

#BUDGET-FRIENDLY

Affordable International Travel



Trek through Nepal's breath-taking landscape or join in on the autumn festivities in Singapore. Whether you're seeking adventure or culture, a beach holiday or delicious food, these easy-to-reach destinations offer a varied range of experiences.

Looking for a last-minute holiday without breaking the bank? This September, you can fly to five international destinations without burning a hole in your pocket. Trek through Nepal's breath-taking landscape or join in on the autumn

festivities in Singapore. Whether you're seeking adventure or culture, a beach holiday or delicious food, these easy-to-reach destinations offer a varied range of experiences. With one-way direct flights under Rs. 8,000, here are five affordable international destinations, you can fly to, this month.

Sri Lanka



This is the end of the low season in Sri Lanka, when prices are still low and the crowds haven't descended yet. Explore the ancient Dambulla Cave Temple or relax on the

clear Bentota Beach. **How to reach:** Direct flights under Rs. 8,000 from Chennai to Colombo. **Visa:** ETA visa valid for 30 days.

Nepal



September in Nepal is perfect for trekking, with clear skies and stunning Himalayan views, making it the ideal time for adventure enthusiasts. **How to reach:** Direct flights under Rs. 8,000 from Chennai. **H u b a n e s w a r .** Thiruvananthapuram, Coimbatore, Amritsar, and Tiruchirappalli. **Visa:** E-visa.

Singapore



Enjoy Singapore's relaxed weather and the Mid-Autumn Festival, where the city lights up with colourful lanterns and cultural festivities. **How to reach:** Direct flights under Rs. 8,000 from Chennai. **H u b a n e s w a r .** Thiruvananthapuram, Coimbatore, Amritsar, and Tiruchirappalli. **Visa:** E-visa.

Malaysia



With moderate rainfall and lush tropical foliage, Malaysia is a great place to explore natural beauty and sample authentic Malay specialties like Nasi lemak, this month. **How to reach:** Direct flights under Rs. 8,000 from New Delhi, Kochi, Bhubaneswar, Ahmedabad, Amritsar, Visakhapatnam, and Thiruvananthapuram to Kuala Lumpur. **Visa:** Visa-free entry till 31 December 2024.

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Oman

Oman offers a pleasant retreat in September, with cooler temperatures and fewer tourists. Shop your heart out at the numerous

souks that Muscat has to offer. **How to reach:** Direct flights under Rs. 8,000 from Mumbai to Muscat. **Visa:** E-visa.



Sheetal Devi



Dr. Goutam Sen
Cardiothoracic & Vascular Surgeon

November 1953. The whisper went round the class as one of us spotted the Billboard being put up from the window. 'The Great Raymond Circus' was the headline. Underneath was a cluster of pictures of Lions, Tigers, Elephants and Horses. The trapeze artists could be seen hanging from the top. The clown hovered in one corner while Samson, 'The Strongest Man on Earth,' dominated the other corner.

All of this was very tantalizing. The Circus used to come to Jaipur once a year, and it was visited once, if not twice, because the Circus people switched programmes after a fortnight and there were many new events worth a revisit.

Nobody ever mentioned the side shows that accompanied the circus. We, children, always insisted on going earlier to have a look at the stalls. Big banners outside the stalls invited us to see something outstanding for an additional charge. *The Snake Lady* (learned much later that the poor lady suffered from Psoriasis), the *biggest Serpent* on earth (actually a very sleepy python), any ferocious captive animal feeding, were some of the common ones.

Once, there was a small tent, a little away from the others, *'The Amazing Miss Mary'* caught the attention. The picture showed an armless lady with pots and pans and paintings all around her. This was something new and we opted to go into this tent. This fair and small lady from the North East, clad in shorts and an armless coloured top, sat on the floor of the stage with cooking utensils, including a pretty tea set and an

unlit Primus stove around her. She gave us a smile while the announcer in the background blurted. "See Miss Mary, the armless wonder, cook and make tea in front of you. Just with her feet!" She lit the stove with her feet. She could pump the piston of the primus stove and even light a match, holding them with her feet. Then, she made tea just as we do at home.

Her movements with the feet were deft and well-controlled. She picked up a paper with her agile feet, and painted a picture of a flower. These paintings were on display on the walls of the tent and for sale. There must have been much more that she did, but this is all I remember. I recall clearly how we, classmates, took off our shoes and tried to pick up a pencil and draw on paper during the class interval. Others, watching us, had a hilarious time, watching our clumsy twists and turns. No mobile TikTok videos at that time!

A long time passed. One day, I got a packet. The sender's name in the Lower corner was 'Feet and Mouth Artists of India.' Normally, I would junk it but a very colourful painting of a butterfly made me hesitate. I slit open the envelope. Inside it was an introductory letter and a form for me to subscribe. A set of four cards and a calendar with excellent floral designs were sent as gift. They said that more could be purchased. The prints were as good as or even better than commercial cards. It was hard to imagine that these were done by armless people, holding the paint brushes in their teeth or toes of the feet. A long forgotten picture of 'Miss Mary of the Circus' suddenly floated up from the depths of my memory.

The Mouth and Foot Painting Artists (MFPA) is a global organization of artists with disabilities, who create artwork using their mouths or feet due to limited or no use of their hands. The organization was founded in 1957 by Erich Stegmann, a German artist, who was unable to use his hands due to polio. The MFPA has over 80 member artists from more than 80



Avani Lekhara gets a gold for Rifle Shooting.

Harvinder Singh wins gold for Archery.

Navdeep Singh won gold for Javelin.

Deepthi Jeevani gets a bronze for 400m T20 class.

You Don't Shoot With Hands Alone

India is competing at the 2024 Paralympics in Paris from 28 August to 8 September 2024. This is India's 13th appearance at the Summer Paralympics. India has previously won a total of 31 medals across Paralympic Games, with the most successful Paralympic campaign being the 2020 Tokyo edition with 19 medals. India has already won 25 medals with six gold, nine silver, and ten bronze medals in the 2024 Games. This marks India's highest ever medal tally in a single Paralympic Games as of.

#COURAGE



armless archers have developed innovative techniques to adapt the sport to their abilities. They use their feet to hold and draw the bow, employing a combination of strength, balance and precision. The challenge of maintaining a stable stance and controlling the release of the arrow adds an extra layer of complexity to their performance. The journey of armless archers is not without its obstacles. They face physical limitations, societal stereotypes, and the constant need to prove themselves. However, their passion for archery and their determination to overcome challenges have fueled their success.

countries. Artists work with various mediums, including Watercolor, Oil painting, Acrylic and Mixed media. MFPA artists showcase their work in exhibitions worldwide, and the sales provide sustenance to the group. This marks India's highest ever medal tally in a single Paralympic Games as of. Although, all the participants are limited by physical and even mental disabilities, some of the participants stand out because of their tenacity and ability to overcome extreme conditions and still come out winners. Sheetal Devi is one such admirable example. She was born in Lothar village in Kishtwar, Jammu and Kashmir on January 10, 2007 with phocomelia, a rare congenital disorder, leading to underdeveloped limbs. The condition resulted in her arms not fully forming. Despite being born with a physical condition that posed inherent challenges, Sheetal Devi was athletically gifted and never let her limitations stop her from making the most of her childhood. As a kid, Sheetal possessed a strong will and enjoyed climbing

trees as a pastime. The activity helped her build a strong upper body, which proved to be a turning point later in her life. The Indian Army played a pivotal role in propelling Sheetal Devi's career in *Para archery*. It was at a youth event, orchestrated by the Indian Army in Kishtwar, Jammu and Kashmir in 2021 that Sheetal's innate athleticism and archery were discovered by army coaches. However, the initial attempts from the coaches to make Sheetal Devi 'a force in Para archery' hit a stumbling block. The coaches initially planned to help her with prosthetics but it did not work out. After further research, the coaches came to know about Matt Stutzman, an armless archer who used his legs to shoot a silver medal at the London 2012 Paralympics. Sheetal soon joined former archer and coach Kuldeep Vedwan's academy. While competing among the abled archers at the national competitions, Sheetal Devi's talent was for all to see. Using her legs and feet akin to

International Chocolate Day

While there may be a few people in the world who don't like chocolate, for most of the world, chocolate is considered to be a delicious treat. And for some people, chocolate may even be considered an obsession. *International Chocolate Day* was created to learn about, celebrate and enjoy everything that has to do with chocolate! Whether it's milk chocolate, semi-sweet chocolate or dark chocolate, International Chocolate Day is the perfect time to enjoy taking part in this delicious treat. Grab a favourite type of chocolate bar or try out some new and special types of chocolate.



has proved to be a trailblazer, more and more armless people are competing in the sport.

This year, there were three other archers competing in Paris who don't have arms, Piotr Van Montagu of Belgium, who also competed in the last Paralympics, Victor Sardina Viveros of Mexico, and the only female, Sheetal Devi of India. Devi and Van Montagu are two of many armless people who have been mentored by Stutzman in the sport. Stutzman is a four-time Paralympian who won a gold medal in the 2024 games, and has set a Paralympic record in a national level against China's Ai Xinliang. Stutzman had previously won silver and broke a world record in 2015 for the farthest accurate archery shot with a compound bow, (regardless of whether they have a disability) when he hit a target from 310 yards. He has regularly competed against non-disabled archers, and believes that the strength of his legs gives him an advantage. "I can aim and hold things steadier for longer periods of time than people with arms," he said.

Armless archers have developed innovative techniques to adapt the sport to their abilities. They use their feet to hold and draw the bow, employing a combination of strength, balance, and precision. The challenge of maintaining a stable stance and controlling the release of the arrow adds an extra layer of complexity to their performance.

The journey of armless archers is not without its obstacles. They face physical limitations, societal stereotypes, and the constant need to prove themselves. However, their passion for archery and their determination to overcome challenges have fueled their success.

Armless archers are inspiring countless individuals around the world. Their stories of resilience, determination, and achievement are a testament to the power of the human spirit. By breaking down barriers and defying expectations, they are challenging societal norms and inspiring others to pursue their own dreams.

