

Newsletter # 8



EDITORIAL THOUGHTS

PREETI DESAI



We are proud to present to you the 8th 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 8.

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.

NEWSLETTER HIGHLIGHTS

Self Development series- Peer Motivation

Overcoming Stress

Poems

Coffee Journal

KERELA - Gods own country

Recipes of the Month

IT Awareness Week

Rewards & Recognition

Celebrations at InCHES

SELF DEVELOPMENT SERIES

By Dr Sushma Jaiswal Meher

Chief Executive Officer



THE POWER OF PEER MOTIVATION: UNLOCKING YOUR FULL POTENTIAL

Motivation plays a very vital role in achieving professional and personal goals. Though self-motivation is essential, there is another powerful force that can ignite our drive and push us further i.e. peer motivation. The influence of our peers can be a game-changer, propelling us to surpass our own limits and accomplish extraordinary things.

This topic is less spoken about, but nowadays at INCHES office I can see a lot of it on the floor so thought of writing a blog to emphasis it's significance, its benefits, and how you can harness its power to unlock your full potential if you are lucky to have a motivating peer.

Peer motivation refers to the inspiration, encouragement, and support we receive from our peers. It involves observing others' successes, learning from their experiences, and being influenced by their positive actions. Whether in personal relationships, academic settings, or professional environments, peer motivation can significantly impact our mindset and behaviour.

What is the Impact of Peer Motivation, well when we witness our peers achieving their goals, it sparks inspiration within us. Their accomplishments demonstrate what is possible and push us to set higher standards for ourselves. Having role models among our peers can show us that success is attainable and motivate us to emulate their dedication and hard work.

-Accountability and Healthy Competition: Peer motivation creates a sense of accountability. When surrounded by motivated individuals, we feel a greater responsibility to take action and progress towards our own goals. Healthy competition among peers can be a powerful catalyst for growth, as it encourages us to strive for excellence, constantly improve, and outperform our previous achievements.

-Support and Encouragement: Peer motivation fosters a supportive environment where individuals uplift and encourage one another. It creates a sense of camaraderie, where setbacks are seen as learning opportunities and successes are celebrated collectively. The emotional support and constructive feedback from peers can fuel our motivation during challenging times and help us stay focused on our goals.

How can we harness the Power of Peer Motivation:

-Choose Your Peer Group Wisely:

oSurround yourself with individuals who share similar ambitions and values.

oSeek out peers who possess qualities you admire and who challenge you to be your best self.

oConnect with like-minded individuals and benefit from their motivation.

-Collaborate and Share Experiences: Engaging in collaborative projects with motivated peers can enhance your motivation. By working together, you can leverage each other's strengths, exchange knowledge and ideas and provide mutual support. Sharing experiences, both successes and failures, helps build a network of motivation and resilience.

-Celebrate and Acknowledge Success: When your peers achieve their goals, celebrate their accomplishments genuinely. Recognize and appreciate their hard work. This not only fosters a positive environment but also reinforces the belief that success is possible for everyone. By celebrating others, you create a cycle of motivation that will come back to support you in your own journey.

-Be an Active Contributor: Motivation is contagious. Actively participate in your peer group by offering encouragement, constructive feedback, and assistance. By uplifting others, you contribute to a positive and motivating atmosphere, which will ultimately benefit everyone involved.

Peer motivation is a powerful force that can fuel our ambition, drive, and determination. When we surround ourselves with motivated peers, we tap into a wellspring of inspiration, accountability, and support. By choosing our peer group wisely, collaborating, celebrating successes, and actively contributing, we can harness the power of peer motivation and unlock our full potential. Embrace the strength of your peers and let their motivation propel you towards greater achievements.





Overcoming **STRESS**



Dr Deepa Rajpal



Top News

It's important to note that the impact of stress on health can vary from person to person, and individuals may respond differently. Effective stress management techniques and seeking support from healthcare professionals can help mitigate the negative health effects of stress.

Strategies for a Balanced and Resilient Life

In today's fast-paced and demanding world, stress has become an inevitable part of our lives. Whether it's due to work, relationships, or personal challenges, prolonged stress can take a toll on our physical and mental well-being. However, with the right strategies and mindset, it's possible to overcome stress and lead a more balanced and resilient life. This write-up will explore effective techniques for managing and overcoming stress.

1. Recognize and Understand Stress:

The first step in overcoming stress is to recognize its presence and understand its underlying causes. Stress manifests differently for everyone, so it's essential to identify the signs and symptoms such as irritability, fatigue, sleep disturbances, and difficulty concentrating. Reflect on the situations or triggers that contribute to your stress levels, enabling you to address them more effectively.



Overcoming **STRESS**

2. Practice Mindfulness and Relaxation Techniques:

Mindfulness and relaxation techniques can significantly reduce stress levels. Engage in activities like meditation, deep breathing exercises, yoga, or tai chi. These practices promote a state of calmness, increase self-awareness, and help manage stress by focusing on the present moment. Taking regular breaks and engaging in hobbies or activities you enjoy also contribute to relaxation and stress relief.

3. Adopt Healthy Lifestyle Habits:

Maintaining a healthy lifestyle plays a crucial role in managing and overcoming stress. Ensure you prioritize regular exercise, as physical activity releases endorphins, which are natural mood boosters. Additionally, follow a balanced diet, getting adequate sleep, and limiting the consumption of caffeine, alcohol, and processed foods. A well-nourished body and mind are better equipped to handle stress.

4. Time Management and Prioritization:

One common source of stress is feeling overwhelmed by a lack of time. Effective time management techniques, such as creating to-do lists, setting realistic goals, and prioritizing tasks, can help regain a sense of control and reduce stress. Break larger tasks into smaller, more manageable ones, and delegate or seek assistance when necessary. Learning to say "no" to nonessential commitments is also important for maintaining balance.

5. Cultivate a Supportive Network:

Strong relationships and social support are vital in overcoming stress. Surround yourself with a supportive network of family, friends, or colleagues who can provide guidance, understanding, and a listening ear. Sharing your feelings and concerns with trusted individuals can alleviate stress and provide a fresh perspective. Joining support groups or seeking professional counseling may also be beneficial in challenging times.



Overcoming **STRESS**

6. Positive Thinking and Self-Care:

Maintaining a positive mindset and practicing self-care are powerful tools in overcoming stress. Challenge negative thoughts and replace them with positive affirmations. Engage in activities that bring you joy, whether it's spending time in nature, pursuing a hobby, or practicing self-care rituals like taking baths or reading a book. Prioritize self-compassion and avoid self-criticism, allowing yourself time for rest and rejuvenation.

7. Seek Professional Help if Needed:

While these strategies can be effective for managing everyday stress, sometimes professional help may be necessary. If stress becomes overwhelming, persistent, or starts interfering with daily functioning, consider seeking support from a healthcare professional, therapist, or counselor. They can provide tailored guidance and therapeutic interventions to address your specific needs.

Conclusion:

Overcoming stress is a lifelong journey that requires patience, self-awareness, and consistent effort. By recognizing stress, implementing mindfulness practices, adopting healthy habits, managing time effectively, cultivating supportive relationships, practicing positive thinking, and seeking professional help when needed, you can regain control over your life and develop resilience in the face of stress. Remember, small steps taken each day can lead to significant progress in reducing stress and achieving a more balanced and fulfilling life.



JULY 2023
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POEM

By Jyotika Pawar
ज्योतिका पवार

व्यस्तता



आजकाल स्वतः साठी वेळ मिळत नाही
दिवस कसा जातो तेही कळत नाही

ऑफिस ते घर सगळ यांत्रिक झालंय
स्वतःसाठी जगणं कुठेतरी हरवून गेलय

रोजच्या दगदगीत श्वास गुदमरून जातो

चिडचिड होते अन् उगाच कंटाळा येतो

घरच्यांसोबत गप्पा आता होतात कुठे
तालावर नाचवतात घड्याळाचे काटे

जबाबदारी सोबत जगणे खरा पेच आहे

मोठे झालो म्हणतात ते कदाचित हेच आहे.





