spoken in the coastal province of Fujian, the character is pronounced te. It shows how commerce and globalization from hundreds of years ago have shaped our modern language and world. Variations of the "cha" word spread across land, along the Silk Road. While the words that sound like "tea" spread over water by Dutch traders who brought the novel leaves to Europe. That means if the word for tea sounds like 'tea' in your language, it was brought to you via water, and if it sounds like cha it got there through land.

Opium War (1839-1842)

In the early 19th century, the love for tea in Britain had no bound. An enormous amount of tea was being traded from China to Britain and Britain had nothing to offer in return. This one sided trade resulted in an economic disaster for Britain. To neutralize this, East India Company started shipping opium to China that was cultivated at a massive scale in India. This move by Britain came as a game changer to this trade relation as the consumers of Opium grew rapidly in China. This addiction of Opium became common in commoners as well as elites of the Chinese society. Infuriated by this, the Emperor decided to put an end to this and burned a huge number of opium crates that landed on one of the ports of China. Britain`s reaction to this was followed by a war that continued for 4 years. The consequences of this war were not good for China.

India

Today, tea is a part of our culture like a long held tradition. Someone who doesn`t know how to make a cup of tea, or its ingredients would be an exception in the society. But this knowledge and taste is not as natural as it seems. Tea`s popularity is actually the result of a careful propaganda effort. Like diamonds and maggi, tea consumption is among the world's more successful advertising campaigns.

Initially in India, tea plantations were meant to produce tea for foreign consumers. Around the turn of 20th century, the tea consumption in Britain and the US began to stagnate. British decided to look to India to expand their market.

But the Indians were reluctant to consume this strange combination of milk, sugar, water and boiled leaves.

In 1903, the British government established a propaganda unit, at first called the Tea Cess Committee, that was meant to propagate tea consumption. The government neatly renamed this as the Indian Tea Market Expansion Board in 1937.

Tea was so foreign to Indians – and for that matter Europeans – that the Tea Board's early ads had to include instructions on how to brew the product. The board also distributed small packets of tea, available for one paisa, in villages and to middle-class consumers. The tea shops that exist at railways stations and docks today are a product of the Tea Board's campaign, according to Vernon Wickizer in a book on the political economy of tea, coffee and colas.

Types of Tea

1. **Green Tea**- Unfermented tea which is either pan-fired or steamed immediately after plucking to stop the oxidization process.
2. **Black Tea**- Fully Fermented tea which goes through the process of withering, rolling and oxidization before being fired.
3. **White Tea**- Most exclusive tea where only the unopen buds are plucked and left to wither naturally. The tea is not fermented and is the healthiest of all teas.
4. **Oolong Tea**- Semi fermented tea which is processed immediately after plucking and allowed to undergo partial oxidization. The caffeine content is in between black and green tea.
5. **Herbal Tea**- Herbal tea is not made of actual tea and does not contain caffeine. It is a blend of many herbs, spices or plant materials in hot water.
6. **Flavoured Tea**- Black tea or green tea mixed with spices, herbs, fruits, flowers or any other natural flowers.

Tea Tasting

Tea tasting is the process by which a trained taster determines the quality of a particular tea.



Methods:

A tea taster uses a large spoon and noisily slurps the liquid into his mouth, this ensures that both the tea and a plenty of oxygen is passes over all the taste receptors on the tongue to give an even profile of the tea.

The liquid is then spat back into the spoon before moving onto the next sample to taste.

The flavour characteristics and leaf color, size and shape are graded using a specific language created by the tea industry to explain the overall qualaity.

Once the quality of the tea has been tasted/graded, each tea company places a value on it based on the market trends, availability and demand,

Tasting Terms

1. **Aromatic**- Rich in aroma, very fragrant
2. **Astringent**- Pungent, hard or full-bodied character, creates a drying feeling in the mouth
3. **Body**- Liquor possessing fullness and strength
4. **Brisk**- Possessing great liveliness with a touch of acidity
5. **Character**- A most desirable quality which also permits reception of the origin of the tea
6. **Dull**- A liquor that is neither clear nor brisk
7. **Flat**- Lacking in briskness
8. **Fully**-Fired- Slightly over-fired, this term cautions that future manufacture does not become high fired
9. **Harsh**- Result of immature tea or tea made from coarse leaf, inefficient fermenting/ drying may cause harshness
10. **Strength**- Substance in liquor: Body

A MOVIE DATE WITH LEGENDS

By Amit Jha



Irrfan khan (1967-2020) *Rishi Kapoor (1952-2020)*

Indian cinema through its stories has always entertained movie aficionados and, sometimes, conveyed to them inspiring messages as well. Over the past century, the Indian film industry has created masterpieces with its marvelous artistes. Some of those talents have brought massive transformation in the way films are written and made. The industry lost two such precious gems- Irrfan Khan (53) and Rishi Kapoor (67), in April this year. Both these actors succumbed to illness.

IRRFAN KHAN–
(7 January, 1967- 29 April, 2020)

One of the finest actors in Indian cinema, Irrfan demonstrated remarkable ability to adapt to the characters with an impeccable fineness.
His exceptional ability to understand the scripts, their requirements, and, his tireless practices for the role made him stand different from the rest. A humble Irrfan always revered the characters he played above his own image and did justice to them.

National School of Drama (NSD) alumnus Irrfan Khan redefined acting with his astonishing performance in each film. In a career spanning over 30 years, Irrfan essayed many brilliant characters and gave them life with his acting skills and lilting voice. After theatre, he started reel-life with some well- known television serials like Chanakya, Bharat Ek Khoj, Chandrakanta, Banegi Apni Baat, etc. Due to his passion for films, he left TV.

Irrfan worked in many films in 1990s, but remained unnoticed. With his stellar performance in Tigmanshu Dhulia's Haasil (2003), the actor caught the attention of film fraternity, critics and audiences. Irrfan played the character of Ranvijay Singh and delivered a powerful performance in the movie, which was based on the student politics in Allahabad University.





The very next year, Irrfan appeared in Vishal Bhardwaj's Maqbool (2004), the adaptation of Shakespeare's Macbeth, and stole away the heart of audience. Irrfan played the eponymous character in the movie. Maqbool, henchman of mafia don Abbaji (Pankaj Kapur), was in secret affair with his mistress Nimmi (Tabu). Irrfan brilliantly expressed the emotions of the character- ambitious, hunger for power, ruthlessness, affection for his lady love. Irrfan was casted with many veteran theatre actors but made his performance memorable, much beyond director's expectations.

Irrfan played a lead character for the first time in Rog (2005) and, this time he impressed the audience with his speaking eyes. An insomniac inspector Uday Singh Rathore (Irrfan) falls in love with a dead woman Maya (Ilene Hamann).

Mira Nair's The Namesake (2007) and Anurag Basu's Life In A... Metro (2007) emerged as box office hits and established Irrfan as an actor with core-competency on the craft. In the former, he played an introvert Bengali character and surprised the audience with his accent. Irrfan beautifully played a gauche character Monty in the latter. His fabulous performance opposite to Konkona Sen Sharma (Shruti) was unforgettable.



Tigmanshu Dhulia once again teamed up with Irrfan and the duo scripted history with the astounding success, critical and commercial, of **Paan Singh Tomar (2012).** Irrfan essayed the title character in the film, which was the biopic of a steeplechase champion-turned-rebel. Paan Singh was an Army subedaar who moved to sports just to have more food. With his masterclass performance, **Irrfan won National Film Awards for Best Actor.**

Epistolary romance of a widower and stoic Saajan Fernandes (Irrfan) with a married young homemaker Ila (Nimrat Kaur) in Ritesh Batra's **The Lunchbox (2013)** left the people emotional. Irrfan very effectively expressed the loneliness of elderly. The secret love story won many hearts.

Irrfan also proved his skills in the comedy-drama genre. His performance in Soojit Sircar's **Piku (2015)** and Saket Chaudhary's **Hindi Medium (2017)** surprised everyone. Irrfan enacted the role of Rana Chaudhary, a taxi company owner, in Piku. Hindi Medium was a family drama film, which shows common household obsession for English medium education. Raj Batra (Irrfan) and his wife Mita (Saba Qamar) want Pia (daughter) to be enrolled in a reputed English-medium school. Both the films were huge success. Irrfan won Filmfare Awards for Best Actor in Hindi Medium.

Irrfan also worked in some Hollywood blockbusters including
Slumdog Millionaire (2008),
The Amazing Spider-Man (2012),
Life of Pie (2012),
Jurassic World (2015),
Inferno (2016), and others.

RISHI KAPOOR–

(4 September, 1952- 30 April, 2020)

Rishi Kapoor was from a famous film family thus, it was speculated that he would take the family baton ahead and so he did. He started his almost 50 year long journey in film industry under the guidance of his father and the showman of India, Raj Kapoor. A heart-throb in 1980s, Rishi essayed many memorable characters on the big screen.



Rishi Kapoor first appeared on the screen in Shree 420 (1955) in 'Pyar Hua, Iqrar Hua' song. Raj Kapoor casted adolescent Rishi to play young Raju, a clown, in Mera Naam Joker (1970). Raj Kapoor was the director and in the leading role, Raju. Young Raju falls for his teacher Mary (Simi Garewal). Rishi brilliantly expressed the emotions of his character and impressed the audience. He won National Film Awards for Best Child Artist. The film failed at box office, but later it was recognised as a cult classic and one of the best works of Raj Kapoor.

Raj Kapoor launched Rishi in a leading role for the first time in Bobby (1973). In this musical romance film Dimple Kapadia, also a newcomer, was opposite to Rishi. Bobby became a huge popular film and also a trend-setter. Many films in the later years were inspired by the rich-versus-poor teenage romance plot. Bobby was also the highest grossing film that year.

Manmohan Desai's multi-starer Amar Akbar Anthony (1977) was around estranged family members. Rishi played the character of Akbar. His romance with Salma (Neetu Singh) and hilarious clash with her father was quite entertaining. The film was full of commercial tropes and became a blockbuster. Rishi proved his acting skills in a multicast movie as well.

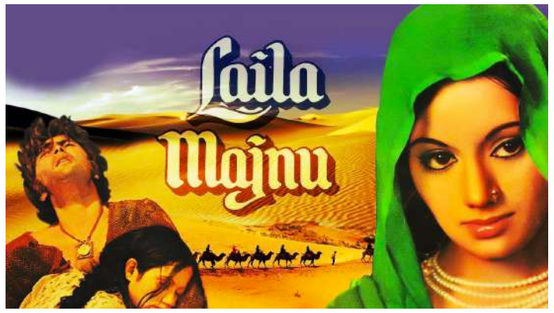
Rishi Kapoor appeared in Shubhash Ghai's reincarnation thriller Karz (1980) which gained the status of a cult classic. His character Monty was the rebirth of a wealthy man Ravi Verma. Some of the songs like 'Om Shanti Om', 'Ek Hasina Thi', 'Dard-E-Dil', became huge popular due to their lyrics and unique picturisation.

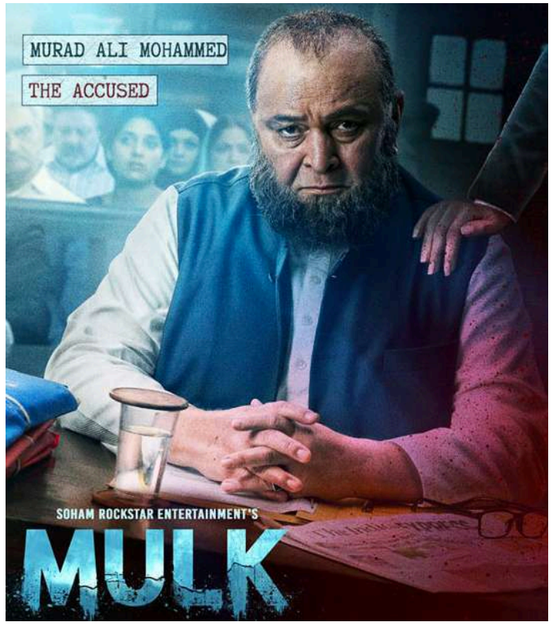
Legendary Raj Kapoor made a film Prem Rog (1982), which was much ahead of its time as it was around widow remarriage. Rishi Kapoor played Devdhar who falls in love with his childhood friend Manorma, now a widow. Rishi played a sensible Dev who confronted an orthodox society.
Raj Kapoor once again casted his son Rishi as the lead in cross border romance-drama, Heena (1991). The film registered box office success and got numerous award nominations including India's submission for Academy Awards.

In Rajkumar Santoshi's cult feminist film Damini (1993), Rishi played the role of Shekhar Gupta, husband of the title character Damini. Shekhar is embroiled in a situation where he has to choose his wife or brother, the culprit in the case. The movie received a huge critical acclaim and box office success.

Rishi Kapoor also worked as the lead in Khel Khel Mein (1975), Kabhi Kabhi (1976), Laila Majnu (1976), Chandani (1989) and many other hit films. After 2000, he appeared as character artist in some critically acclaimed films.







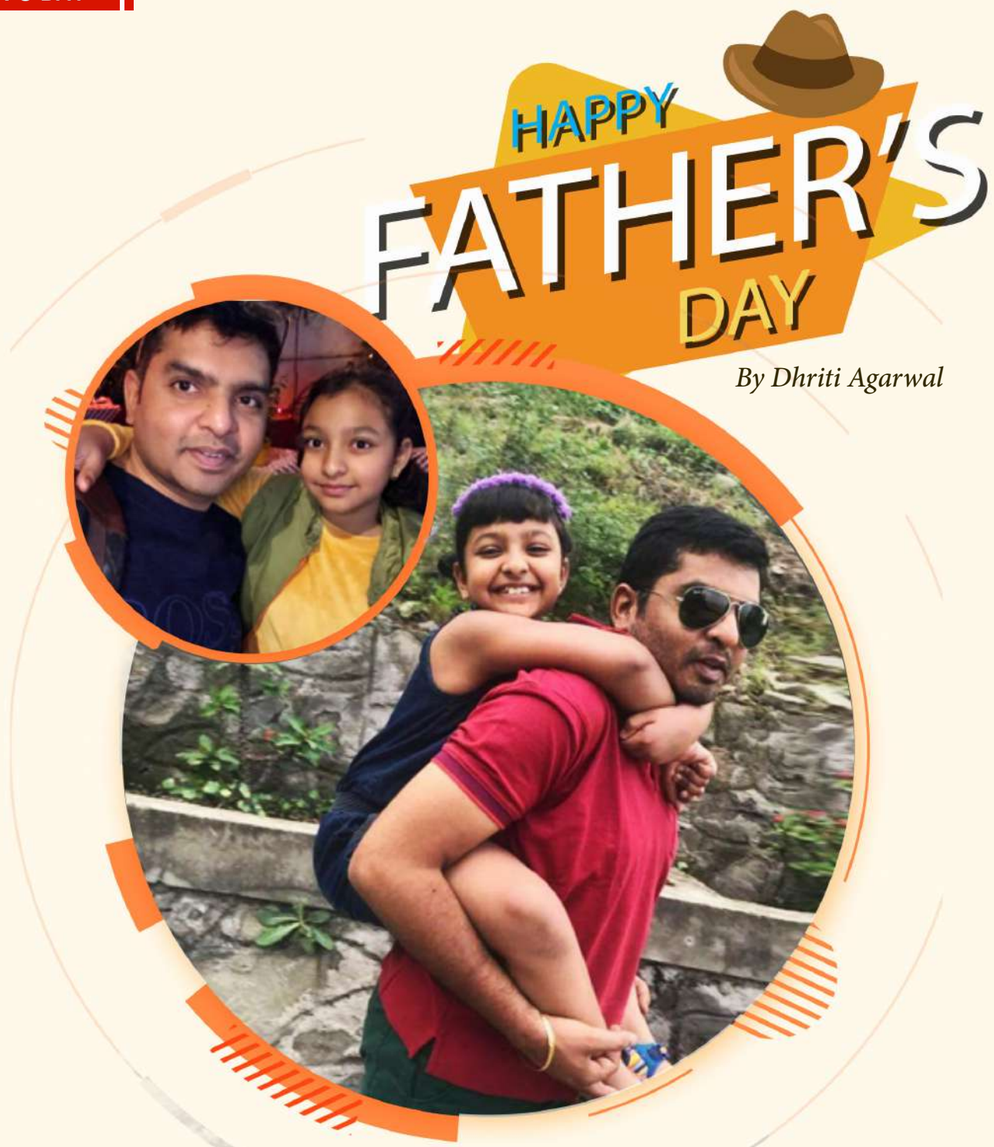
Rishi played a negative role, Rauf Lala, in Karan Malhotra's revenge drama Agneepath (2012). A romantic hero was playing a bad boy. His dialogue delivery and eyes' expressions lured cine-buffs and Rishi got unexpected accolades. The film became a blockbuster.

Nikhil Advani casted Rishi as Iqbal Seth in his critically acclaimed thriller D-Day (2013). Ones again Rishi proved himself as an actor par excellence. He was fit for every role.

In Anubhav Sinha's Mulk (2018), Rishi gave a splendid performance as Murad Ali Mohammed who is trying to regain a place in society. A family member is caught in terrorist activities and the family faces a dent reputation. Film raised some burning issues and received positive reviews from critics.

He also appeared in a number of successful films including Fanna (2006), Love Aaj Kal (2009), Delhi 6 (2009), Do Dooni Chaar (2011), 102 Not Out (2017) with Amitabh Bachchan, and many others.





By Dhriti Agarwal

Some people don't believe in the Super heroes. I think they have never met my Dad. My Dad is my super hero! Like a guiding star he is always with me to guide in all even and odd times of my life. He is the one to whom I trusted completely, when he bounced me high in the air, I always wanted and want to come back in his arms. He is strict kind of a person but melts easily, I sometimes take advantage of it (secretly). His office problems can't touch us, but for my problems, he is always besides me to hear and solve it. He always shows a sense of confidence in me, which motivates me instantly.

For me every day is a Father's day, but on this special day I would like him to know "Papa I love you, Mumma is my friend but you are a mentor I always look for" As they say fathers are the first love of every daughter, You will be always my first Love

Dad…Love you!!



TOP 5 THINGS TO DO TO KEEP KIDS BUSY

By Garima Rathi

This lockdown has been the toughest on the young ones. Overnight, we went from having very busy school and social lives, to being stuck at home. As parents, we constantly tell our children to get off the gadgets, but we don't provide them with any alternatives.

After dealing with this problem for a few days after lockdown, I realized what was missing was a schedule. From having an air-tight schedule of school, classes, and activities; we had gone to sleeping really late, waking up late and messing up our eating habits. We were grumpy and tired. So I decided to come up with a schedule that involves learning and fun.

Treat the quarantine like the summer holidays – Plan classes and activities for your child and see the difference it brings. I have discovered these 5 activities that we enjoy thoroughly and have been able to stick to for the last 6 weeks!



1- ART AND CRAFT

This is truly the most loved activity of our home. Since the lockdown began we have been making all sorts of drawings, art and craft work. I usually search online for ideas, and try to pick one that also results in learning. To give you a few examples:

- Traffic lights: This was a great way to learn about shapes, colors and the importance of traffic lights
- Train: We had so much fun making this – We discussed different modes of travel, shapes, and really deep-dived our imagination into where we would go in our train, once the lock down lifts.
- Bee: It's the spring season, flowers are blooming, and what better way to introduce and talk about the importance of bees!

All these activities were completed with just 4 basic things: paper, scissors, colors, and glue/ tape.

2- LEARNING GAMES

This is my biggest learning as a Mother. There are so many ideas on the internet to actually make learning fun and interactive. We just have to look, a little patiently. I am listing my favorite one here. Depending on the age of the child, you can use different words/ spellings and make the treasure hunt difficult.

Word treasure hunt: This activity is great for introducing new words / spellings to your child. My daughter had just been introduced to sight words when lockdown began. When I tried teaching her sight words the conventional way of using black board at home, she had no interest! But this activity has enabled her to learn and recognize sight words in a fun way. So, on a plain paper, randomly write the words/ spellings that you want to introduce to your child. Then, take a zip lock bag and insert the paper inside. Fill up the zip lock bag with grains of rice/ flour. As shown in the picture, ask your child to look for the words and write them down. They will have to move the rice with their fingers to look for words.**TIP**:If you have two kids, make it a friendly competition. You can get innovative and use this activity for numbers/ shapes/ colors/ sentences, etc.



3- MOVIES

Introduce the classics. Go back to your childhood and think of the really good TV/ cinema you enjoyed and watch it again with your kids. It could be age appropriate like Tom & Jerry, and Duck tales for the very young ones. Malgudi days would be a treat to watch again. Chitty Chitty Bang Bang and Sound of Music are great as well. Designate a movie night, make some snacks, and enjoy with your kids. **TIP:** When watching a show like Ramayan / Mahabharat – Plan a quiz with your children at the end of every show. Get creative with the awards (or punishment!)



4- FAMILY EXERCISE

I think exercise as a family activity is completely underrated. We started doing this about 6 weeks ago and we are hooked! We have a designated time for the exercise – so every day between 5.30 to 7.00 PM – we put on some peppy music (preferably count down exercise music), and bring out some equipment (we have filled up old coca cola bottles with water as weights), and we exercise. Our daughter loves to join us in yoga/ stretches. You can also put a Zumba/ Pilates video on TV and follow it. **TIP**:Make it a designated activity.Hydrate yourself, change into your exercise clothes and soon it will be an important part of your day.



5- ONLINE GAMES WITH THEIR FRIENDS

One of my biggest worries during lockdown was that my daughter would feel alone and miss the interaction with other kids. But we have devised a way for her to play with her friends. I am listing my top two favorite games that we play almost every day:

1. **Freeze dance:** We video call her friends (you can use Whatsapp/ Facebook/ Google hangout/ Skype). I play loud music so that all the kids can hear it, and they dance. At regular intervals I say freeze and the kids have to freeze in the position they are in. This is a super fun way for the kids to see and engage with each other.

2. **Treasure hunt:** Again, video call as many friends as you can (we usually have 4 kids on video call, including my daughter). I make a list of 10 things I want them to bring, and we play it like a friendly competition. For example: Get me 2 red things from your room (these could be colors/ blocks/ clothes/ etc). You can use shapes/ things we eat with/ something made of wood/ etc.

So parents, let's get creative and use this quarantine period to spend time with our kids and bond with them, while we have them all to ourselves!

MANGOES
THE KING OF FRUITS AND ITS EMPIRE

By Anand Prabhakar







Is it overhyped? Is it the king of fruits? Any mango lover would consider these questions to be ridiculous. How can anyone challenge the supremacy of the juicy, sweet and delectable fruit that rules the heart of millions across the globe? Mango is considered as one of the most important exports that originated from India. During the Columbian exchange, when the old world that is Asia and Europe received a plethora of fruits and vegetables, India contributed through its gift of Mango. The Portuguese introduced it to the European world, they procured it from Kerala where the Malayalam word for the fruit is Maanga, and hence it got globally recognised as Mango. Europeans were unaware of the fruit and had come to India in search of its spices.



Mango is said to have originated in Eastern India and its scientific name Mangifera Indica is indicative of that. The earliest evidence of Mango was found in a 60 million-year-old pre-historic fossil in Meghalaya. The fruit continued to grow in the wild for centuries thereon. The first attempts at domestication seem to have been done around circa 2000 BC. The earliest literary evidence of Mango is found in one of the oldest Upanishads, the Brihadaranyak Upanishad. It is referred to as Amra in the Sanskrit text. Thereafter there are numerous references to Mango and its auspicious nature in Sanskrit, Buddhist and Jain texts. The name of the Jain deity goddess Ambika- the harbinger of wealth and prosperity, seems to have been derived from the fruit.

Mango is part and parcel of the Indian culture, it is considered auspicious. Other than the fruit, the tree leaves are used in many ceremonies and rituals. The tree leaves are hung at the main entrance and prayer room. The impact of mango on the Indian culture is evident from its depiction in rural paintings, folklore and sculptures in various temples across India. There are certain areas where the fruit grows in abundance. Mughal emperors loved this fruit, Akbarnama mentions that on the orders of the emperor, one lakh trees were planted in Darbhanga district of today's Bihar. The place still retains the name it might have acquired then and is known as lakhi Bagh. Akbar's great-grandson Aurangzeb used Mango as a tool of diplomacy and sent it to the Shah of Persia to secure his support in his quest for the Mughal throne. The British followed suit and mango became a diplomatic fruit. It gave birth to a rivalry of sorts between India and Pakistan, Zia-Ul-Haq restarted the tradition of sending the best Mangoes from Pakistan and India reciprocated.

Today, mango is grown in more than 100 countries across the globe. There are claims that more 1000 varieties of the fruit are cultivated in these countries, but the reality is that there are only 50 sub-species of the fruit. The impact of regional climatic conditions and soil results in minor moderation, but in actual the fruit retains the qualities of its sub-species.

NTH90 Food Drive







One of the most persistent questions in life is, "what are you doing for others?" How wonderful it is that one can start improving the world without traveling across miles and borders, since charity begins at home.

For more than the past two months, the resident volunteers of NTH90 have been active in distributing food to poor families in the neighborhood. A community kitchen has been set up where meals for more than 500 people are cooked every day and distributed by the volunteers. The good work is being supported by the local police and administration. So far, 12,500+ meals have been served to 7 clusters identified of daily wage workers and stranded families. Here are some pictures of the initiative-

OREO BISCUIT CAKE

By Mrs. Divya Kaushik

With kids mostly spending time home and family members looking forward to new dishes to dry, Mrs. Divya Kaushik of NTH 86 shares below a quick recipe to prepare an egg-less cake in just 15 mins.



RECIPE



Oreo Biscuit Packet



Glass of Milk



A pinch of baking soda



Preparation Steps:

Crush Oreo biscuits in a bowl and add milk and other ingredients as mentioned above in it.

Prepare a batter and put it in a microwave for around 8 mins with high temperature.

Take out the prepared cake carefully and add toppings on it like gems or any syrup like strawberry or vanilla to make it more delicious.

BEYOND THE LENS





Abhishek Agrawal is an entrepreneur having IT services companies in Gurgaon & Guwahati. In his professional career he has launched one of India's most popular live game streaming platforms and runs an events and corporate Gifting company in Delhi. He, with wife Kriti who works in the marketing department of a reputed corporate,) lives in NTH 86, DLF Gardencity. He shares his love for photography through this photo feature.

Photography is my passion that keeps me engaged in my free time. It has been over 10 years since I am clicking pictures using mobile phones. I don't own any DSLR and only click pictures using mobile (preferably iPhone). I love to capture anything and everything that looks different to my eyes be it people, place, things or nature.







THINGS TO KEEP IN MIND / TIPS FOR AMATEUR PHOTOGRAPHERS

1

FOCUS -
always make sure whatever you're photographing is in focus.

2

LIGHTNING -
good lighting is of paramount importance for taking the best photos.

3

PERSPECTIVE -
it has to do with the spatial relationships between objects in your frame – their sizes, their placements, and the space between them..

4

MOST IMPORTANTLY,
KNOW YOUR CAMERA.

MAISON ELEGANT

Rahul Agarwal, a resident of The Ultima is a financial expert, heading the business finance and finance technology for a multinational financial institution. His philosophy for life is driven by the quote "Life is not a problem to be solved, but a reality to be experienced". A positive attitude individual, Rahul is always keen to help people around him.





His wife Mini is an imaginative and experimental person who loves dancing and cooking along with exploring new places and people. She works as a Project Manager with an MNC in Gurugram. With her high emotional quotient and positive vibes, she makes people comfortable swiftly.

Their loving daughter Dhriti is a student of grade six. A child with a lovely smile, as per her parents she always carries love in her heart, for the people around. Her interest in dancing, painting, singing, and public speaking makes her an extraordinary child. She is the one who keeps the family bonded and understands her parents well.

A few years back Rahul and his family moved into Gurugram, they had no idea that they were going to settle here for long. But in their words, Gurgaon has that charm to hold people in itself. For their permanent address in the city they chose DLF Gardencity, because it is a well-planned residential area of the millennium city situated at the intersection of NH8 and Dwarka Expressway hence make the commuting smooth and fast to travel within Gurugram, towards Delhi and of course to their home-town Agra. Also, the fresh air, green farms, and wide roads made them choose this area for their dream home. When it finally came down to buying a house, DLF Ultima was the obvious choice because of its elegance, luxury, lavish, and grandness.







According to the Agarwals, a house is the reflection of one's inner self, values, and culture. For them it is a place where love, relations, and dreams grow. Both Mini and Rahul dreamt of a home with a touch of spirituality and elegance. While planning and executing their home interiors, they picked the colors and articles accordingly. Their home is full of positive vibes right from the entrance with Ganpati's blessings to a dedicated place for worship in the middle of the living room. Touch of their Vrindavan rooted family can easily be established in their daily life. The choice of sober colors reflects their love for peace and inclination towards spirituality. The usage of mirrors and metal pieces reflect their aspiration for success, and their rooted attitude can easily be observed in the life the living plants have added in their lovely home.



RESIDENT FEATURE

STAY POSITIVE

By Saroj Jakhar

Hope is always stronger than fear. You have to remind yourself it will be OKAY, may be not now, may be not tomorrow, but one day. Things change for a reason and we must go with the flow. Life will and always does move on.

Dear friends, today I remember the song of Mohammed Rafi... ***"Waqt se din aur raat.. waqt ki har shai ghulaam"***

Sometimes I believe, time decides the destiny of human beings. And this is where we are today. Our regular life of hustle and bustle has suddenly stopped, and we are bound to live within certain limits. All indoors. No school for kids, no office going, no shopping, no outings and the list is endless.

These are certainly tough times, but as it has been said, ***"Tough times don't last, tough people do"***

Don't forget we the human beings are the most intelligent, capable creation of nature. Never let the bad situations bring out the worst in you. Be strong and choose to be POSITIVE.

"Every caterpillar has to rest to become a butterfly", and you will soon find your wings again.

For nature, and for all of us, it is time of transformation. We have to be cool, calm and collective. It is time to explore things we have forgotten for years.

What do you think about holistic Living from Home, giving time to self, taking good care of yourself and your family! Look at the Nature... morning..chirping of birds. Listening the soothing morning ragas. Doing your yoga asanas in the balcony.



Recognising the power of music. Sometimes you may feel depression, anxiety, just connect to your loved ones, talk to them. If you are in joint family, involve everyone; play cards, scrabble, antakshree, carrom.

Also, how about testing your cooking skills. We must thank Youtube. There are so many recipes on them. You may try one of your choice. Ask your mother, grand mother about age old Indian cooking tips, as we all know old is gold. We too should also get benefits of homemade food and be healthy without any supplements. Ask little ones to join in kitchen sometimes. Let them get a whiff of world famous Indian spices. Let them know about pulses, grains, vegetables etc.

How can you forget about your own hidden talents! Art and Craft, some may be good in stiching, some in painting, some may bring back their writing skills. Pen down your feelings. Let out your emotions on a paper.

Can you recall how long it has been since you last visited your photo albums , your wardrobes, your collection of some things!

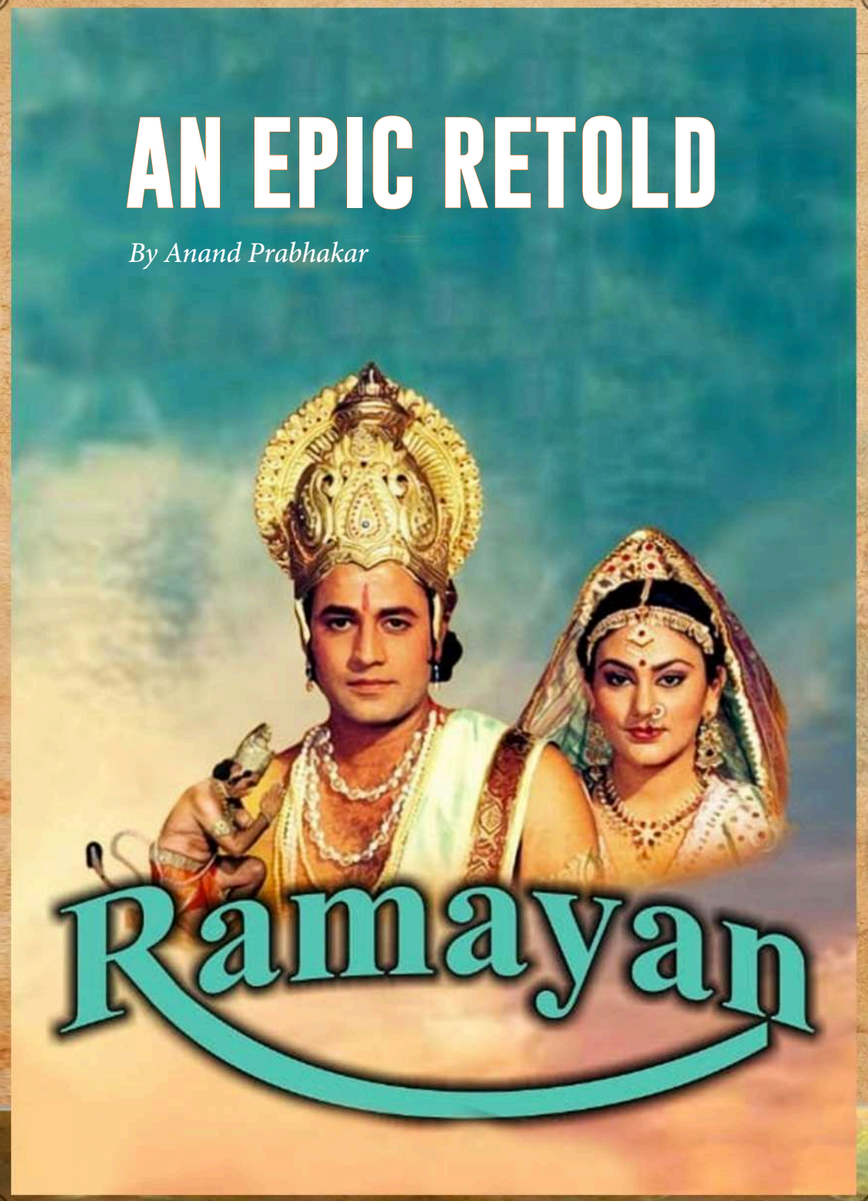
I do remember I was very much interested to join dance classes. But you know priorities, how life progresses- study, job, marriage, kids; life was running at an unimaginable pace. During this lockdown, I heartily pursue my hobby.

This is digital time we can say...you can find almost on net...go for online classes for your liking.

And let's thank the almighty for this brake...life is wonderful this side too.

AN EPIC RETOLD

By Anand Prabhakar



The announcement regarding the telecast of the iconic Ramayan came as a pleasant surprise during the lockdown. It became an occasion of jubilation for the admirers of this epic tale. The media frenzy about the telecast was unprecedented, and so was the enthusiasm on social media. Netizens created and shared numerous memes, quizzes and contests. The programme was telecasted on national television. It earned a massive response from the viewers and imitated the grand success of its first telecast in the late 1980s. As a result, it became the most-watched TV show and registered a record-breaking TRP rating, leaving other shows miles behind.

While the elderly lived up the fond memories of 1980-90s, the inquisitive minds of youngsters got an opportunity to watch the first epic that is an intrinsic part of Indian culture. Excerpts of the mythological tale are narrated so many times in our lives that we feel that we may have been a witness to it. So, when the broadcast happened it revved up the feelings and emotions of a myriad populace across the country. Even in this age of multiple streaming platforms, the show succeeded in catching hold of the attention of the people.

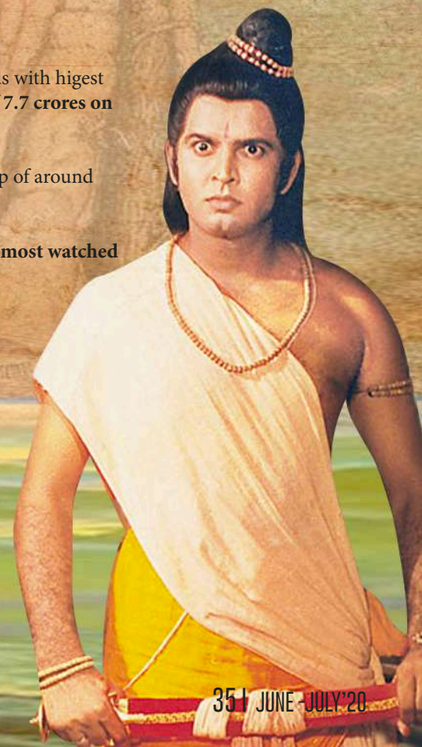
The eternal story is significant even in these times due to the teachings it imbibes. Each character of the tale has a unique personality. Ram, the hero of the epic has been described to be an ideal for kings, and the idea of Ram Rajya is similar to the utopian model of rule. Even the villains of the story have an enigma which attracts people to know about them.

Many rituals performed in contemporary India have similarities to that of Ramayan, especially the marriage ceremonies in the Mithila region. Mithila being the birthplace of Sita, many folk songs in the region praise Sita-Ram and narrate the story of their marriage. We celebrate the birth of Lord Ram on the occasion of Ram Navmi. The festival of lights i.e. Diwali has its origin in Ramayan, it was first celebrated when Ram returned to Ayodhya after defeating Ravan. Another celebration is Ravan Dahan, performed on the eve of Dussehra. We are in love with the story and do not mind the recapitulation. Hence, the TRP generated by huge viewership is more obvious than surprising.

The Ramayan telecasted on DD national is a television adaptation of Tulsidas' Ramcharitamanas and is directed by Ramanand Sagar. Arun Govil, Deepika Chikhalia and Sunil Lahiri featured as Ram, Sita and Lakshman respectively.

Few Fun Facts

- Ramayan becomes world's most watched show and breaks TRP records with higest viewership, The re-run of the show managed to garner a viewership of **7.7 crores on April 16, 2020,**
- Ramayan was telecast in 55 different countries and earned a viewership of around **650 million.**
- The show earned a spot in the Limca Book of Records for the **World's most watched mythological series.**





ARE YOU READY FOR THE TRIPLE-ECLIPSES THIS SUMMER?

By Anu Gayani

Eclipse Visibility Path:
Solar Eclipse
21 June 2020



Most of us have learnt about eclipses in our science classes and most of us have also witnessed some awesome eclipses. In astrology, they form a strong basis for delineation and predictions in conjunction with other factors.

Eclipses occur when the sun, moon and earth are aligned along the line of the 'nodes of the moon'. Nodes of the moon are mathematical/hypothetical points in the sky where the orbit of the moon intersect the orbit of the earth. There are two of them; North and South nodes or Ascending and Descending nodes. Traditional astrologers call the north node 'Rahu' and the south node 'Ketu'. They are always opposite each other in the opposing signs in the zodiac.

There are two kinds of eclipses. Solar eclipses which always occur on new moon (Amavasya) days and Lunar eclipses which always occur on full moon days. Eclipses occur in sets periodically after every 6 months. A set usually has two eclipses; one solar and one lunar but sometimes has third one of either kind too.
We have one such set coming up this summer which needs to be taken special note of for several reasons. Firstly, it is a triple eclipse set considered to be stronger than a typical double eclipse set. Secondly, it includes a powerful solar eclipse occurring on 21 June 2020 (on the pivotal summer equinox date) flanked by two lunar eclipses a fortnight before and after. Thirdly, the upcoming solar eclipse's path of visibility falls over north India which is a rare occurrence. While lunar eclipses can be seen more often, visibility of solar eclipses tend to be rare.

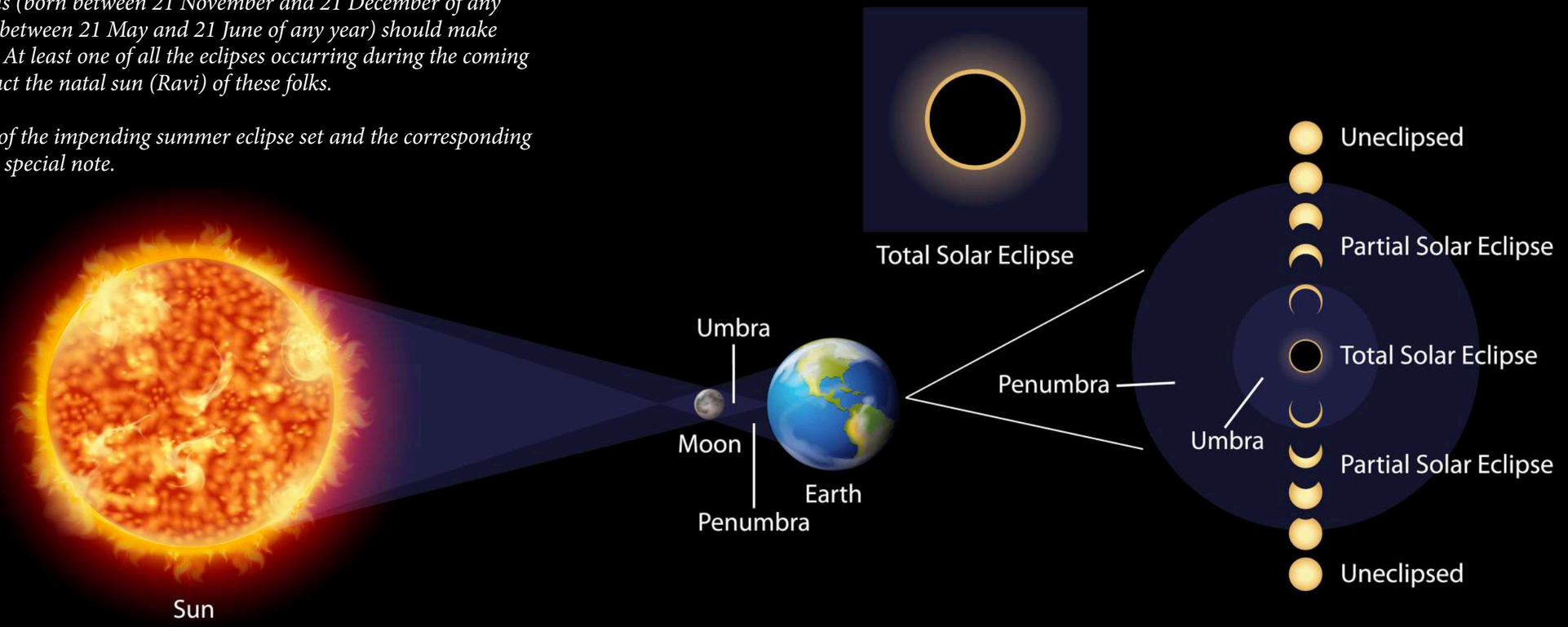
Given the rarity of the upcoming solar eclipse, astrological implications will be profound. Invariably, this eclipse at zero degrees Cancer equinox will be a marker for the ongoing covid-19 pandemic which is primarily linked to phenomenal planetary activity currently going on in the Cancer-Capricorn axis. (See more about my accurate astrological prediction made 3 years ago regarding the '2020 Global Pandemic and the Change of World Order' in articles available at www.facebook.com/Life-Sutras)

Moving from mundane to personal, the eclipse set will bring dramatic conclusive events in life processes for Cancer and Capricorn Sun signs. Meanwhile it will kick off new processes for Gemini and Sagittarius sun signs which will last for one and half years until about end of 2021. Two sets of opposing signs are impacted because the eclipse is taking place at the 'cusp' between two signs.

Rahu changed from tropical Cancer to Gemini while Ketu changed from tropical Capricorn to Sagittarius on 05th of May 2020. (Note that we consider the tropical zodiac here and not the sidereal zodiac as vedic astrologers do.) They will transit in Gemini and Sagittarius signs for the next 1.5 years causing eclipses in these two opposing signs.

Those who are Sagittarius suns (born between 21 November and 21 December of any year) and Gemini suns (born between 21 May and 21 June of any year) should make particular note of this transit. At least one of all the eclipses occurring during the coming 1.5 years is very likely to impact the natal sun (Ravi) of these folks.

Following are the exact dates of the impending summer eclipse set and the corresponding birthday owners should make special note.



Eclipse date	Type of Eclipse	Zodiac degree	People with following birthdays of any year will be impacted (+/- two days)
06 June 2020	Lunar	15 Sagi./Gem.	06 June and 06 December
21 June 2020	Solar	0 Can./Cap.	21 June and 21 December (Impacts Cancer & Capricorn too)
05 July 2020	Lunar	13 Can./Cap.	05 July and 05 Jan. (Impacts Cancer & Capricorn more
29 Nov 2020	Lunar	08 Sagi./Gem	29 May and 29 November
14 Dec 2020	Solar	23 Sagi./Gem	14 June and 14 December
26 May 2021	Lunar	05 Sagi./Gem.	26 May and 26 November
10 June 2021	Solar	19 Sagi./Gem.	10 June and 10 December
18 Nov 2021	Lunar	27 Tau./Sco.	18 May and 18 Nov. (Impacts Taurus & Scorpio too)
04 Dec 2021	Solar	12 Sagi./Gem.	04 June and 14 December

*** Eclipse related event may occur within a couple of weeks before/after the eclipse date.*

If your birthday falls within 2 days from the birth dates given above, it might be worthwhile for you to have a more thorough look at your natal chart to ascertain how/what in your life might be up for a new beginning, fruition or conclusion. Note that, other sun signs too may have an impact based on the placement of other planets, besides the sun, close to the tropical zodiac degrees mentioned above, in the individual horoscopes.

Cosmic themes associated with the planets, signs and 'houses' in the horoscope (1/12th segment of a horoscope) will come to the fore in your life triggered by eclipses. The houses can only be known by constructing and examining a horoscope for the specific native. Some examples of planet and sign themes are as below.

Some themes denoted by the sun in the horoscope are;

1. Father, Husband or Son (male relative)
2. Personality and Ego
3. Romance and Playfulness
4. Creativity and Talent
5. Children and Progeny

Total Eclipse Phases: Waxing and Waning Eclipse

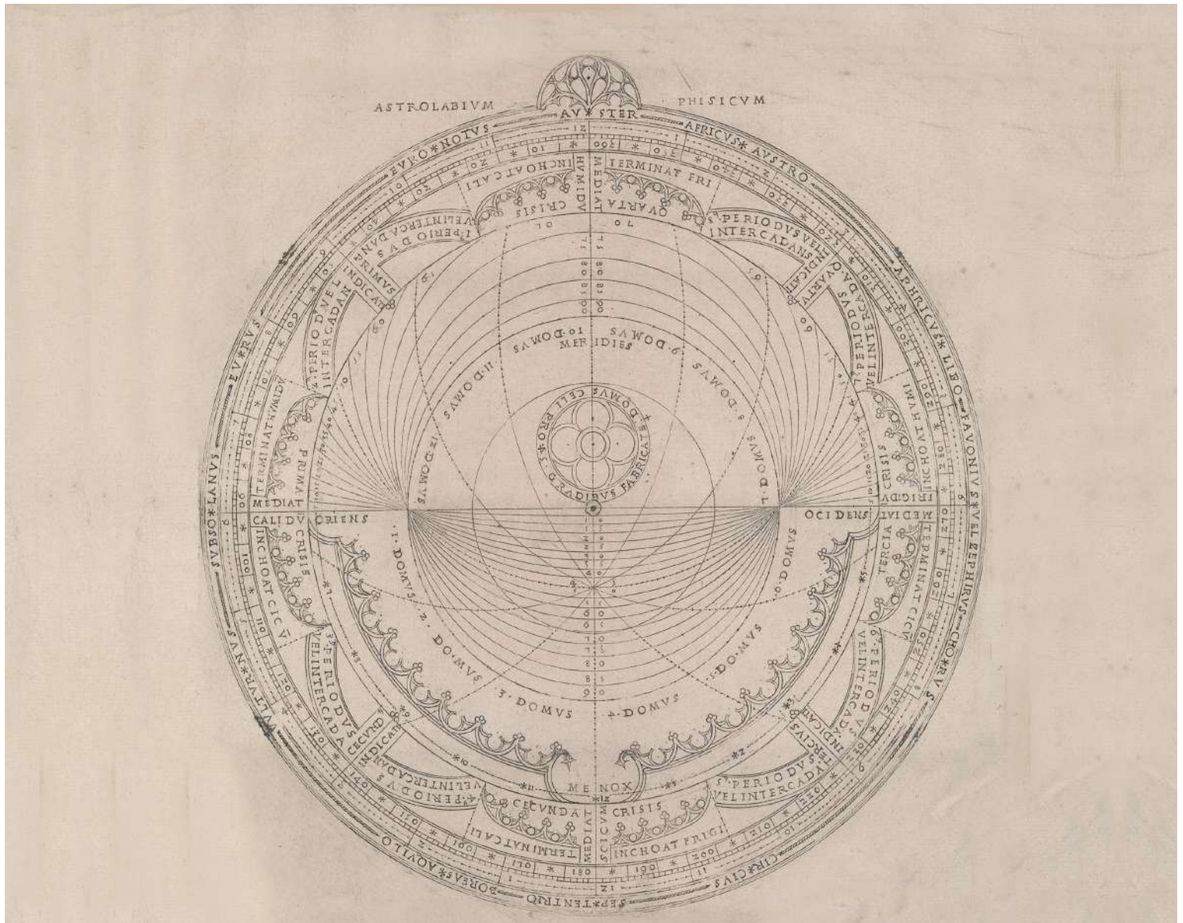


Some themes denoted by the Sagittarius sign are;

1. Exploration and Adventure
2. Publications and Litigations
3. Faith and Organized religion
4. Long Distance Travel
5. Foreigners and Foreign Connections

Some themes denoted by the Gemini Sign are;

1. Facts and Details
2. Dual Options
3. Information, Communications and Conveyances (Vehicles)
4. Short distance travel
5. Siblings and Neighbors



A complete and focused astrological 'reading' tailored just for you can empower you to take control of your life. Understand your karmic blueprint (destiny) and the cosmic weather coming your way so that you could make informed decisions and conscious moves to steer your life, career or business better. To be fore-warned is to be fore-armed and preparation can win any war. You may seek a professional astrological reading for yourself, for you and spouse/lover etc. by providing the birth date, birthtime and birthplace along with your question/s.
In contrast to the 'fatalist and supernatural fear based' approach used in traditional astrology, modern progressive astrology uses methods to empower and embolden the native. It has the capacity to delve into any arena of modern complex lives, no matter how deviant or taboo one might think the issue is.

In addition to readings you may also take classes to learn how to make simple do-it-yourself interpretations of horoscopes via the 'D-I-Y Astrology' initiative of Life Sutras. All you need is a bit of math and a lot of interest.

Author of this article Anu Gayani is a professional progressive astrologer, Psychologist and Counselor. She is the founder of Life Sutras head quartered in Sri Lanka specializing in providing 'Alternative Holistic Solutions for Health and Wellness' focusing on Health, Wealth and Joy. Clients can avail a customized combo of services aimed at lifestyle correction and improvement. Services include Astrological readings, Pranic/Reiki/Crystal/Chakra healing, Hypnotic therapy and past-life-regression, Geopathic Consultations (Scientific Vastu), Yoga, Fitness & Nutrition Guides, Success Coaching, Parenting Guides, Hobby Therapy, Career Consultations and more. Life Sutras also offers modern state of the art medical tests to aide longevity-oriented life-style correction pathways eg. Telomere Analysis Testing (TAT). Online consultation options are available for most of the services.



TEACHING ASTROLOGY DURING LOCKDOWN



D-I-Y ASTROLOGY

Based on popular demand from clients and students, I have been conducting online D-I-Y classes for those who wish to learn basics of Astrology during the lockdown.
Online classes are designed to enable beginners to understand basics of astrology so that they could interpret horoscopes of themselves and their near and dear ones.

Step by step guiding provided in a fun and enjoyable manner.All you need is a little bit of math, a lot of interest and some amount of time (which is plenty thanks to the lockdown)

Those who already know some astrology may enroll for intermediate or advanced level classes.

Contact for more details on classes and/or to schedule a regular astrological consult/reading.A reading would only require the birthtime, birthdate, birthplace and the question.

By:
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LIFE SUTRAS
for Health, Wealth and Joy

WORKOUTS AT HOME: UNDERSTAND THE SCIENCE

By Divya Jain



The term "Workout" is a very vast term and incorporates a lot of things. Also, there are many beliefs, notions and myths around it. One of those beliefs is that workouts need instruments, machines, or gyms to be performed. I have been working in the wellness sector for around 5+ years now and I have seen results in my clients with the help of workouts at home. The only thing we need to understand is the science behind it.

Let us start understanding it by first making it clear that physical activity and workout are two different things and both are important. Our daily routine chores are counted in physical activity and workouts are something we are doing with the intention of maintaining good health or loosing our fat. It is recommended to workout for 150 minutes per week and it should not exceed 45 minutes a day.

There are four types of exercises – strength training, endurance training or aerobics, balance and flexibility training. It is not that one is better than the other. All four have different roles in our body and are important. Some exercises need instruments to be performed but maximum exercises can be done without any instrument or machine.

Aerobic exercises increase your breathing and heart rate and are the main component of many fitness programs. These exercises help you lose a lot of calories but their impact is only for the time when you are doing these exercises. Strength training is important for keeping your bones and muscles strong. Usually with strength training, you don't lose too much calories but post workout burn is very good in these exercises, which may last up to 48 hours also. Balance exercises are important for older adults because it can strengthen the body and help prevent falls. These exercises are very good for your back and legs. Flexibility means ability to change or bend. These exercises can keep your body limber.

Now-a-days, because of the situation outside, we all prefer workouts at home. As I mentioned, all four types of exercises are important. Strength training should be done twice a week, three days of endurance workouts and rest two days, balance and flexibility. As a part of strength training, you can do squats, push-ups, sit-ups, lunges, burpees and planks at home. You can also keep resistance bands at home. If possible, do these exercises in front of a mirror so that you observe your posture. As a part of endurance, Zumba is the most followed form of exercise. Skipping is another exercise you can try. Then aerobic exercises also include jogging and running. Always warm up before and after your workouts. For working on flexibility, spend two days on balance and flexibility workouts. For that you can practice yoga, stretching and exercises like Heel-to-toe walking, standing on one foot, standing up and sitting down without the support of your hand.

There might be some challenges you may face when you start your workouts. Two challenges which I faced myself are: First, some muscle stretches and pain when you do these for first time or after a long time. Second, maintaining regularity may be a challenge when you do it at home. I suggest either make it a routine as a family workout or join online workout sessions. This way you can ensure your daily workouts happen.

ACHIEVING TRANQUILLITY BY RAISING YOUR SOUL VIBRATION

How to deal with the stress of everyday life during the lockdown

By Melanie D. Martin



As a spiritual counsellor, I find myself especially busy during these tying times, counselling many who are not handling this lockdown very well. It's not primarily because the normalcy of our lives has been disturbed but the rather worrisome fact that our reality has completely changed and so has our priorities in life! Never did we think that our freedom to live as we choose would turn against us and provoke us to drastic changes just to survive in this world. So, are were really fearing the pandemic? The fear that a loved one might contract it? The fear of death? Or simply the bigger fear of Change?

All that defies our natural sense of routine does perplex us into pondering over many thoughts that disrupts our inner peace. Coronavirus has altered our reality by making everyone reconsider every step of their lives just to fight against it. Survival of the fittest is indefinitely at play, which leave many of us in a constant state of worry be at finances, family safety, cessation of a lifestyle we are habitual to and of course at the uncertainty of our future. We humans have learned to adapt though time while we faced many adversities. Our ability to use our instincts and adjust to severe change is what that's made us survive all these centuries.



Pandemics are not new to us, one of the earliest recorded was during 430BC after the war between Athens and Sparta began, the Plague of Athens lasted five years and at the time the death toll was around 100,000 people. When Greek historian Thucydides (460-400 BC) wrote about the symptoms, scientist today were able to narrow it down to two possible diseases that are Typhoid fever and Ebola. Ebola currently still having an outbreak in Western Africa, which started in 2014 the vaccine is yet to be created, the awareness of and precautions levels have been extremely high which seems to have at the moment contained the spread of the disease to three major countries, with only with few cases found neighbouring countries. They have been many Pandemics and Epidemics that have come and gone, some we have become resistant to like Influenza. The earliest case was reported in Russia and soon spread throughout Europe and rest of the world killing one million people. Today with modern medicine and our own bodies protective army, the Immunity system, we can fight the virus within an estimated 7-10 days. As much as modern medicine and technology has helped us overcome some over the most severe disease, we humans have adapted, evolved and have an inbuilt ability to fight and protect ourselves from viruses. We have no reason to succumb to worry when history has been proved that humans have fought against the odds and firmly have set their presence on earth today. Many turmoil's might come as a threat to our species but our resilience, determination and Vitality will help us surge though it all!

The many strains of stress!

Quarantine: Derived from the Italian word; Quarentina meaning 'Forty Days'. It began during the 14th century as an effort to protect coastal cities from plague epidemics.

To us, the word Quarantine has a rather diverse side effect, which propels enormous and uncountable stress! No longer do we view it as an imperative safety precaution and necessity to reduce the curve of Coronavirus spreading, but has turned quite tortuous for many. The fact remains, is that there is an exact equal amount of people spilt half way that are very happily dealing with this much needed time away in seclusion while others aren't handling too well. Whether your single, living with family, married with children or simply away from them all. Everyone has reacted in their own individual way, either positively or quite negatively. So why is this? What makes this self-isolation work for some while it completely plays havoc on others? What is the real trick to surviving a catastrophe that changes your entire lifestyle and still learn to remain balanced mentally, emotionally and physically?

Raising your Soul Vibration!

"You have power over your mind, not outside events. Realize this, and you will find strength"

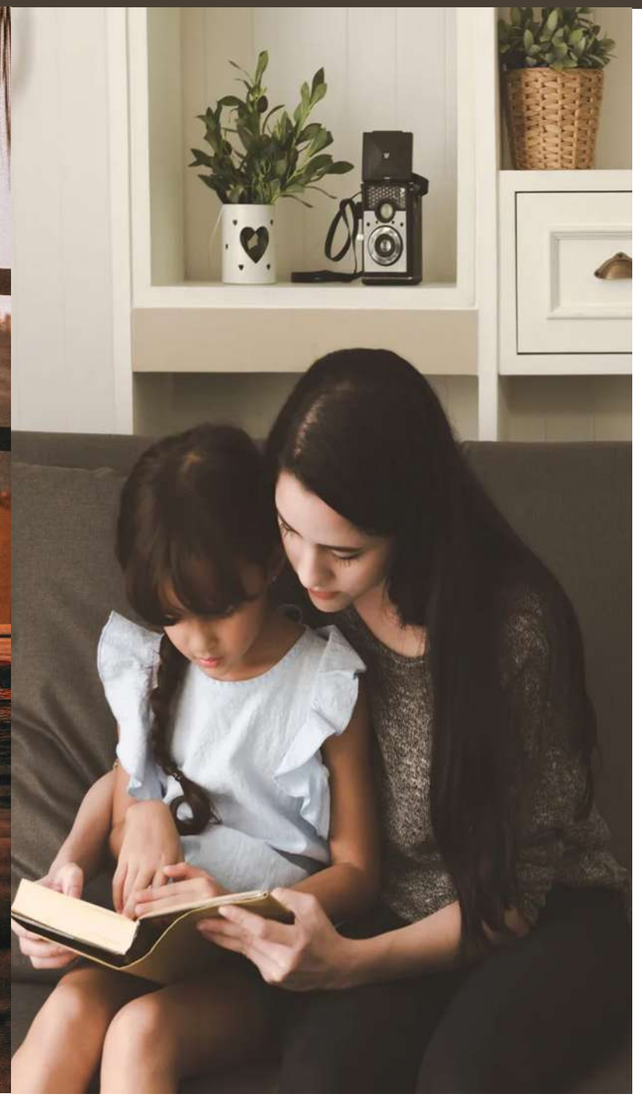
~ Marcus Aurelius 121-180AD
(Roman Emperor and Stoic Philosopher)

The teachings of Buddha always taught us an important fact, Attachment is Suffering. Allowing yourself to cling to any emotion, memory or need only causes you suffering. We often find ourselves holding to the past, unknow fears of the future in our mind that inevitably will and always does destroy our inner peace. This is Samsara, the repetitious cycle of birth, life, death and rebirth. As we incarnate in each lifetime, Buddhist believe that we come back to clear the Karmic debts of our past life that we accumulated. Which means, that whatever turmoil we face in this current incarnation is only to make us stronger, wiser and is designed to help us Raise our Soul Vibration, which is the key to achieving Nirvana in other words Liberation from the clutches of Samsara. What exactly is our Soul Vibration and how does it truly help with dealing with life's many woes?

Soul Vibration, the source of connecting with the Universe!

Humans are known to be third Dimensional beings and while we are here on Earth our thoughts, and emotions are tuned into the fourth frequency. Higher level of consciousness is what's needed to truly detach from the conventional reality and connect with the Positivity Energy Force, what many call God. Our Souls vibration rate is between 4.0 to 4.9, this limits us to see beyond the illusions that curb us to liberate ourselves from fears, doubts and uncertainties. The Fifth Dimension is believed to be the realm where our Spirits Guides and Akashic records resides. Merging into the 5th is when our Souls start to Vibrate at 5.0 frequency. This is truly when Spiritual development starts to commence, that makes us emotionally stronger, mentally more focused and improves physical endurance. Taking time out to detach from the illusions around you by finding a practice that suits you best indefinitely helps recharge "your batteries". Meditating is a brilliant way to help you rejuvenate, some take time out to be by themselves for a few moments in a day, while others find their solace in doing something that represents the act of unconditional love and some spend time praying for guidance. Connecting with the Universes energies it is essential to maintain your inner peace, never steer away from your spiritual side that is the true balm that heals and revives your soul.





The Quarantine mentally has affected so many negatively simply because their daily routine that they were so accustomed to, has been completely ceased. Be it the man of the house, a mother, a child or an independent individual, no matter how we brush up our basic survival instincts, stress will always get to us. And as many families, have learned to live in harmony simply because they needed a special bonding time that the lockdown naturally initiated, it has revived the fondness for each other and upgraded their level of tolerance towards each, while there are many who are in more trickier situations. As I counsel a few going through tough times with either relatives, family and friends that have ended up staying with them dur to unforeseen circumstance, this makes daily life for them Chaotic. So, if you're the Alpha male or the Woman of the household finding balancing becomes imperative and you must be the ones to initiate few steps into the daily life, for the peace of all.

How everyone can make that little difference!

Women, time to release the Wonder Woman in you!

You amongst all in many households have tremendous pressure! If you're single, married, or in a committed relation, it becomes your responsibility to ensure everyone's well taken care of, which indefinitely makes you also tend to forget yourself and your much-needed time out. Your communication with your family at this point becomes integral to maintain a peaceful and positive environment.

What would help, is to strictly schedule your day, with daily to do lists, keeping in mind that you try to take out some time for yourself where you can do what helps you rejuvenate. Whether it be a nap, speaking to your bestie to unwind, meditate, read a book, catch up on a serial or even spend some quite time with your husband, companion or loved one. For Mothers, always remember to bond at this moment in time, so its essential that you create a family time together perhaps on the weekend, where you do a group activity of leisure be it a game, a movie together or just sit together and have a healthy conversation. Children can be quite an handful since they get affected quite emotionally during such times and need reassurance that life goes on no matter what. Finding balance by rejuvenating yourself everyday and learning to detach from the illusions by even praying would have remarkable effects in your ability to overcome basic hurdles you face every day. We women have many roles to play and this is where we are put to the test! It does eventually fall on us to maintain balance in our lives and all those connected to us. The one thing Buddhism has taught me is that, through adversity something pure and positive always emerges. And that's what we are faced with today. The ultimate test of our mental an emotional endurance to overcome our worst fears and transform our lives towards a brighter future.

Men, this is your moment to shine!

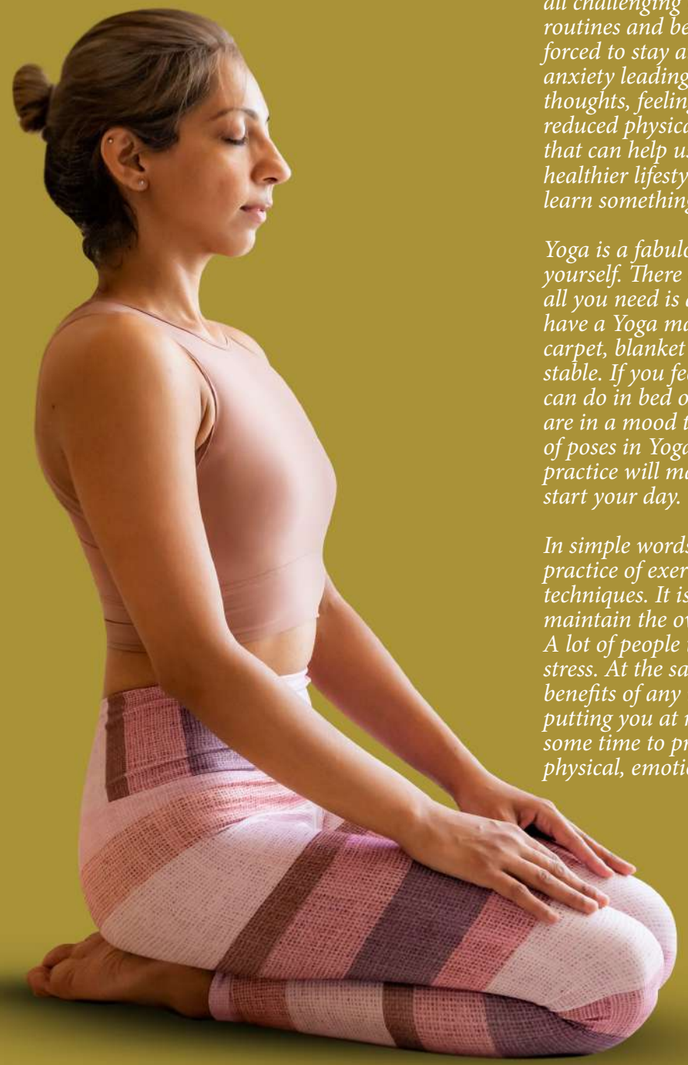
Many worries plague your mind at the moment and this is exactly where your natural instincts come into play. Throughout time, men have carried the burden of being the protectors of all they hold dear to their hearts. So, why should this be any different? You remain the inspiration towards your family, friends and loved ones, for hope, reassurance and strength! Never give up! Always have faith that you are being guided by the divine light and each step of your path is being protected by the positive energy force which is so strong, that in due time merges with your Soul giving you that extra confidence and courage to take on life full throttle!

Tough times lie ahead, we remain unsure on so many aspects of the catastrophe we face today. We humans have finally all reached a moment in time where we truly self-reflect and try comprehend what really matters in our life, was it wealth, social status or quite simply decent health. We spiritualist believe, that this was all a destined moment when they will be a global awakening and it is! As we quarantine ourselves, we truly witnessed beautiful sights, as the Earth slowly healed herself, nature flourished, the animals triumphed as they let go of their fear and ventured out to greet us and we even saw a remarkable decline in pollution. As we await instructions of our next safe step back into the world, we must utilise this time to rethink our every action and emotion towards what is really important to us. We faced the fear of nearly going extinct and soon we turned towards the ones we loved most and wanted their safety, no longer socialisation and hedonistic norms mattered to us. More importantly we mustn't forget, this is an opportune moment that brings humanity closer together surpassing all differences to fight for our survival and right to be safe on our home planet. So, it's only logical that we have faith in the divine and know that we are always protected and guided if we only connect with higher levels of consciousness by Raising our Soul Vibration.

Be loved, Be Blessed and Stay safe Ya'll!!!

HOW HOME YOGA PRACTICE CAN HELP YOU FEEL BETTER

By Shikha Kohli



Lockdown has been tough on everyone. It is after all challenging to have a sudden stop in our normal routines and being confined to a single place. Being forced to stay at home can create stress and anxiety leading us to have constant negative thoughts, feeling low-spirited, being inactive. With reduced physical movements, we need some activity that can help us come out stronger and encourage healthier lifestyle habits. This could be the time to learn something new and have a new experience.

Yoga is a fabulous tool for feeling good about yourself. There are no special requirements for Yoga, all you need is a space for your practice. You don't have a Yoga mat, no problem anything works! A carpet, blanket or a thick bedsheet, anything that is stable. If you feel lazy there are exercises that you can do in bed or even while sitting on a chair. If you are in a mood to do intense practice, there are tons of poses in Yoga that can make you sweat! Yoga practice will make you feel amazingly refreshed to start your day.

In simple words, Yoga is a mental and physical practice of exercises, poses, and breathing techniques. It is known to help alleviate stress and maintain the overall wellbeing of body and mind. A lot of people turn to Yoga as a way to manage the stress. At the same time, it also offers powerful benefits of any intense physical exercise without putting you at risk. All you have to do is set aside some time to practice the poses so you can heal on physical, emotional, and energetic levels.



Who can benefit from it?

- **Work from home** - For people who are working longer hours from home, ending up with tensed neck, back and shoulders. Yoga can help relieve back and shoulder pain
- **Zero activity** - For those who are not able to engage in any kind of physical activity due to the COVID situation and the warm weather. Simple stretches would be a good start
- **Stress, Anxiety, Depression** - This is a strange time and its all the more crucial for us to maintain our mental health and balance. Keeping stress at bay is what we all need right now
- **Golden-Ager** - Yoga is one of the best forms of exercises for age group 60 above. Since Yoga is gentle and focuses on breathing techniques, it can help with mobility of main joints like hips, knees, shoulders and spine as well as strengthening of lungs
- **The young adult** - Working out alone without a trainer or full equipment can be challenging. Though Yoga may not equal to an intense gym workout but you can still sweat and burn some calories. Add one hour of intense yoga to your daily routine, you should start to slowly shed some kilos.
- **No equipment, prefer staying at home** - Yoga is a home exercise that can be done with zero equipment, all it requires is your mind and your will to practice.

Who should avoid?

- Someone who is pregnant
- Anyone who underwent a surgery in the recent months
- Being mindful of any injury or sprains you may have. If you already experience pain, practicing Yoga doesn't mean to forcefully work those areas out. This would only damage it more. Remember, if you are experiencing pain or have a sprain, best would be to let it heal on its own and practice only minimal movements to generate some sensitivity in the area.

When should I practice Yoga?

- Yoga can be done at any time of the day you are comfortable with
- Best time to practice is in the morning or in the evening. In the mornings, you can start your day with tea and then wait an hour before your practice. Alternatively, post your morning practice you can freshen yourself with a glass of fresh coconut water, juice or even tea
- It is only essential to avoid eating full stomach 2 hours prior to your Yoga practice
- It is not necessary to tie up oneself to practice every day, practicing thrice a week is a good start too
- It is also not necessary to practice an hour long. All you need is 20 minutes to exercise

Listen to your body. If it tells you to stop, you should avoid exerting or pushing yourself to perform better. You will gradually get there one day.

If the body feels good, mind will feel good. Take a few practical steps towards healthy living with this Yoga practice and keep practicing to get the benefits. Have an open mind and enjoy the journey.

If you would like to know more about this Yoga practice, or want to take your practice a step further or even if you were practicing Yoga before the lockdown but haven't been able to continue with it, you can always contact me. We can set up a video yoga session via skype (shikha.ko.yoga)

Shikha Kohli
Certified Yoga Teacher RYT200

Stay in each pose for no longer than 5 breaths. Go slow with it, try not to rush into the next pose. Remember to relax!

Gentle Yoga for Mobility



Cow Pose

Cat and Cow pose / Marjaryasana and Bitilasana – are great simple exercises to stretch back, spine and shoulders. It tones the neck muscles, and helps in making spine flexible



Cat Pose



Sphinx Pose

Sphinx pose / Salamba Bhujangasana - Stretch your spine with this pose, going only as high as it feels comfortable. It focuses and strengthens the spine



Thunderbolt Pose

Thunderbolt Pose / Vajrasana – Strengthens digestive system. Sit on your ankles, or cup your feet so you are sitting on your toes. Putting a blanket in between your thigh and lower legs will put less stress on knees. Doing this pose with couple of deep breaths will help relax your mind and the body



Windrelieving Pose

Lunge Pose / Anjaneyasana – A great pose for opening the hips, stretching of quads and lengthening the spine. To intensify your stretch, you can stretch your arms up (as in Warrior 1 pose). Beginners can place the knee on the floor. If this feels comfortable you lift your knee up.

Yoga for Beginners



Plank Pose

Plank Pose / Kumbhakasana - Both extended and forearm planks help strengthen arms, shoulders, quads, core all at the same time. At the same time, It helps improve focus and concentration. Increases spine health and improves posture.



Warrior I / Virabhadrasana I Pose

Doing this pose stretches and strengthens leg muscles, opens the hip and brings stability to shoulders. This pose with many other yoga poses helps increase stamina. Remember be a warrior, not a worrier!

Leg work Pose

This is a common yoga practice as it strengthens core, quad and leg muscles.







DownwardDog Pose

Downward-Facing Dog / Adho Mukha Svanasana – Strengthens arms, shoulders, leg muscles and elongates the spine. You can bend your knees if you are unable to place your feet flat on the floor. Yoga doesn't mean every asana has to be done perfectly, you should feel free to adjust those asanas to your body.



Lunge Pose

Lunge Pose / Anjaneyasana – A great pose for opening the hips, stretching of quads and lengthening the spine. To intensify your stretch, you can stretch your arms up (as in Warrior 1 pose). Beginners can place the knee on the floor. If this feels comfortable you lift your knee up.

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HOLIDAY IN RISHIKESH

By Poonam Seth







Last holiday before lockdown we travelled to Rishikesh, one of the most tranquil places in Uttarakhand in the foothills of Himalayas along the convergence of Ganga. We go to this place every year for a beautiful and peaceful holiday, apart from our vacations. As soon as we reached there, we were overjoyed by the pious and serene vibes of this holy land. Rishikesh never fails to amaze us.

We stayed at a hotel and nothing can describe the feeling of getting up to this breathtaking view of mountains and river and seeing sunrise from our rooms. We loved the food there and the management of the hotel helped us to explore the place. We went for morning walks on some beautiful trails that went downhill straight to the Ganga river.

In the evening, we went to Parmarth Niketan Ashram for the evening aarti. The divine experience of attending evening aarti on the banks of holy river ganga at Parmarth Niketan ashram and Triveni ghat took it to another level. There were so many devotees but even then it was an experience of life time.

We also attended our yoga and meditation sessions. Everything was so divine. It was a much needed break from the city rush. Sharing some pictures from the trip.

