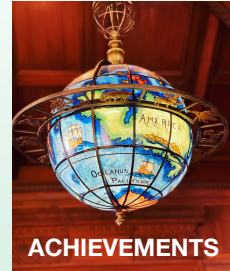


## ISBUND

NEWS, EVENTS AND  
EVERYTHING IN  
BETWEEN



# ISBUND

A Quarterly Newsletter for the Kashmiri Pandit Community



## ***From the Editor's Desk***

Namaskar!

We are thrilled to present to you the latest issue of ISBUND, our quarterly newsletter for the Kashmiri Pandit community. This issue, titled "*Sonth*", celebrates the arrival of spring and the Kashmiri new year, 'Navreh'.

We are excited to announce that this issue has been edited by two 10 or nearly 10-year-old girls, Aria and Adhya. Despite our young age, we have put together an exciting collection of articles covering a range of topics, and we sincerely hope you enjoy reading them and provide us with some constructive feedback.

In this issue, we have included an overview of artificial intelligence (AI) and we have even used AI software ChatGPT to generate a few articles. We are amazed at how far technology has come and how it can be used to enhance our understanding and knowledge. We would love to hear your thoughts on these articles, so please do share your feedback with us.

Our collection of articles includes contributions from people of all ages covering a variety of topics from life in general to our festivals, food, and some glimpses of celebrations. We have highlighted events such as the Badminton championship and the Navreh event that give you a taste of the rich and vibrant culture of our community. We hope you enjoy the recipe of Kashmiri *Katlam* that we have included and that you try it out for yourself.

We are excited to feature a message from Mr Sanjay Peshin, the outgoing President of the Kashmiri Pandit Association of Europe (KPAE) and also introduce the new executive committee members. We hope that you will join us in congratulating the new team and wish them all the very best for their term.

We would like to extend our sincere thanks to Team ISBUND: Sheetal Raina, Shivani Dudha, and Anjan Raina for entrusting us with the responsibility of editing this issue.

As we wrap up this issue, we leave you with the lines from Yayoi Kusama:

***"Our world is only one polka dot among a million stars in the cosmos. When we obliterate nature and our bodies with polka dots, we become part of the unity of our environment."***

Let us all do our part to preserve our environment and celebrate the beauty of our culture.

Best regards,

***Aria Raina Kumar and Adhya Raina***



## ***In This Issue...***

From the Editor's Desk	2
Message from KPAE President	5
KPAE Executive Committee 2023	6
Message from Outgoing KPAE President	7
What I have Learnt About Herath: Aayansh Ogra Menon	8
Navreh Thaal: Aria Raina Kumar	9
New Beginnings: Mridula Kaul	10
Say you are from Kashmir without saying you are from Kashmir: Aria Raina Kumar	11
The Stress on Stress: Amita Raina	14
The Doorway Effect: Samara Ogra Menon	16
Curiosity - The Key to Unlocking Your Potential: Aria Raina Kumar	17
What is economics at its core? Ashvika Kotha	18
Artificial Intelligence: Rapid Fire	20
World Book Day: ChatGPT	22
A Day in the Life of Psychiatry Resident: Shivani Dudha	23
My Trip to Kashmir: Saachi Koul	25
Shivratri: Arav Malik	26
Sports I Love: Adhya Raina	28
A Kashmiri Herath - A Child's Perspective: Kush Kaul	29
Kashmir: Shravan Kaul	30
How Scientific is Hinduism? Nitya Tikoo	31
Navreh: Phoola Kaul	33
Coming of Light: Aadya Bakshi	34
Mother's Day: ChatGPT	37
Kashmir Valley Lost Diversity - This Day That Year: Kapil Dhar	38
Katlam: Sheetal Raina	39
TV Series Review- The Wednesday: Adhya Raina	40
Book Review: Adhya Raina	41
Herath and Navreh Celebrations	42
Badminton Championship	49

## ***THANK YOU***

Dear Aria and Adhya,

Congratulations on putting together such a fantastic issue of ISBUND. Your efforts are commendable, and it is inspiring to see young minds taking an interest in preserving and promoting the rich culture of the Kashmiri Pandit Biradari..

The articles in this issue cover a range of topics, and it is impressive to see how you have incorporated artificial intelligence to generate some of them. The inclusion of a recipe for Kashmiri Katlam is a lovely touch, and I am sure readers will enjoy trying it out for themselves.

The new executive committee of KPAE has been elected, and I join you in congratulating them on their new roles. I hope they continue to work towards the advancement of the community and the preservation of its unique culture.

Thank you for sharing your passion and enthusiasm for your heritage with us. Keep up the excellent work, and I look forward to reading more issues of ISBUND edited by the two of you in the future.

Best wishes

Sheetal, Shivani, Anjan (Team ISBUND)



## ***Message From KPAE President***



Dear Biradari Members,

***Navreh Mubarak.***

With the continued blessings of our esteemed elders, and on behalf of the new KPAE team, I thank you all for your support and continued participation in our community events and activities. It was so delightful to welcome so many of you in Birmingham on the 18th for the *Herath* and *Navreh Havan*, especially our bright and promising youngsters.

Moving forward, we want to know from as many of you on how we can support each other better and create better opportunities to build a healthy, prosperous, culturally and spiritually rich community.

We are here to serve you and be guided by your aspirations. And we want to work hard to bring any ideas you have for the betterment of our beloved KP community, to fruition. So please look out for future requests inviting your participation.

*Lassiv te Faliiv*

Dr Sundeep (Sunny) Kaul and KPAE Team

## ***KPAE Executive Committee 2023***



**Dr Sundeep Kaul**  
***President***



**Mr Kapil Dhar**  
***General Secretary***



**Ms Shipra Ogra**  
***Treasurer***



**Ms Aruna Kotha**  
***Executive Member***



**Mr Anjan Raina**  
***Executive Member***



## ***Message From Outgoing KPAE President***

The ISBUND team reached out to **Sanjay Peshin**, the outgoing President of the Kashmiri Pandit Association of Europe (KPAE), to gain insight into the progress made during his tenure.

Sanjay highlighted that as a community, we are small in number and dispersed across the globe, and our cultural identity is at risk of extinction unless we come together and preserve our heritage.

He commended the KPAE for unifying the community in the UK through cultural and social events. Sanjay congratulated the newly elected executive team and encouraged younger members to step forward with fresh ideas to enhance event appeal while preserving the community's cultural heritage.



Additionally, he acknowledged the previous executive team's accomplishments, including proactive community engagement, increased paid membership, and strong financial standing. Sanjay also mentioned the KPAE's response to the COVID-19 pandemic, as well as the launch of ISBUND, a quarterly newsletter for the Kashmiri community.

Finally, Sanjay expressed his gratitude to the team and pride in their collective achievements.

Some **key achievements** that Sanjay is immensely proud of include (but not limited to):

- ★ More proactive community engagement and unity
- ★ Annual financial support to KMECT (Kashmiri Medical Emergency & Charitable Trust)
- ★ Increased paid KPAE membership
- ★ Much improved KPAE Financial Status
- ★ Response to COVID-19
- ★ Launch of ISBUND

## What Have I Learnt About Herath

Aayansh Ogra Menon (Age 9)

I have learnt that Herath is the celebration of Shiva. Herath is marked as the night Parvati and Shiva were married, hence the *pooja* being at midnight. Herath is celebrated in the *Phalgun* month (Feb-Mar) on the 13th and 14th day - *trayodashi* and *chaturdashi*. It is a 3-day festival and is celebrated according to the lunar calendar. Each year the date changes according to the position of the moon.

The name Herath originates from the word "*Hararatri*" meaning the "Night of Hara". Hara is another name for Shiva. On the night of Herath, every girl is considered as Goddess Parvati and every boy is Lord Shiva. Herath is the most ancient festival for the Kashmiri's. Some people also make *Shivalinga*'s on Herath. Instead of using murti's (idol's) we use a *Kalash* (utensil) E.g., a pot, a cup etc. Rainfall on the days of Herath is believed to be very auspicious. At the *Shankaracharya* Temple, in Srinagar, the biggest puja is held almost every year.

In this 3-day period, the Pandits distribute walnuts as a mark of respect to the Hindu deities. The soaked walnuts are given as '*prasad*' among friends and relatives after worshipping the "*Watak Nath*" at homes for three days and three nights. The temples are decorated with different colours and flowers each day. Some people prepare fish amongst Kashmiri Pandits to mark the wedding of Shiva and Parvati. The second day of Herath is known as '*Salaam*'.

These are the many things I have learnt about Herath. I enjoyed researching it hope you enjoy reading it.



Picture Credit: Save Bhat @diyminiatures (included with permission from the artist)



## *Navreh Thaal*

Aria Raina Kumar (Age 10)

**T**haal Barun is a traditional ritual performed by Kashmiri Pandits on Navreh, the first day of the Kashmiri New Year. The Thaal or plate is decorated with several items, each of which has its own significance. Here are the items that are typically placed on the Thaal and their significance:

1. **Rice:** It symbolises prosperity and abundance.
2. **Yogurt, Milk:** It represents purity, wisdom, and happiness.
3. **Salt:** It is a symbol of purity and preservation.
4. **Coins:** They represent wealth and prosperity.
5. **Bread:** It symbolises sustenance and nourishment.
6. **Nabad:** (sugar candy): represents sweetness in life
7. **A pen and a book:** It symbolises knowledge, wisdom, and education.
8. **A mirror:** It symbolises self-reflection and introspection.
9. **Walnut in odd numbers:** Symbolise regeneration and stability
10. **New Janthari**
11. **Seasonal flowers**

People typically view the Thaal in the morning after taking a bath and wearing new clothes. They first look at the Thaal and then look at their reflection in the mirror on the Thaal, which is believed to bring good luck and prosperity for the rest of the year. The Thaal is then shared with family members and friends as a symbol of unity and togetherness.

## *New Beginnings*

Mridula Kaul

Namaskar all!! Navreh or the Kashmiri new year is upon us and I want to start out by wishing each and every one of you and your loved ones good health, joy, love and the ability to be nourished and renewed.

Navreh which is close on the heels of *Sonth* marks the beginning of spring. Spring, *vasant*, *bahaar* - the end of the winter and all that is cold and bleak (although I do think the U.K. regularly misses THAT memo!) and the start of longer days, Mother nature in bloom and growth. Spring is a case study in resilience. No matter if the Beast from the East has decided to wreak havoc or the Wrath of the North pays a visit (yes, I made that up), you will never find a tree that is not trying to grow shoots or a crocus that is not desperate to make an appearance, even if it's short-lived. Why, you ask, are you giving us a lesson in the obvious? Please indulge me if you will.

I received some news from home yesterday, of someone within the extended family, passing away under circumstances that have been heartbreaking for their family. None of the details are relevant but what does matter is why I am choosing to talk about it. In today's age of instant validation and the disastrous tendency to exaggerate both success and failure - think 'I am a star' because I have 200,000 followers and the 'I am a failure' vs 'I have not got the result I thought I was going to get' response, both of which have a devastating impact on individuals and society as a whole. We seem to have forgotten that Rome was not built in a day and we have almost certainly forgotten how to be resilient. That said, this article is by no means an instruction manual on how to deal with life or indeed here to pass judgement as we all live our lives in the best way we can.

Instead, I leave you with a thought for when you look at the ceremonial 'thaal' tomorrow morning. We will all be grateful for all that will be kept on said thaal including '*anne*' and '*dhan*' and pray for a healthy, joyful and prosperous new year. In addition, I ask you to spend a little more time looking at yourself in the mirror tomorrow. Make a vow to be kind to yourself, to pledge some time for your own wellbeing, to acknowledge that you yourself are divinity ('*Shivoham*'), to remember how much you are loved, to recognise what actually matters, to take 15 minutes from the 24 hours you've been given to replenish yourself in whatever way that nourishes your soul and to embrace yourself, warts and all.

So I come full circle to where I started (see I told you there was a method to my madness) - have you ever seen a plant go back into the ground because it wasn't happy with the way its shoots turned out? It continues the way it is and the only commitment it makes is to grow, onwards and upwards. Here is to new beginnings, growth and resilience. Navreh *poshteh* all. *Lassiv tuh pholliv*.



*Say you are from Kashmir without saying you are from  
Kashmir.....*

Aria Raina Kumar (Age 10)











(1) Kheer Bhawani Temple, (2) Chinar leaves, (3) Kohl rabi (Monj haakh), (4) Nadur gaad (Fish with lotus roots), (5) Dumaloo and rice, (6) Tael wor, (7) Sheer chai, (8) Roth  
Pictures from my mum's phone.



## ***The Stress on Stress....!!??***

**Amita Raina**

- ◆ *Have you ever observed your child who is 2 or 3 years old walk on a balancing beam for the first time...*
- ◆ *Have you ever been so still as to not make any movement while holding a baby chick so gently so as not to squeeze its life out...*
- ◆ *Have you ever spent time watching the butterfly struggle out of its cocoon, waiting for their wings to dry in order to be able to live a butterfly's life....*
- ◆ *Have you ever comforted a child (and the parent in some cases) from separation anxiety...*
- ◆ *Have you tried to fulfill the needs of a child who cannot express themselves due to a language barrier or special needs...*
- ◆ *Have you ever made countless efforts to find answers from a selectively mute child...*

**I**f you HAVE.... you have encountered STRESS... and not just for yourself... but also of the other being simultaneously... STRESS times TWO... or more...

But in all the 'Stress' taken above there was one thing common.... Neither knew that they were stressed... it was just a momentary feeling of not being in control but with the aim of a happy and victorious outcome... In Fact the word 'stress' did not even occur to me ... it was more of a challenge or a life changing and a learning moment ..

Nowadays, I hear the word stress..... all around. From grown ups, from teenagers and even children. how easily we have created this bubble of stress around us!

***If you are Stressed doing what you are doing, should you be doing it at all... ???***

If we, grown ups cannot handle our situations and our so called Stress... what examples are we setting out for our children to handle situations and be in a state to find solutions!

more than often it's the parents' lingo .. saying 'My child is stressed because of her exams' or 'I am stressed because of my child's exams'...

The parent should be the calming factor, the happiness quotient and someone who holds their child's hand to walk across the beam.. we know more than anyone else that just one exam or fall does not determine one's destiny..

Children do not know anything about the existence of the word 'Stress'... instead they know about

***PERSEVERANCE....***

I've worked with children for a long enough time and observed them when they are making their first connections with the outside world... (most of the separation anxieties are within the parent which get transferred to the child)...When these little people first walk into a new world they are ready to explore and experiment in their time, some at a faster pace than the others.. They observe their peers, adults while making their own decisions on how and when to approach different things accessible to them. When they are actually ready, they dive in and don't stop until they get it right... they persevere until they get the desired result .. they repeatedly do the activity until they get a certain fulfillment because with each repetition they are on a path of **SELF-DISCOVERY!!**

*Each day when I walked into my classroom, I had no room for my stress because the children came in with so much positive energy to discover another new day... teaching us how to live each moment with the greatest spirit .... and **STRESS-FREE!!!***

Let's not dampen their spirit by introducing them to the word Stress, instead...

Give them the.....

- ❖ courage to deal with **failures..**
- ❖ self **believe** to Never give up..
- ❖ ability to reflect on ones strengths..
- ❖ **curiosity** to never stop learning..
- ❖ **attitude** to give your best to achieve..
- ❖ an environment which is beyond judgements..

***At every stage, life throws us various challenges but to be able to Accept, Adapt & Achieve requires a certain Mindset and work ethic.***

## *The Doorway Effect*

Samara Ogra Menon (Age 14)

**W**e've all done it. Walked into a room to get something only to forget why we entered. Gone outside but then forget why you're there. Interrupt a friend to say something but the thought slips your mind. As much as these events may be embarrassing it's nice to know that you're not just getting old, many people experience this.

Forgetting why you do something is a psychological event called the "Doorway Effect" where a person's memory deteriorates when their physical setting changes, however it would not have been impacted if they had remained in the original place. This is thought to be due to the change in your physical setting as your brain uses your environment to categorise events. Once you change setting your brain flushes out that information if it is deemed "not necessary" or in some cases, stores it.

Memory is structured around a series of events that happen, or episodes, such as going on a walk or having a conversation, which are broken by sleeping. This is referred to as episodic memory and it refers to the storage of temporary events. Many studies have shown that the location of a person contributes to the storage and organisation of their memories. As memory is stored periodically it is said that a change in environment serves as a break between an episode of your memory.

Many studies have been conducted to investigate the impact of the "Doorway Effect". One of the most recent studies conducted at Bond University, Australia researchers replicated the "Doorway Effect" in four different scenarios. Physical and virtual rooms, with and without the participants completing a task (in this case counting backwards) to distract them. The virtual room experiment where the participants were counting backwards showed that the majority of them did not forget to count backwards. However, in the physical room the majority did. The researchers concluded that "we might occasionally forget a single item we had in mind after walking into a new room but, crucially, this usually happens when we have other things on our mind". A different study on the effect of doorways proposed that the doorway effect may be linked to early self-preservation instincts and behaviours by alerting ourselves towards the new environment therefore moving our attention from an internal perspective to an external perspective. This means that sometimes we may forget what's on our mind in the moment.

However, all hope is not lost, there are ways if not to eliminate but to reduce the embarrassment of forgetting what you were going to do or say. A psychologist Oliver Baumann said that it may be possible to "immunise" yourself against forgetting things. "If we are single-minded in what we want to do, nothing will stop us remembering. But if we have multiple things going on, forgetfulness becomes noticeable."



## Curiosity - The Key to Unlocking Your True Potential

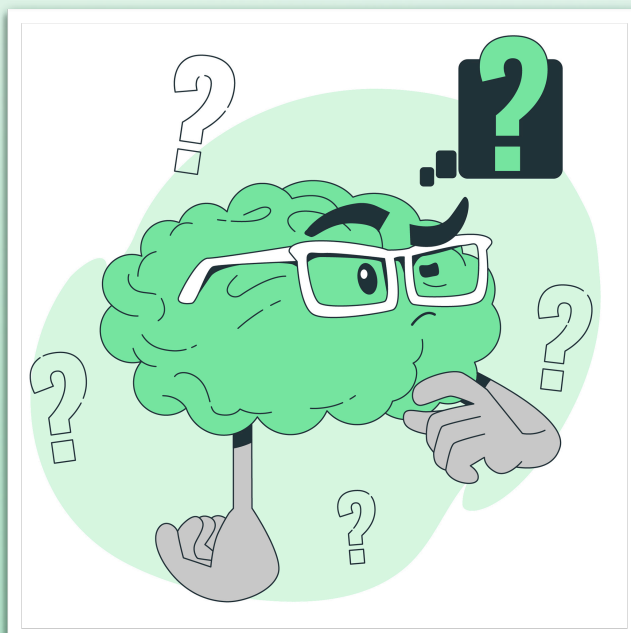
Aria Raina Kumar (Age 10)

Curiosity is a word that often gets played around with, here and there, a gift that is sometimes forgotten, trapped, waiting to be used. People of all ages, colour and ethnicities are raised in the light of this invisible ray, the key to the future. One may not be able to release their complete inner potential without being able to summon a wave of curiosity.

Although I have only stepped on few stepping stones along the stream of life, I have filled my backpack with hope and thoughts that future generations will follow my path and use curiosity to maximise their full potential. There is no denying, that along the stream of life you may reach unstable stones but carry on and you will be rewarded along the way. There will never be a fortune teller to tell you when your struggles may appear trust me your are able to face them, it's like a job with no training required.

As the famous Albert Einstein once said *'The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when one contemplates the mysteries of eternity, of life, of the marvellous structure of reality'*. The future of the world depends on the decisions of future generations who must aspire to follow the paths created by their ancestors.

In conclusion, I owe my ability to share these thoughts with you to my beloved mother, whose fantastic idea led to the creation of ISBUND. I wish you luck on continuing your journey to wherever life happens to guide you to.



## *What is Economics at Its Core?*

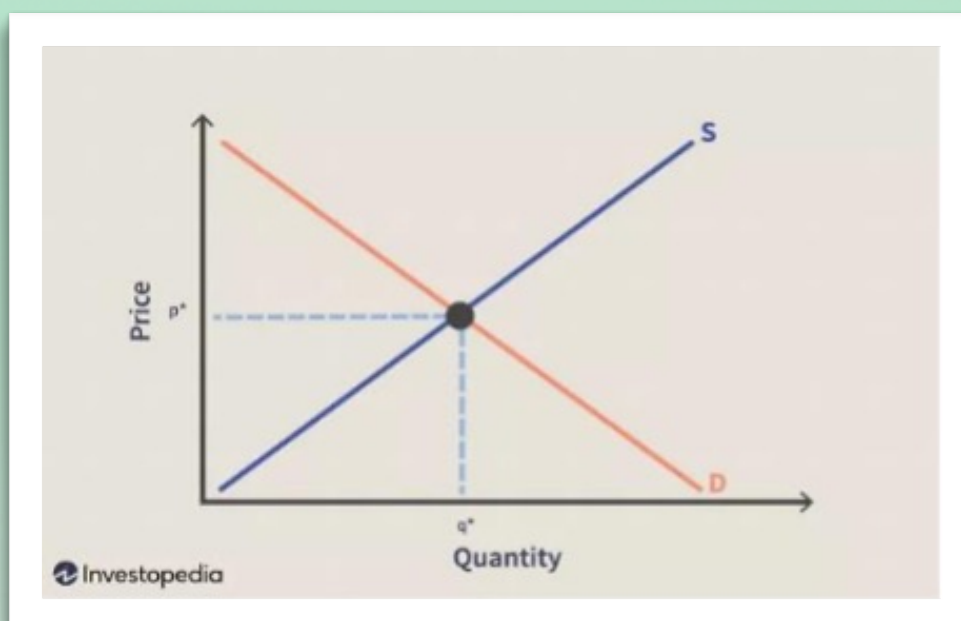
Ashvika Kotha (Age 14)

When people hear the word 'economics,' they assume that it is all about money; however, money is only one aspect of economics. Economics is the study of how people make decisions to allocate resources and how those decisions impact society.

The most important concepts in economics, in my opinion, are scarcity, supply and demand, and economic equilibrium. There are two main branches in economics: microeconomics (individual choices) which deals with entities and their interaction with each other, and macroeconomics (aggregate outcomes) which manages the economy as a whole.

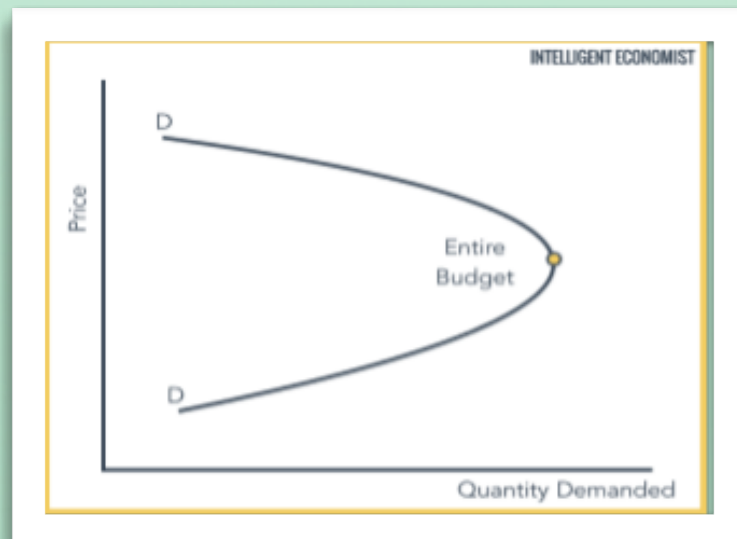
The term 'scarcity' alludes to a fundamental economic conundrum – discrepancy between finite resources and hypothetically unbounded wants. Scarcity, also known as paucity, is an economics term used to refer to a gap between availability of limited resources and the theoretical needs of people for such resources.

The quantity of a good (or service) that consumers are willing to buy at a specific price is known as demand. The quantity of an item that sellers are willing to deliver for a certain price is known as supply. According to the law of demand, if all other conditions are equal, fewer individuals will seek a good whose price is higher, because the opportunity cost of purchasing a good increases as its price rises. Customers buy less of a good when the price is higher; this enables them to allocate money to meeting other needs. The law of supply illustrates the amounts sold at a particular price; this implies that the quantity offered will increase as the price does. In practise, people's willingness to supply and demand a good determines the market equilibrium – the price where the quantity of a good that people are willing to supply equals the quantity that people demand.



When the demand price is equal to the supply price, the amount produced has no tendency either to be increased or to be diminished; it is in equilibrium. In microeconomics, economic equilibrium may also be defined as the price at which supply equals demand for a product. Equilibrium can also refer to a similar state in macroeconomics, where aggregate supply and aggregate demand are in balance.

The law of demand and supply is true to its rules for most cases; however, some significant exceptions are there. For example, necessities, and luxury goods. Sir Robert Giffen came up and developed Giffen Goods which is exemplified by the Irish Potato Famine. This reversal of the law of demand saw the demand for potatoes increase as the price of potatoes increased. The idea behind a Veblen goods was made by economist Thorstein Veblen. This frequently occurs with luxurious goods, precious stones, and automobiles like Ferraris. An item's value and worth are perceived to be greater when its expensive, and as a result, there is a greater demand for that good or service.



To conclude I think that economics at its core echoes what Thomas Sowell said, ‘the first lesson of economics is scarcity: there is never enough of anything to satisfy those who want it.’

***This essay won Ashvika a partial Scholarship to attend summer programmes at the Universities of Oxford and Cambridge.***



## *Artificial Intelligence: Rapid Fire*

Aria Raina Kumar/ChatGPT

### ***Q1 : What is artificial intelligence and who invented AI?***

Artificial intelligence (AI) is like having a robot brain that can think and make decisions on its own. Just like how our brains help us learn and do things, AI helps machines learn and do things too.

AI is not the product of a single inventor or a specific moment in history. Instead, it is the result of the collective work of many researchers, scientists, and engineers over several decades.

The development of AI as a field of study can be traced back to the Dartmouth Conference held in 1956. The conference brought together a group of researchers who were interested in exploring the potential of machines to simulate human intelligence. The term "artificial intelligence" was coined during this conference.

Over the years, many pioneers have contributed to the development of AI, including John McCarthy, Marvin Minsky, Claude Shannon, and Arthur Samuel. They made significant contributions to the development of machine learning algorithms, natural language processing, computer vision, and robotics.

Today, AI is a rapidly evolving field, and many companies, universities, and research institutions are actively working to push the boundaries of what is possible with intelligent machines.

### ***Q2: Give me an example of where AI can be used?***

AI can be used in self-driving cars to help them "see" the road and make decisions on when to speed up, slow down, or turn. AI can also help in video games by creating characters that can think and act on their own, making the game more fun and challenging. In short, AI is a powerful tool that helps machines learn, think, and make decisions like humans do!

### ***Q3: What is the future of AI?***

The potential for AI in the future is immense, and it is difficult to predict all the ways in which it may impact our lives. However, here are a few possibilities:

1. **More personalised experiences:** As AI systems become more sophisticated and capable of processing vast amounts of data, we can expect more personalised experiences in areas like entertainment, shopping, and healthcare. For example, AI could be used to develop more tailored treatment plans for individual patients based on their specific health data and medical history.

2. **Advancements in automation:** AI has the potential to transform many industries by automating tasks that were previously done by humans, such as driving, manufacturing, and customer service. This could lead to increased efficiency and productivity in many areas.
3. **Increased safety:** AI could be used to improve safety in areas like transportation and public health. For example, self-driving cars that use AI to detect and respond to potential hazards could greatly reduce the number of accidents on the road.
4. **More advanced AI systems:** As research in AI continues, we can expect AI systems to become more advanced and capable of performing increasingly complex tasks. This could lead to breakthroughs in areas like healthcare, energy, and environmental sustainability.

***Q4: Should we be concerned about AI?***

Like any technology, AI can be used for both good and bad purposes. While AI has the potential to bring many benefits, it is also important to recognise that there are potential risks and concerns associated with its use.

One of the biggest concerns about AI is the potential for it to be used in ways that could harm people or society as a whole. For example, AI systems could be programmed to make decisions that are biased or discriminatory, leading to unfair treatment of certain individuals or groups. AI could also be used for malicious purposes, such as developing autonomous weapons or creating deepfake videos that spread false information.

Another concern is the potential for AI to replace human jobs and contribute to economic inequality. As AI systems become more advanced and capable of performing tasks that were previously done by humans, there is a risk that many people could lose their jobs or be left behind in the rapidly changing job market.

It is important to consider the potential risks and benefits of AI and to ensure that its development and deployment is done in a responsible and ethical manner that maximises its potential benefits while minimising its potential harms.

***Q5: Finally, name one field where AI will be revolutionary in the next decade?***

One field where AI is expected to be revolutionary in the next decade is healthcare. AI has the potential to transform healthcare by improving the speed, accuracy, and efficiency of diagnoses, drug discovery, and treatment.

## *World Book Day*

### ChatGPT

**W**orld Book Day is an annual celebration of books and reading that takes place on April 23rd. Its goal is to promote the enjoyment of books and reading and to encourage children and young people to read more. It is also a celebration of authors, illustrators, and the contributions they make to literature.

World Book Day is celebrated on a different date in the UK compared to the rest of the world. In the UK, World Book Day is usually celebrated on the first Thursday of March. The reason for this difference is that the UK and Ireland have a separate organization that runs World Book Day celebrations and they have chosen to celebrate it on a different day to avoid conflicts with Easter holidays and school breaks. Additionally, the UK and Ireland have their own unique programs and events, including the distribution of book tokens to children and the encouragement of dressing up as favourite book characters, which have become integral to the World Book Day celebrations in those countries.

The first World Book Day was celebrated in 1995, organised by UNESCO (United Nations Educational, Scientific and Cultural Organization). The date of April 23rd was chosen to coincide with the anniversary of the deaths of William Shakespeare and Miguel de Cervantes, two of the most prominent writers in the world of literature.

The celebration of World Book Day varies across the world, but some common ways people celebrate include:

- Book fairs and sales - bookstores and libraries often hold special events, discounts, and promotions on World Book Day to encourage people to buy and read more books.
- Reading marathons - people can participate in reading challenges or read-a-thons to celebrate the day.
- Dressing up as favourite book characters - in some places, children and adults alike dress up as their favourite characters from books.
- Author readings and talks - many authors give talks, book signings, or readings on World Book Day to share their love of literature with others.
- Storytelling - parents, teachers, and librarians can read stories to children to help them develop a love of reading.

Overall, World Book Day is a great opportunity to celebrate the joy of reading and to promote literacy and access to books for all.



## *A Day in the Life of Psychiatry Resident*

Dr Shivani Dudha

**P**sychiatrists are doctors who specialise in the field of Psychiatry, which is a branch of Medicine that encompasses assessment and management of mental disorders.

After qualifying as a doctor and later a Psychiatrist, I chose to do my higher training in “General Adult” Psychiatry. Some of the other sub-specialties include Child and Adolescent Psychiatry, Older Adults Psychiatry, Forensic Psychiatry, Intellectual Disability Psychiatry, Medical Psychotherapy, etc. My training program is 3 years long and will require me to work every 6 months at a different settings, both within hospitals as well as the community based mental health facilities.

For my current rotation, I work at a hospital with other colleagues including 1 Consultant Psychiatrist, 2 other doctors training to be a psychiatrist, lots of specialist mental health Nurses, a Pharmacist, Psychologist, Occupation Therapist, Physiotherapist and a Speech and Language Therapist. Here’s what a typical day of the week 9am - 5pm looks like:

**09:00:** Arrive on my ward and pick up my special “Ascom” phone. I then take the handover from night team and check my email for any new patient updates. All doctors have a brief huddle to discuss the list of tasks for the day.

**09:30:** Multi-disciplinary professionals meeting with the ward manager where we discuss response to treatment, safety related issues and discharge preparation plans for all the patients on the ward every single day.

**10:30:** Assessment of all new admissions including extensive review of notes, interviews, physical health examinations and investigations, and initiation of treatment. Sometimes there are new Mental Health Act assessments or scheduled Mental Health Tribunal hearings that I need to prepare detailed reports for and/or attend the hearing to provide medical evidence to the Tribunal Judge.

**12:30:** Lunch Break

**13:00:** Ward round meeting for 30 minutes per patient which is also attended by their family and friends, independent mental health advocate and the patient’s community mental health team. We also invite other healthcare professionals if they are involved in the patient’s care, example cardiac specialists, neurologists, oncologists, etc, to ensure we are all working in collaboration.

**15:00:** I continue seeing patients outside of the ward round to review their medication plans and also make referrals for psychological therapy. I meet with friends and family of patients to answer their questions and address their concerns. I also attend departmental meetings, reflective practice sessions, teaching and training sessions, journal club meetings and other clinical governance related meetings in the afternoons once a week.

**16:00:** Discharge preparation includes handover to community mental health teams for continuity of care, completing discharge summaries and discussion about relapse prevention strategies and crises support plans with patients.

**17:00:** Check the to-do list and handover any urgent tasks to the on-call doctor covering the hospital for the evening and later at night. Check-in with colleagues at the end of the day.

Throughout the day, I often get called for physical health or acute behavioural disturbance emergencies, which are prioritised over everything else.

Once a week, I don't work on the ward and instead focus on my training related curriculum needs. This includes working in another Psychiatry sub-specialty to widen my work experience and also participate in clinical audits, quality improvement projects, exploring leadership roles in the hospital and be involved with the on-going clinical research in the Trust.

My job is incredibly rewarding and filled with lots of new challenges every day. It is a privilege to be working in a role where I am able to make a positive difference in the lives of our patients and their loved ones. Whilst it's a learning curve for me, I'm equally excited to work closely with and deliver teaching to many medical students and psychiatrist trainee doctors who will be the future Psychiatry Consultants of tomorrow!

## *My Trip to Kashmir*

Saachi Koul (Age 13)

When I went to Kashmir I thought it would be really polluted like Delhi but when I got there I was surprised to see that it was really green and beautiful. There were mountains all around and I went to beautiful gardens that had fields filled with colourful flowers and plants. Dal Lake was also very pretty and I rode on a *shikara* in the evening. We rode across the lake and found stalls stationed on the water that sold lots of different things like saris and dresses as well as food and drinks. Kashmir was quite cold unlike other places in India and the nights were breezy and chilly as we stayed in a houseboat.

Kashmir was an amazing experience and was very very beautiful, it was also nice to see the place where my parents grew up.

I was really excited to go to Kashmir for the first time because it was the place that my parents grew up and they had talked about it a lot. On the car journey there, we drove across huge mountains which was really fun even though a hoard of goats blocked up the entire road at some point. I had expected Kashmir to be really polluted like Delhi but when I got there I was surprised to see that it was very beautiful and green. Mountains surrounded the entire place and wherever you were you just had to look up and you could see them. There were lots of fields full of colourful flowers, plants and trees and there was so much flourishing nature there. We stopped for *pani puri* at Dal lake and they were so delicious and so much better than the ones we have in the UK. We rode on a *shikara* in the evenings across the lake as the sun was setting and saw little stalls stationed in the water selling all kinds of things like clothes and food.

We all stayed on a houseboat for the first couple of nights and it was a really cool experience although it was quite cold there. We also went horseback riding for two hours on our last day and my uncle and parents went water rafting down a rushing river and coincidentally got filmed doing it by a youtuber who was there. Overall, Kashmir was a really fun experience and it was nice getting to see where my parents spent their childhood. Even around nine months later I still have very vivid memories of it.



**Dal Lake**

**Pic credit: Neklesh Sumbly**



## ***Shivratri***

Arav Malik (Age 11)

**S**hivratri is a Hindu festival that is celebrated every year in honour of Lord Shiva. It is one of the most important festivals in India and is celebrated with great enthusiasm and devotion.

The word "Shivratri" means "Night of Shiva". It is celebrated on the 14th day of the dark fortnight in the Hindu month of Phalgun (February/March). This day is considered to be very auspicious as it is believed that Lord Shiva performs his cosmic dance on this day.



The festival of Shivratri is celebrated in different ways in different parts of India. In some parts of the country, people fast throughout the day and offer prayers to Lord Shiva. They also visit Shiva temples and offer milk, flowers, and other offerings to the deity. Some people also perform a special puja called the "*Shiva Linga puja*" in which they worship the lingam, which is a symbol of Lord Shiva.

Shivratri is unique to Hindus of Kashmiri origin, like my family. It is celebrated a day ahead of the celebration by other Hindus in the world. Pitchers full of water that are filled with walnuts, although we use almonds, are worshipped with milk, flowers, rice-grains, sugar cubes and many more ingredients. Shiva, Parvati (wife) and the attendant deities, all represented by clay images, are worshipped with milk-water and special ingredients bought for prayers.

We listen to the chanting as part of prayers from youtube video and it explains the details in an easy format that normally lasts an hour and a half. In the end we start a small fire that is called *Hawan*. *Ghee* and other ingredients are slowly poured in it until chanting finishes. In the end, we sing "*Om Jai Jagadesh*" prayers as a family. We share the rice-roti as *Prasad* soon after. My mum continues the small celebration for the next couple days until she organises to get the *Prasad* (almonds and sweets etc) distributed to our nearby family-friends. I enjoy following the prayer-chanting. My favourite part is showering the *Shiv linga* with milk-water and in the end putting ghee in the *Hawan*.

The festival of Shivratri is not only about worshipping Lord Shiva but also seeking his blessings for happy and prosperous life. It also has social significance where friends and family come together to wish each other and celebrate together.

In conclusion, Shivratri is a very important Hindu festival. It is a time to offer prayers to Lord Shiva and seek his blessings for a happy and prosperous life. It is also a time to celebrate with friends and family and enjoy the festive atmosphere.





## ***Sports I Love***

Adhya Raina (Age 9)

### ***Why I love Hockey***

Hockey is the best sport EVER! It is such a fast paced game and you can't ever get bored or tired of it. I love hockey also because it is a team sport, playing as a team requires a lot of character like adapting to the game of the other players, coordinating with different players and also learning to lead as well as take people in your stride. Once you get into the rush and the thrill of the game, then all you can see is the ball, your stick and your teammates. You play the game following your

instinct and mind. I play in our Hockey Club and was selected to represent our club in the County matches in which we came 'Third'. I have again been selected for another county match this year with an opportunity to be the captain. Hockey can be played outdoors and indoors. Indoor hockey pace is much faster and fun. The sound of the ball banging the walls adds more excitement to the game. Overall Hockey is also an uplifting game that makes you feel good about it no matter if you win or lose.



### ***My Story of Netball***

When I first played Netball, I did not enjoy it. But after a few days of playing, I changed my mind. Netball too requires team skills and a lot of practice especially to shoot the ball into the net. It felt strange at first as it's very different from basketball where any player can run with the ball, but in Netball, once you are holding the ball, you can only pass to your teammate.

Our school team got into the Regionals of Netball where we played 10 other schools to compete for first place. In the end, we came 4th and I played in the defence which I quite enjoyed. It was thrilling to play each match qualifying to the next round and eating chocolate cookies while watching other school's compete. It was an experience that we all enjoyed and learnt from and I think that's all that matters. I am looking forward to the next match already!





## *A Kashmiri Herath- A Child's Perspective*

Kush Kaul (Age 11)

**H**erath – also acknowledged as Shivratri – is a festival, where we pray to the Lord Shiva, and ask him to better our lives and eradicate any wrongdoing from ourselves. This has a great significance to us, as a Kashmiri Pandit community, and I feel that, alongside praying, this is a way to embrace our culture and traditions.

The days before, there was immense preparation going on, and, while observing my parents, now as I'm older, I feel that there is always pressure that living in a foreign land to their birthplace, trying to do this puja has always been a big thing for them, trying to get as close as it was before their displacement. Before the 2-day-puja, there was a lot of cleaning and this is because the whole house has to be pristine; ready for Shiva's puja.

Our puja, a vatuk (a big puja), was about 2 and a half hours, however, I only stayed for 30 ish minutes. On the phone, there were instructions for the puja, and he talked very quickly. Obviously, I didn't completely understand the puja, but, I was taught small things, like how walnuts are used in Herath puja. The regular 'you will have to carry on these traditions' from my parents. And how a *tilak*, is a symbol of devotion and purity. At the end of the puja, we put a *tilak* or *tikka* (made from sandalwood and ash) on each person and a *nirven*, on each person, which males have to put on their right hand and females on their left ( a bit sexist in my opinion).

The second day, is *Salaam*, roughly translating to greetings, and is most important day, where, traditionally, you visit Shiva temples, however, away from homelands, it is a day where you eat a lot of food, and receive something called *herath karch* where you get money from your parents. In general, this day is more chilled out, and less work and labour than the actual puja day (like boxing day, but for Kashmiri people ).

This has been a great experience, and insightful realising that, us, as the new generation of Kashmiris, that we have to do this when we get older. It has been a pleasure to write this article, even though I've had to fight off a lot of red, squiggly lines .

## *Kashmir*

Shravan Kaul (Age 10)

**K**ashmir is a stunning destination with breath-taking sights that deserve to be discovered by the world. From the picturesque *Dal Lake* to the historic *Shankaracharya*, there are numerous enchanting places to explore. The weather in Kashmir is temperamental, ranging from warm and sunny to strong winds and soft snowfall, adding to its charm. However, the region is marred by political issues and tragic events that have affected the lives of its residents.

Despite the difficulties, Kashmiris have shown resilience and fortitude throughout their challenging journey. The conflict has been fuelled by both internal and external factors, including foreign interference and war, leading to a difficult and complicated situation. While the region is relatively calm now, the situation remains volatile.

Visiting Kashmir is a once-in-a-lifetime opportunity to experience its unique culture, awe-inspiring landscapes, and remarkable architecture. The region is home to several renowned landmarks and attractions, and visitors can also explore local markets, traditional homes, and the vast expanses of land owned by residents.

Kashmir has a rich history and culture, and its ancient ruins and artifacts are a testament to this. The region is part of India, where many languages and traditions originated. Visitors can witness the remnants of the ancient Mahabharata and other significant events from thousands of years ago. Kashmir is also renowned for its culinary delights, including spices that were originally created in India, including saffron, a fragrant and delicious spice that is grown locally.

In summary, Kashmir is a magnificent destination that offers a unique blend of natural beauty, rich history, and diverse culture. While there are ongoing challenges, the resilience and determination of its people are inspiring, and visitors can gain a deeper appreciation for their struggles and the beauty of the region by visiting.



## ***How Scientific is Hinduism?***

Nithya Tikoo (Age 14)

The bridge between scientific theory and principles, and religion is a fine line, but the bridge also provides a connection between the two. Fact and belief is very difficult to distinctly tell apart but what if there can be a compromise of the two? Hinduism is often said to be the oldest and most advanced religion, but if it is that old, how are the principles surrounding this faith so scientifically intuitive for their times? A few years back, traditions in Hinduism were considered superstitions, but with the advancement of science, it is becoming increasingly evident that these traditions are based on scientific knowledge and transferred throughout generations. The Bhagavad-Gita is already considered the source of many modern scientific explanations and postulations and the Slokas written in the Vedic scriptures are sources of modern mathematics.

### ***The biology in hinduism***

Hinduism proposes some very scientifically advanced postulates that have been proved to be effective lifestyle choices by modern science. One example of this is the recent recommendation to adhere to a vegetarian diet. Vegetarianism is a dietary ideal within many core scriptures and teachings. An indirect reference to vegetarian ideal diet is within the vedas. Slaughtering animals for meat is considered a form of broken ahimsa. “Ahimsa paramo dharmaha” from the sacred vedas means that the greatest value a hindu can embrace is that of pure non-violence. Modern science also suggests eating meat is not the best dietary decision, albeit for different reasons.

There are also many dietary customs that are deemed beneficial for the body in modern times, such as the fact that turmeric is extremely good for health and it was a staple throughout a hindu’s typical diet.

### ***Physics in hinduism***

Ancient thinkers got to a very interesting statement that it is the nature of reality to show itself both as unity and diversity. Maharshi Kanada propounded Vaisesika Darsana. Vaisesika philosophy developed Paramanu Veda (Atomic theory) based on the normal scientific views of ancient Indians. Atomic theory is now the basis of many different branches of science such as nuclear physics and chemistry.

Hindus were also the first to discover and believe that the sun is stationary. This is seen in the Aitareya Brahmanas which could date back to the 6th century B.C.E.



**A verse from Aitreya Brahmanas (2.7) is as follows:**

**“The [sun] never really sets or rises. In that they think of him ‘He is setting,’ having reached the end of the day, he inverts himself; thus he makes evening below, day above. Again in that, they think of him ‘He is rising in the morning,’ having reached the end of the night he inverts himself; thus he makes day below, night above. he never sets; indeed he never sets.”**

Revelations of numbers that have scientific significance:

A popular hindu myth is that the human body is acquired after the soul passes through 8,400,000 species. However, with the development of science it is assumed that there are around 8,400,000 species on the earth. This number is a scientifically and religiously significant figure.

According to Vedic cosmology, 108 is the basis of creation, representing the universe and all our existence. This number is also noticed to be significant in astronomy, for example, 108 is the distance from the sun to the earth in 108x the Sun’s diameter. The distance from the earth to the moon is 108 times the moon’s diameter. Finally, 108 is also a Harshad number, meaning it is an integer divisible by the sum of its digits. In Sanskrit, harsa means “joy” and da means “give”. Thus, Harshad translates to “joy giver.” All hindu mantras are supposed to be recited 108 times for maximum efficacy. This provides a divine yet earthly connection of hinduism with science.

In conclusion, taking into account 2 incredibly important branches of modern science and mathematics, the queen of all sciences, we can see that a large part of this great religion is based on scientific theory and facts that were proven by others in the world much later on and some are still considered myths, the exactitude of which only time will tell. A myriad of hindu religious texts are littered with mathematical, medical and scientific facts that this article will not be able to do justice to.

*Navreh*

Phoola Kaul



Our gorgeous Phoola aunty sent us some beautiful words for Navreh, watch and hear them at this [link](#).

## *Coming of Light*

Aadya Bakshi (Age 12)

James lived in a perfect community. Everyone was kind and resources were plentiful. There was just one thing that was worrying. Many years ago, a famous seer had predicted that all these good times would come to an end and there will be a 13-year-old boy, who will emerge as the saviour and lead the society to a new dawn. That night, the seer mysteriously disappeared, never to be seen again. People, at large, treated his prophecy scornfully, claiming that the seer was senile.

“Mum, who was the great seer?” asked James. “Why do you want to know?” she asked. The great seer was a painful topic for everybody, so she didn’t want to delve further. “I heard some stories about him in school so I wanted to know more,” he replied casually.

James had never really believed that the great seer had simply vanished. Now and then, he would think about the great seer. He couldn’t have just left the community. But asking would be considered unacceptable so he let it be. However, the day arrived that would change his life forever.

Whilst playing hide and seek with his friends, James ended up near the greenhouse on the school field. Nobody ever went in there. James noticed a very well-hidden wooden trapdoor in a small corner. It was time to go under.

At first, James could not see anything. Going in deeper and deeper, he found himself in a big room. There was a bed, a table and a chair. Suddenly, he heard footsteps. James quickly hid underneath the bed. When he thought there was silence, he sprang up only to ram straight into an elderly man’s body. Before James had time to process things, the old man snapped his fingers and the world turned black.

James was back in his house. He was hovering and levitating above the ground. He could hear shouting, screaming, fighting and people wailing. What was going on? Was this a nightmare? Suddenly a raspy voice chimed through the air. “*Thisssss will ssssoon* be their fate, little one. Only you can prevent it. But for now, wake up. Wake up.”

James sat up groaning and coughing. The old man passed him a bowl of soup. “Take it, you need to build your strength.”

“Are you the great seer who had made the doomsday prophecy?” James asked in astonishment. The seer nodded.

“Yes, but there is more to it. I’d also said that there will be a young boy who will emerge as the new leader!”



“Who is out to get you and who is this young boy, sir?” James queried. The great seer looked solemnly at him, wondering how much to share. “It is your government, the people who lead your so-called perfect community, who campaigned for my death. And you, my boy, are the chosen one to rebuild the society. I have been waiting for you for so many years to lift the curse on me.” James looked at the ageing man in front of him with a face of horror.

“It’s time for me to come out of hiding and present you to the council but it’s not that easy,” stated the seer.

“That’s where I can help,” said an unfamiliar voice. The great seer and James turned around to see member of the elderly council, Arthur.

“I have known the great seer for a long time, and I believe him. Together we will show the government the certitude they will be forced to cede,” exclaimed Arthur.

The seer strode to a corner of the room and revealed a hidden door and strutted through. Arthur followed suit and James hesitated for a moment before running after Arthur. The final chapter of the story is about to unravel.

The trio journeyed through the catacomb wading through waterlogged areas, at times having to crawl on their hands. Eventually, they stumbled upon an iron door. One final step and there would be no turning back.

“Where to now?” asked James.

“The city,” replied the great seer promptly, “It’s where the council meets.” The weather suddenly became stormy and rainy. It was as if the skies were wreaking their anger. And the closer they got to the city, the worse the weather became.

The trio finally reached the government building. Arthur knocked on the door while the great seer hid behind a bush. An assistant came and recognising Arthur, let them in. The great seer came out and together, they stepped towards the council room.

When the council members saw the great seer, they stared at each other in stupefaction.

“How, when, where...?” spluttered one of the men.

“How did you survive?” asked their astonished leader.

“Oh, you mean when you tried to kill me?” said the great seer casually, “I had almost fallen for your devious plot, but thankfully, an insider alerted me to the conspiracy.” he explained. “How have you managed to convince the townsfolk that this is the real world?” he asked.

“This is the real world, foolish man!” shouted the leader in rage, “This is exactly why we tried to dispose you off all those years ago.” Just then, the assistant came running into the room yelling, “Sir, there is a massive hurricane heading this way!”

Everyone started running towards the exit, but the hurricane hit the building and smashed everything to smithereens. Everyone, except James, started to get sucked in. The hurricane would simply not touch him.

“This is all your fault!” the great seer yelled at the council members, “This will be the end for all of us!” The great seer held hands with Arthur and hollered to James, “Aim, Believe, Achieve!” And with that, the hurricane sucked everyone up and disappeared from the premises. James stared in shock and fear but remembered what the great seer had told him: He would rebuild, better than before because this darkness had given him light.

## *Mother's Day*

### ChatGPT

**M**other's Day is a holiday that is celebrated in honour of mothers and motherhood. The purpose of the holiday is to recognise and appreciate the contributions of mothers and to celebrate their role in the family and society.

The origin of Mother's Day can be traced back to ancient times when people in Greece and Rome held festivals to honour the mother goddesses. However, the modern version of Mother's Day can be attributed to Anna Jarvis, an American social activist, who campaigned for a national holiday to honour mothers after her mother's death in 1905.

Different countries celebrate Mother's Day on different dates. In most countries, Mother's Day is celebrated on the second Sunday in May. However, some countries celebrate it on different dates, such as the fourth Sunday of Lent in the UK, Ireland, and Nigeria.

In the UK, Mother's Day or Mothering Sunday is celebrated on the fourth Sunday of Lent. Mothering Sunday has historical roots in Christianity, and it was originally a day when people would return to their "mother church" or home church. In the 16th century, it became a day when people would visit their mothers and other family members, and it eventually evolved into a day to honour mothers.

People mark Mother's Day in different ways depending on the culture and tradition of their country. Common ways to celebrate include giving gifts, sending cards, and spending time with family. In some countries, such as the UK, people may take their mothers out for a special meal, while in other countries, such as Mexico, people may serenade their mothers with music and song.

The most common gifts that mothers receive on Mother's Day include flowers, chocolates, and cards. Other popular gifts include jewellery, perfumes, spa vouchers, and personal care items. In some countries, such as Japan, it is customary to give mothers red carnations on Mother's Day. In other countries, such as India, it is traditional to give mothers a gift of clothes or jewellery. Ultimately, the most important thing about Mother's Day is to show appreciation and love for the mothers in our lives.





## *Kashmir Valley Lost Diversity - This Day That Year*

Kapil Dhar

**E**ach year we remember the horrors of that night when radicals ran loose the terror from the loudspeakers of mosques. Besides the bloodshed, the loot, there is much greater loss that our motherland for the generations suffered. It lost diversity and traditional inclusion.

The diversity in Kashmir valley, and Jammu and Kashmir in general is analogous to the diversity of India. There is diversity of geography, languages, cultures, traditions and above all the diversity of thought in India that the country prides itself for. For me, personally, it is shocking that the nation is not yet enough conscious of the loss of diversity and inclusion in Kashmir valley for more than three decades now.

Even today, if the muted majority of the valley does not wake up to the loss of diversity and inclusion, their progeny will ask them the uncomfortable and unanswerable questions, especially when they see the diverse global India and even the inclination of their idol, modern moderate Middle-East.

Or, has the muted majority made a choice already to sing along the radicals and eat the pie of genocide survivors while it can pose as deaf and dumb. There is a proverb in Kashmiri (“mot lagith tott khyon” - i.e., pose as detached dumber and eat the feast), that was the prominent behaviour of majority where the spirit of humanity was defeated that horrible night by narrow material greed decorated shamelessly with radical sentiment.

Today, the radical narrative has reached such audacity that even the whole episode is termed as imagination or worse still “a propaganda”. When last year Kashmir Files depicted on screen a tip of the iceberg of terror that was unleashed that ominous night, and the whole winter and spring that followed, or shall I say all the seasons and years since that night, the overground elements of the radical underground masterminds called for boycott of the film. Isn’t this like saying, “Get killed politely and don’t call out the killer.”

The radicals could not evolve even in 21st century, they are still callous enough to keep the diversity off the boundaries of the valley. Sometimes, it looks like the radicals have a stronger machinery in the larger democratic system where their case is wrapped articulately with liberal values and put forward to sound as legitimate as it can get. What an irony, they think they’re doing favour to their community or religion when they’re depriving them off great future, great values of 21st century world which we all had dreamt in Kashmir, my beloved motherland.

I wish diversity returns to Kashmir valley with all the real values of Righteousness (Dharma).

## Katlam

### Sheetal Raina

During the lockdown in 2020, many of us found solace in cooking and turned into chefs, rediscovering old family or traditional recipes. I came across Namrata Raina's Katlam recipe that year and have successfully recreated it a few times since. I'm sharing her recipe here and hope that you can also enjoy the familiar taste. While I've transcribed the recipe below, you can also check out her [YouTube channel](#) for a step-by-step guide.

#### **Ingredients:**

All-purpose flour: 2 cups

Salt: ½ tsp

Ghee: 10 tbsp (for making paste)

Rice flour: 3 tbsp (for making paste)

Egg yolk: 1 (for egg wash)

Poppy seeds (options)

***Do not use baking powder, baking soda or yeast***



- 1. Gently knead the flour into soft dough with salt and water. Apply some ghee over the dough. Cover the dough and let it rest for 15 minutes. Divide the dough into 4 portions. Roll out one portion into a thick round roti.*
- 2. Mix the ghee and rice flour to make a paste. Apply ghee paste all over the roti and make folds (lengthwise trifold, then fold into small square, check out the video). Roll the roti and make a very thin square shaped layer and apply ghee paste all over it and fold into half, twice. Roll out into square again.*
- 3. Divide the square into 4 equal parts, fold one part into the another, roll into a ball and roll out into small round. Do the same with other 2 parts.*
- 4. Grease a baking tray, place all the Katlams on the tray. Apply egg wash/milk over the katlams. Sprinkle some poppy seeds.*
- 5. Preheat the oven for 35 minutes at 250 C and bake at the same temperature for 15 minutes.*

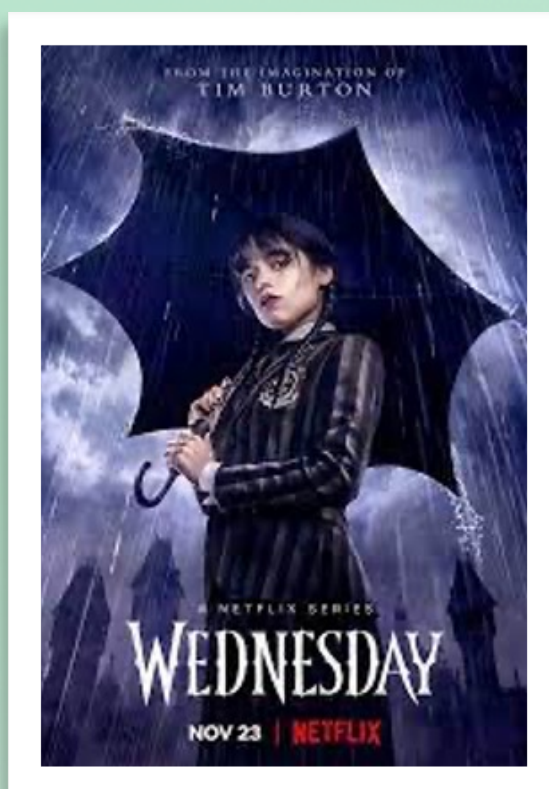


## *The TV Series Review - The Wednesday*

Adhya Raina (Age 9)

**H**ave you seen the new TV series called WEDNESDAY? If you have, then I'm sure you would agree with me that it is a fabulous programme. If you haven't, then I would highly recommend it to you just as a light watch. In my opinion, it is a new and modern take on the classic book of The Addams Family just with a new mystery and really interesting characters. I am hoping there is another series coming soon because it is so gripping that you can't keep your eyes off it until the end. The series is slightly dark with a twist of comedy. The main character, as you might guess, is a girl called Wednesday Addams who goes on a thrilling and slightly dangerous adventure to find out the secret of Nevermore, which is the school that her parents went too. It is a school for outcasts like her and Will she succeed? You will have to watch to find out! It is available on Netflix and a series for all ages to enjoy on a cold Friday night!!

My mum and I watched the entire season 1 in one night!!





## ***Book Review - The Midnight Gang***

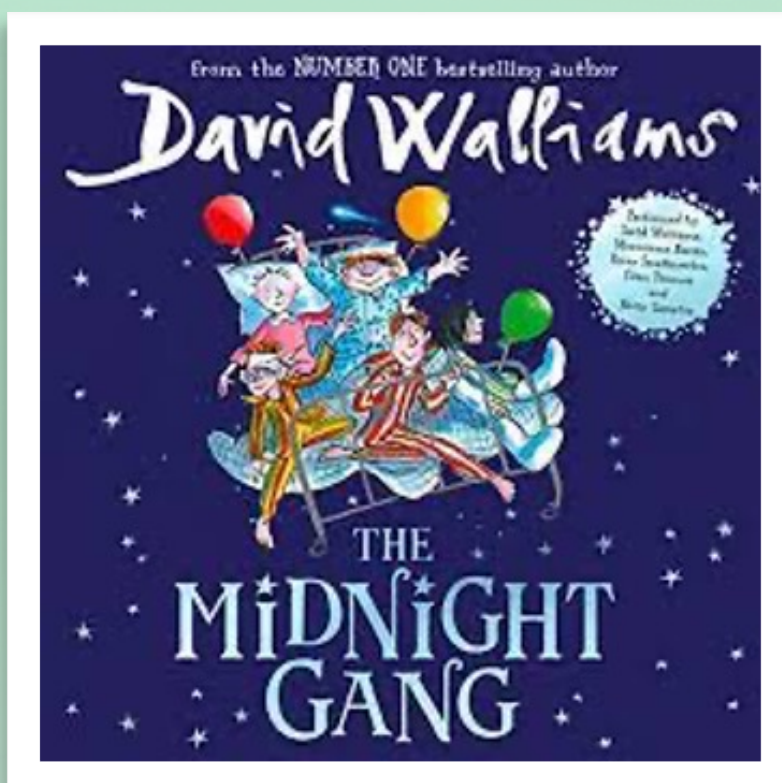
Adhya Raina (Age 9)

**I** think The Midnight Gang is a really good book and here are a few reasons why:

- ✳️ It is heartwarming and hilarious at the same time.
- ✳️ It teaches you an amazing life lesson telling you that where there's a will, there's a way.
- ✳️ Try to make yours and someone else's dreams come true and you will make it come true.

As it is such a good book, I chose to dress up as Sally from the Midnight Gang on World Book Day. As Sally is bald, I had to put a peach shower cap on my head and also a really long floor-length nightgown. It was really fun and my other friends also came in as Tom, Robin, George and Amber.

Together, we were The Midnight Gang! It was a really fun day and this year we will get a prize for our costumes. I hope we get it!



## *Herath & Navreh Celebrations*

Birmingham, 18 March 2023

Some pictures from the event. For more pictures please click [here](#).





























## *Winter Badminton Championship*

Milton Keynes, 4 February 2023



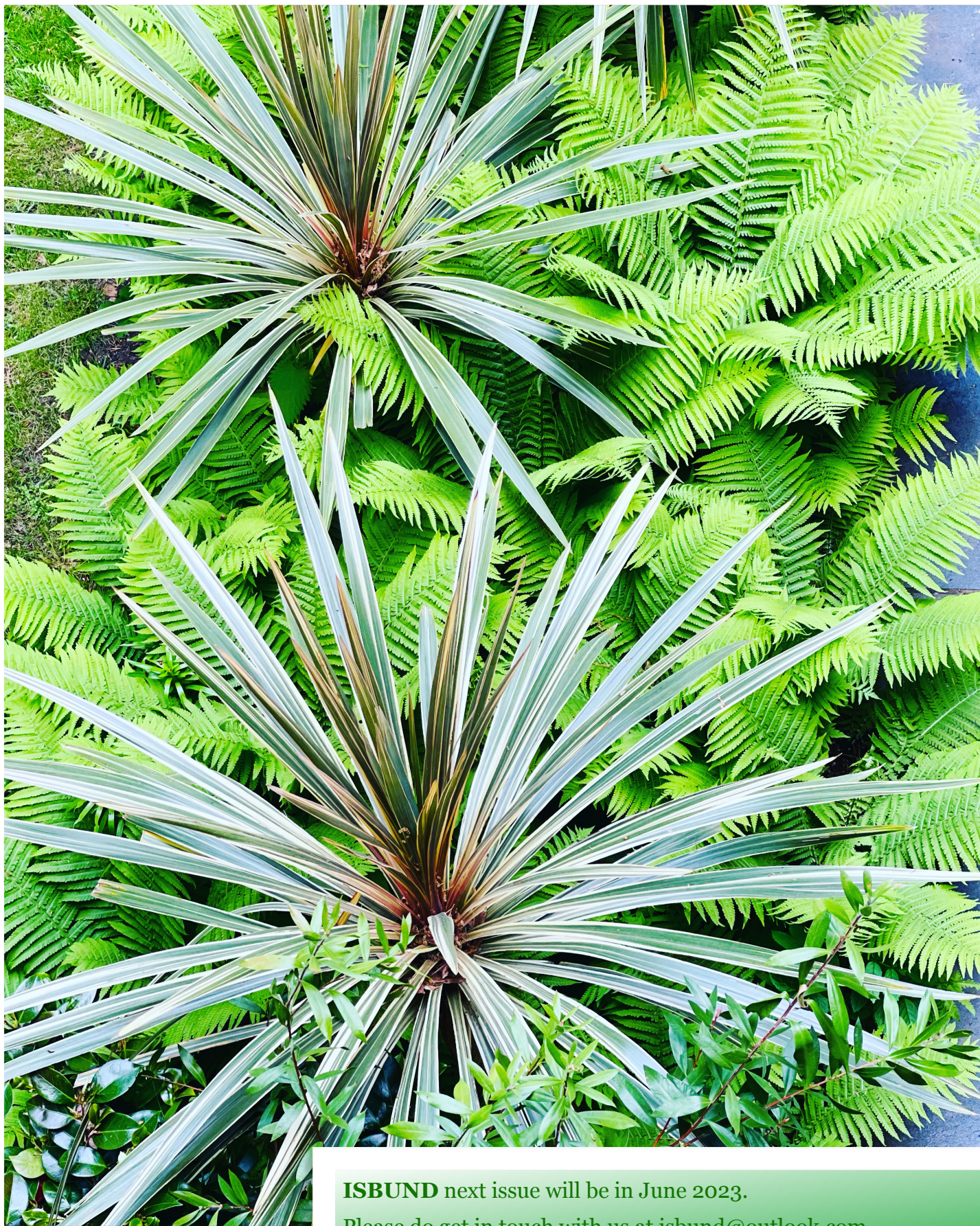












**ISBUND** next issue will be in June 2023.

Please do get in touch with us at [isbund@outlook.com](mailto:isbund@outlook.com)

*Picture credits: Sheetal Raina*