



Promoting Employee Well-being

World Corporate Health Day, observed annually, highlights the importance of employee well-being in today's fast-paced work environment. Organizations worldwide use this day to promote workplace health initiatives, focusing on physical fitness, mental wellness, and work-life balance. Companies conduct health check-ups, wellness workshops, and stress management programs to create a healthier workforce. A productive workplace thrives on employees' well-being, making corporate health initiatives crucial for long-term success. By prioritizing employee wellness, businesses not only enhance productivity but also foster a positive work culture. World Corporate Health Day serves as a reminder that a healthy workforce is the foundation of a thriving organization.

#TRIED & TASTED

Crunch into Tradition

A Forgotten Indian Recipe for International Carrot Day!



Did you know that April 4th is International Carrot Day? That's right, it's a day dedicated to celebrating this crunchy, nutritious root that's been a staple in kitchens around the world for centuries! Whether you enjoy them raw, cooked, or blended into a smoothie, carrots are packed with beta-carotene, which is great for your eyes, skin, and overall health. But hey, let's do something different this year! Instead of the usual carrot halwa or cake, how about reviving a forgotten gem from India's culinary past?

What's So Special About Gajar Ka Murabba with Gond?

This isn't your regular sweet preserve, this version is enriched with *gond* (edible gum), which was once a favourite in royal kitchens and Ayurvedic households. It's known for its ability to boost immunity, strengthen bones, and keep you warm during chilly seasons. Sounds amazing, right? Let's make some!

- | Ingredients | Preparation |
|--|--|
| <ul style="list-style-type: none"> 500 g carrots (go for the red or desi variety for the best flavour) 300 g sugar 1 cup water 1 tsp <i>gond</i> (edible gum), fried in ghee and crushed 1/2 tsp cardamom powder 1/2 tsp saffron strands (optional, but highly recommended) 1 tbsp lemon juice 1 tbsp chopped almonds and pistachios (for that extra crunch) 2 tsp ghee | <ol style="list-style-type: none"> Make the syrup: In a heavy-bottomed pan, heat water and sugar until you get a one-string consistency syrup. (Pro tip: Dip your fingers in cold water and test between your thumb and forefinger, it should stretch like a thread!) Add the magic ingredient-carrots! Toss in the grated carrots and let them simmer on low heat until they become soft and absorb the syrup. Time for the gond boost! Heat ghee in a separate pan, fry the <i>gond</i> until it puffs up, then, crush it into fine pieces and mix it into the <i>murabba</i>. Flavour it up: Sprinkle in the cardamom powder and saffron strands. Stir well and let the mixture thicken to a rich consistency. Balance the sweetness: Add lemon juice for that perfect tang and to help preserve it longer. Cool, garnish, and enjoy! Once it cools, store it in a sterilized jar and sprinkle some chopped nuts on top before serving. |

Why You Need This in Your Life
Not only is this *murabba* super-delicious, but it also comes with a bunch of health perks! *Gond* helps with bone strength, improves digestion, and gives your body a warm, comforting boost. Sadly, this delicacy has taken a backseat in modern times, but you can be the one to bring it back!

Time to Celebrate!
So, this International Carrot Day, let's go beyond the usual and embrace our rich food heritage. Gather some fresh carrots, whip up this delightful *murabba*, and share it with your loved ones. Trust us, once you taste it, you'll wonder why it ever faded away! Are you ready to give this forgotten treat a try?



Dwellings Of Snow-Nicholas Roerich

"Deep ravines and grotesque hills rear up to the cloud-line, into which melts the smoke of villages and monasteries," he said. "Upon the heights gleam banners, suburgans or stupas. The ascending mountain passes curve with sharp turns. Eagles vie in their flight with the colourful kites flown by the villagers. In the bamboo-stalks and amid the fern, the sleek body of a tiger or a leopard adds a glimmer of rich supplementary colour. On the branches skulk the dwarfed bears, and a horde of bearded monkeys often escorts the solitary pilgrim."



Ajay Kamalakaran

First Glimpse

Before coming to India, Nicholas Roerich, Helena and Svetoslav had lived in the United States for three years. They were in Finland during the outbreak of the Bolshevik Revolution and did not live in Russia after the emergence of the Soviet Union.

The Roerichs crossed the Atlantic in May 1923. Yuri joined the rest of his family in Paris, and together, they set sail for India from Marseille via Egypt, the Suez Canal and Ceylon. Their point of entry in the country was Dhanushkodi.

"Somewhere, the Hindus, enveloped in their mantles, were compared to Roman senators," Roerich wrote. "This is an inane comparison. Rather liken them to the philosophers of Greece, and still better, call them the creators of the Upanishads, Bhagavad-Gita and Mahabharata. For neither Rome nor Greece existed when India was flourishing. And the latest excavations begin to support this indisputable deduction."

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Whereas the only time for the Himalayas is from November to February. Already in March, the curtain of fog rises. From May to August, only rarely and for brief periods can one see the entire glimmering range of snow, and truly such grandeur is nowhere paralleled."

They got their first glimpse of the Himalayas from Siliguri, where, according to Roerich, "the white giants appear before you as the first messengers." The painter was a bit disappointed with his first views of Darjeeling. "Is it necessary to seek the Himalayas in order to find merely a corner of Switzerland?"

The family settled down in Darjeeling, renting a house that once hosted the 13th Dalai Lama. "Not just on one occasion were we awakened by the chanting and the rhythmic beats around the house," Roerich said. "These are the lamas who, bowing to the ground many times, marched around our dwelling."

The Roerichs spent the last few weeks of 1923 and the first weeks of the new year in Darjeeling. Their horse groomer was a *Kshatriya* and their cook was an *Arya Samaji*, who would preach to others in the kitchen. It irritated Roerich that he had to keep a large staff because of the caste system. "It reaches absurdity," he wrote. "The porter does not clean the path. Why? It appears that according to caste, he is a blacksmith and has no right to take a broom into his hand. Otherwise, he will become defiled and become a sweeper. He solves the problem in a very original fashion. He begins to brush around the garden with five fingers, creeping along the ground."

Roerich seemed to admire the kingdom's rural population. "Out of the forest walks, a peasant and his head is adorned with white flowers. Where is this possible? Only in Sikkim." He questioned the Western understanding of poverty. "Are the inhabitants of Sikkim poor?" he asked, before answering himself. "Where there are no riches, there is no poverty." He described in some detail the simple and fulfilling lives of ordinary Sikkimese. "Upon the hills, amidst blossoming trees, stand the quiet little houses. Through the coloured branches shine the bright stars and glimmer the snow-covered peaks. Here are people carrying their vegetables, here, they pasture their cattle and smile kindly. Here with fairy-like music, they walk along the steep paths in wedding processions. Knowing of reincarnations, they quietly cremate the bodies. And they are singing. Mark, they are often singing." He noticed hardworking Lepcha porters carrying rocks up mountains on their backs and wondered how it was possible to overload a body four feet high with such an immeasurable burden of stones. Yet, instead of groans, you hear laughter from under the bent back. Much laughter is heard in Sikkim. The further one goes towards Tibet, the more communicative are the people. And the more often one hears singing accompanied by a psalmist! The Russian philosopher felt it was easy for the Sikkimese to sing, given the beauty of the place. "Verily, one can sing under a canopy of various flowers and plants," he wrote. "Orchids, like colourful eyes, cling to the trunks of the giant trees. Pink, purple and yellow bouquets are strewn along the way like bright sparks. And these are not simply plants, many have their ancient powers of healing."



#MESMERISED

Snowy Landscape

The family managed to get the required permissions to enter Sikkim in January 1924. Away from the colonial atmosphere of Darjeeling, it felt a mystical land to the family, not unlike Tibet or Bhutan.

Seeing a stately larch next to blooming rhododendrons, Roerich would write, "Above this synthetic picture, it is strange, unexpectedly startling, to behold new ramparts mounting the clouds. Above the nebulous waves, above the twilight, glimmer the sparkling snows. Erect, infinitely beautiful, stand these dazzling, impassable peaks. Two distinct worlds, intersected by a mist!"

Standing by the Ranceg River, he noted how the Himalayan chain had 16 peaks that were taller than Mont Blanc. "From this superb prospect, one obtains an especially enthralling impression of the grandeur of the Himalayas, 'Dwelling of the Snows.' To the side of the ascent, the summits merge into one implacable wall, the jagged unending ridge of the Sacred Lizard. It is difficult to discern that just at that point are hidden the snowy summits of Jelep-la and Nathu-la, on the way to Shigatse and Lhasa, and the fog seems especially often to envelop this road."

The Roerichs travelled across Sikkim on horseback, going to places that had never been previously visited by outsiders. "Intricate are the mountain paths with their many turns," the Russian philosopher wrote. "How

Simple Lives

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Complex Rituals



The family, and Roerich in particular, relished visiting the kingdom's monasteries. They were in Sikkim to welcome the Lunar New Year. "He, who has known the approaches to the old monasteries and ancient town sites in Russia, with their blossoming hills and fragrant pine groves, will understand the feeling on the approach to Sikkim," Roerich wrote. "I always repeat that if you want to see a beautiful spot, ask the inhabitants of the town to point out the most ancient site."

The family undertook the arduous trek to "Tashiding Monastery, one of the most revered in Sikkim, not long after its trail had been transformed into steep footpaths. Roerich described on the way crossing a suspended bamboo bridge that was particularly perilous. "Below the mountain river rushes and roars, bearing down the icy current from Kanchenjunga. And above the bridge, on the steep slope, you pause many times. Shall I at last arrive? One must hold one's breath to conquer this age-old mountain."

The Russians were welcomed to the monastery with ale, sugarcane and tangerines, and to the sound of drums, gongs and trumpets. "Amidst the rows of a colourful crowd, you reach the ancient place," Roerich said. "Behind the gates of the monastery, in purple garments, the lamas receive you. In the front row, a venerable old man, head lama of the monastery, stands like a delicately carved image of the 15th century."

Roerich vividly described the monasteries and their complex rituals. "Especially touching is the service of the thousand lights, in the evening, in the low frescoed temple, with its columns and ornamented beams," he wrote. "In the centre is a long table in which fires are set, along the walls also stand rows of lights, and this sea of fire caressingly undulates and sways, wrapped in a veil of smoke from the sandalwood, wild mint and other fragrances, which are consumed in the urns. During this service, the singing, too, is of exquisite harmony."

Roerich's brief stay in Sikkim made him really happy. It turned out to be just the beginning of a series of illuminating travels in the 1920s. In that decade, the family visited Ladakh, crossed the Karakoram Pass and travelled east into Tibet and onwards to China, Mongolia and beyond, until the Russian region of Altai.

#SPIRITUAL

Unleashing the Divine Power

The Nine Forms of Goddess Durga in Modern Life!

Navratri is more than just a festival, it's a spiritual journey, a celebration of divine energy, and an opportunity to channel the fierce yet nurturing power of Goddess Durga into our own lives. Across these

nine nights, each form of the goddess unfolds like a mystical chapter, offering wisdom, strength, and inspiration to navigate the complexities of modern existence. Let's explore how these divine manifestations continue to empower us in today's fast-paced world.



Shailputri

The Unshakable Strength
Shailputri, the daughter of the mighty Himalayas, is a symbol of resilience and unwavering determination. Her energy reminds us to stand tall amidst life's tempests, whether it's battling workplace challenges, chasing entrepreneurial dreams, or overcoming personal struggles. Like the mountains, she urges us to be strong, grounded, and unstoppable.



Brahmacharini

The Fire of Perseverance
Brahmacharini embodies the spirit of dedication, wisdom, and patience. In today's era of instant gratification, she teaches us the power of persistence, be it in career ambitions, relationships, or personal growth. Just as she underwent intense penance, we, too, must commit to our goals with unwavering focus and self-discipline.



Chandraghanta

The Warrior of Courage
With a crescent moon adorning her forehead, Chandraghanta is the embodiment of fearlessness. She charges forward, eliminating negativity and doubts. Her presence is a call to all modern-day warriors, women shattering glass ceilings, individuals stepping out of their comfort zones, and anyone daring to take bold leaps in life. Fear? That's just an illusion!



Kushmanda

The Light of Positivity and Creativity
Kushmanda, the goddess who radiates cosmic energy, reminds us that our inner light has the power to create, inspire, and transform. Whether you're an artist painting a masterpiece, an entrepreneur building a brand, or simply someone trying to infuse positivity into daily life, her energy fuels boundless creativity and joy.



Skandamata

The Power of Nurturing and Leadership
A fierce protector and a loving mother, Skandamata teaches us the art of balancing strength with compassion. She is every working mother, every mentor, every guide who nurtures while leading. Her message? True leadership isn't just about power; it's about care, responsibility, and shaping a better future.



Katyayani

The Sword of Justice
Bold and fearless, Katyayani is the warrior who fights against injustice and oppression. She is the voice of every activist, the determination of every changemaker, and the strength of those who refuse to back down in the face of adversity. Her message? Stand up. Speak out. Fight for what's right.



Kaalratri

The Fire of Transformation
Dark, intense, and untamed, Kaalratri destroys evil and paves the way for rebirth. She reminds us that transformation often comes through chaos. Whether it's breaking free from toxic relationships, letting go of self-doubt, or embracing bold changes, she teaches us that growth requires shedding the old to welcome the new.



Mahagauri

The Goddess of Purity and Peace
Mahagauri's luminous energy brings peace, wisdom, and clarity. Amidst the noise of modern life, she urges us to pause, breathe, and find serenity. Whether through mindfulness, self-care, or simply decluttering our minds, her presence helps us reconnect with our inner tranquility.



Siddhidatri

The Granter of Success and Spiritual Awakening
The final form of Durga, Siddhidatri, bestows wisdom, success, and enlightenment. She is the ultimate reminder that material achievements and spiritual fulfillment can coexist. Whether we seek professional triumphs or inner peace, she guides us toward completeness.

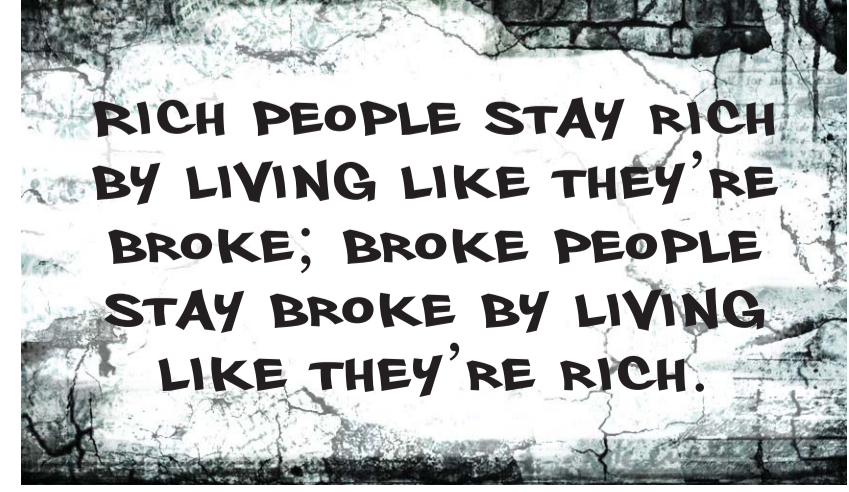


Embracing the Goddess Within

The nine forms of Goddess Durga are not just celestial beings, they are powerful archetypes that live within each of us. Strength, wisdom, courage, resilience, and purity, each of these divine energies can be channeled into our daily lives. This Navratri, let's not just worship these goddesses, let's embody their virtues and unleash the fierce, unstoppable power that lies within us all. Because after all, the goddess isn't just in the temple, she's in YOU!



THE WALL



BABY BLUES



ZITS



By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman