



IDA THIRUVALLA

SHE VIBES



Vol.1 No.1



A WDC INITIATIVE



WDC CHAIRPERSON'S MESSAGE



Dear friends,
I am glad that
IDA Thiruvalla
is bringing out

a magazine 'She Vibes' to bring out the creative and innovative abilities of our members. I am happy to see that all of you have participated with joy and gaiety. Wishing you every success in your future endeavours.

Dr. Seethi Begam

WDC Chairperson, IDA KSB



WDC SECRETARY'S MESSAGE



"She" could be a child, a daughter, a sister, a niece, a friend, a mother, a grandmother...."She" could be a dentist, doctor, engineer, teacher, artist, home maker, politician, police officer..."She" can take any role that she wants to. That is the strength of a woman, who can mould herself to face challenges.

Greetings to all who read this newsletter "She vibes" an expression and kaleidoscope of Artistic talents by IDA Thiruvalla women's wing. It is indeed an honour for me to be able to contribute this short write up. There is a lot of effort and creativity that is needed to start such a newsletter and continue one regularly.

I thank IDA Thiruvalla for this opportunity and wish them all the best wishes for the venture "She vibes".

Regards

Dr. Sarah Christopher
WDC Secretary, IDA KSB



Dear friends

It's a great pleasure to release the first volume of IDA Thiruvalla WDC newsletter 'SHE VIBES'. It aims to showcase and encourage the creative side of WDC members. Condoleezza Rice says "People who end up as pioneers, don't set out to be pioneers but they set out to do something they love". SHE VIBES love to portray the endogenous creative and innovative abilities of our dear members. The cover page of our first newsletter was launched by Dr. Seethi Begam, WDC Chairperson IDA Kerala State Branch on 3rd June 2023. We are much obliged to Dr. Seethi for her valuable support. Dr. Seema Joseph, our treasurer had beautifully designed the cover page for us. Our warmest thanks to her!

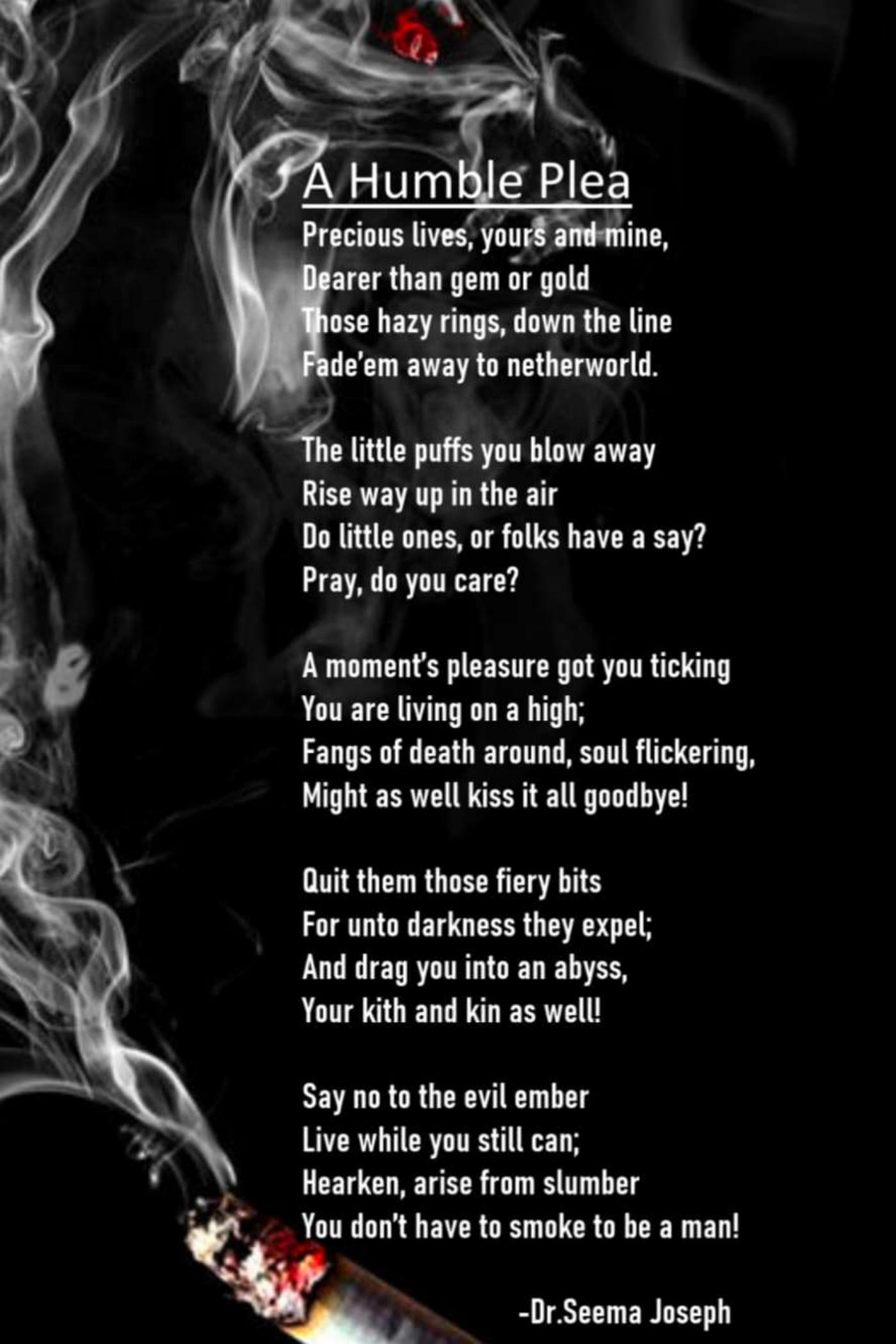
We take this opportunity to thank, Dr. Lanu Abraham, President IDA Thiruvalla and his team of executive members for their encouragement. We request the support of all dears members to make it fruitful.

Thank you

Dr. Sherine Thomas

Dr. Tessa Jose

WDC Representatives



A Humble Plea

Precious lives, yours and mine,
Dearer than gem or gold
Those hazy rings, down the line
Fade'em away to netherworld.

The little puffs you blow away
Rise way up in the air
Do little ones, or folks have a say?
Pray, do you care?

A moment's pleasure got you ticking
You are living on a high;
Fangs of death around, soul flickering,
Might as well kiss it all goodbye!

Quit them those fiery bits
For unto darkness they expel;
And drag you into an abyss,
Your kith and kin as well!

Say no to the evil ember
Live while you still can;
Hearken, arise from slumber
You don't have to smoke to be a man!

-Dr.Seema Joseph

Colour Palette....



Dr.Tessy Sam

Tangy Savory oatmeal & lentil bowl

Ingredients

1. Red lentils 3/4 cup
2. Rolled oats 1/2 cup
3. 1 big onion sliced
4. 1 1/2 TSP cumin seeds
5. 1 tsp mustard seeds
6. 2 chopped green chillies
7. Handful coriander leaves chopped
8. 1 large tomato
9. 1 tsp chilly powder
10. 1/2 tsp turmeric powder
11. 1 tsp chilly flakes(optional)
12. 1 tbsp garlic paste
13. 1 tbsp tamarind mixed in half cup water
14. 5 cups water
15. Salt to taste



Method

1. Wash the red lentils and Soak in water (for 20 min)
2. In a large pot, add oil, sliced onions, cumin seeds and mustard seeds. Saute at medium to high flame.
3. When onion turns translucent, add chopped coriander and chopped green chillis.
4. Saute till the onion turns slightly golden brown and coriander turns crispy. Take out a table spoon of the mixture and set aside for garnish.
5. Add a little water, chopped tomatoes, garlic paste and all the spices. Saute for for 1 to 2 mins
6. Add your pre-soaked lentils and oats in the pot.
7. Add 5 cups of water and bring the lentil oats to a boil.
8. Cover the pan and let it cook at low heat for about 20 minutes. Stir in between
9. After 20 minutes the oats and lentil would have thickened. Use a whisk and whisk through the mixture, making sure it isn't getting burnt from lower edges.
10. Add tamarind pulp dissolved in 1/2 cup water, cover the lid again and let the lentil oats cook at low flame for another 15 mins.
11. Check the salt and sour level, add more salt or tamarind if needed. Turn off the flame at desired consistency.
12. Garnish with the fried onion-coriander mix set aside.
13. Eat plain or with chopped onions and tomatoes added to it.

Yoga - the balance that today's 'beauty with brains' needs!



Yoga helps women in achieving calmness of mind and handle multiple responsibilities with proficiency and poise. Yoga may reduce inflammation of joints, improve concentration and memory. Simple breathing techniques helps women reduce hot flashes and symptoms of PMS. It can reduce sleep disorders and helps in reducing symptoms of hormonal imbalance in women.



**Picture Courtesy:
Dr. Geetha Krishnakumar**

...the end.



But the magic just begins.....