



Hamara INCHES

Newsletter # 6



SELF DEVELOPMENT SERIES

TIME MANAGEMENT

By Dr Sushma Jaiswal Meher
Chief Executive Officer



Whether in your personal life or the corporate world, Time Management, is a topic which is discussed often, seems not so relevant but in reality is a very important personal as well as career skill you will ever possess. To effectively manage your time, you need to set clear goals. Without appropriate goal setting, you will waste your time away.

**IT'S NOT ABOUT
BETTER TIME
MANAGEMENT,
IT'S ABOUT
BETTER SELF
MANAGEMENT.**

NEWSLETTER HIGHLIGHTS

- Self Development series- Time Management
- Story - Kal ho na ho
- AI and its Significance
- Importance of DATA !
- Recipes of the Month
- Puzzle - Crossword
- ART Painting
- Makarsankranti celebration
- Republic day celebration

Goal setting is usually neglected because it requires time and effort. But what we fail to take into consideration is that a little effort and time we put in now, saves us an immense amount of time, effort and frustration later.

Prioritizing is also equally important, you may work very hard, but if you do not prioritise you won't be achieving the desired results. Most people work with a to-do-list. Not getting into too much deep into this, there are many articles available, one thing to remember don't let your to-do-list be a collection of list, make it structured!

Interruptions in work will happen, you need to manage it well since they will always be there in some form or the other example information requests, colleagues having queries, phone calls, emails....some usually need immediate attention but largely others need to be managed smartly so that it doesn't become a major interruptions! Also remember to not scare people away!



"I will do to it later" has led to many a failures, if you have been procrastinating you need to figure out why and get out of the habit right away!

Scheduling your time keeps you on track, this means understanding the aspects that impact the available time you have for work leaving room for interruptions, contingencies etc which may wreak chaos at times to your schedule.

Time Management will help you:

- Increase productivity
- Reduce stress
- Improve self-esteem
- Establish an important career skill

Hamara INCHES



By Dr Zahida Asif Abraham



कल हो ना हो।

Yesterday my school class mate passed away suddenly. A day earlier my ex office colleague passed away. God knows what the hell is happening !

The shocks that I have been getting. I am sure most of you all also may have been getting or feeling the same.

Generally, it has been someone elderly. Last couple of years, it's someone close (from family or close friends' family members). Of late, it has been about the young or not so old people in news. The normal questions those hit us all are :

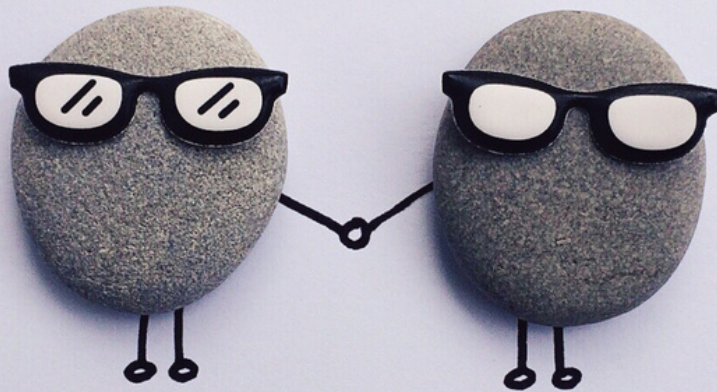
"How is it possible?"

"How come so suddenly?"

"He was so Healthy, then how come?"

"Shit yaar, He was a Fitness Freak !"

Hamara INCHES



"Is it Covid impact?"

"Has it got anything to do with Vaccination?"

etc.

Do we really have any answers for these? I don't think so.

Can we ever get the correct answers for these questions?

I believe "NO".

But what I believe is "While we may not be able to change our Future, we can surely live a better Today."

Instead of Virtual Relationship in the so-called Social Networking, can we really have an "Actual Social Relationship Network"?

Can we meet our friends and relatives and actually say Hello, I care for you..... ?

Can we not postpone our plans like "I will call tomorrow, I am a bit busy today, Let me plan to meet etc."?

काल करे सो आज कर, आज करे सो अब!

Let's not regret for having missed to say Hello to our Loved ones, Let's not regret in not meeting them and not spending those lovely moments now. Let's make memories now, today and everyday.

Let's live Life Kingsize.

कल ही ना हो।



By Keshav Jha

AI AND ITS SIGNIFICANCE



In the IT world of manual works the revolution of AI Automation has begun. Whether it is Finding and resolving errors, making changes to a current system or finding new ways to solve a current problems, AI has all the answer for it.

So how does AI works?

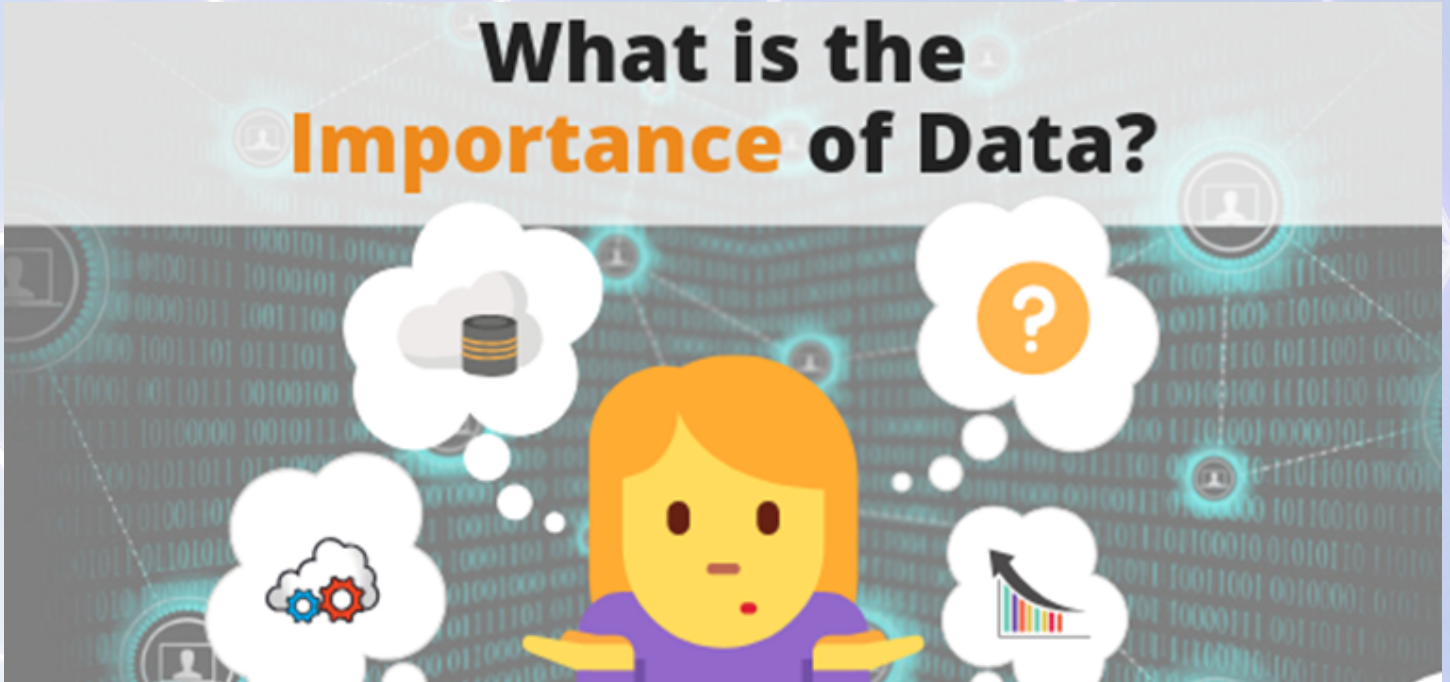
AI have a very distinct behavior it is comparable to humans but with improved features, can be called Metahuman. AI needs data to function, but they can make mistakes. A proper training with DATA is required for them to function in a secure and correct path. AI learns from Data and know its functionality to process and work on those parameters to get the desired result.

AI and its uses:

AI can be used in medical field in many areas but the area which is explored majorly is Analyzing medical Reports.

AI can process the reports like the ECG, medical bills, Prescription and many more and based on those reports they can show the entire result like what is the blood group, what kind of illness is found according to the parameters that are passed. The more data that is feed to the AI the more efficient the AI and its entire system will become.

AI is dangerous in wrong hands with wrong intentions but when used in a productive way under positive direction, it is a powerful tool.



DATA = KNOWLEDGE

Data can tell us a vast amount about an organization's strengths and weaknesses. Good data allows organizations to establish baselines, benchmarks, and goals to keep moving forward.

Data will help you to improve quality of life for people you support: Improving quality is first and foremost among the reasons why organizations should be using data.

Data allows organizations to measure the effectiveness of a given strategy: When strategies are put into place to overcome a challenge, collecting data will allow you to determine how well your solution is performing.

Data allows organizations to determine the cause of problems more effectively. Data allows organizations to visualize relationships between what is happening in different locations, departments, and systems.

Data is a key component to systems advocacy. Utilizing data will help present a strong argument for systems change.

Hamara INCHES



By Pravina Chalke

RECIPES OF THE MONTH CHICKEN MALAI TIKKA

RECIPE-1



A chicken malai tikka recipe for soft, juicy kababs on skewers that will simply melt in your mouth. Tender pieces of boneless chicken are marinated in a unique blend of yogurt, cream, cheese, papaya and spices and cooked on a grill or oven. Perfect for an outdoor barbecue or luncheon.

INGREDIENTS FOR THE CHICKEN MALAI TIKKA MARINADE

- Boneless chicken breast or thigh, cut into bite-sized pieces.
- Ginger-Garlic paste - make your own or buy bottled. to make your own paste, put equal quantities of peeled ginger and garlic in a blender along with some water and blend to get a smooth puree. Store in a covered glass container/bottle in the fridge and use as required.
- Raw papaya paste - fresh, raw papaya can be found in Indian stores. It's very easy to make this paste - just chop some papaya along with the green skin and put in a blender with a little water. Whiz to get a smooth puree. Or you can also buy bottled papaya, again from any Indian stores.

RECIPE

- cheddar cheese, grated
- Greek yogurt
- heavy cream
- white pepper powder
- green chillies, minced
- cornflour
- cooking oil
- lemon or lime, wedges
- cilantro or mint, for garnish
- salt

INGREDIENTS

HOW TO MAKE CHICKEN MALAI TIKKA

Easiest thing in the world! Mix all the marinade ingredients + chicken, thread the chicken on skewers and grill away.

Here's a step-by-step -

1. Prep all the ingredients

- cut the chicken into bite-sized pieces
- grate the cheddar cheese
- mince the green chillies
- make the papaya paste
- make the ginger-garlic paste

Note: If you are in a hurry, you can cut back on the prep by using bottled ginger, garlic and papaya pastes.

2. Mix the marinade ingredients with a spoon and put the chicken pieces in it.

·Keep in the refrigerator for 2 hours or more (marination time). If using chicken breasts, you need a longer marination time, preferably overnight in the refrigerator. The reason is that breast meat tends to dry out and become tough at high temps especially when you're cooking it on a grill. So it's best to give it a longer marination time for soft tikkas. Thigh meat doesn't have this problem, so you're good to go with it with less marination time.

RECIPE

3. Thread the chicken onto wooden or metal skewers.

·If using wooden skewers, soak them first in water for a couple hours. You can do this at the same time as you put the chicken in the fridge to marinate.

·If cooking in an oven, line a baking dish with aluminum foil and place the skewers on it.



4. Grill or bake the skewers.

• **Grilling** - fire up the grill and place the skewers on it. Baste with oil or butter at regular intervals. Turn over and repeat. The kababs should be cooked through and slightly charred on the surface.

• **Baking** - Place the baking dish in a preheated oven (400 F) and bake for 25 minutes. Turn over the skewers and bake for another 25 minutes.

5. Brush the cooked skewers with some extra oil or butter and serve hot with lemon wedges and green chutney.



By Sanyog Raut

BHAJIYA (PAKORAS)

RECIPE-2



- Crispy on the outside and tender on the inside, fried vegetable pakoras make the most of just about any vegetables of your choice. Try them with potato, cauliflower, spinach leaves, onion, or paneer. Mix and match what you have with some sweet and spicy chutney for dipping.
- The ingredients for the recipe are easily found in any Indian market, but you can also buy them online. Gram flour, or besan, is flour made out of split brown chickpeas, or chana dal, and is not to be confused with chickpea flour, which is made out of standard chickpeas, also known as garbanzo beans. Gram flour needs less liquid to become a batter than chickpea flour, but because they are both made out of chickpeas, though different types, people often use them interchangeably even though they aren't. They both taste a little bitter but the overall flavor is different. For true pakoras, you need gram flour. The other key ingredients are asafoetida, a spice known for its savory and oniony smell and taste, and thymol seeds, known for their herby thyme flavor.

RECIPE

INGREDIENTS

For the Batter:

- 1 cup Bengal gram flour
- 1/2 teaspoon red chili powder
- 1 pinch asafoetida
- 1/2 teaspoon turmeric
- 1 teaspoon thymol seeds, or carom seeds
- Salt, to taste

For the Vegetables:

- 1 head cauliflower
- 1 medium red onion
- 1 medium potato
- 1 cup spinach
- 6 to 8 ounces paneer

For Frying:

- 2 to 3 cups vegetable oil, such as canola or sunflower oil

Steps to Make It

1. Gather the ingredients.
2. Mix the gram flour and all the spices with a little water at a time in a bowl, to make a thick batter, slightly thicker than pancake batter. Add salt to taste.
3. If using cauliflower, separate the florets into bite-sized pieces. The potatoes and onions should be thinly sliced. Trim the stems off of the spinach leaves. Cube the paneer into 1-inch cubes.
4. Preheat oil and reduce the flame to medium. This will allow the bhajias to cook well both on the outside and inside.
5. Coat the vegetables well with batter, and then deep-fry till golden.
6. Drain on paper towels and serve with tamarind chutney or tomato ketchup.





By Rohini Mirashi

RECIPE OF THE MONTH

MAKHANA BHEL

INGREDIENTS:

- o Makhana (Lotus Seeds)
- o Ghee
- o Spices: Red chilli powder, Chaat Masala, Black Salt
- o Vegetables: Onion, Tomato, Cucumber, Boiled corn, red cabbage
- o Roasted Peanuts
- o Sev
- o Coriander Mint Chutney
- o Tamarind Chutney
- o Pomegranate
- o Coriander Leaves

RECIPE-3



HOW TO MAKE MAKHANA BHEL

- 1) Heat ghee in a pan, then add Makhanas. Dry roast them for 4-5 mins until they are crisp.
- 2) Transfer the roasted makhanas in a plate and let them cool.
- 3) Then put some ghee in a pan on low flame, add red chilli powder, chaat masala and black salt. Mix well.
- 4) Add the roasted makhanas and mix well. Toss for about 2 mins until well coated with spices. Let the makhana cool to room temperature
- 5) In a large bowl add the roasted makhana, chopped onion, tomato, cucumber, , Boiled corn, red cabbage roasted peanuts, tamarind chutney, coriander mint chutney, chaat masala, black salt and some lime juice
- 6) Garnish it with some thin sev, coriander leaves and some pomegranate.