Armless archers have demonstrated that disability does not define one's capabilities. Through their dedication, innovation, and perseverance, they have transformed archery into a sport that is accessible to all. Their inspiring stories serve as a reminder that with the right mindset and support, anything is possible.

The world of sports is no stranger to athletes *overcoming odds* to achieve big on the world stage. Yet, among all these odds-defying narratives, the story of the teenaged Indian Para Archer, Sheetal Devi, stands out.

Stutzman, aged 41, who lives in Fairfield, Iowa, has competed in the Paralympics as its only armless archer for a long time. But he

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#PANCAKES

Delicious Breakfast Treat

Give this nearly foolproof *eggless pancake* recipe with whole wheat flour a try, and we are sure, it will be your favourite way to make pancakes, too!

Fluffy, soft and tender, this *Eggless Pancakes* recipe is with whole wheat flour, milk, sugar and flavourings for a healthy and delicious breakfast treat. Here, you'll find step-by-step instructions for how to make the easiest and best pancake recipe without eggs. This Eggless Pancake recipe is also quick and easy to make in only 15 minutes with basic pantry staples. Simply combine dry ingredients with a mixture of milk and butter, then, whisk to create an airy batter. The pancakes are quickly cooked on a hot griddle (or skillet) and in no time are ready to load with toppings.

Preparation



Mixing Dry Ingredients

- In a mixing bowl, first take whole wheat flour. If the wheat flour is ground in a mill, then do sift the flour once or twice before using.
- Add salt. Skip adding salt, if using salted butter.
- Add sugar. You can even add 1 to 2 teaspoons sugar or skip it entirely.
- Add baking powder and ground cinnamon.
- With a wired whisk, mix all the dry ingredients very well. Set aside.

Mixing Wet Ingredients

- Take 1.5 cups milk in a saucepan. Keep the pan on a low to medium-low flame and begin to heat milk. You can also use almond milk or soy milk.
- When the milk is becoming hot, do stir occasionally. Do not boil the milk but let it only become hot. You should see some steam coming from the milk.
- When the milk becomes hot, add 1 tablespoon unsalted butter. You can also use oil instead of butter. Use a neutral flavoured oil.
- Mix the butter in the hot milk very well.

Making Eggless Pancake Batter

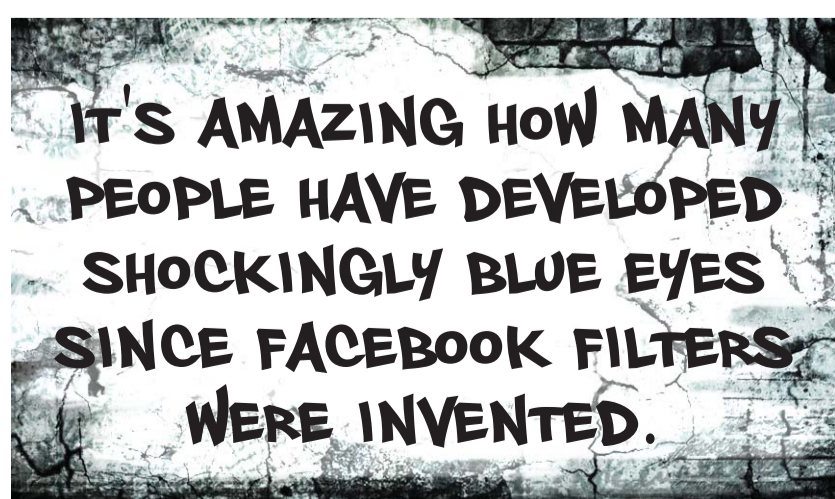
- Then, add this mixture to the dry ingredients in the bowl. With a wired whisk, mix very well.
- Break lumps with whisk and make a smooth batter. A few tiny lumps are alright in the batter.
- The pancake batter is of a pourable consistency and not thick. If the batter looks thick, then, you can add ¼ cup more of hot milk. Depending on quality and texture of whole wheat flour, more milk can be added.
- Set the pancake batter aside.

Making Whole Wheat Pancakes

- Then, heat a well-seasoned heavy skillet or frying pan. Spread ½ to 1 teaspoon softened, unsalted butter or oil on the pan.
- With a ladle, gently pour the batter. Do not spread the batter with the ladle. The batter spreads on its own. You can even use a measuring cup to pour the pancake batter.
- On a medium-low heat, cook the pancake.
- Cook it till you see bubbles forming on the surface of the egg-free pancake.
- When the base looks crispy and golden, gently turn over the whole wheat pancake.
- Cook the second side also till golden. Then, remove eggless pancake and serve.
- You can even stack these eggless pancakes in a casserole or roti basket, and then serve warm. Make remaining pancakes in batches, this way.
- To speed up the cooking of pancakes, you can opt to use a large frying pan or use two skillets or frying pans.
- Serve these fluffy eggless pancakes with fresh fruits or jam or whipped cream or maple syrup or honey or chocolate syrup.



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