SLOW IT DOWN

BY ALTAMASH SHAIKH



**Strive at work while you can.
God knows it's why you are a man,
But don't wait till the funds abound
Before you get to slow it down.**

**Give your calling all you've got.
Rewards to gain, they are a lot;
But don't lose loved ones you have
around.
Create the time to slow it down.**

**Toil for things that you crave,
But how much gets taken to the grave?
As needs are met, the wants compound.
Take the time to slow it down.**

WHO IS YOUR LIFE PARTNER ?

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- (A) Mom
- (B) Dad
- (C) Wife
- (D) Son
- (E) Husband
- (F) Daughter
- (H) Friends ?



Not at all Your real life partner is Your Body . Once your body stops responding no one is with you. You and your body stay together from Brith till Death What you do to your body is your responsibility and that will come back to you .The more you care for your body the more your body will care for you . What you eat , What you do for being Fit How you deal with stress, How much rest you give to it. Will Decide how your body going to respond

Remember your body is the only permanent address where You live . Your body is your Assesst / Liability , which no one else can share Your body is your responsibility . Because, you are the real life partner. Be Fit forever Take Care of yourself< Money come & goes, Relatives & Friends are not permanent. Remember, No one can help your body other than you.

Pranayama for Lungs: Meditation for mind Yoga-asanas For body Walking for Heart Good food for intestines Good thoughts for Soul Good Karma for World.



By Jay Malali



Bhavini Mehta



Coffee Journal

Drinking coffee is a popular beverage enjoyed by millions of people around the world. While individual responses to coffee can vary, here are some potential benefits associated with moderate coffee consumption:

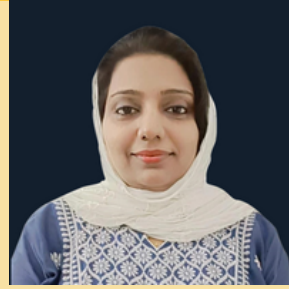
- **Increased Alertness and Energy:** Coffee contains caffeine, a stimulant that can help improve alertness, concentration, and overall energy levels. It can temporarily reduce feelings of fatigue and increase mental focus.
- **Enhanced Cognitive Function:** Research suggests that coffee may have positive effects on cognitive function. It can improve memory, reaction time, and cognitive performance, helping individuals stay more focused and productive.

- **Mood Enhancement:** Coffee consumption has been linked to a reduction in depressive symptoms and a lower risk of developing depression. The caffeine in coffee can act as a mild antidepressant, boosting mood and overall well-being.
- **Antioxidant Properties:** Coffee is a rich source of antioxidants, including chlorogenic acid and polyphenols, which help combat oxidative stress in the body. Antioxidants play a crucial role in reducing inflammation and protecting against chronic diseases like heart disease, certain cancers, and neurodegenerative conditions.
- **Potential Metabolic Benefits:** Some studies have suggested that coffee consumption may have metabolic benefits. It has been associated with a modest increase in metabolism, which can aid in weight management. Coffee may also enhance fat oxidation and improve insulin sensitivity.
- **Liver Protection:** Regular coffee consumption has been linked to a lower risk of liver diseases, including liver cirrhosis, liver cancer, and non-alcoholic fatty liver disease. Coffee's beneficial effects on liver health may be due to its antioxidant properties and ability to reduce inflammation.
- **Reduced Risk of Certain Diseases:** Moderate coffee consumption has been associated with a lower risk of several chronic conditions. Research indicates that it may reduce the risk of type 2 diabetes, Parkinson's disease, Alzheimer's disease, certain types of cancer (such as liver and colorectal cancer), and cardiovascular diseases.



KERELA - GOD'S OWN COUNTRY

Hamara INCHES



Dr Zahida Asif



WHY SHOULD YOU TRAVEL HERE?

Kerala, often referred to as "God's Own Country," is a beautiful state in India known for its lush green landscapes, backwaters, beaches, and rich cultural heritage. Here are some travel recommendations for Kerala:

- Alleppey (Alappuzha): Known as the "Venice of the East," Alleppey is famous for its serene backwaters, houseboat cruises, and scenic beauty. Experience a stay on a traditional houseboat, sail through the backwaters, and witness the picturesque landscapes of paddy fields, coconut groves, and villages.
- Munnar: Nestled in the Western Ghats, Munnar is a hill station known for its breathtaking tea plantations, misty mountains, and pleasant climate. Explore the tea estates, visit the Eravikulam National Park to spot endangered Nilgiri Tahr, and enjoy panoramic views from viewpoints like Echo Point and Top Station.
- Kochi (Cochin): A historic port city with a blend of colonial and traditional influences, Kochi offers a mix of cultural heritage and modern attractions. Explore the charming Fort Kochi area, visit the iconic Chinese Fishing Nets, discover the Jewish Synagogue and Mattancherry Palace, and enjoy the vibrant arts scene and delicious seafood.

TRAVELLING RECOMMENDATIONS



WHERE SHOULD YOU TRAVEL HERE?

- **Kovalam:** Located near Thiruvananthapuram, Kovalam is a popular beach destination in Kerala. Relax on the beautiful sandy beaches, indulge in water sports, and witness mesmerizing sunsets. Don't miss visiting the nearby Vizhinjam Lighthouse and exploring the local Ayurvedic wellness centers.
- **Thekkady:** Known for the Periyar National Park and Wildlife Sanctuary, Thekkady offers opportunities for wildlife spotting and nature enthusiasts. Take a boat ride on Periyar Lake, go for jungle treks, and spot wildlife like elephants, tigers, and various bird species.
- **Wayanad:** Situated amidst the Western Ghats, Wayanad is known for its picturesque landscapes, tea and coffee plantations, and wildlife sanctuaries. Explore attractions like Chembra Peak, Banasura Sagar Dam, Edakkal Caves, and enjoy the serene beauty of Soochipara and Meenmutty Waterfalls.

Foodies.



Preeti Desai



Easy Recipe For Brunch

By Preeti Desai

These banana pancakes are soft, well-spiced, and full of delicious banana flavor. I use a blend of whole wheat pastry flour and oat flour to make them, so they're healthier than your average pancake, and they also happen to be vegan!

My Favorite Banana Pancakes



What You Need to Make Banana Pancakes

Flour, Sugar, Baking powder, Salt,
An Egg, Milk, Vegetable oil, Bananas

How to Make Banana Pancakes

Mix :

Combine your dry ingredients (flour, sugar, salt, baking powder) in one bowl and your wet ingredients (egg, milk, vegetable oil, mashed bananas) in another bowl. Add the dry ingredients to the bowl with the wet ingredients, then stir until they're incorporated. It's OK if your batter is slightly lumpy.

Cook:

Pour the batter in $\frac{1}{4}$ cup portions onto a lightly oiled pan or griddle over medium-high heat. Cook for a few minutes, flip with a spatula, and cook for another few minutes (or until each side is golden brown).

Serve:

Serve your banana pancakes immediately. They're delicious alone or with your favorite pancake toppings.



Hamara INCHES

Email Newsletter

July/2023

FRESH FROM JYOTI'S KITCHEN

Baking

Local

Vegan

Recipes



Jyoti Masye



Vegan/Weekend Snacks/Vegetable Fritters

VEGETABLE FRITTERS



Healthy and Crispy

Hi, foodies!

The weekend is coming. What about making something healthy but also crunchily yummy bites to eat for accompanying your day off at home?

What about mixing vegetables or fruit into dough batter and then deep-fry it?

That's right! Veggie Fritters!

[See More](#)

[Get the Recipes](#)

Today's Quote

When there is good food
Then there is a good mood

VEGETABLE FRITTERS



Ingredients:

- 2 cups shredded zucchini
 - 2 cups shredded carrots
 - 2 cloves garlic, minced
 - 2/3 cup all-purpose flour
 - 2 large eggs, lightly beaten
 - 1/3 cup sliced scallions (green and white parts)
 - 2 Tablespoons olive oil
 - Sour cream or yogurt, for serving
-
- Place the shredded zucchini in a colander and sprinkle it lightly with salt. Let the zucchini sit for 10 minutes then using your hands, squeeze out as much liquid as possible.
 - Transfer the zucchini to a large bowl then add the carrots, garlic, flour, eggs, scallions, ¼ teaspoon salt and ⅛ teaspoon pepper. Stir the mixture until it is combined.
 - Line a plate with paper towels. Place a large sauté pan over medium-high heat and add the olive oil. Once the oil is shimmering, scoop 3-tablespoon mounds of the vegetable mixture into the pan, flattening the mounds slightly and spacing them at least 1 inch apart.
 - Cook the fritters for 2 to 3 minutes then flip them once and continue cooking them an additional 1 to 2 minutes until they're golden brown and crispy. Transfer the fritters to the paper towel-lined plate, season them with salt and repeat the cooking process with the remaining mixture.
 - Serve the fritters immediately topped with sour cream or yogurt.



Daisy Patel

TIPS AND TRICK

For the maple vinaigrette dressing (use 6 tablespoons)

- 2 tablespoons maple syrup
- 2 tablespoons apple cider or white wine vinegar
- 1 tablespoon mustard
- ¼ teaspoon salt
- 6 tablespoons olive oil
- Fresh ground black pepper (optional)

HEALTHY FOOD

CRISP APPLE SALAD

For the salad

- 1 crisp tart apple
- 8 cups mixed greens or tender lettuces
- ¼ cup pecans
- ¼ cup goat cheese or feta cheese crumbles
- ¼ cup pomegranate seeds or dried cranberries
- Optional: chopped fresh thyme, for garnish

DELICIOUS FOOD
MAKE YOUR
HAPPY DAY





CRISP APPLE SALAD

Instructions

1. If using, prepare the candied pecans in advance (or use purchased).
2. Make the dressing: In a medium bowl, whisk the maple syrup, vinegar, Dijon mustard, salt, and black pepper. Whisk in the olive oil 1 tablespoon at a time until a creamy dressing forms. (If desired, make in advance and refrigerate up to 2 weeks; bring to room temperature prior to serving).
3. Thinly slice the apple.
4. Place the greens on a large platter or individual plates. Top with apple slices, candied pecans, goat cheese or feta crumbles, and pomegranate seeds or dried cranberries. Top with about 6 tablespoons of the dressing (or more as desired) and serve immediately. (To make ahead, keep all components separate with fresh ingredients and dressing refrigerated. Toss the apples with lemon juice to prevent browning. Bring dressing to room temperature and add all ingredients together directly before serving.)

DELICIOUS FOOD
MAKE YOUR
HAPPY DAY



I.T. AWARENESS WEEK



Password Security

- Keep Your Password Secret. Don't share to anyone.
- Password Length is minimum eight characters or more.
- Passwords must meet Password Complexity requirements.