Dr Satish Kanojia

PUZZLE OF THE MONTH

Crossword # 2

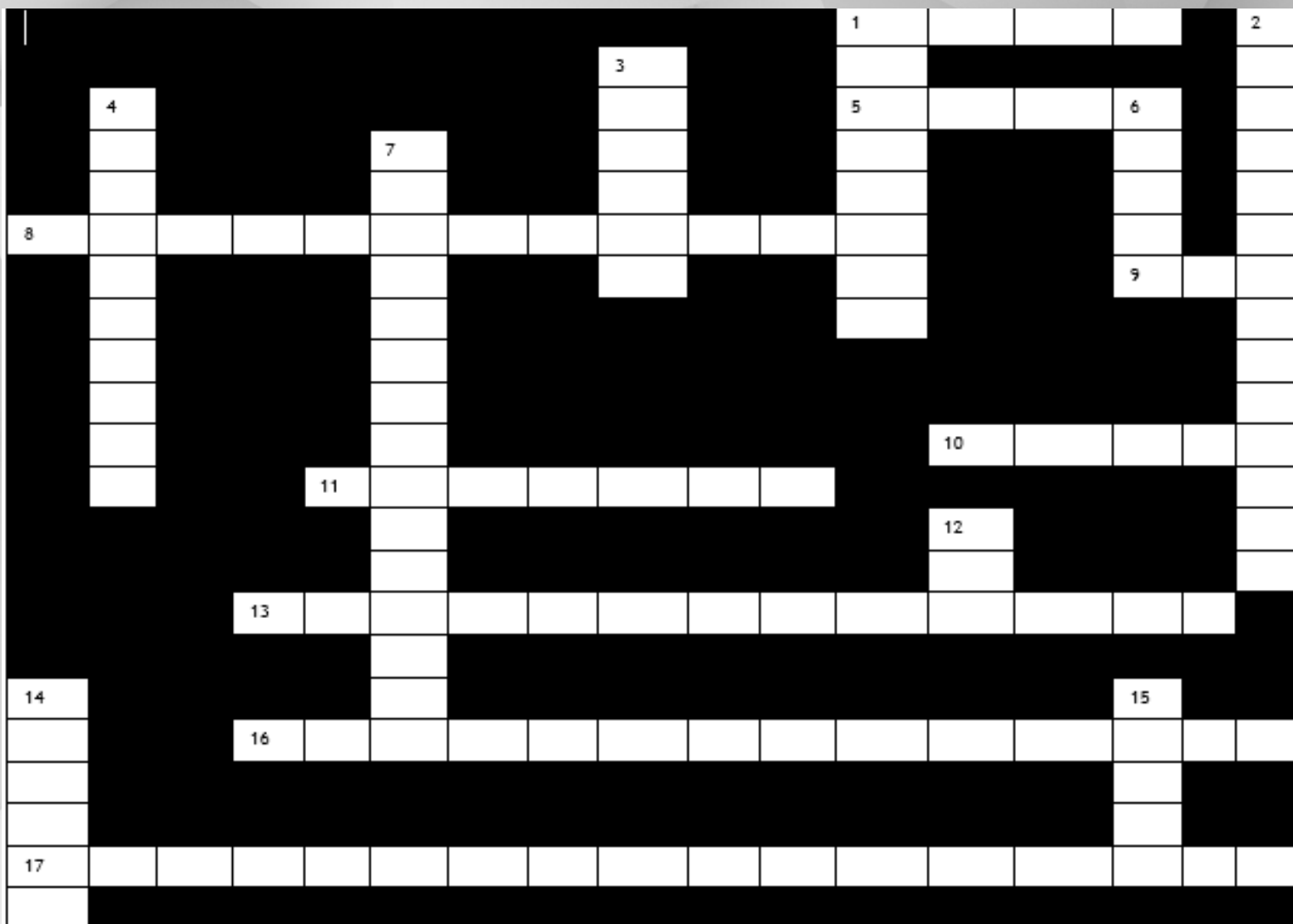
The clues for the Crossword are given below. Think and solve.

Across

1. The Indian batsman who recently hit double century in one day cricket (4)
5. Lata Mangeshkar was lovingly called as (4)
8. Captain of the Under 19 Women's Cricket World Cup winning team (7, 5)
9. Which political party is ruling in Delhi, acronym (1,1,1)
10. Mogul Gardens is now known as Amrit (5)
11. First Kapoor girl to enter in Bollywood Kapoor (7)
13. The President of India (8, 5)
17. He is known as Father of Computer (7, 7)
16. The comedian who is currently the Chief Minister of an Indian State (8, 5, 4)

Down

1. This river is known as Ganga of South India (8)
2. The Vice President of India (7, 7)
3. The richest Municipal Corporation is in..... (6)
4. British Prime Minister (5, 5)
6. The recently concluded G20 meeting was held in this country (5)
7. He was the caretaker Prime Minister of India, twice (10, 5)
12. Brain of computer, acronym (1,1,1)
14. Khush hua (7)
15. The longest river of India (5)



Hamara INCHES



By Usha Poojary

ART CORNER - PAINTINGS



MAKARSANKRANTI CELEBRATIONS

KITE MAKING COMPETITION



MAKARSANKRANTI CELEBRATION



Hamara INCHEs

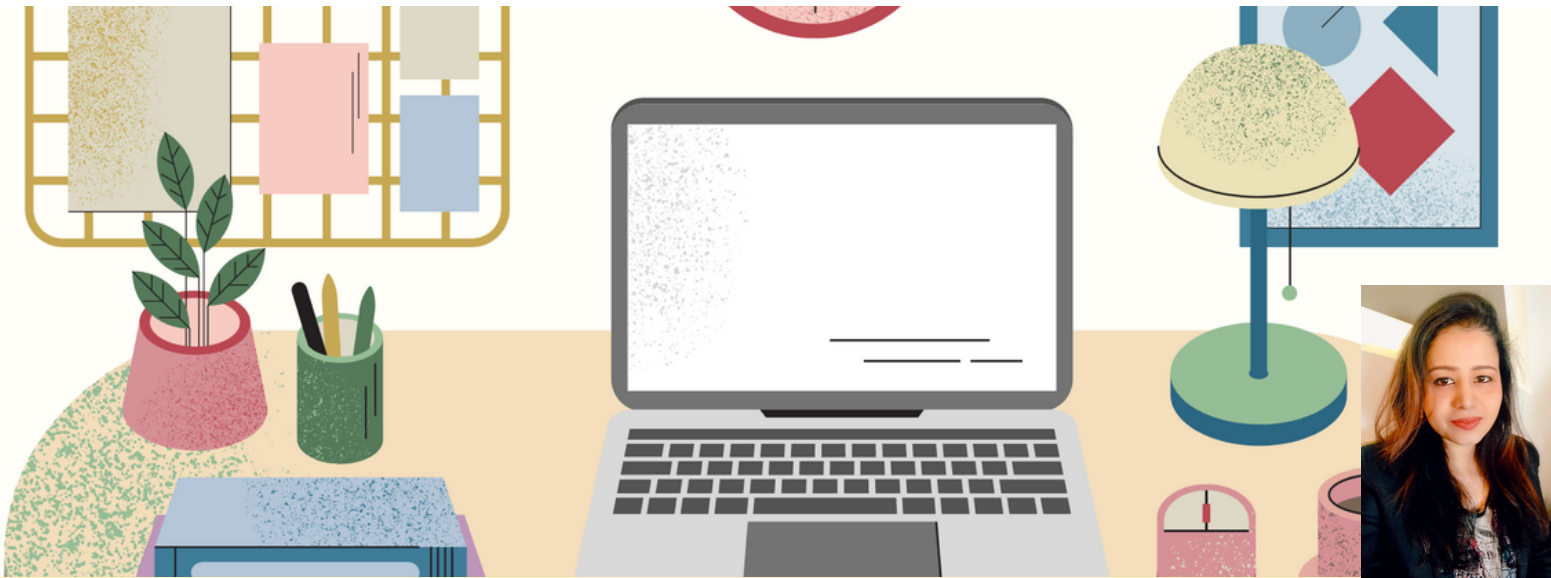
REPUBLIC DAY CELEBRATION

THEME
SECULARISM



REPUBLIC DAY CELEBRATION





EDITORIAL THOUGHTS

PREETI DESAI

We are proud to present to you the 6th 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.

