

#WING-DING

Decadent Desserts for V-day

Ahead of Valentine's Day, Arbit brings to you a curated list of sweet treats as well as dessert boxes and hampers from the bakers of Pink City. Not only do these exquisite desserts have a delicious amalgam of flavours but also a stunning visual appeal.



Tusharika Singh
Freelance writer and city blogger

Valentine's Day Bake Sale

Whether you want to pamper yourself with a comforting 'Breakfast in Bed' meal or if you want to surprise your partner by ordering a special gift hamper for them, Cafe Quaint's Valentine's Day bake sale menu has something for everyone. "We believe in celebrating love beyond genders, stereotypes, and conventions. With this thought, we have curated the Valentine's Bake Sale menu for everyone who's celebrating self-love, good health, and relationships of all kinds," shares Chef Ayesha Sajjan of Cafe Quaint. They have an assortment of boxes on offer including a 'Breakfast in Bed' box which includes Mini Bageles, Croissants, Smoothie bowl in a jar, mini waffles and pancakes etc. In addition to the hampers, there are also tea cakes and entremets on the menu.

Minimalist Mini Cakes



A believer in the idea of keeping things simple, Ayushi Agarwal of Crème Jaipur has introduced minimalist mini cakes in hues of pink and coral. One can also add a small message on top. Sharing more about her idea, Ayushi says, "For Valentine's Day, we want everyone to 'say it with cake'. We are hoping people would use them to express love to their partners, parents, friends, and/or to themselves, in the easiest and simplest way possible."

Gift Boxes for Couples and Singles

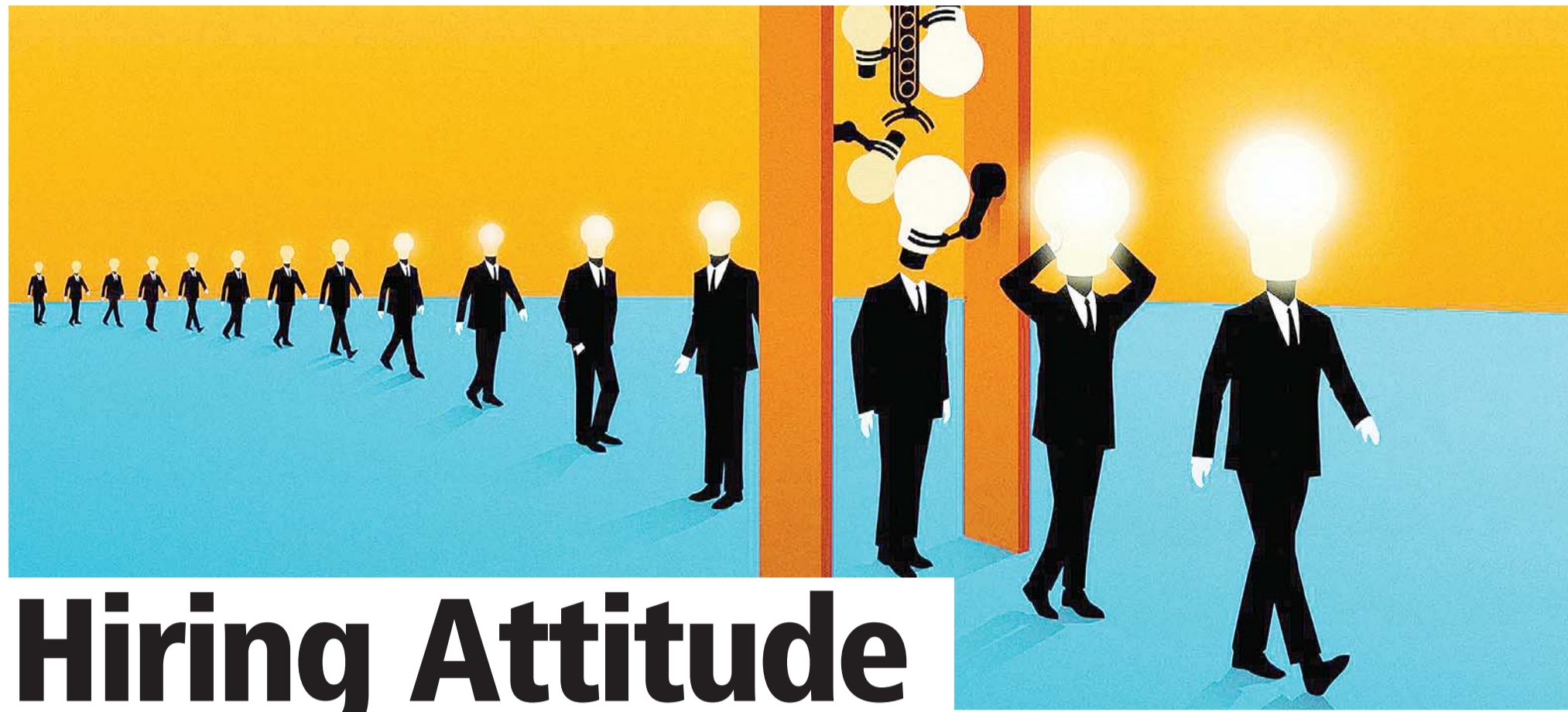
A French patisserie in Jaipur by Sejal Parmani has introduced an exclusive 'Valentine Shalentine' menu. From heart shaped gateaux and Madeleine to travel cakes and fruit wine, there are a plethora of goodies in her Valentine's Day special boxes and hampers. What's interesting is that in addition to ham-



per for couples, she has also especially curated boxes for those who are single and would want to treat themselves on the day of love. The 'For Me' cause Love Sucks box has especially been introduced for this purpose. It contains a Black and White tart as well as Chocolate, Rum and Chilli travel cake. Talking about her menu, Sejal says: "The extra ingredient has always been love, we just now get an excuse to celebrate it with the Valentine's Day menu!"



Bento Cakes & Soft Serve Ice Creams



Hiring Attitude Against Skill

Cynics are popular at parties as they are witty and make people laugh. But cynicism is a cancer. It eats the soul from inside. However, unlike cancer, it is contagious and spreads quickly. Cynics can be intimidating and will inhibit many people with enthusiasm by making fun of them. Then good words like integrity, service and compassion becomes the butt of their jokes. And gradually, underneath the pile, we become indifferent. We stop caring. That is the bottom of the chasm.



#THE DOORS

For the fact that in most cases, people with average skills and huge motivation will outperform the opposite i.e. highly skilled people are usually discouraged and becomes cynical. This is perhaps most visible in sports, where you see the performance of teams totally change when they get a different coach. The problem with attitude, as I have mentioned earlier is that it is very difficult to inculcate in a short time and even more difficult to change. As much as I hate saying the word 'impossible', speaking purely in practical terms, having led corporate teams for 16 years I can say that most leaders don't have the time, patience or skills to change attitudes. Much easier, cost effective and faster to hire people with the right attitudes.

Hiring Winners
I believe that before we talk about the mechanics of how to hire winners, it will be useful to ask ourselves, "Who is a winner?"
I want to share with you my own definition of a winner:
"You are a winner if you are willing to take responsibility of your deeds. To take ownership for all that you say and do; to have the effect of your words and actions on others, not merely to accept accountability but to actively seek it. To stand up and say, 'Here I am. You can count on me.' And if things go wrong, as sometimes they will, to say, 'I am responsible for what has happened. Here is what I learnt from this, and this I will ensure that this mistake is not repeated again.'"

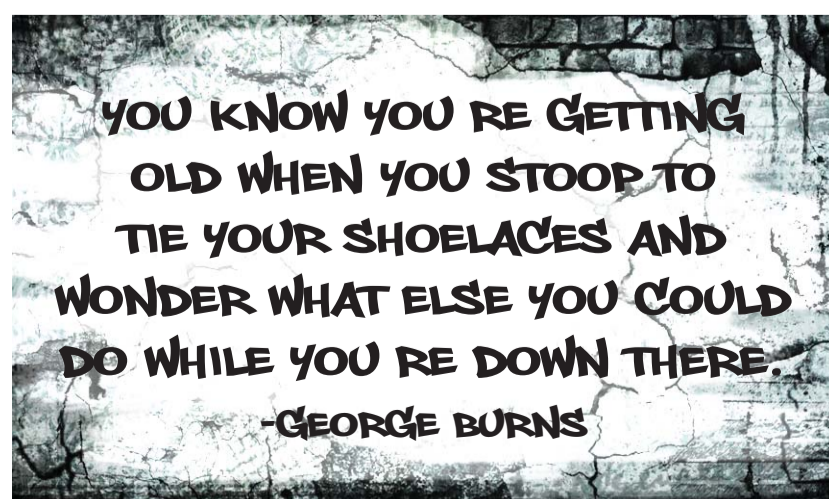
We all start in the same place as idealists. I have yet to see a child who was not an idealist. We all want to make a difference to the world we live in, to do great things and to be remembered. We all want to be winners. But how many people achieve that? And why not?
Let's see what happens and why. We all start as idealists. Then life happens. Things happen where people let you down. Often the very people who you counted on to support you. People deceive and lie and cheat and sacrifice long term benefits for short term gains. As these things happen, we get onto the slide and start sliding downwards.
From being an idealist, we become Optimists (because idealism is tough to put down, especially when you are young and energetic) and then we become Realists.



BABY BLUES



THE WALL



Golden Floating Rainforest

The only sea in the world without any coasts, the Sargasso Sea is found in the Atlantic Ocean. Located in the North, it is surrounded by four ocean currents, with no land coastline to speak of. It is named for the floating seaweed that covers it: Sargassum. The Sargasso Sea supports a range of endemic species and plays a critical role in supporting the life cycle of a number of threatened and endangered species. This Sea has been called a golden floating rainforest.

on the other hand, we get overwhelmed with the number the equation came with and either not write our own number or do it without thinking then the result can be negative. There is always your side of the equation that is in your control. Think and write the correct number and you will win.

Acknowledging Challenges

When people allow themselves to live lives that result in many negative experiences, they tend to become cynical. When people who have allowed themselves to become cynical and indifferent, meet you (an idealist) they are reminded of what they used to be like. And they hate what they see in your eyes; they hate what they have chosen to do to themselves. They believe that if they can make you shut up, then somehow all will be well. Because they are one of the many who believe this fallacy, that if one can make someone who speaks the truth, shut up; then one can remain comfortable in one's falsehood. They refuse to face the reality that the truth is the truth even if no one speaks it. The thing to do therefore, if you want to be a winner is to light the lamps of other's idealism. And the only way to do that is to ensure that your own lamp never goes out of oil. The way to do that is never to lower your ideals in the name of experience or diplomacy. By all means use your wisdom and skills in as convincing and acceptable a way as you can, but never lower the standards. For the standard is our only protection against the backside into mediocrity and oblivion.

Winners are people who instinctively understand these things, even if they may not be able to state them clearly. You can see this if you give in to your fears and lie to yourself. Winners by the look in their eyes remind you that you have failed yourself, and give you the courage to get up and start again. They disagree with you and challenge you to prove your theories. They make you exercise more rigor in what you do, refuse to accept mediocrity, set goals that frighten you so that the adrenaline you need to accomplish them pours into your veins. Winners challenge you to constantly learn, grow and mature. They challenge you to prove to them and to yourself that you are indeed worthy of respect.



You know why people get angry and fight with you when you say idealistic things? It is because you remind them of what they used to be like in their yester years.

Test of Time
Of course, this is not all about hiring alone. It is even more about training and grooming and developing people. However, the point I want to make is that hiring the right person is critical in making all the rest effective. If the person does not have the capacity or has the wrong sort of attitude, then training does not achieve the desired results and thus leaves you frustrated.

