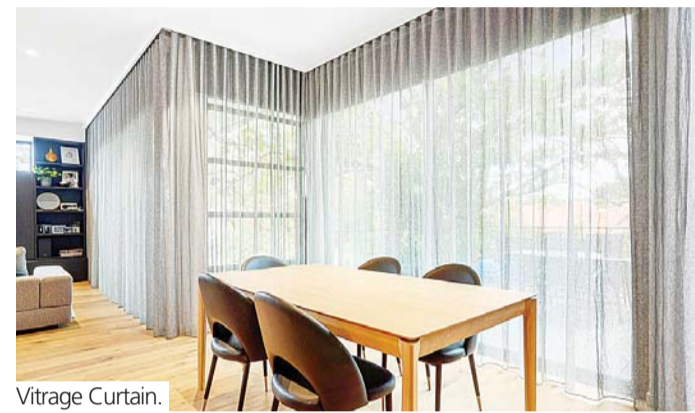


#WORK-PLACE

Fashionable Curtain Ideas for Working Area

Whether you're using shutters, blinds, curtains or going curtainless with your home office window treatments, you can add privacy and personality to your study area easily.



Vitrage Curtain.

Most people believe that giving curtain to window office is the best move. Because it makes your working area more private in any way. Therefore, we offer you these office curtain ideas with special characters that will bring out your personality at once.

Further, the proper installation of office curtain ideas can also help you filter the sunlight that enters your workspace.

So, you can still work productively during the day or night without being disturbed by sun exposure. In fact, of all the window treatments you know there are also types of shades that can protect you from UV rays.

So, without a further ado here are some office curtain ideas to inspire you.

Vitrage Curtain

The first design on office curtain ideas let you go with a sleek vibe of window treatment but still look modern using a plain white vitrage curtain. It seems sheer yet can keep your personal space private for a moment.

With the entire window that you have the vitrage curtain can reflect the items inside the home office into a silhouette.

Flower-Patterned Curtains



Suppose you are the type of person who gets bored quickly. Changing your window treatment every season is the best idea you can take.

That way the atmosphere of your workspace is not monotonous at all times. To welcome the upcoming autumn, you can install cubicle drapes with repeated accents of orange flowers like above. Alternatively, you can also go with another motif that brings a peaceful earthy tone.

Sheer and Black Out Curtains

Only installing a sheer on a window may feel unsafe for some people. Therefore, come blackout curtains that can help you stay away from the prying eyes of strangers outside the window while you work at night.

And when daylight comes, you can cleave apart that heavy curtains wholly or halfway to adjust the light coming in.

Extra Long Curtains for High Ceiling

Did you feel confused about providing curtains for two windows located parallel on

two different floors? So, here comes the solution. Today you can even customize drapery of 300 cm in size.



Office window decor ideas like these can give you a solution to provide an elegant drapery for a home office with high ceilings and still save on a budget.

Window Sheers

Using sheers as your window covering will never make you feel outdated.

On the contrary, office curtain ideas have recently emerged a minimalist design by simply installing this only item in a home office. And everyone knows that this model is popular enough to follow.

However, leaving one focal point around the sheer is a must so that your workspace can get enough sunlight and still maintain its aesthetic value at once.

Elegant Ripple Fold Drapery

Fold drapery is the best answer for classic designs lovers. With not too much ornament in it these kinds of office curtain ideas can make your working area look more comprehensive than ever. Plus, by choosing cream colours your workspace will be much brighter.

Further, you can install a solar shade before the curtains to filter the light entering through the ventilation holes above the shutters.

Plain Tailored Pleat Drapes

Again, carrying a classic design, but want a more minimalist look? Tailored pleat drapes are the most perfect to choose.

Warm colours of drapes such as beige or sand beige can blend elegantly with your white window shutters.

The selection of office curtain ideas like this will be suitable for you who work professionally in more formal fields such as company managers and so on.

Printed Pattern Curtains

The workspace is not only where you work on all your reports every week. But it's also a place where you find inspiration, especially when working in a creative field.

Therefore, the selection of bright office curtain ideas is more recommended. You can go with a blue mixed printed pattern or your other favourite office curtain colour.

Further, to add a texture to your windows and adjust the light coming in you should install adjustable aluminum Venetian blinds.



#INFLATION FOOD

Gnocchi.

Eat More For Less



Shubham Agarwal
BhukkadBaniya,
Food Blogger and
Freelance writer

Cook your own meals and brew your own coffee toh bhot suna hai but, let's be honest, if either of that worked, the cafes and restaurant industry wouldn't be what it is right now.

Am I saying that it's a bad thing? No! Never!

From an economical perspective, it's an integral part of our economy which makes up a large part of our GDP and from a sociological perspective, it's where I find my own existence.

But the world of culinary art is too innovative, imaginative and interesting to be bound by the mere suggestions of trivial constraints such as budget and the four walls of a chef's kitchen.

No, art has always found its medium, be it Van Gogh who had no money to buy colours for his erratic paintings or Munshi Premchand who wrote all his life in the dim light of an oil lamp lit by poverty.

We are blessed with so much more than those geniuses and the sole thing we lack is the imagination and intuition those visionaries had.

This expanding of mind and vision is what I've constantly talked about in the previous articles, you would recognize, if you have happened to read those.

While no one can teach you to think out-of-the-box, least of all me what you can do to incite it in you is to simply look at the things and perceive them in the opposite way they're intended to. Rest will be simply managed by the 'Jugaad' mentality we as a collective creators possess.

Mentioned below are some such Jugaads that I have come to use time and again just to give you a small push on this merry way towards eating more for less.

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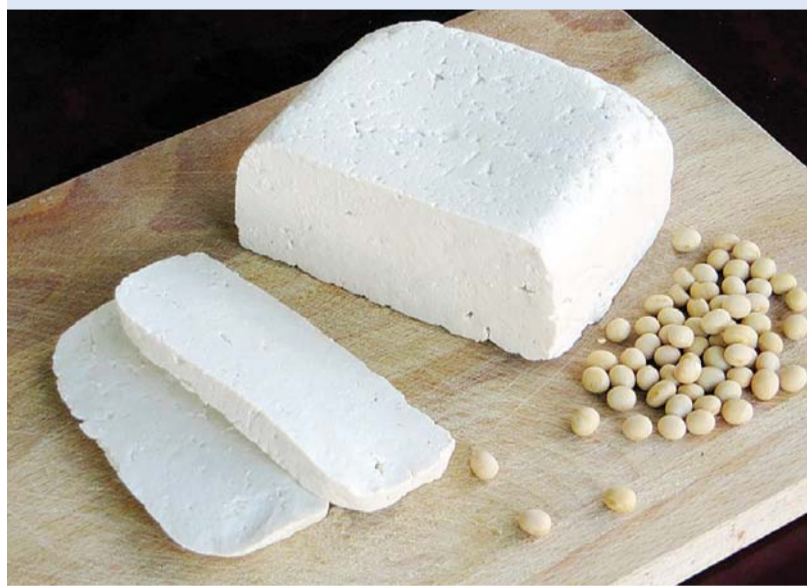
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Further, to add a texture to your windows and adjust the light coming in you should install adjustable aluminum Venetian blinds.

Just take some potatoes, boil 'em, mash 'em and mix it with a bit of flour that's about it! All it takes is some kneading and you'll have fresh pasta ready in a matter of minutes which can beat any dried pasta that you plan on boiling for that one-bowl-dinner.



Chicken Soup (for the soul and body alike)

While there is virtually nothing that remains unimpacted by the global inflation that we are facing, the hardest hit in the Food sector is Meat.

Prices have increased steadily and considerably and the best way to avoid this spending is to get your pantry in order, reduce food wastage and really 'stretch' a cut of meat by means of innovative recipes.

To be precise, eating mostly vegetarian will considerably help you in this endeavour but for those who

Chicken

Eating fresh, healthy and better does not take, SHOULD not take more money out of your pocket. All it needs is a little of your time, your attention and a bit of wishful thinking that adds so much more to your dinner table making you feel satiated whenever you try these with some of your own Jugaads. Think, create, appreciate, share and enjoy your very own recipe with minimal and desi jugged ingredients. Bon appetit!!!

really want addition of some protein in their meals can use off-cuts to substitute where one normally wouldn't.

This one is inspired from Japan's one of the most famous ramen chefs, Chef Minoru Sano, also known as Sano-San, who developed a Shio Ramen Soup that has acquired the status of a legend.

This Ramen Soup (as all ramen bowls) include lots of flavours and different textural elements in the form of ramen noodles, eggs, shio soup to name a few.

For our intents and purposes we will concentrate on the soup part of this ramen, in which Sano-San uses multiple bones and femurs to flavour the broth but the most weird ingredient he employs is Chicken Feet.

Yes, you read that right. Chicken feet is a cut that is usually headed for the dustbin but clean it properly, clip its toenails and add to the pot alongside broth veggies like carrots, onions, cabbages and it gives the otherwise lean broth a punch of flavour and body.

You can practically get the chicken feet for free and save the meat to add later to the soup, saving it from



Chicken

being a simple boiled chicken soup. The resultant soup is not only more delicious than the conventional recipe; it is healthier and when put in perspective of the store bought powdered soup packets, it has no added preservatives or MSG. It truly becomes Chicken Soup for mind and body alike.

Vegetarian Delights

For the vegetarian side, this endeavour of eating more for less becomes slightly less harrowing as inflation has a considerably lower impact on vegetables.

But most forget that the vegetarian diet is not just all vegetables and fruits. A person requires a balanced diet which has protein, carbs, fiber, fat and the main source of protein in vegetarian diet comes from legumes, pulses, and dairy; all of which have been severely impacted by inflation.



Ratatouille.

One of the most favoured forms of protein in vegetarian cuisine is Paneer.

It happens to be very versatile, nearly being used in every course of a meal from being served as tikka starters to being served as rasgullas in dessert.

But as the cost of dairy products rises, right alongside other animal husbandry items, our purpose becomes a lost cause.

A simple alternative comes in the form of Tofu.

An almost similar form of cottage cheese which is made with Soy milk instead of dairy which makes it less fatty, more lean and even vegan friendly.

Tofu, though ever so slightly harder in texture presents itself as a perfect alternative in savoury dishes at nearly half the price.

It can be used in tikkas, curries or even consumed raw making it a perfect candidate for our purpose.

In Korean cuisine, which happens to be a very meat centric cuisine, tofu is the primary source of vegetarian protein and is even used in desserts, in the form of pudding.

Some might argue that up till now the only knock to these Jugaad

I've suggested is to replace the higher costing ingredients to eat more in terms of quantity to better suit the body but what about the soul?

Surely one has to dish out a little more money to eat more in terms of better quality right? Well, not always! Cuisines around the world have evolved in and around the Class system. While the upper class, mostly royalty and such others had an abundance of exotic ingredients to work with the lower classes were not that far away in evolving their palettes with whatever means they had.

Peasant dishes like Ratatouille, Stews and Gnocchi are culinary marvels created with minimal ingredients.

Take Gnocchi for example: A truly gourmet pasta experience that you wouldn't even find in most cafes and restaurants that is made out of

humble potatoes. Just take some potatoes, boil 'em, mash 'em and mix it with a bit of flour that's about it!

All it takes is some kneading and you'll have fresh pasta ready in a matter of minutes which can beat any dried pasta that you plan on boiling for that one-bowl-dinner.

The sauce is even simpler: A bit of butter, a sprinkling of fresh or dried basil or any herb of your choice and a rudimentary butter sauce is ready for tossing the fresh pasta.

Gnocchi is one of the most underrated pasta and the sole reason is because it has to be made fresh.

If it were up to me, it would be much more famous and main stream for that very reason.

Eating fresh, healthy and better does not take, SHOULD not take more money out of your pocket. All it needs is a little of your time, your attention and a bit of wishful thinking that adds so much more to your dinner table making you feel satiated whenever you try these with some of your own Jugaads. Bon appetit!

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World Plant Milk Day



Founded in 2017 by Robbie Lockie, a co-creator of Plant Based News, the idea for the day is to encourage people consider plant-based alternatives to dairy milk (replace animal based products with plant based products). The reduction of animal product consumption is not only helpful to the individual animals but also acts as a way for humans to live more sustainably on the planet. World Plant Milk Day is a great motivator to get started.

#RESEARCH

Treating Type 2 Diabetes



An extract from the roots of the Rhodiola rosea plant might be effective for helping manage type 2 diabetes, according to a new study.

They found that in a mouse model of human type 2 diabetes Rhodiola rosea lowered fasting blood sugar levels, improved response to insulin injections, modulated the composition of bacteria in the gastrointestinal tract and decreased several biomarkers of inflammation.

The prevalence of type 2 diabetes and the associated health costs have risen steadily in recent decades. Humans have used plants and natural products for thousands of years to treat diseases and our study shows Rhodiola rosea is a good candidate for further investigation," says Mahtabafari, professor of pharmaceutical sciences at the University of California, Irvine and corresponding author of the paper in Scientific Reports.

Current treatment recommendations include lifestyle changes as well as oral and intravenous medications. However, these drugs have significant limitations or side effects increasing the need for new therapeutic interventions.

The team used a genetically engineered mouse model that develops obesity, insulin resistance and high blood sugar, similar to advanced human type 2 diabetes to test whether Rhodiola rosea could



improve glucose homeostasis.

In the study, cohorts of age-matched male and female mice were randomly assigned to one of two groups: control, which received water or experimental which were administered Rhodiola rosea extract.

