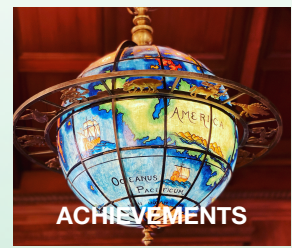


ISBUND

NEWS, EVENTS AND
EVERYTHING IN
BETWEEN



ISBUND

A Quarterly Newsletter for the Kashmiri Pandit Community



Picture credit: Moushumi Sharma Kaul

From the Editor's Desk

Namaskar!

In the picturesque valley of Kashmir, nestled amidst the majestic Himalayan peaks, lies a sacred place where devotion transcends all boundaries. On the auspicious day of *Zyeth Asthami*, this holy shrine, dedicated to the revered goddess *Ragnya Devi*, comes alive with fervour, faith, and an overwhelming sense of devotion. The annual celebration weaves a vibrant tapestry of emotions, leaving an indelible impression on the hearts of all who participate.

The ambiance is enchanting as devotees from far and wide embark on a journey to the temple surrounded by blooming flowers and serenity. The atmosphere exudes tranquillity and purity, as if the divine itself has descended upon this sacred abode. The mesmerising chants of hymns resonate through the air, echoing the unwavering faith of the devotees who gather to seek her blessings. Like many others, I cherish fond memories of *Zyeth Asthami* at Tulmul on a midsummer's day enjoying *looche* and *halwe*.

This month, we had the privilege of witnessing two soul-stirring *hawans*, evoking memories of the hawan at Tulmul, the early morning trip, dipping into the cool waters of the stream and the divine *darshan* of the deity seated peacefully in the middle of milky spring. While our memories may fade over time, I deeply appreciate our community's commitment to staying connected to our roots and recreating the magic of *Kheer Bhawani*, whether it be in Jammu, Pune, Southall, or the serene Surrey downs. This energy transcends all ages.

These remarkable events are made possible by the unwavering dedication of numerous individuals who work tirelessly behind the scenes to transform ideas into memorable occasions. While our KPAE executive committee takes the lead in these endeavours, countless volunteers make it seem effortless. It is important to acknowledge that these events also rely on our membership. The more engaged members we have, the greater number of events we can organise. I invite you to turn to [Page 21](#) and read Kapil's thoughts on how KPAE membership contributes to building a stronger, more engaged community here in the U.K. I hope his words will inspire more community members to register as KPAE members.

In this issue, we also introduce a new health initiative. We aim to feature our in-house health experts discussing topics of interest. We extend our gratitude to Dr. Jyoti Raina, a consultant ophthalmic surgeon, who has graciously initiated this project by writing about glaucoma, the condition, risk factors, and signs to watch out for. If you have specific topics, you would like us to explore, please reach out to us. Furthermore, if you would like to contribute as our in-house expert, we would be delighted to hear from you.

Lastly, in this issue of ISBUND titled "*Ryetskole*" which translates to "summer" in Kashmiri, we offer a glimpse into the *Zyeth Asthami* celebrations and continue with our segment of introducing Kashmiri women in the field of technology, with Anchal Dhar sharing her inspiring tech journey with us.

As temperatures continue to rise (mostly) and schools gradually wind down, we hope you have planned a summer filled with travel, cherished family moments and thrilling adventures. We eagerly anticipate hearing about your experiences when we gather next!

With our best wishes

Team ISBUND



Picture credit: Geeta Raina

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Kheer, Chinar and a Holy Spring

Moushumi Sharma Kaul

Zyeshtha Ashtami, or Zyeth Atham as called by Kashmiri Pandits (KPs), is observed on the eighth day in the month of Zyeshtha (June-July), and holds special significance for the KP community. The day is dedicated to Goddess Ragnya Bhagwati, also known as Mata Kheer Bhawani.

The deity sits in a temple surrounded by a holy spring. It is believed that the colour of the spring water keeps changing — a clear blue or white colour indicates peace while a murkier or darker shade indicates unrest/violence that is happening or is about to happen.

I visited the Kheer Bhawani temple in Tulla Mulla village on the outskirts of Srinagar with my husband in July 2019. We had timed our visit to coincide with Zyeth Atham. During that time, the colour of the spring was milky white, which we took as a good omen.

On this day, an annual festival is held at the temple. KPs from all over the region visit the temple to pay their obeisance to the Mother Goddess.



The name Kheer Bhawani is derived from the special offering made to the goddess — rice pudding, or kheer — as it is believed to be her favourite. Many devotees also offer milk.