In more than 35 years of teaching leadership to people from multiple nationalities, cultures, religions, genders, and races on 3 continents, I believe I've learned some important lessons on what makes one a 'Winner'. They are leaders and so I have used the two words interchangeably.
I often ask myself this question, "What qualities are essential for winning/leading? Not what is nice to have, useful, beneficial and so on, but what exactly is essential. My definition of 'essential' is, 'something without which all can't be done'. The trick is in implementing the rules equal for everyone.
Rule # 1: Excuses don't change facts
Rule # 2: If in doubt refer to Rule # 1.
I have a background in applied

from the choices that they have made in their lives. Look for them and acknowledge, while remembering that honesty is the only way we too can. Sometimes we recognize the fear and humility in our own soul as we listen to someone else's story.

Winners are people who challenge the status quo. Who refuse to accept the word 'accepted' just because of the people around them had accepted it. Winners are people who will challenge you to live by your stated ideals. Who refuse to pretend that they still respect you



By Rick Kirkman & Jerry Scott

ZITS



#RESEARCH

How Genetics Affect Food Choices

Researchers say that the new information about genetic links behind food intake, obesity, and diabetes could lead to improved prevention and treatment.



In the largest ever study to examine how genetic factors affect a person's food choices and consumption, researchers have identified more than two dozen regions of genetic sequences that may affect individuals' food intake.

"The average daily intake of nutrients and foods, a major contributor of obesity, is partly influenced by our genetics," says Chloé Sarnowski, who was a biostatistician at Boston University while conducting the study, and is now a faculty associate at the University of Texas Health Science Center at Houston. Sarnowski is a co-lead author of the study in the journal Nature Human Behaviour.

Researchers say the brain is influenced by various signals that affect people's eating behaviours and regulate their bodies' energy balance. Those signals for example, control appetite and energy expenditure in response to blood levels of key metabolic hormones and nutrients. Genetic variation in these signals can therefore lead to extreme hunger and obesity.

Despite the high correlation between genetics and our dietary choices, a limited number of genetic studies have integrated information about [preferences for] different nutrients or foods," Sarnowski says.

"We jointly analyzed the main nutrients that the body needs and uses in large amounts - carbohydrate, protein, and fat - to better characterize the genetic regions that influence our dietary choices."

For the study, Sarnowski and collaborators analysed the genes and examined the food consumption of 282,271 participants of European ancestry from the UK Biobank and the Cohorts for Heart and Aging Research in Genomic Epidemiology (CHARGE) Consortium.
From that data, the team identified 26 genetic regions associated with increased preference for foods containing more fat, protein or carbohydrate. In the brain, those genes influence specialized areas of brain cells, distributed across the central nervous system, that are responsive to proteins, fats or carbohydrates.
"When those areas of the brain are activated, it may explain why people are more likely to prefer foods or meals with higher amount of fat, protein, or carbohydrate," says co-author Jordi Merino, a research associate at

the Massachusetts General Hospital Diabetes Unit and a Harvard Medical School instructor.
The discovery of these genetic variants could be used in future research to determine whether diet composition is causally related to type 2 diabetes, obesity, and other diseases.
"While we know that diet composition is related to diseases, the causal link is harder to prove," says co-senior author José Dupuis, chair and professor in Boston University's School of Public Health's biostatistics department.

The findings underscore why food consumption behaviour differs among individuals.



"Our results could also help identify people more likely to follow specific dietary recommendations for the prevention of obesity or diabetes," says co-author Hassan Dashti, a Massachusetts General Hospital instructor of anaesthesia, critical care, and pain medicine and a Harvard University associate professor of anaesthesia.

"For example, if someone has a higher genetic susceptibility for preferring fatty foods, this information can be used to help this individual to choose foods with higher amounts of healthy fats rather than recommending other dietary approaches that might compromise adherence to these interventions."
The American Diabetes Association, the European Commission Horizon 2020 programme, the National Institutes of Health, the MGH Research Scholar Fund, the Novo Nordisk Foundation, and the Lundbeck Foundation funded the work.

By Jerry Scott & Jim Borgman