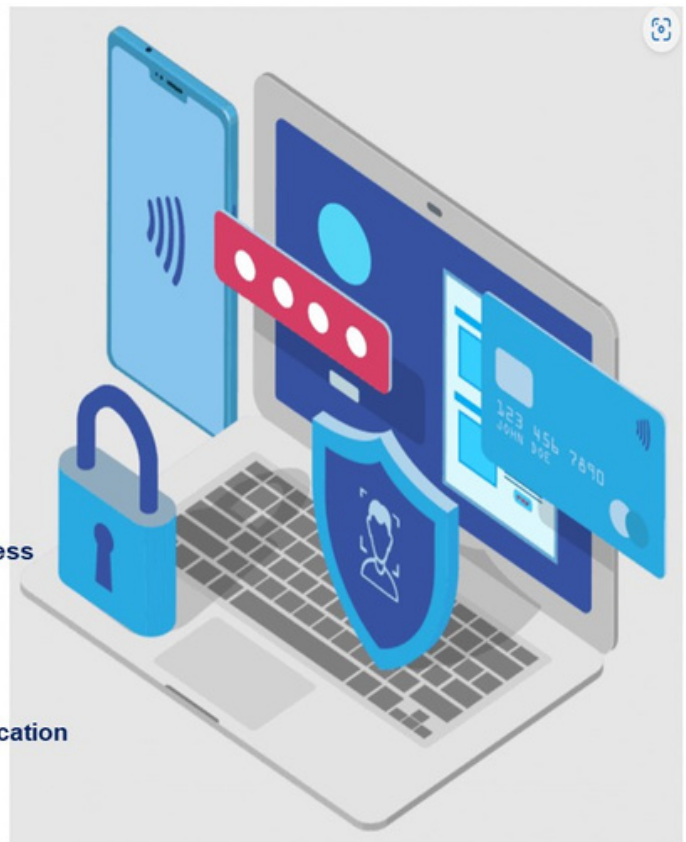
It Should Contain :

capital letters (A-Z)
lowercase letters (a-z),
at least one number (0-9)
at least one Special Character

example –

Inches@123#

- Use the Password which is easy to remember but difficult to guess
- Do Not Use Personal information in your Password
- Change the Password in regular interval of time.
- Don't Use Same Password everywhere.
- Don't revel the Password over chat , mail or any other communication



I.T. AWARENESS WEEK

E-Mail Security

- Use Email Address for Business Purpose only.
- Use Official Email for Office use Only.
- INCHES managed e-mail systems or accounts should not sync or forward to personal email ID like Yahoo, Hotmail, Gmail etc.
- Retain important mails for evidence / record purpose
- Don't Transmitting offensive material like political opinion, pornography and sexual harassment material.
- Don't Open mail attachment from Unknown Source.
- Don't Send mail to the Person not required
- Do not open Downloaded Executable File (.Exe) which came via email




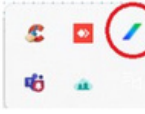
Internet Security

- Provided Internet service is for business purposes only.
- Pay attention to security warnings displayed by the browser.
- Online storage of any INCHES data is strictly forbidden.
- All user activities on the Internet are not performed in complete privacy.
- Each access is logged by INCHES security enforcement
- Don't Access Illegal / unethical Sites on Office Devices/ Network




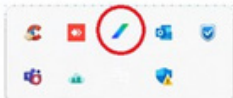


I.T. AWARENESS WEEK

Clear Desk & Clear Screen

- Lock your Screen While Leaving Your Desk 
- Don't Forget to collect your Documents from Printers.
- Check the Antivirus has been installed in your machine. 
- Don't Install /use any unauthorized Software on your PC.
- Ensure the Desk is Clean and no sensitive information is lying around.
- Shred unwanted documents.
- Don't Access Illegal / unethical Sites on Office Devices/ Network
- Keep all your files on Documents and Desktop to get the backup to One Drive.
- Don't Post Official Sensitive information on Social Network if you not authorized



Key Points to Remember

- Lock your Screen While Leaving Your Desk 
- Check the Antivirus has been installed in your machine.
- Don't Install /use any unauthorized Software on your PC. 
- Keep Your Password Secret. Don't share to anyone. 
- Password Length is minimum eight characters or more.
- Use Email Address for Business Purpose only. 
- Don't Open Spam Mail or mail from Unknown Source.
- Use Internet wisely for business Purpose Only.

Information Security – Who is responsible ??

We all are responsible

REWARDS & RECOGNITION



REWARDS & RECOGNITION



BIRTHDAY CELEBRATIONS



Happy Birthday

