

#WINTER-SPECIAL

Add a flavourful twist to your 'Saag'

For those yearning to infuse a unique twist into their saag experience, consider exploring the enticing recipe recently shared by chef Thomas Straker on Instagram- the delightful 'saag aloo butter.'



If you're bored to death with the same old 'makki ki roti' and 'sarson da saag', well, you're not alone! While saag remains a nutritional gem in North Indian and Punjabi cuisine, creativity often goes for a toss while making this dish. For those yearning to infuse a unique twist into their saag experience, consider exploring the enticing recipe recently shared by chef Thomas Straker on Instagram - the delightful 'saag aloo butter.'



Mustard saag or mustard leaves are good for bone health, are rich in antioxidants, enhance iron absorption and promote good vision. Additionally, mustard leaves can be beneficial for pregnant women due to their rich folate content, essential for fetal development and support maternal health.

Recipe for 'saag aloo butter'

- Ingredients**
- 2 potatoes
 - 2 teaspoons of salt
 - 1 white onion
 - 1 red chili
 - 2 garlic cloves
 - 1 tablespoon cooking oil
 - 1 teaspoon mustard seeds
 - 1 teaspoon cumin seeds (jeera)
 - 1 teaspoon turmeric (haldi) powder
 - 1 teaspoon garam masala
 - 1 teaspoon fenugreek (methi) powder
 - 50 grams butter
 - 10-15 leaves of saag (mustard greens)
- Preparation**
1. Begin by peeling and chopping the potatoes into substantial chunks.
 2. Boil water in a pan, adding salt and potatoes into it.
 3. Once the potatoes are cooked, set them aside on a plate.
 4. Simultaneously, boil saag leaves in a separate pan and keep them aside.
 5. Proceed by finely chopping the white onion, red chili and garlic cloves.
 6. In a heated pan, add oil followed by chopped onions, salt, mustard seeds, cumin seeds, chilli and garlic.
 7. Ensure thorough mixing of all ingredients.
 8. Add turmeric powder, garam masala, fenugreek powder and tomato paste to the pan, mixing it well.
 9. Once the mixture is cooked, transfer it to a blender, add butter and create a smooth paste.
 10. With the butter paste ready, add it to a hot pan along with the boiled potatoes.
 11. Crown the dish with the boiled saag and cook everything together to marry the flavours.



The inclusion of women soldiers, under command of the Army in the Valley, is a most welcome step. Whenever and wherever they are deployed, they will be definite assets in overcoming problems associated with dealing with women of the local populace and particularly, in situations, where frisking of women or questioning them for information, is concerned. Frisking of women becomes necessary in an environment where they have been used by terrorists to transport weapons.

Assam Rifles Has Riflewomen



Team Salute

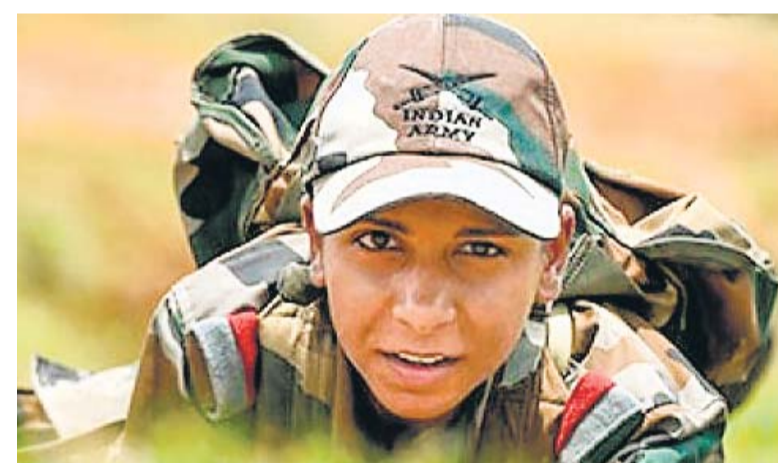
An integral women cadre was instituted in the Assam Rifles (AR) in 2013. Since then, Riflewomen (RfW), as they are designated, are working hand-in-hand with their Riflemen (Rm) comrades on every front, braving the inhospitable and harsh terrain and all operational challenges in remote locations of the North East. After validating their professional acumen in the counter insurgency/ counter terrorist (CI/CT) environment of the North East, it was decided that AR RfWs were to be deployed in Kashmir under the operational control of the Indian Army. This is, indeed, a matter of great pride for the entire fraternity of Assam Rifles.

Notwithstanding all inhibitions related to their employment philosophy, AR RfWs underwent challenging four weeks of training at the Corps Battle School,

Khreuh (J&K), before getting deployed in the intense CI/CT environment in Kashmir Valley. The employment of RfW in Kashmir has fulfilled a longstanding requirement of women combatants in many situations of CI/CT operations in Kashmir Valley. Often, women, among the local population, need to be dealt with. While women have been used by some terrorist groups as couriers for illicit smuggling or moving of arms and ammunition or for supportive over-ground activities. There are instances when women of the civil population have to be frisked or interacted with, for investigation, or when women need medical treatment. Availability of women, as security forces personnel, has been a major hurdle for the Army in combating terrorism, as policewomen of J&K Police or central armed police forces are not always available. Terrorist outfits have been taking advantage of this shortfall of women police personnel and



#WOMANNED FRONTS



human rights issues by using local women as scapegoats.

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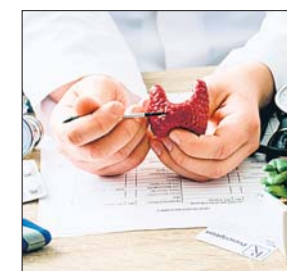
While terrorist groups in the North East have been known to include women in actual fighting and other supportive roles, in Jammu and Kashmir, the Dukhtar-e-Millat (DeM) is an all-women outfit which can be categorized as soft-terrorist, in the sense that it uses extra-legal means, including threats, to impose its doctrines but has not taken to arms so far. During the 1990s, DeM was active in organiz-

ing protests against Kashmiri women who did not adhere to wearing the burqa (veil), as 'decreed' by it. In May 1993, the DeM issued warnings to the women in Srinagar, not to venture outside their houses, without wearing the burqa. It also organized protests against the alleged display of objectionable literature in Jammu and Kashmir. Another issue that the outfit periodically raised is alleged excess of security forces, conducting counter-insurgency operations in the State. It regularly cooperated with the All Party Hurriyat Conference in organizing protest demonstrations on this issue and was also active in radicalization of youth.

So far, there are only a few Riflewomen, integral to a battalion of Assam Rifles, deployed in the Valley, but deputed to Army for being included in CI/CT operations. However, with their professional and humane approach, they have made a positive impact on the local populace, wherever they have been deployed. Their deployment, in the Valley, is a good beginning

but there need to be many more of them, in number, and deployed all over the affected areas of Jammu and Kashmir. All battalions of AR in the North East, which have women personnel on their roles, have certainly benefited. While there have been women officers in the Army, Navy and Air Force, since 1992, the Army recently began entry of women soldiers in its Corps of Military Police.

Thyroid Awareness Month



Thyroid Awareness Month is the perfect time of the year to turn attention to a small but mighty gland in the human body. The thyroid gland helps to create additional awareness of how thyroid disorders affect the lives of millions of people around the globe. It's also about spreading the word about diagnosing and treating thyroid-related issues. The thyroid may be small, still, its outsized impact on overall health significantly influences every facet of human health. From metabolism to heart rate, this gland is one necessary key for unlocking the secrets of staying fit.



"They also help in house-to-house searches during cordon and search operations," they said. But more than their primary role, these riflewomen are happy, shattering the myths around Kashmir and inspiring local girls to dream bigger and aim higher in life. Riflewoman Rekha Kumari, from Bardhaman district of West Bengal, has served in Manjpur and Nagaland before arriving in the valley, a month ago. "There are apprehensions and fears about coming to Kashmir but then, we are here in the service of the nation. Also, there is too much myth around Kashmir. People here are nice and we feel good while interacting with them," Ms. Kumari said. She said that while being a part of the search operations, Riflewomen present the soft side of the armed personnel to the local populace. "We are women and have to deal with womenfolk. So, we start from that common ground. We have to be humane so that the

local women repose their trust in us. We are here to serve them," Ms. Kumari said. Riflewoman Rupali Dhangar, a native of Maharashtra, is more into tough soldiering. "We do all the duties that male soldiers do. We guard the gate, we man the bunkers, we go into cordon and search operations. There is no fear. This is a part of our duty," she said. Both riflewomen are happy that local girls look up to them for inspiration. "Many girls want to be like us. It is not necessary that they also become soldiers. Let them follow their dreams, let them aim higher than the highest, they thought they could go," Ms. Dhangar said. "The Assam Rifles women were initially deployed in Kupwara district to check the rising drug trafficking. The male officials, in the army, were finding it difficult to frisk the women suspects, moving close to areas along the Line of Control," a senior official said. rajeshsharma1049@gmail.com



#PARENTING

Parenting Resolutions for the New Year

Even while resolutions are sometimes broken as the year goes on, establishing attainable and realistic goals might improve your family's dynamic



It's a good idea to take stock of our parenting experience as we start a new year and make resolutions that will improve both, our own and our kids' well-being. Even while resolutions are sometimes broken as the year goes on, establishing attainable and realistic goals might improve your family's dynamic. Below are 5 parenting resolutions that you can stick to, in 2024.

Make self-care for parents and children, a priority

Because parenting is a difficult job, it's simple to put off taking care of oneself in the middle of everyday obligations. Decide together, that you and your child will give self-care first priority in 2024. Understand that caring for your health makes it possible for you to be a more patient and present parent.

Establish a self-care regimen that consists of your favourite things to do, like reading, working out, or hanging out with friends. Encourage your youngster to pursue their hobbies and partake in enjoyable and soothing activities.



This resolution highlights the significance of mental, emotional, and physical health in order to encourage a holistic approach to well-being.

Prioritise quality times

It's simple to fall into the trap of thinking that having more time means that you're a better parent. But what really counts is the quality of the time that you spend with your kids. Decide to spend the time, you have together, being more attentive and involved. Make the most of the time, whether it's through a family game night, going for a walk or just reading stories together before bed.

Accept a positive perspective on parenting

Without a doubt, being a parent is difficult, and there will be times when you feel tired and frustrated. Still, making the decision to keep an optimistic outlook can have a big impact. Instead of focusing on issues, concentrate on finding solutions. Honour modest accomplishments, cultivate thankfulness, and keep in mind that failures present chances for improvement, for both, you and your kids. Positivity may improve family dynamics and provide your children with a positive role model.

Promote independence

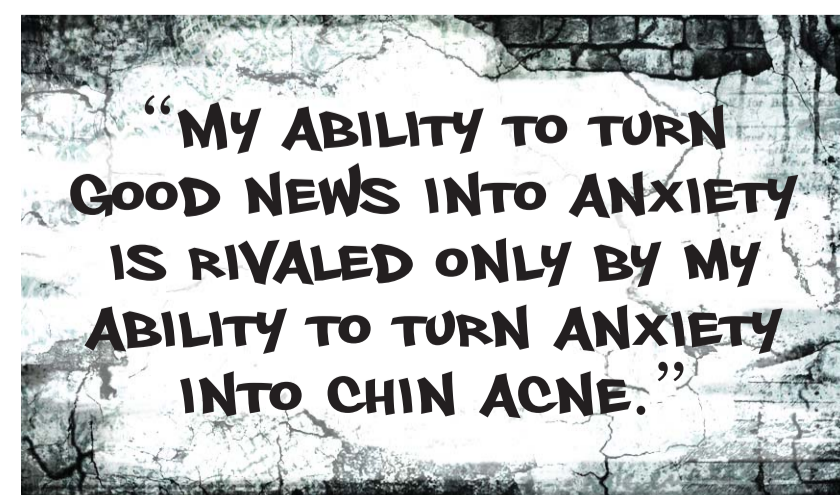
The more your child grows, the more important it is to foster independence. Make a commitment to support independence that is age-appropriate. This can entail giving your kids the freedom to decide for themselves, accept responsibility, and grow from their mistakes. Developing a sense of independence raises a kid's self-esteem and gets them ready for adult responsibilities.

Promote a healthy lifestyle

There is a connection between mental and physical health. Make a commitment to supporting your family's health by making time each day for wholesome food, consistent exercise, and enough sleep. Set a good example for your children. When they observe their parents engaging in healthy behaviours, they are more likely to follow suit.



THE WALL

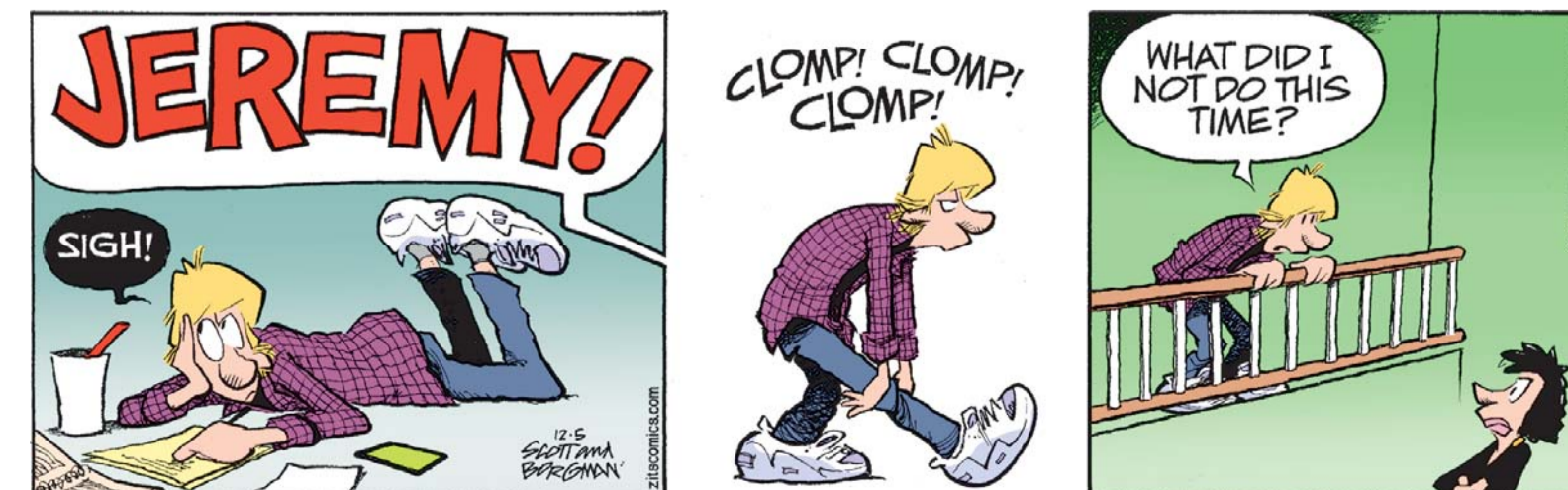


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman