

Thinker's Leaf

An Initiative of Manava Bharati



Alienated

Editorial

Dear readers,

It gives me immense pleasure to bring to you the February issue of our monthly magazine - Thinker's Leaf.

This newsletter was an initiative to connect with you all during the unprecedented times of Covid-19 pandemic. Though, the threat is not over yet but it feels nice to see our lives getting back to normal and it fills my heart with joy and compassion to see the schools functional once again though in a limited capacity.

Of what we have learnt during these times is that nothing can replace the ideology of conventional teaching methods. Though, I completely agree that virtual classes were a saviour which has helped us through and the students didn't completely suffer with their studies.

But, the joy of teaching the students in a classroom is something that can't be explained in just a few lines. I earnestly hope that all students perform well and get promoted to the next class with flying colours and we could once again enjoy the normal lives we once had.

With that I wish you health, happiness and joy.
Warm wishes and regards.

Jasleen K

Significance of Vasant Panchami

Vasant in Hindi means 'Spring' and Panchami means fifth, hence Vasant Panchami falls on the fifth day of Hindu calendar month of Magha. On the day of Vasant Panchmi, also spelt as Basant Panchmi, Hindu devotees worship goddess Saraswati. According to the Hindu mythology, it was on the day of Basant Panchmi that Goddess Saraswati appeared from the 'kamandal' of Lord Brahma. It is said that as the creator of the world, Lord Brahma felt that his creation lacked the zest and rhythm of life. There was no happiness and positive energy.



Top 6 special forces of India



1. Central and state Armed forces

In any corner of the country whenever the situation of the judiciary becomes deteriorating then the central and State Armed Forces will be deployed to handle such a situation whenever there is a riot or violent protests then it is fully capable of dealing with it . A part from this , even after getting information about any terrorist plot and in the situation of the crisis , these young people remain at the forefront of the countrymen.

2. Special protection group (SPG)

Staying in the security of the prime minister and his family , night and day this is known as S.P.G group That's is the only goal of the Special protection group. Their job is to gather intelligence ,identify and eliminate threats After the assassination of former prime Minister Rajiv Gandhi ji , S.P.G was made more modern and many changes were made due to which today S.P.G It is impossible to distinguish the security of the people and to make an attack on the prime minister .

3. Special frontier force

S.F.F was created after the info-Chinese War in 1962 . Whether the war is on the ground , on mountain or in dense forests , this special paramilitary force is available to serve the country everywhere from the date of enemies to saving the countrymen and gathering cleaning the terror, the Special frontier Force can face every kind of challenge.

4. Cobra

Commando Battalion For Resolute Action , that is Cobra is a special force of C.R.P.F .whose job is to save the country from the clutches of Naxalism The Rapid Action Force , created in 2008 , has so far cleared many Naxalite organisation from in India Special training is given to fight the Cobra Commando in the wild training, change the nature , jump from parachute and aim accurately on your goal

5. Force one

After the Mumbai attacks in 2008, the Maharashtra government created a special force of India's most capable and youth commandos , called "Force one" This force has only one goal to always keep Mumbai safe , which is said to be the city of dreams . Force one is one of the fastest - growing Special Forces in the world You might be surprised to know that they can prepare for any action in less than 15 minutes .

6. National security guard (N.S.G.)

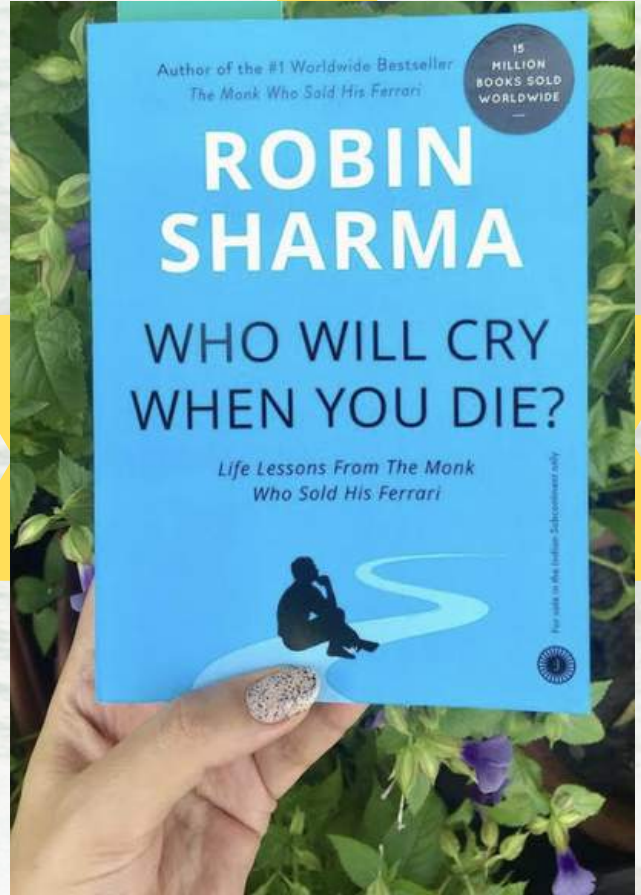
known as the black cats these commandos are India's finest anti -terrorist forces you must have seen these commandos in VIP security and foiling terrorist attacks How difficult it is to become an Nsg commandos ? You can understand from this that more than 80% of the youth can not completed their training and who also completed they,will get the help of phantom N. S. G To became a commondo (phantom nsg commando)Jai hind

Book Review

Who Will Cry When You Die

- by Robin Sharma

“Most people don’t discover what life is all about until just before they die. While we are young, we spend our days striving and keeping up with social expectations. We are so busy chasing life’s pleasures that we miss out on the little ones, like dancing barefoot in a park on a rainy day with our kids or planting a rose garden or watching the sun come up. We live in an age where we have conquered the highest of mountains but have yet to master our selves. We have taller buildings but shorter tempers, more possessions but less happiness, Fuller minds but emptier lives.” .



I have been reading this book for about ten to fifteen minutes everyday. My intent was to just to have my days by reading some thought provoking and inspiring words of wisdom. This book definitely accomplished that purpose. It came across as a bit preachy in parts, but I didn’t mind it at all because it still satisfied my purpose behind picking it up. I read it from cover to cover, in its entirety. I loved a few chapters but most of the rest was just a validation and reinforcement of things that I knew already. I especially enjoyed the chapters on practicing silence, taking a weekly sabbatical, focusing on the worthy, learning to say no more often, having a living funeral, how to read only what matters without focusing so much on finishing up a book, savoring the simple stuff, going on a news fast, finding six degrees of separation, mastering your time, etc. Clearly, I liked a lot of chapters. There were some like listen to music everyday or take a walk in the woods, etc. that I thought was so important and have been practising that for a while now.

I can see how a lot of this book might come across as extremely preachy to someone who has not already done the inner work that they would need to do in order to be able to fully absorb this content. If you are on a path of self growth and want to add a dose of easy daily inspiration to your life, then this book maybe just for you.



Vegetable Lasagna



Ingredients

- Veggies and spinach
- 2 tablespoons extra-virgin olive oil
- 3 large carrots, chopped (about 1 cup)
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 medium yellow onion, chopped
- ¼ teaspoon salt
- 5 to 6 ounces baby spinach
- Tomato sauce (or substitute 2 cups prepared marinara sauce)
- 1 large can (28 ounces) diced tomatoes
- ¼ cup roughly chopped fresh basil + additional for garnish
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, pressed or minced
- ½ teaspoon salt
- ¼ teaspoon red pepper flakes
- Remaining ingredients
- 2 cups (16 ounces) low-fat cottage cheese, divided
- ¼ teaspoon salt, to taste
- Freshly ground black pepper, to taste
- 9 no-boil lasagna noodles*
- 8 ounces (2 cups) freshly grated low-moisture, part-skim mozzarella cheese

Process

- Preheat the oven to 425 degrees Fahrenheit.
- To prepare the veggies: In a large skillet over medium heat, warm the olive oil. Once shimmering, add the carrots, bell pepper, zucchini, yellow onion, and salt. Cook, stirring every couple of minutes, until the veggies are golden on the edges, about 8 to 12 minutes.
- Add a few large handfuls of spinach. Cook, stirring frequently, until the spinach has wilted. Repeat with remaining spinach and cook until all of the spinach has wilted, about 3 minutes. Remove the skillet from the heat and set aside.
- Meanwhile, to prepare the tomato sauce: Pour the tomatoes into a mesh sieve or fine colander and drain off the excess juice for a minute. Then, transfer the drained tomatoes to the bowl of a food processor. Add the basil, olive oil, garlic, salt, and red pepper flakes.
- Pulse the mixture about 10 times, until the tomatoes have broken down to an easily spreadable consistency. Pour the mixture into a bowl for later (you should have a little over 2 cups sauce). Rinse out the food processor and return it to the machine.
- Pour half of the cottage cheese (1 cup) into the processor and blend it until smooth, about 1 minute. Transfer the mixture to large mixing bowl. No need to rinse out the bowl of the food processor this time; just put it back onto the machine because you'll need it later.
- Transfer the cooked veggies and spinach mixture to the bowl of the food processor. Pulse until they are more finely chopped (but not puréed!), about 5 to 7 times, stopping to scrape down the sides as necessary. Transfer the mixture to the bowl of whipped cottage cheese. Top with the remaining cottage cheese, then add $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon salt (to taste) and lots of freshly ground black pepper. Stir to combine. Now it's lasagna assembly time!
- Spread $\frac{1}{2}$ cup tomato sauce evenly over the bottom of a 9" by 9" baking dish. Layer 3 lasagna noodles on top (snap off their ends to fit, and/or overlap their edges as necessary). Spread half of the cottage cheese mixture evenly over the noodles. Top with $\frac{3}{4}$ cup tomato sauce, then sprinkle $\frac{1}{2}$ cup shredded cheese on top.
- Top with 3 more noodles, followed by the remaining cottage cheese mixture (we're skipping the tomato sauce in this layer.) Sprinkle $\frac{1}{2}$ cup shredded cheese on top.
- Top with 3 more noodles, then spread $\frac{3}{4}$ cup tomato sauce over the top (you may have a little sauce leftover) to evenly cover the noodles. Sprinkle evenly with 1 cup shredded cheese.
- Wrap a sheet of parchment paper or foil around the top of the lasagna (don't let it come into contact with the cheese). Bake, covered, for 18 minutes, then remove the cover, rotate the pan by 180° and continue cooking for about 10 to 12 more minutes, until the top is turning spotty brown.
- Remove from oven and let the lasagna cool for 15 to 20 minutes, so it has time to set and cool down to a reasonable temperature. Sprinkle additional basil over the top, then slice and serve.

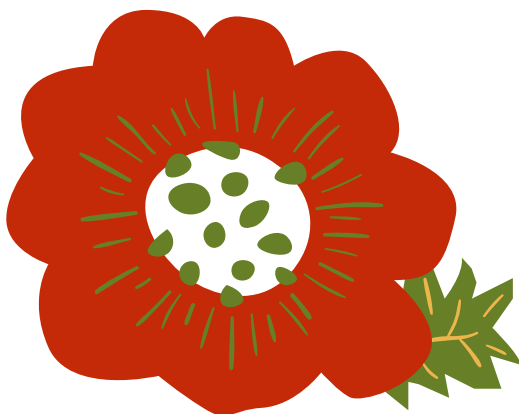
Song of Summer

by Lenore Hetrick

I hear the voice of summer
Singing a song of flowers,
Singing a song of meadows
Where buttercups spring in showers.
Her voice is high and lilting
As summer gets under way
I think that I shall join her song
Now that it's school's last day.



I see the foot of summer
In every shady lane.
She leaves deep beds of daisies
To make her footprints plain.
I think that I shall gather
Daisies for a crown,
And side by side with summer
I'll fly right out of town.



Interesting Facts

- Scotland's national animal is a unicorn.
- The Greenland shark has an average lifespan of 272 years, some of them can even live as long as 500 years.
- Honey never spoils. It has an excellent chemical composition which prevents organisms from living in it. So no matter how old is the honey it's probably perfectly edible.
- The idea of Guinness Book of Records came to Sir Hugh Beaver in the 1950's when he had an argument in a pub about the fastest game bird in Europe. Since he couldn't find an answer in any of the books, he decided to compile a book of facts and figures to help settle pub arguments just like the one he had.
- There are a lot more trees on earth than there are stars in the galaxy. NASA estimates that there could be from 100 billion to 400 billion stars in the Milky Way galaxy. The earth has more than 3 trillion trees.
- Every planet of the whole solar system can fit between the earth and the moon.
- The biggest tire manufacturer in the world is Lego. The company makes more than 50% more tires than other tire manufacturers such as Bridgestone or Goodyear.
- Cheetahs can't roar, instead, they make a sound very similar to the house cat.
- Teeth can reattach to their roots after being knocked out if they are put back into their place.
- Cashews are collected from the bottom of cashew apple which grows on the cashew tree.
- Ikea's catalog is as popular as the Bible and the Koran. More than 203 million copies of the catalog are distributed around the globe.
- The lighter was invented before the match was.
- Humans are born without kneecap bones, we only develop them around the age of 3.
- McDonald's is the largest toy distributor in the world. About 20% of McDonald's sales involve Happy Meals, which include a toy.



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