



Hamara INCHES



Newsletter # 5

Self Development Series Your Roadmap to Success and Happiness - Self Discipline!

By Dr Sushma Jaiswal Meher
Chief Executive Officer



“The most important success principle of all as stated by one of the most prolific writers in history, at the beginning of the twentieth century was, ‘Self-discipline’ – Self Discipline is the ability to do what you should do, when you should do it, whether you feel like it or not.



NEWSLETTER HIGHLIGHTS

Self Development Series - Self Discipline

Poem

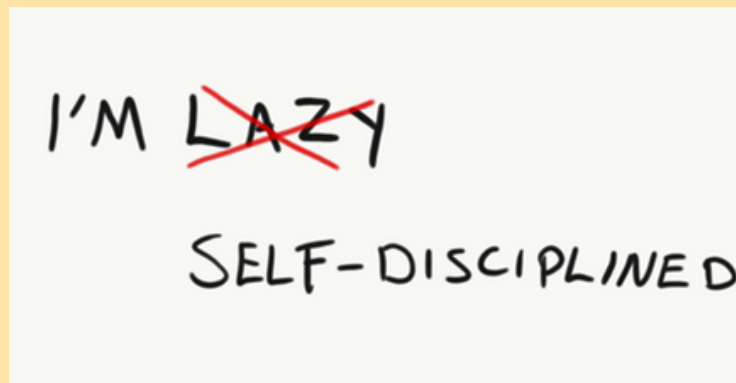
Recipe of the month

3 D Seashell Art Painting - 1, 2

Puzzle of the month

Christmas & New Year Celebration at InCHES

I will start going to gym.....I will start walking.....I will read a book.....I will enroll for a skill class....I will learn a new hobby.....Someday I will do this or that which in your heart you know will make you achieve your goals....But its Someday!



Believe me the only thing standing between you and your success and happiness are the, “Excuses” you keep giving always, not only to others but most importantly to, “Yourself” as well. But alas, we all suffer with the disease namely, “Excusitis,”.

Success whether it is joining that hobby class, joining the gym, career or anything, requires that you deny yourself the easy pleasures, it is the temptations to give in that leads so many people astray. The trick is to instead discipline yourself to do only those things that you know are right for the long term and will lead you to enjoy greater rewards as well in the long term.

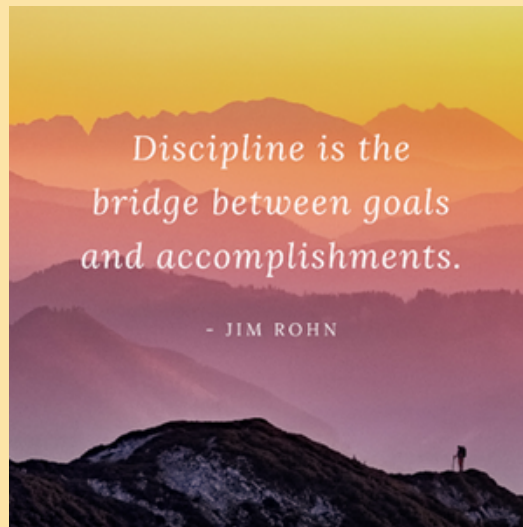
Even if you go to the best of gym, if you are not disciplined in being regular, if you are not disciplined in controlling your appetite, you are not going to achieve anything.

We always wonder why some people are more successful than others; the difference is in self discipline. A self disciplined person will always rise above all even if they don't have the requisite education whereas the one who has it all - the education, opportunities etc will not rise above mediocrity if they are not self disciplined.

Some Fundamental keys of self-discipline for you all to read, excerpts taken from the book – Daily Self Discipline

- 1. The fundamental keys of self-discipline are commitment (adhering to a specific plan until you achieve your goal) and belief that your long-term plan is going to work out.**
- 2. You don't need self-discipline when things go smoothly. It's only when plans go south you get tempted to give up. Consequently, you need to train yourself to handle adversity. The best way to become more capable of dealing with unfavorable circumstances is to purposefully put yourself in them – which is what this book is all about.**
- 3. Whenever you feel that adversity is too much to handle, remind yourself that “this too shall pass.” Every challenge in life is a temporary thing. You can handle more than you believe if you remind yourself that things will soon get better.**

4. You need an unwavering belief in your plan to make commitment easier. Ideally, follow proven advice coming from a credible person with lots of real-world experience. For instance, when losing weight, pick a diet that has made thousands of people slim. In the case of building a business, follow an outline provided by a successful entrepreneur, ideally in the industry you'd like to follow. When learning a new skill, follow the action plan laid out by an experienced teacher.



Motivate and Nurture yourself, work on overcoming temptations in whatever you do in life. Self-discipline is not only developed by removing temptations from your life, making the right decisions, following your action plans and dumping excuses.

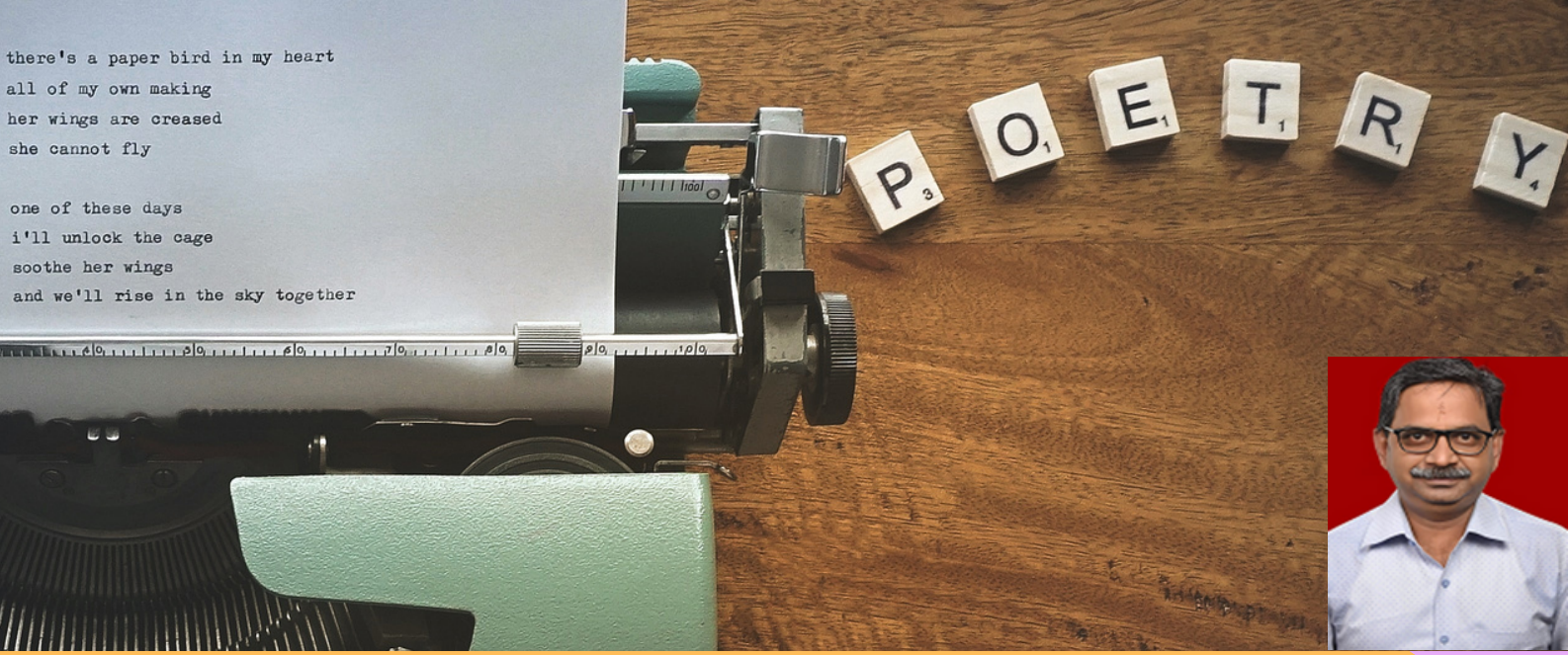
In this world of instant gratification, it is very easy to get distracted by the mobile notifications or Instagram or facebook! However....Self-discipline enables you to take control of yourself!

Your ability to think, plan, and work hard in the short term and to discipline yourself to do what is right and necessary before you do what is fun and easy is the key to creating a wonderful future for yourself and your happiness!

Be motivated, Be Self Disciplined!

Dr Sushma Jaiswal Meher

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आइना

By Dr Satish Kanojia

रोज आईने में अपनी छविको देखकर वो पूछ बैठती कैसी दिख रही हूं?

उसकी ही छवि मानो कहती अति सुंदर!
फिर कभी अपनी लटों को छेड़ती हुई पूछती मैं कैसी दिख रही हूं।
उसकी छवि मानो फिर कहती अति सुंदर।

रोज की तरह उसने आजभी आईने में अपनी छवि देखी पर कुछ पूछी
नहीं।

आईनेको ताज्जुब हुआ,
आज उसने ही पूछ लिया.....
आज कैसी हो?
वह कुछ बोल नहीं पाई।

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उसकी आंखों के कोने से ढलकते हुए एक आंसू की बूंद को रोकना चाहा
पर वो बेदर्दी निकल पड़ा!

उसने कहा की कल उसका मीत उससे दूर चला गया।
रोजी रोटी कमाने।

अब मैं किसके लिए अपना रूप निखारू।
किस के लिए सावन के गीत गाऊं।

आईने ने कहा देवी मैं सबको उनकी असलियत दिखाता हूं।
तुम इंतजार करो।
वो आएगा।
तुम्हें अपना बनाएगा।

- डॉ सतीश प्रेमचंद कनोजिया
वाइज प्रेसिडेंट क्लिनिकल सर्विसेज

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POETRY - 2



ANKAHEE BAATEIN.....



by Manish Jaiswar

Kash Ek Shaanti ki Duniya, Main bana Paaun,
Kash Use Apni Achchhi Soch se, Main Sajaa Paaun,
Aasaan Hai Lad-Jhagad ke Rahna,
Bada Mushkil Hai, Shanti se Apni Har Baat ko kahna!

Kash Meri Khwahishon ke Ishaare, Mere Apno ko samajh aane lage,
Kaise Duniya ko bhul Hum, Khuda ki Banayi Raah pe jaane lage!

Kash Jindagi ka Safar, Yunhi Apno ke Sang Hastey Huve katt jaaye,
Meri Kamayi Gyaan ki Daulat, Mere Apno mein bhi thodi thodi batt Jaaye!

Kash Shanti ka Safar, Sabko Achchha Laga Karta,
Madd Mast Rahte Sab Rahte Apni Dhun mein, Fir Kya Kisi se Darta!

Kash Pyaar Ki Anokhi Kala, Main Duniya ko Shaanti se Batata,
Apne ko Kar Jag Kalyan mein Samarpit, Main Dusro ki Khushi mein Muskuraata!

Hamara INCHEs

RECIPE OF THE MONTH



CHICKEN CHANGEZI

By Manasi Ghavnalkar



RECIPE OF CHICKEN CHANGEZI

Mughlai Style Chicken Changezi Recipe is one of the gems of Mughlai Cuisine, This recipe of chicken is believed to be originated during the rule of 13th century warrior Genghis Khan. Apparently he was very particular about his food and didn't like it too spicy. So the khansama as they were called presented him with a dish specially made according to his liking. And hence named after him. Luscious reddish/ orangish gravy, succulent chicken and creamy-ness all are so inviting.

INGREDIENTS

FOR CHICKEN MARINATION

- 2 TABLESPOON CURD (DAHI / YOGURT)
- 1 TEASPOON GINGER GARLIC PASTE
- 1 TABLESPOON CORIANDER POWDER (DHANIA)
- 3/4 TEASPOON CUMIN POWDER (JEERA)
- SALT , TO TASTE
- 1/2 TEASPOON TURMERIC POWDER (HALDI)
- 1/2 TEASPOON KASURI METHI (DRIED FENUGREEK LEAVES)
- 1-1/2 TEASPOON KASHMIRI RED CHILLI POWDER
- 2 TABLESPOONS OIL
- 750 GRAMS CHICKEN , CLEANED

FOR THE MASALA GRAVY

- 4 TABLESPOONS OIL
- 1 TABLESPOON GINGER , FINELY CHOPPED
- 1 TABLESPOON GARLIC , FINELY CHOPPED
- 1 CUP HOMEMADE TOMATO PUREE
- 2 ONIONS , CHOPPED, ROASTED TILL SOFT AND GROUND TO PASTE
- SALT , TO TASTE
- RED CHILLI POWDER , RED CHILI POWDER TO TASTE
- 2 TABLESPOON FRESH CREAM

DIRECTIONS FOR MUGHLAI STYLE CHICKEN CHANGEZI RECIPE

- 1. To begin making the Chicken Changezi recipe, pat dry the chicken well after cleaning and prick it with a fork. This helps in getting the marinade deep inside chicken.**
 - 2. To marinate the chicken , in a mixing bowl, combine the chicken along with dahi, ginger garlic paste, coriander powder, cumin powder, salt, turmeric powder, kasturi methi, kashmiri red chili powder, and marinade for 3-4 hours.**
 - 3. Now bake chicken at 180°C for 30-40 minutes according to the size of the chicken pieces.**
 - 4. BURN A SMALL PIECE OF CHARCOAL ON THE DIRECT FLAME.**
 - 5. Place your chicken in a dish, once it is cooked. In the middle place a katori. Put the blazing charcoal in that katori and pour ghee over it. Cover and let it rest till all the smoke is infused in the chicken. This will give you a smoky flavor to chicken.**
 - 6. NOW, FOR THE GRAVY, HEAT OIL IN A HEAVY BOTTOMED PAN. ADD THE GINGER GARLIC AND COOK FOR ABOUT 30 SECONDS OR TILL THE RAW SMELL DISAPPEARS.**
 - 7. ADD TOMATO PUREE AND MASALA GRAVY OF ONIONS. COOK UNTIL ALL COMES TOGETHER (ABOUT 2-3 MINUTES). ADD SALT, RED CHILLI POWDER AND BAKED CHICKEN.**
 - 8. NOW COOK FOR 5-7 MINUTES SO THAT GRAVY IS WELL ABSORBED BY CHICKEN. IN THE END SIMPLY ADD THE CREAM, MIX AND SERVE. GARNISH WITH CORIANDER LEAVES.**
- SERVE CHICKEN CHANGEZI ALONG WITH GARLIC NAAN OR JEERA RICE AND PICKLED ONIONS FOR A SOULFUL MEAL FOLLOWED BY A DESSERT OF MALPUA WITH ROSE AND SAFFRON SYRUP RECIPE**

3D SEASHELL ART PAINTING -1

By Vipula Chavan



3D SEASHELL ART PAINTING -2

By Vipula Chavan





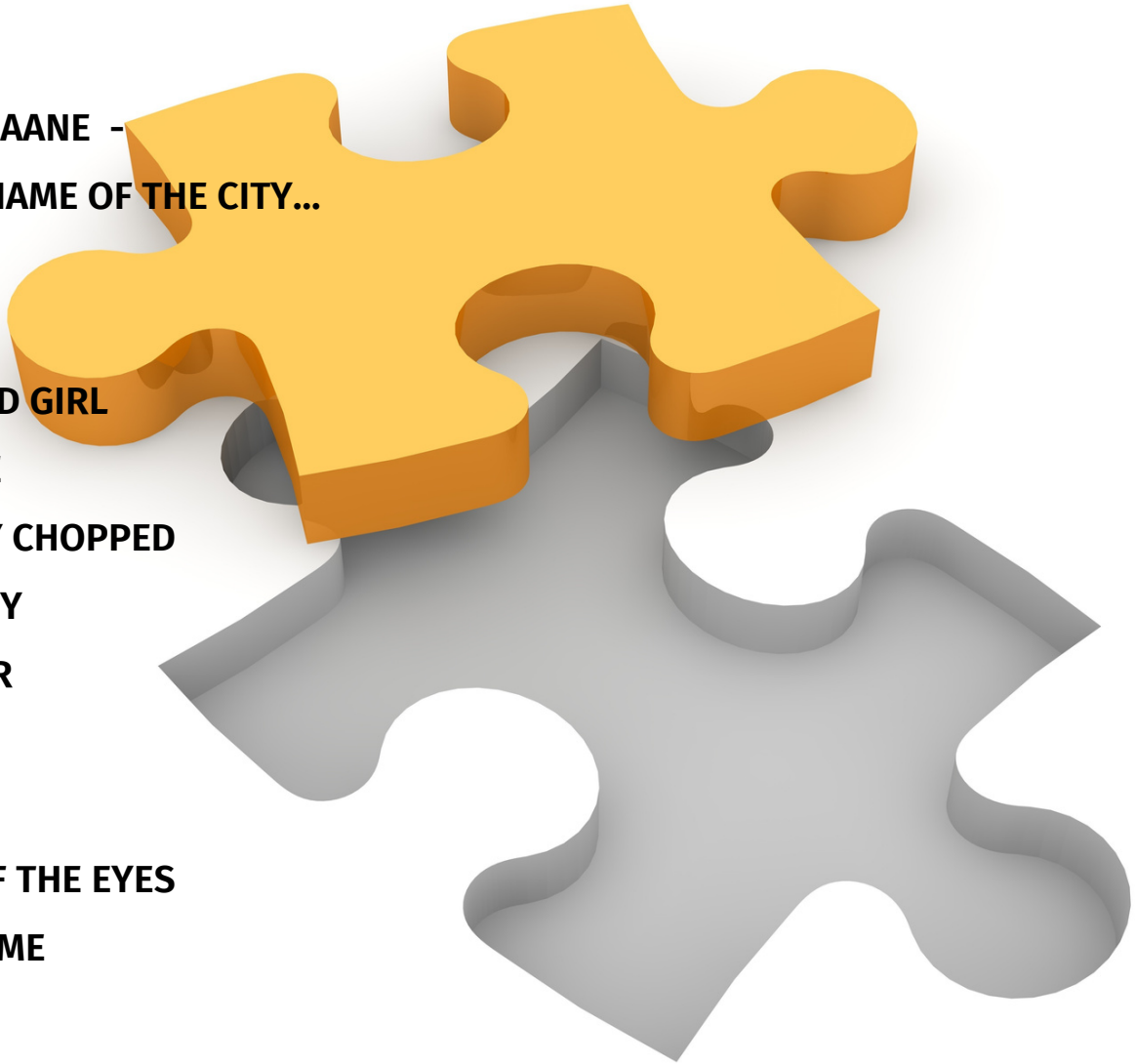
PUZZLE OF THE MONTH

By Dr Deepa Rajpal
(Chief Medical Officer)

**WE DON'T STOP PLAYING BECAUSE WE GROW OLD;
WE GROW OLD BECAUSE WE STOP PLAYING.**

**BHOOJO TO JAANE -
GUESS THE NAME OF THE CITY...**

- MR TOWN
- WENT
- UN MARRIED GIRL
- MADE JUICE
- YESTERDAY CHOPPED
- EAR COLONY
- GODS DOOR
- FACE
- OLD FORT
- RHYTHM OF THE EYES
- GO AND COME



ANSWERS-

**SRINAGAR, GAYA, KANYAKUMARI, BANARAS, KOLKATTA, KANPUR, HARIDWAR, SURAT,
PURANA QUILA (DELHI) , NAINITAL,GOA.**

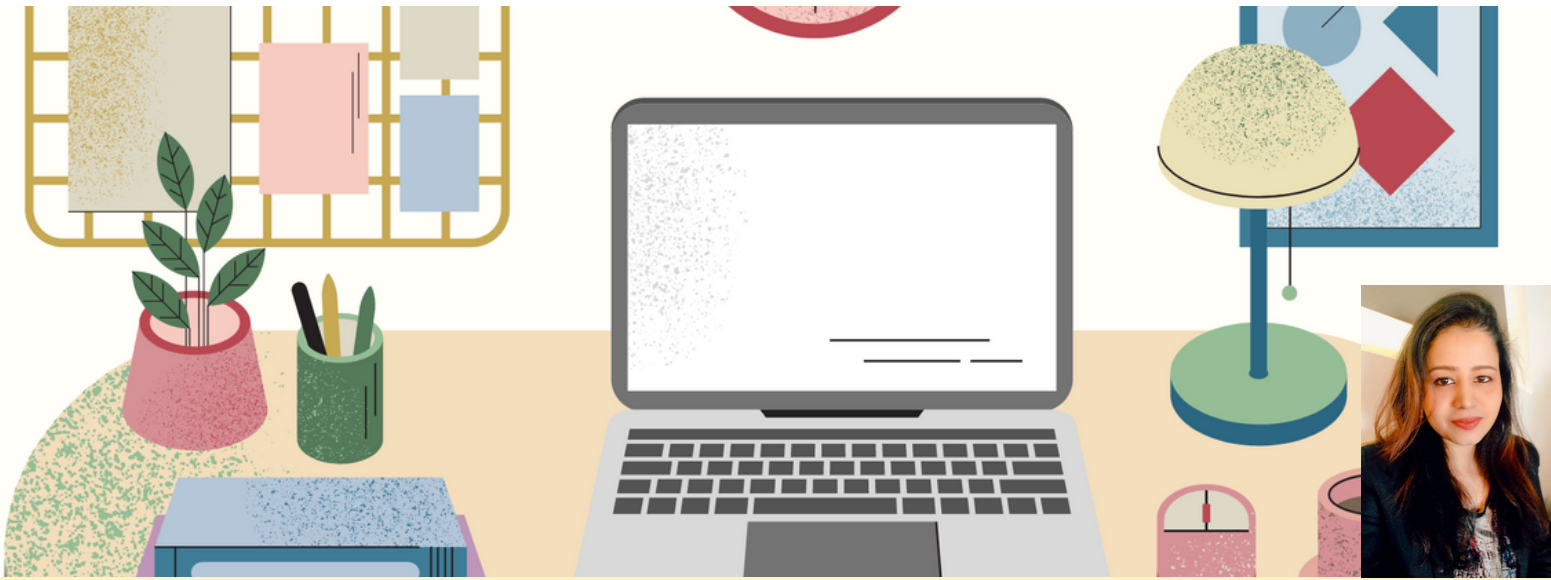
CHRISTMAS CELEBRATIONS



CHRISTMAS & NEW YEAR CELEBRATIONS

WELCOME 2023





EDITORIAL THOUGHTS

PREETI DESAI

We are proud to present to you the 5th issue of Hamara InCHES Newsletter featuring the creative side of our team members.

It has been a pleasure to edit this issue of Hamara InCHES Newsletter 5. All the contributors of the newsletter cooperated very well. We have a good collection of articles and blogs put forth by everyone and this issue too has come out very well.

As such we would love to hear your voices, opinions and suggestions for columns for future issues, reflections from the events you attended, to a poem that you want to share with your colleagues.

We want it to be a collective effort of everyone at InCHES and we will do our best to make that happen.

Lastly we thought long and hard before deciding to call this Newsletter "Hamara InCHES". What does it mean? That is up to you to decide ! Send in your interpretation to us @preeti.d@inchesgroup.com ; the winner will be awarded and we will publish the best answer in the next issue.