Their findings suggest that Rhodiola rosea might be beneficial for treating type 2 diabetes acting through changes in the microbiome that results in increased gut barrier integrity and decreased translocation of inflammatory molecules into the blood circulation," Jafari says.

Gut barrier integrity influences body weight and insulin response and this botanical product may improve the responses of liver and muscle tissues to insulin produced by the pancreas.

The team's next steps are to perform a larger follow-up study in a different mouse model of obesity induced diabetes to confirm these findings and to investigate the molecular mechanisms involved. Ultimately, Jafari hopes to conduct Rhodiola rosea clinical trials in patients with type 2 diabetes.

#J'ADORE

Rocking Jacket Style Kurti Looks

If you thought simple kurtis are as good as it gets when it comes to comfort and style, think again. The jacket kurti is the ultimate style booster.

Jacket kurti is an Indo-western cousin of the traditional kurti. It is worn with a jacket which could be either attached to the kurti or not. Some variations are made to look like jackets themselves.

If you find yourself wondering why it is a must-have for your closet, the answer is simple. The comfort and elegance of a kurti along with the finishing of a jacket; these are the two things that are in store for you when it comes to a jacket style kurti.

Let us now explore the various options that are available for you to try on and which occasion deserves them the most. We hope you'll find your next go-to outfit as you read on!

Kurti With Jacket Pattern

Fashion faux pas is a nightmare that absolutely no one wants to go through but probably has been a fashion disaster once in a lifetime. A kurti with jacket pattern is your saviour. This style comes with an attached jacket that may not go all the way to the back but gives the exact same effect. The best part about this jacket style kurti is that it avoids any possible mismatch that usually comes with buying a jacket separately.

Kurti With Long Jacket

Long jackets have been the talk of the town ever since they were introduced on runways around the globe. They are slimming, free flowing and add the perfect structure to any given outfit. They went on to become a very common addition to modern day kurtis. Kurti with long jacket is a staple you can't ignore. It is a refreshing take on already prevailing silhouettes like the Anarkali, A-line and fit & flare kurtis we have all come to love.



Embroidered Jackets For Kurtis

Embroidery is a treasured gem of India and it is more than essential to regard it for what it is. It is intricate and visually appealing on almost every type of outfit. The effort behind an embroidered outfit is all the more reason to embrace it. Embroidered jackets for kurtis are a win-win for the weaver and the wearer. Regardless of the length of the jacket and the kurti, dhoti pants make for an excellent pairing with these kinds of kurtis.



Cotton Kurti With Jacket

Cotton has been known to be the most breathable, skin-friendly fabric there is. That combined with the silhouette and structure of a kurti sounds and looks extremely appealing and you cannot deny this.

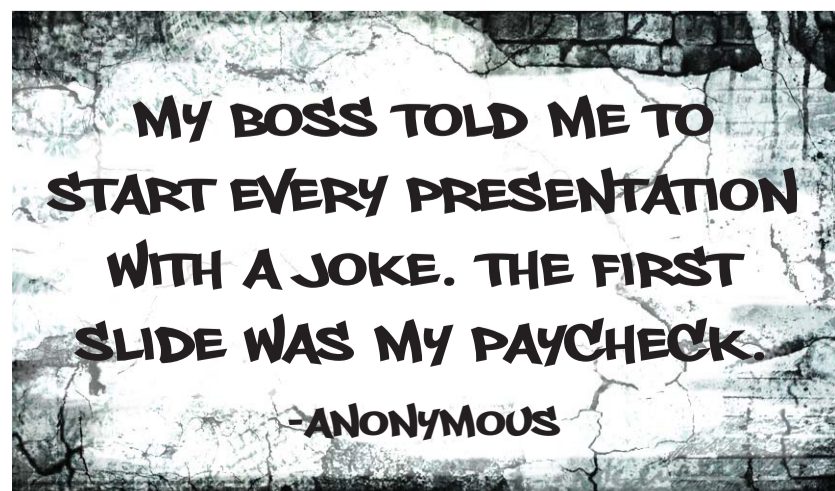
A day well spent is a day spent in comfort, especially if you're required to be outdoors at all times. That is where a cotton kurti with jacket comes into play. It enables free movement and simplicity along with being a presentable ensemble.

Keeping It Cute With Short Jacket Kurti!

Short jackets don't just look good when they're denim and we have proof. Short jacket kurti is a perfect way to keep it casual and not to over the top as it helps you blend in with the crowd. College going girls can experiment with this style to their heart's content and no one will bat an eye.



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman