

WATCH WHAT YOU EAT THIS WINTER

Every season has its Do's and Don'ts when it comes to diet. What precautions do you need to take this winter? **Speak Up** brings you expert opinion on how to stay fit this season



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Soups are an easy way to incorporate all elements

Our metabolism slows down in winters and our energy levels are lower than usual. During this season, the human body, in order to keep itself warm, generates a lot of energy. This warmth intensifies the capacity of the stomach, which helps digest the food and strengthens the digestive system of a healthy and strong person. Wheat, millet, maize, gram, moong, black gram and masoor are especially beneficial. Besides, milk, clarified butter, mava, rabri, kheer, cream and sweets are foods that provide energy. During winter, one likes to eat gajar halwa and dishes prepared with sesame seeds and jaggery. Other food items like groundnut, date, papaya, banana, apple, pomegranate and cheeku are also beneficial. It is good to eat dates boiled in milk for two hours after evening meals. You should also consume carrot, radish, tomato and cucumber in form of salads. Juices of amla, carrot and tomato are highly beneficial. So, you can get good nutrition at a low cost. It is best to bake, broil, roast and slow-cook foods in winter season. Soups are an excellent and easy way to incorporate all the dietary elements of the winter diet; and soups cooked in a slow-cooker are ideal. Baking or roasting vegetables and meats will give you the added benefit of warming your home and filling it with an aroma that will nourish your spirit.

—DR SRINIVAS DEVISETTY, SENIOR CONSULTANT, DR DEVISETTY'S HEALING TOUCH

Consume rich seasonal fruits to build immunity

In winters, we should consume foods that help increase the body heat. Nothing is more comforting than sipping hot beverages and holding a bowl of steaming hot soup. Winter is the time when you may want to try oven-based recipes. Root vegetables such as carrots, white radish, onion and garlic are preferable, as they are warm in nature. The body needs more calories to keep warm during the winter season. This can be provided by consuming starchy roots like potato and yam. High-energy-dense whole grains, especially bajra and makai (corn); energy and protein-dense whole legumes, nuts and oilseeds help increase the body temperature. It is best to consume seasonal fruits and vegetables, as they are loaded with nutrients. For example, orange, sweet lime and amla that are available in winters are rich in Vitamin C, which helps build immunity. This is why a lot of amla products like murabba, amla juice and chawanprash are consumed in winters. Leafy vegetables like methi, palak and sarson that are rich in Vitamin A and Vitamin C are good antioxidants. In winters one should increase consumption of spices like mustard, asafoetida, black pepper and ajwain, as they increase the body temperature. It is also necessary to consume plenty of water — about 8-10 glasses a day — to remain hydrated, as winters cause dry skin.

—AVANTI DESHPANDE, NUTRITIONIST

Moderate consumption of fat is good for skin, joints

As winter sets in, appetites tend to increase and activities reduce. People prefer staying indoors giving their regular walk a skip and end up consuming extra calories to satisfy the increasing hunger. Winter is a time when the body needs more food not just to satisfy the immense appetite, but also to keep it warm. The cold weather weakens the body's immune system making it more prone to infections. Therefore, it is advisable to consume some specific foods that will remain in the body for a longer period of time, giving you a sense of fullness and will boost the immune system. High protein foods like egg, chicken, fish, soybean, dal, sprouts, milk, paneer and nuts are beneficial, as they are known to help the body burn the calories and convert them into heat. Moderate consumption of fat, especially 2 tps of ghee from cow's milk daily, helps produce enough heat in the body and is good for skin and joints. The following diet is advisable in winters: A cup of herbal tea infused with ginger, tulsi, lemon grass, cardamom, pepper & honey. A warm cup of cow's milk with haldi at bedtime. A bowl of lentil soup OR chicken soup. Make sure that you drink enough water (8-10 glasses of water daily) even if not thirsty.

—GEETA DESAI, NUTRITIONIST

One should try not to overeat; a balanced diet is always advisable

In order to counter the cold weather, the skin pores close to trap the heat inside our bodies, leading to a heat build-up inside our body. This is a natural tendency and one tends to feel hungrier in winters. Whether you are a vegetarian or a non-vegetarian, you should use spices such as ginger, lemon, cumin, ajwain, turmeric, asafoetida and honey in your food. These food ingredients help improve digestion. So you don't suffer from acidity or nausea due to overeating in winters. Consuming butter milk with cumin powder while eating or after meals is beneficial. It is better to reduce the intake of non-vegetarian and oily foods in winters. One should not overeat just because one feels hungrier in winters. A balanced diet is always advisable. —DR PANDURANG KULKARNI, CONSULTANT & PROFESSOR OF AYURVEDA. Avoid foods that are difficult to digest. It is important to incorporate sesame seeds and groundnuts in your food during winters, as they are rich in proteins and help overcome the cold. We already have so many Indian dishes that use groundnuts as the main ingredient. Sesame seeds can be used to make til laddus. The elderly must consume fresh vegetable soup that does not have any additives or taste enhancers. This will not only rejuvenate them, but will also keep them warm in winters. Youngsters can be given herbal tea to keep ailments like cough and cold at bay. One must avoid foods that are difficult to digest and must consume seasonal fruits. It is better to avoid milk and milk products in this season. If you go for curd-rice, it might lead to more mucus creation in your body, which increases the chances of sinusitis or bronchitis. —DR BABU JOSEPH, DIRECTOR, NATIONAL INSTITUTE OF NATUROPATHY

STAY HEALTHY, BEAT THE WINTER CHILL

As the day sets in early and the nights are longer in winters, one feels the need to have breakfast early in the morning. Milk and milk products, dry fruits can be consumed for breakfast.

As the climate is dry, one should increase the consumption of sweet, sour and fat-based food items.

Fruits available during the season should be consumed. Also leafy vegetables, tomato, carrots and pulses must be consumed in right proportions.

A WINTER DISH TO KEEP YOU HEALTHY

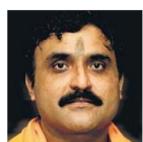
METHI LADDU

Ingredients: 100 gm edible dry gum / gundar; 25 gm methi / fenugreek flour; 3 bowls of wheat flour; 1 bowl of black gram / urad flour; 2 tsp ghee; 1 tsp dry coconut (grated) and 15-20 almonds. **Method:** First chop the almonds into fine pieces and keep them aside. Take a pan to sauté the gundar in ghee. Allow it to cool. Later, grind it into a fine powder. Take ghee in a deep pan then add wheat flour and black gram flour and sauté it till it turns light brown. Then add methi flour and mix it well. Take it off the flame. Add grated coconut, chopped almond and gundar powder and mix it. Add ghee, if required. Spread the mixture in a plate for cooling. Then roll it into small balls. Laddus are ready to save you from the winter cold.

WRITE IN

Have something to list, an offbeat picture to share, a service to offer, a line drawing, suggestions or feedback? Drop us a short 'n' sweet mail — with a picture, if need be — at punespeakup@dnaindia.net. Team Speak Up: Rajesh Rao & Aditi Shome GET IN TOUCH: Call 39888888 extn 130

Thoughts and ageing



POSITIVE THINKING
Yogi Ashwini

One of the most clichéd pieces of advice is "think positive". In times of crisis or while suffering from ailments, emotional turmoil or trauma, your mind inevitably goes into a hyperactive mode and leads you towards negative thinking. The root cause of such thought patterns is fear. Out of fear, you start linking one thought with the other, creating a chain of negative events in your mind. Depending on the level of your consciousness, you manifest your own positive or negative thoughts. Thoughts are not generated in our minds; we catch them from our surroundings through our chakras. It is impossible for a normal person to stop thinking or to control one's thoughts unless the mind is harnessed with practices of yoga. In the advanced practices of Sanatan Kriya, there are techniques which give you the ability to ward off your fears, control your thoughts and direct them according to your will. These ancient techniques of yoga are the

mystery behind the boons and curses that saints and rishis used to bestow on people, the ability to manifest their thought/word. Positive thinking can only be achieved once fear is removed from one's mind. It is only then that the state of calm descends in the being. It cannot be achieved just by telling yourself to think positive because the mind operates at the conscious as well as subconscious levels. Fear and instability operate from the subconscious level and need more than conditioning of the mind to be removed. Advanced practices of yoga remove these deep rooted emotions and take the mind towards higher consciousness, like in the case of yogis and rishis. As one advances in yoga, one learns how even positive thoughts affect your state of being and take you towards ageing. This has been explained in depth in "Sanatan Kriya: The Ageless Dimension". Collecting negative thoughts is a sure shot way of moving faster towards ageing.

Yogi Ashwini is an authority on the Vedic sciences and is the guiding light of Dhyana Foundation. E-mail: dhyana@dhyanafoundation.com

HC upholds move to make e-journals must for institutes

Pallavi Smart • MUMBAI

The students and faculty of professional courses (engineering, management, pharmacy, and architecture) in the state will have access to reputed international e-journals from the next academic year. The All India Council for Technical Education (AICTE) has decided that institutes should have mandatory subscription to international e-journals, and this decision was contested early in December by the Association of Management of Unaided Engineering Colleges (AMUEC) in the HC. But on December 28, the HC upheld the AICTE's decision. Anil Kumar Shukla, assistant director at the western region office of the AICTE, said, "The court, by giving this judgment, has just redefined the importance of information technology in today's world, where students need to be exposed to work and activities going on around the globe and not just stick to the given syllabus. Institutes in Maharashtra will need to follow the AICTE decision,

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starting from the coming academic year — 2012-'13." The AMUEC, on the other hand, has not taken any decision yet, in case it wants to further challenge the judgment. RP Joshi, the association's vice-president, said, "We had challenged it with the reasoning that

KEEPING AN EYE

The AICTE plans to keep tabs on whether or not the institutes are using these journals. The institutes will have to provide AICTE with monthly details of hits on the e-journals. AICTE introduced this decision to institutes last October after much brainstorming by expert educationists. There was no need to make such subscription mandatory for institutes. This subscription is likely to cost Rs12-13 lakh for each institute. This might then lead to increase in fee structures, to cover the costs. There are colleges (like in rural areas) which cannot afford the expenditure. The decision has been challenged in Gujarat, where the judgment is still pending. Besides, the Federation of Associations of Management of Professional Education Institutes in India (based in Delhi) has challenged this decision in the Delhi high court.

ALMANAC

Wednesday, January 11, 2012

Shri Vikram Samvat 2068, Sake Era 1933, Sun Dakshinayan, Dakshin Gole, Hemant Ritu, Magh Krishna Paksha Dwitaya till 11.54 am, Nakshatra Ashlesha till 4.50 am, Yoga Preti till 4.07 am, Karan Gar till 11.54 am and after that Vanji till 11.18 pm, and Bhadra starts.

Rahu Kala: Noon to 1.30 pm
Yam Ganda: 7.30 am to 9 am
Best Period: 10.30 am to noon, & 4.30 pm to 6.30 pm

YOUR CITY—YOUR DAY

For listings, please mail at puneeventsdna@gmail.com



- Exhibition**
What: Water colour painting exhibition titled, 'Spirit of place'
When: Till January 20, 10 am to 11 pm
Where: Grubshup Art Hub, Law College Road
What: Renowned artist Milind Mulick has organised an exhibition of his works called "Paintings 2011", which will showcase a 'mix media' of painting subjects
When: Till January 17; 11 am onwards
Where: Darpan Art Gallery, Gokhale Nagar
What: Father and daughter duo — Suresh and Bhavana Choudhary-Chandra — from Bhopal will present an exhibition of paintings called "Shades of Life" for the city's art aficionados
When: Till January 20; 11 am onwards
Where: The Renaissance, Creativity Redefined, Aundh
What: Check out a beautiful exhibition of paintings and photographs by Subhash Deshpande, Sanjay Vaichal and MB Nambiyar
When: 10 am onwards
Where: PMC New Art Gallery, Deccan Gymkhana
What: Catch Australian
- artist, Joel Grenfell's collection of work which boasts of bright, bold and colourful acrylic paintings on canvas. His spiritually healing images are inspired by ancient knowledge, modern science, sacred geometry, metaphysics, quantum physics and nature
When: Till January 15; 11:30 am onwards
Where: Malaka Spice, Koregaon Park
- Lecture**
What: Lecture by RK Pachauri on 'Dealing with Climate Change: Why India Should Lead'. Professor Madhav Gadgil will also attend the event
When: 6 pm to 7.30 pm
Where: Vishwa Bhavan, Symbiosis International University
- Workshop**
What: Acting workshop by Swantantra Theatre where one can learn body language, script writing and more
When: Till January 15; 7 am to 9 pm
Where: Shri Mahavir Jain Vidyalyaya, Deccan
What: Pregnancy lifestyle workshop, including yoga, diet, breathing exercises, massage, womb talk, preparing for delivery and motherhood
When: Ongoing
Where: Market Yard, Camp

THE ARJUNA AWARDEE SPEAKS ABOUT HER COACHING ACADEMY AND HER DREAM TO WIN A MEDAL AT OLYMPIC GAMES

'Need to look for talent at grass-roots level'

Q&A

PT Usha

Fondly known as the 'golden girl', Padma Shri PT Usha is nurturing a dream of winning a medal at the Olympic Games by coaching talented youngsters at her academy. One of her students has even qualified for the Indian Olympic team. The sprint queen, who was in Nashik recently for the award distribution ceremony of Nashik Marathon 2012, spoke to **Vaishali Balajiwal** on the athletics scenario in India.

How different is the present athletics scenario from your time? In 1986, there was a lot of talent in the country, and we used to make a lot of efforts to perfect ourselves. There is ample talent even today, but the facilities available are much better today.

6 If we look for potential candidates in remote areas, we might come across a lot of talent. There has to be a specialised academy at that level. We need to devise a long-term plan with appropriate living and training conditions for those at the initial stage

—PT Usha, athlete



Nowadays, we have several agencies promoting sports in the country, but one needs to remember that the road to success is always gradual. I remember, during my training days, if my coach advised certain corrections in the technique, I would run, walk and talk in that manner only; once told, we never forgot those suggestions. But today you see students following your suggestions only for 10 minutes and then they forget about it. One has to give oneself

completely to the task. Earlier, self-work was 75% and coach's work was 25%, but today it's the opposite. **Why don't we see Indian athletes shining at international levels?** We do not reach the grass-roots level in our country. The system is in place, but it should reach those from the lower rungs of society. If we look for potential candidates in remote areas, we might come across a lot of talent. **There has to be a specialised academy at that level. We need to**

devise a long-term plan with appropriate living and training conditions for those at the initial stage. **What is your opinion on the doping scandals that have rocked the country?** Awareness amongst athletes and players is a must. Youngsters seem to be in a hurry to achieve success. They should realise that glory comes, but only slowly. **One has to be patient and make efforts to improve on their performance on their own strength. Sudden**

upsurge might give results, but they would only be short-lived. The only road to success is hard work. **How do you visualise the future of your students?** It does look promising. One of the athletes from my academy, Tintu Luka, has qualified for the next Olympics. She comes from a remote place in Kannur district and hails from a modest background, but the girl has the readiness to learn and is improving every day. My aim is to achieve what I had lost in 1984 Olympics in Los Angeles, and I see myself doing it through the young athletes I am training at Usha School of Athletics. **Whom do you prefer, Usha the athlete or the coach?** Being an athlete, running is much easier than coaching, but I enjoy doing both.