After performing puja and lighting diyas, families usually stay on at the temple premises to soak in the festivities. Tents are erected and food (prasad) is distributed, mainly comprising poori, halwa, kheer and nadru churma (crispy fried lotus stems). While children run about in the temple complex, adults, especially women, sit together under the shade of the chinar and sing devotional songs and dance, partaking in the merriment.

The tall chinar trees, a symbol of Kashmir's timeless beauty, dot the entire compound of the temple. Together with a sanctum sanctorum surrounded by water and people young and old chanting prayers and pouring in offerings, the spiritual vibes fill the heart and soul with peace and joy. This sense of calm is infused every now and then with the fragrance of incense lingering in the air.

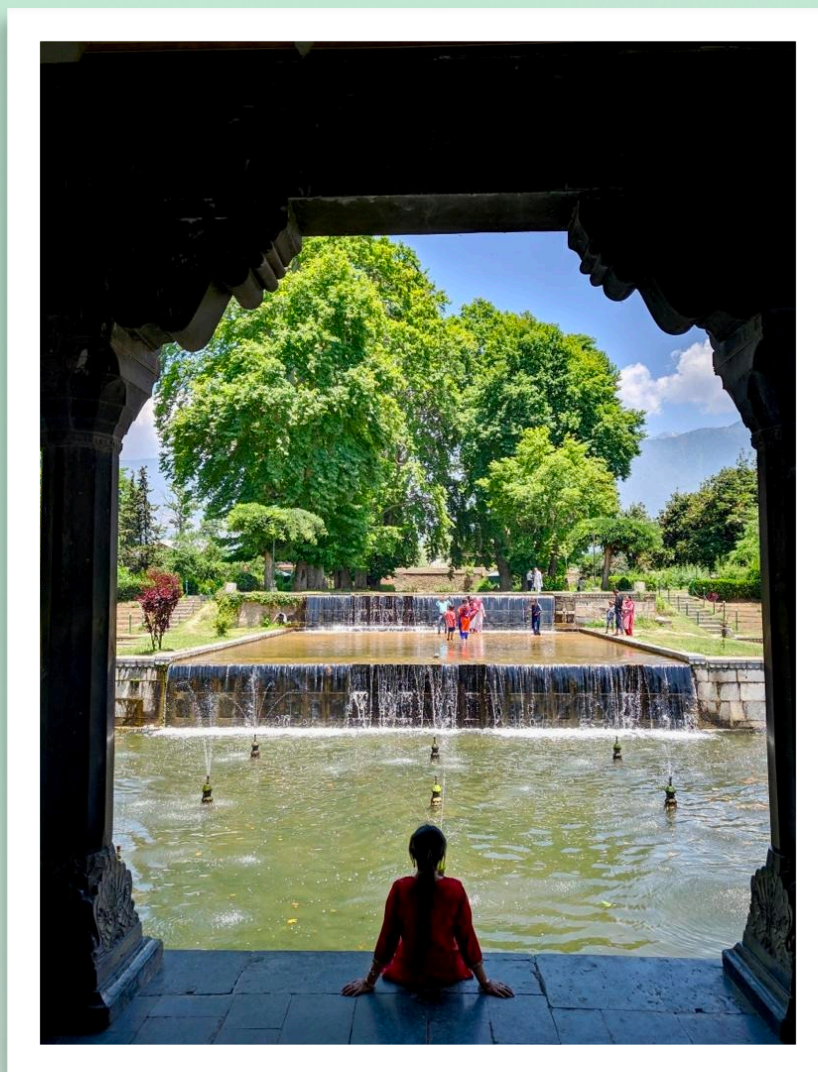


As a non-Kashmiri, I perhaps cannot do justice to the happiness and reverence that KPs feel on this day. But from what my in-laws tell me, it won't be wrong to compare their excitement to what the Bengalis and Assamese feel during Durga Puja. I was able to relive the festive spirit

this year at the Kheer Bhawani havan beautifully organized by the Kashmiri Pandit Association of Europe (KPAE) in Southall, London, on June 3. It was our first time meeting so many fellow KPs in England, and we were touched by the love and warm welcome we received. We attended the havan, offered our prayers, made new friends and relished some delicious halwa-poori followed by lunch. There was entertainment too in the form of music and a quiz on Koshur culture. It was really nice to see many young KPs who were so involved in the programme and were keen to keep their roots alive.

It's true that the KPs have faced grave injustice in the past, but they have used their history — and education — to build a better future for themselves. Today, the KP diaspora is spread across the globe, including the UK, and they are shining bright as a community.

May Mata Kheer Bhawani continue to bless her children and give us strength to lead each other on the right path.



My Old Self

Rekha Tukra

"So what if in my life I made many mistakes,
Isn't life itself a big blunder, full of errors and breaks?
I never painted the town red or had any remarkable days,
But back then, I was thick-headed, not thin like a rake, my frame slender in ways."

"I was lazy, laid-back, and a bit of a shirker,
But never an absconder, just seeking my own hidden worker.
I desired paths of grasslands with purple tulips and lavender,
Sometimes I stole apples and grapes, but I'm no offender."

"I mend my ways and habits, I must say,
A wilful amender, with compassion and love in every display.
Though I may be fragile, I mend broken hearts with care,
A universal mender, not dull, desolate, or a pretender."

"I may have a few vices, but it's not folly to be a love lender,
I aspire to no wins or successes, just myself, my own contender.
I may have disappointed many, unintentionally, it's true,
As a natural denier, I'll never quit, returning like thunder, anew."

"A poor soul with a conscience, never wanting to be tagged by gender,
I wish I could flow like a fresh river, a loony water bender.
Starting afresh, imagine me as a mere one, unique and wild,
Embracing life's challenges, with a spirit that is undefiled."

Humble Dumaloo

Sheetal Kaw

Dumoloo dumoloo, az khyamav es dumoloo (dumoloo dumoloo, today we are going to have dumoloo). This is the song which reverberates in my mind whenever I think of dumoloo. Me and my sister would sing while dancing around the kitchen after learning that our mom is preparing dumoloo.

Dumoloo is a unique preparation of Kashmiri cuisine. It is probably one of the top five things I like to talk about with my non-Kashmiri friends when they show some curiosity about my cultural background. If you have not heard of it or tasted it yet then in the language of "Game of Thrones" I will be forced to say "You know nothing John Snow"! You will be mesmerized by the science behind it. If you are blessed with culinary skills, you will feel proud of mastering the recipe. If you are a vegetarian or vegan, this can be your guilty pleasure. However, if you are a fitness freak, I will have a difficult time defending this deep-fried potato preparation. I would only say "thoda sa toh jeele yaar" (at least try to live a little bit).



Dumoloo was the cause of some happy and memorable fights in our family. We (my dad, my sister and me) would wait for my mom to finish frying all the potatoes. Then, we would carefully sneak inside the kitchen and get one potato for each one of us, sprinkle some salt and gobble it up as fast

as we can. We would repeat this several times before the potatoes would go in the broth with Kashmiri spices for hours of cooking. My mom would get very angry with us for finishing up half of the potatoes even before they went for cooking. "What will I serve the guest now" she would say. To save himself, my dad would say "I told them the same thing, but they didn't listen". Then we all would burst into laughter. Over the years my mom started doubling the number of potatoes so that she would have enough for the guests.

I remember my dad explaining the science behind dumoloo to our non-Kashmiri guests with pride. "You see, we have to first dehydrate it completely so that later these potatoes can soak up all the spices during cooking". My mom would add "you have to choose the correct variety of potatoes for dumoloo. If the potatoes have high sugar content, they will refuse to lose their water and would not start floating while frying. Then, your dumoloo will be sweet which you don't want, and they will also not have any spices in them". My dad would further add "So, let me tell you how to test if it is a good preparation of dumoloo. You take a dumollo on a plate, dig a hole in it with your index finger, only if you see spices accumulated inside the potato, you can say it is a perfect preparation".

During my postdoctoral studies in Germany, I had once invited my friends for a Kashmiri lunch get together. One of my German friends, Tatjana, loved it so much that the next day she took the recipe from me. I had to translate the names of all the spices to her in German. I was surprised to know that yang (asafoetida) has a German name i.e., Teufelsdrek. Although she also took the recipes of tamatar wagun (Tomato-aubergine curry) and phule-roganjosh (Cauliflower preparation), I was elated because of her interest in preparing my favorite dumoloo. She later told me that she has put all 3 recipes in a recipe book which she will gift her grandmother as a birthday present. My mom was so happy after hearing this that she cried a little bit that day. This is how this innocent Kashmiri preparation continues to bring joy to our family.

Hello World! My Journey in the Tech World

Anchal Dhar

Introduction:

The phrase "Hello, world!" has always been the starting point for novice programmers, as it marks their first code in a programming language. This is where my own journey as a software programmer began years ago when I was a student in India. I developed a passion for algorithms, programming, and the structured thinking required to write code.

Current Role and Experience:

I am currently employed as a software engineer at Meta, working on technology solutions that uphold integrity and help users of platforms like Facebook, Instagram, and WhatsApp build secure and trusted connections. Prior to this, I worked on exciting projects related to creators and influencers on Instagram. Additionally, I have gained extensive software engineering and management experience in the Financial Services industry, where I focused on developing technology solutions for Morgan Stanley.

Early Beginnings and Education:

During my school years in Jammu, I excelled in Mathematics and Sciences. Participating in science fairs allowed me to experiment and build things, while winning multiple debate competitions and taking part in school dance programs enriched my experiences. I still remember my first school trip to Manali in the 8th grade, which sparked my lifelong love for travel. I also enjoyed watching international movies on VCR, thanks to my elder brother's interest in Jackie Chan and Kung-fu films.

For my undergraduate studies, I moved to Pune and enrolled in the Computer Engineering program at MKSSS Cummins College. I chose this field as it seemed like a logical progression due to my love for Mathematics. It was during my time at college that I truly immersed myself in the world of technology and software engineering. Besides maintaining strong academic performance, I cherish the friendships I formed and the lessons I learned from independent hostel life.

To stay updated with the latest technology trends, I have pursued multiple short courses after my graduation. One notable course I completed at Oxford University introduced me to the domain of Artificial Intelligence and its capabilities. This course alongside some really inspiring conversations with my cousin who works in silicon valley, and has herself had a distinguished

career ignited my interest in joining a big tech company and working on challenging technology problems in the internet space.

Supportive Figures and Personal Growth:

Throughout my journey, my mother and elder brother have been my pillars of strength, always encouraging me in the most caring ways possible, and I think my intrinsic love for math and computers comes from my father. My husband, who also comes from a technology background, has been my most trusted sounding board for major career decisions.

Career Progression:

Here is a chronological overview of my career progression:

- ◆ Completed an internship with Symantec India, Pune, where I worked on performance monitoring tools for clustered file systems.
- ◆ Joined Morgan Stanley, Mumbai, as a technology analyst and received the "Think like an Owner" firm value award in my second year. I worked on fascinating technology systems for Capital Markets and Research and had the opportunity to travel to New York to support a critical technical system. I was promoted to Manager during my time in India.
- ◆ Relocated to Morgan Stanley, London, where I contributed to vital technology systems supporting Equity Sales and Foreign Exchange traders. I was later promoted to Vice President (Technology).
- ◆ Transitioned from the financial domain to big tech by joining Meta, where I am currently employed as a software engineer.

Summary:

After being part of the tech world for nearly a decade, I find it to be a mentally rewarding, highly intense, and ever-changing space. It constantly challenges me and fuels my desire to learn more. Alongside the technical skills I have developed in various programming languages and frameworks, problem-solving has emerged as the most crucial skill. I excel in breaking down complex domain problems into manageable components and leveraging technology as a tool to solve them.

As I reflect on my journey, I am grateful for the opportunities and experiences that have shaped me into the software engineer I am today. The ever-evolving nature of the tech world continues to inspire me, and I look forward to tackling new challenges and expanding my knowledge in the years to come.

For any aspiring software engineer reading this post, I leave this quote...



A Soldier's Diary

Sharika Kaul (Age 13)

June 1942

Monday

I am stuck in this terrible horrid place; the malodorous smell of blood is everywhere. On top of that, we are stuck in these trenches that are so clammy at night, we can't even leave to sleep outside because we might get shot or blasted. The Warfield doesn't just malodour of blood it's also covered with it, every inch.

Boom! You can hear the sound of bombs exploding. You hear the hear the soldiers' shrill scream every time they die, but I know that I'll survive this war and go back to my family, I miss them so much, the taste of a homemade meal is in my mouth, making me drool.

Tuesday

Yesterday another group of people died, I am starting to get distressed, if people keep dying, this war will end but Germany will win and get what they came here for. Everyone is saying we should let them win and surrender so that we will survive. I tell them to remain positive so that we win.

The food and water running out so we better hurry this up. Today morning, the Germans were trying to mutilate us a lot; you could hear the cackle of the guns; the wind moaning and feeling bad for the dead soldiers' families, and the soldiers themselves and the poppies crying for peace.

Wednesday

Yesterday we were fighting until late at night but we both got tired

and went back to our trenches to sleep. The thing with war is that you always have to be alert no matter what. Being alert isn't always easy especially when you are sick; this isn't like school, here you stay to fight. The reason I say "fighting is not easy when you're sick" is because today I woke up sick, but I have to stay alert because, well, my life depends on it! The other soldiers won't look out for me even though I'm ill, they are more focused on surviving, this how war is.

Thursday

I really miss my family and surely they miss me too but my illness is getting worse and I'm starting to get tired more frequently. But what if... I mustn't even think about it. Even one that isn't superstitious doesn't dare to think about it.

Life in war is very different to how life is actually like. When I get it home it will probably feel like it is a 5 star hotel.

The difference about my job and any other job is that I can never have a holiday when it is a working day, but anyways I am still fighting for our country.

Friday

My sickness is bad, now I'm really worried. The Germans know that we are outnumbered and they have started approaching our trenches and shooting us. I'm starting to think that surrendering wasn't such a bad idea.

Glaucoma: An Educational Review

Dr. Jyoti Raina

Glaucoma is one of the most common causes of incurable blindness due to damage to the optic nerve. Globally 80 million people are affected.

In the UK , 2% of population above the age of 40 years have glaucoma. In India incidence is 2.5 -4.5% of general population.

People with glaucoma do not have any complaints with sight or pain in the eye initially, as this condition progresses gradually. Problems with sight, usually described as loss of peripheral field or “tunnel vision” happen when optic nerve is already damaged irreversibly.

The loss of sight cannot be recovered and if untreated it can cause blindness.

Regular eye checks above the age of 40, by high street opticians are the only way to screen for glaucoma. If detected early, it can be treated before the nerve and the sight suffer any significant damage.

Cause:

Glaucoma is a group of conditions where the common factor is the damage to the optic nerve. The optic nerve carries all the visual/sight information from the eye to the brain like an electric wire conducting energy to light a bulb.

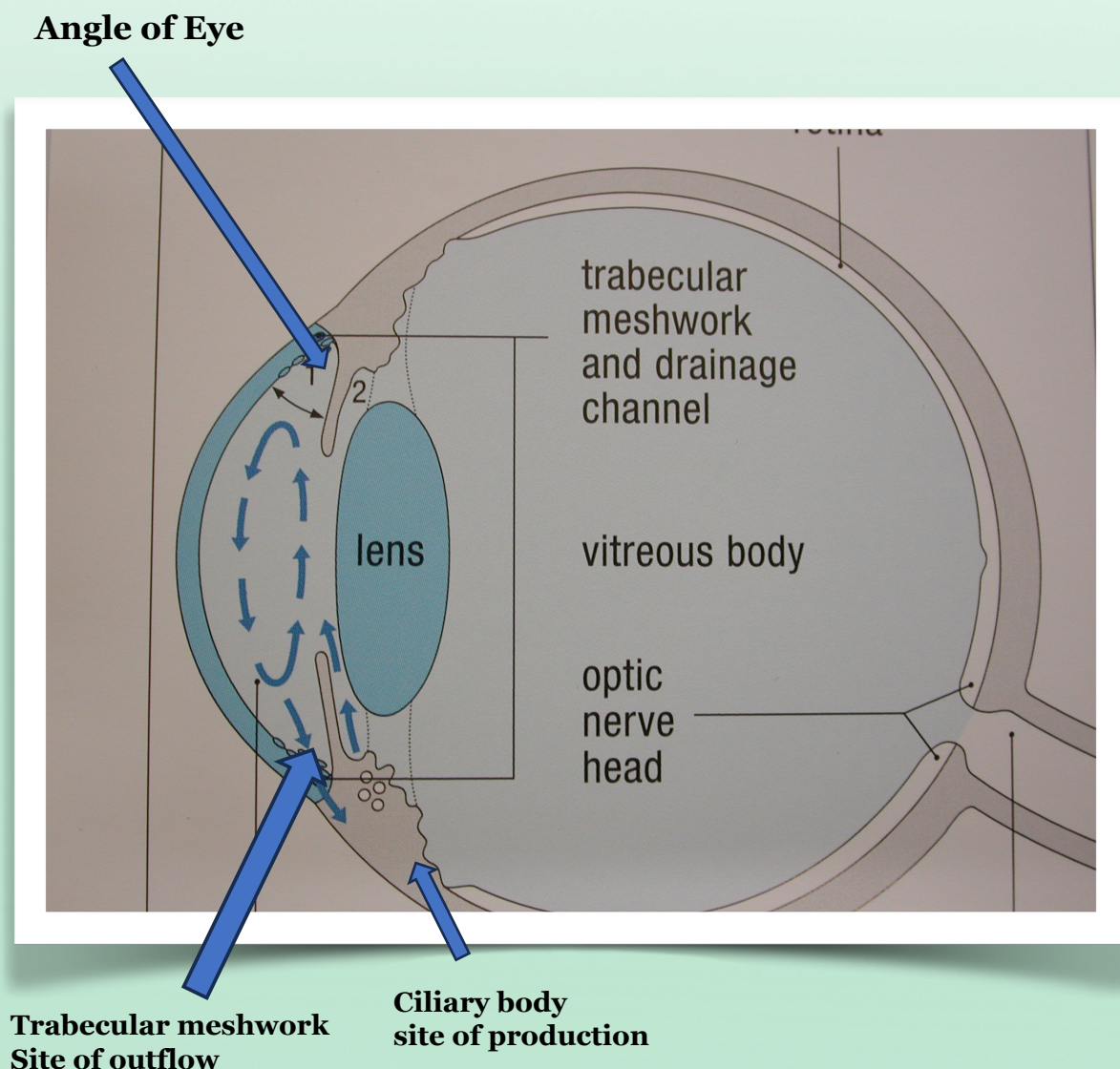
The common cause of nerve damaged is due high pressure (intraocular pressure [IOP]) of aqueous humour inside the eye. Aqueous humour is the name of the fluid which provides nutrition to structures inside the eye (see picture below).

It is produced by ciliary body in the eye and drained by the trabecular meshwork in the angle of the anterior chamber. The range of normal IOP is 10-21mm Hg.

Any gross or microscopic alterations to these structures of the eye can cause obstruction to the outflow and build-up of IOP.

This high IOP causes damage to the nerve and leads to loss of eyesight

Diagrammatic anatomy of Eye



The most common types are:

Primary open angle glaucoma- commonly seen above age of 40 where no obvious reason for raised IOP. The patient usually has no eyesight complaints and is picked up in routine tests for glasses for 40 yrs. old and above. In those where the condition is detected later, when the optic nerve damage has occurred, they have sight problems involving central and near vision (reading), mobility outside the home, difficulty in walking, stair-climbing, face recognition, and driving.

Primary closed angle glaucoma- this is less common and due to closure of the outflow channel causing high IOP of 60 -70 mm Hg. With this condition the patient present as an emergency with acute severe pain, headache, poor eyesight, and red eye.

Congenital glaucoma- rare and seen in infants and children.

Risk factors

- ◆ **Eye pressure (IOP):** Above 22 Hg mm. However, this IOP is normal for some patients, and they do not develop optic nerve damage or glaucoma.
- ◆ **Age:** It occurs in up to two in 100 people over the age of 40, increasing to up to seven in 100 people over the age of 70
- ◆ **Sex:** Closed angle glaucoma is two to three times more common in women.
- ◆ **Family history:** higher risk with a close blood relative (a parent, brother, sister, or child) has glaucoma. A sibling with the condition increases risk by eight times, a parent with it, increases risk by two times. If diagnosed with glaucoma, these close family members should be informed.
- ◆ **For blood relatives over 40,** it's recommended they should see their optometrist (also known as an optician) every year for a free NHS eye examination.
- ◆ **Race:** Primary open angle glaucoma is two to three times more common in African Caribbean ethnic backgrounds. East Asian origin can increase risk of closed angle glaucoma.
- ◆ **Myopia/short sightedness** increases risk for primary open angle glaucoma and longsightedness/Hypermetropia for closed angle glaucoma.
- ◆ **Diabetes:** Diabetes can increase risk of developing primary open angle glaucoma by two times
- ◆ **Steroid medication:** Glaucoma can develop as a complication from long term use of steroid tablets, injections, or eye drops.

London Marathon

Kapil Dhar

If life is a marathon, then might as well make it London Marathon.

Last Sunday, it was amazing to be part of one of the major marathons. The event is more than 40 years old and is so well planned and supported that one can't help but feel overwhelmed.

My second marathon, that too after nearly five years gap, first one being in the arctic circle up north in the beautiful Norwegian town of Tromsø (#Midnight Sun Marathon 2018). I had my reservation about London marathon considering it too crowded, city focused and full of pomp and show as we Londoners do for each and everything.

Guess what, my expectations were not far off, but surprisingly they turned much more positive than anticipated because the intent and ingenious emotion of the participants and the spectators made a marvellous atmosphere. All the 26 odd miles, I kept on hearing my name (it was on my T-shirt), with great applaud and encouragement. The lovely quotes on the signboards were a super booster for the energy and humour. By the end of the day my jaws were super relaxed as I had wide smiles through the miles, and I wouldn't have had it any other way.

Some quotes that I remember from the signboards:

"You RUN better than the government."

"I don't know you, but I trust you."

"You look so strong."

At times, it was tough to decide whether to continue or listen to the songs that the spectating choirs were playing, I hope I showed enough gratitude to the musicians who braved the rains and kept on cheering the participants through their great music.

The run itself was bunch of warm memories of different parts of the city. Personally, it was great to be across my different workplaces (including the previous and present) in the city right from Canary Wharf to Tower of London.

The inspiration was all over this year's London Marathon, right from Sifan Hassan's initial struggles to end up being the top participant among women. And then the story of resilience of Tom Durnin (<https://www.bbc.co.uk/sport/av/65380963>). It feels wonderful to be in the company of these great people who inspire for the greater human endeavour.



It's great to be part of this iconic event. My heartfelt gratitude to all the supporters, volunteers and the residents of the city who come out to support the participants in big numbers and cheer them up through the grand distance.

As part of my Marathon, I want to spread awareness about the #Savesoil initiative of Sadhguru. Please do check out Conscious planet website (<https://consciousplanet.org/>) and influence conservation and care of soil in whatever way you can.

KPAE Paid Memberships: A blessing, A commitment, A responsibility

Kapil Dhar

The paid memberships of the Kashmiri Pandit Association of Europe (KPAE) are a long-drawn pursuit of the baradari members and the seva office bearers. The operational activities of the association in general need the funds to give members and the office bearers enough confidence in carrying out different events, initiatives, and general well-being of the community.

This year the Seva Mattha (aka exec. team) assured the community in the annual general meeting (AGM) of different upcoming initiatives that are envisioned for the community. To materialise the different initiatives, the paid memberships must see a considerable upward trend.

Every baradari member should know the advantages of paid memberships. Let me elaborate a few advantages of paid memberships.

Community resilience

The financial and demographic resilience is very important for a community organisation. Any community organisation commands respect through its verifiable documented member count. As per the constitution of KPAE, all Kashmiri Pandits are the members of KPAE, however the paid membership was considered over a period as need of the organisation as the funds gave the community a sense of stability and sustainability. In the event of different exigencies, the organisation and its members have stood by its fellow members in UK, and even across the geographies. KPAE consistently supported brethren in India when Covid casted ominous distress or when there was any urgent need received through viral messages.

Digitalisation of the community platform

Looking at the demands of the time, we have emerging need of being more and more connected and informed about our community and its members. This vision is to be fulfilled through revamp of digital platform. The website of KPAE has run its course and the new digital platform aims at fulfilling different demands of connectedness and sense of belonging. While we want our next generation to connect professionally, personally, and culturally, the digital platform is our best bet. Currently, volunteers and members are helping to put together the requirements of the digital platform, however, there will be ongoing installation and maintenance costs that KPAE as an organisation must be ready to bear.

Pursuits of the students and youth

The connectedness and the sense of belonging in our next generation has lots of rewards for the organisation and the community in general. It is a matter of pride when our own people guide our next generation in their general challenges in getting into subsequent stages of life. Whether the challenge is on professional front or personal, new chapters in life need some robust guidance from immediate seniors or like-minded friends.

The integration with international KP organisations also helps our children to connect internationally with our own brethren, and again, the rewards are manifold. Examples are plenty where personal network has helped us create these opportunities for our children, but just imagine if that personal network gets multi fold through digital network, how richer would the rewards be.

Interesting and sustainable events

The organisation has run 2-3 cultural events a year for many years now and in recent years the sports events gained huge popularity among the members. Now the demand for sports events has increased. It is always lovely to see our children finding their mates at these sports and cultural events. The hunger and demand for more sports, cultural and professional events is ever increasing every year now. In response to this demand, the seva committee is ideating to make these events more attractive, fulfilling and mutually beneficial while covering all the different members. While paid memberships allow us to book the venues or spaces in advance and pass on the benefit to the members, the services during these events can also be enhanced by robust financial backing.

Ability to help

The community members have always shown compassion for the less fortunate in the KP community, mostly back home in India. KPAE has made a tacit arrangement with KMECT to help the people in need for health-related financial exigency and contributed for the different worthy causes. There is always so much more that people want to do, and in this regard, we want to give members an opportunity to be more compassionate and as an organisation help more and more people who may have some expectations from us, whether it is on health front, or education front or even building our cultural and dharmic heritage. In these endeavours also, the paid sustainable memberships will go a long way to help achieve our vision.

Conclusion and request

Considering the aspirations of our members of the community and our dreams for our next generation, it is imperative that we put together certain sustainable values and traditions in place

for which our next generation will fondly remember us with great memories. The cost of creating such memories is understandably, and especially in hindsight, not that high. So do become a paid member of KPAE to hand over a great KP organisation to our next generation.

The process of being a paid member is simple, just start the £10 per month standing order for the KPAE account.

Account Name: KPAE

Sc: 20-07-89

Acct No.: 50544124

Please get in touch with the seva team (aka exec. team) if there are any questions.

Jai Mata Kheerbhawani!!!

Kheer Bhawani Hawan: Southall

3 June 2023









Kheer Bhawani Hawan: Epsom

24 June 2023







Recipe: Gaad-Nadur

Sheetal Raina

Sharing a recipe of gaad-nadur as I have learned over the years. It is in no way perfect and I will definitely not call it 100% authentic. You can always experiment with different types of fish and replace the nadru (lotus stem) with Kohlrabi or radish. If using nadru, I would recommend using fresh chunky ones available at any oriental stores (check out the fridge aisle).

Ingredients

- * Fish of choice (1 Kg)- I use rainbow trout or salmon.
- * Oil for frying: Mustard oil is traditionally used but any cold press rapeseed oil should give you the same flavour.
- * Salt to taste
- * Ginger powder (2 tsps)
- * Kashmiri chilli powder (2 tsp, add more to make it fiery)
- * Fennel powder (3 tsps)
- * Black cumin (1 tsp)
- * Cloves (4-5)
- * Peppercorns (5-6)
- * Asafoetida (a pinch if powder or a 1.4 tsp if liquid)
- * Vari powder (optional)

Preparation:

- ◆ Prepare the fish by cleaning the scales off gently and washing it thoroughly. Cut into medium size pieces and gently dab it on some kitchen roll to soak any excess water. Rub some salt and turmeric over the pieces.
- ◆ Prepare nadru (lotus stem) by scrapping the sides gently and washing them nicely to remove any left over soil. Then cut them into desired size pieces.
- ◆ Heat oil in a deep bottom frying pan (krai) and fry pieces of fish in small batches until both sides are crispy brown (not burnt). If you would like to make this a bit more healthier you can coat the fish pieces in a little oil and air fry them in fryer at 180C for 10 minutes on each side. As the air fryer specifications vary, when trying this for the first time, I would recommend frying

each side for 5 minutes first and add more time in small increments, until you get the desired results.

- ◆ Also fry the washed and dried nadru pieces lightly.
- ◆ In a heavy bottomed pan, add 5 cups of water and all dry ingredients and bring to a boil. Add a table spoon of oil, fish and nadru. Simmer for 20 minutes at medium heat until the gravy thickens and fish is soft to touch.
- ◆ Lastly, add Vari and black cumin seeds and cook for couple of minutes and turn the heat off.
- ◆ Serve with white or brown rice (for healthier option)



Upcoming Events

What are your summer plans? Come join some of the KPAE events lined up.

KP Summer Picnic

Calling all Biradari members to our Shalimar Bagh aka Regents Park on **12th August** for a fun family picnic. We will have some good old Indian games – kho kho, pithhoo, langadi tang, tipi tipi top, along with football and frisbee.

Come with your picnic mats, hats and some food, drink and nalmots to share.



Let's make it BIG and an annual ritual in the KP calendar.

Date: 12 August, 12 pm onwards

Venue: Regents Park.

Meeting location – tbc on KPAE WhatsApp group.

KP Cricket Fest

This summer we join the cricket fever with our very own cricket fest. This will also happen in the summer break and details will be confirmed in the next few weeks, so look out for that on KPAE WhatsApp.

In the meantime get the spin and swing practice in, you have enough time! For those that aren't big cricket fans, it's an opportunity to have another picnic

Do look out for more interesting events and initiatives on the ***"KPAE Events or KPAE Kath-Bath"*** WhatsApp group.

If you are a UK/EU resident and would like to be added please let the executive committee members know via email: ***executives@kpae.co.uk***





ISBUND next issue will be in September 2023.

Please do get in touch with us at isbund@outlook.com

Picture credits: Moushumi Sharma Kaul