



रोजगार का नया अभियान हर श्रमिक-कामगार को काम



उत्तर प्रदेश के
31 जनपदों में

गरीब कल्याण रोजगार अभियान

के
अन्तर्गत

आत्मनिर्भर
उत्तर प्रदेश
रोजगार कार्यक्रम
का शुभारंभ

नरेन्द्र मोदी
प्रधानमंत्री द्वारा

(वीडियो कॉन्फ्रेंसिंग के माध्यम से)

गरिमामयी उपस्थिति
योगी आदित्यनाथ
मुख्यमंत्री, उत्तर प्रदेश

दिनांक: 26 जून, 2020 | समय: पूर्वाह्न 11:00 बजे
स्थान: लोक कल्याण मार्ग, नई दिल्ली एवं लखनऊ



अन्य कार्यक्रम

- 1.25 करोड़ कामगारों का विभिन्न परियोजनाओं में नियोजन
- आत्मनिर्भर भारत पैकेज: 2.40 लाख इकाइयों को रु. 5,900 करोड़ का क्रण वितरण
 - 1.11 लाख नई इकाइयों को रु. 3,226 करोड़ का क्रण वितरण
- विश्वकर्मा श्रम सम्मान योजना एवं एक जनपद-एक उत्पाद योजना में
5000 कारीगरों को टूल-किट वितरण

रोजगार से जुड़ी संपूर्ण जानकारी के लिए अपने नजदीकी
ग्राम पंचायत या विकास खंड कार्यालय से संपर्क करें।

ग्राम्य विकास विभाग, उत्तर प्रदेश

With my monsoon cuppa

Forget onion pakoras: We all know when rain is pelting down, the most comforting snack with your hot chai is a regional, family favourite like *beguni*, *kothimbir vadi* or *unnakkai*

APARNA NARRAIN AND MEGHNA MAJUMDAR

"You can have it for lunch with your classic monsoon khichudi; you can have it in the evening with puffed rice [and a dash of mustard oil]; or, you can just munch on it like a snack with a cup of tea while you watch the rains." Like any Bengali worth her salt, food consultant Iti Misra cannot stop gushing at the mention of '*beguni*'.

The batter-fried eggplant fritter is a regional favourite, and – as Iti points out – as popular in home kitchens as it is in streetside shacks. The eggplant preferred is the large, purple variety, but beyond that the requirements for this treat are few. It is one of the beloved trio that Bengalis call *tele bhaja* (literally meaning fried in oil), along with *alu chop* (potato cutlet) and *piyaji* (onion *pakora*). "Just don't confuse it with *begun bhaja*," she warns.

The West coast has its own share of monsoon nibbles. Mumbai-based Chef Aditi Kamat waxes eloquent about *kothimbir vadi*, that elaborately prepared Puneri treat of gram flower, coriander leaves and spices that some simply steam and others take a step further, into the frying pan.

She readily confirms that it is synonymous with the rains, and adds, "In Maharashtra households, like in Gujarati ones, there is always an element of *farsan* when preparing a traditional platter. We usually have *kothimbir vadi*, or *turaichi vadi*, or *aru vadi*. The easiest that can be made at home is the *kothimbir vadi*. Especially for *upvas* food, this is preferred as it can be pre-made and kept."

Radhika Muthappa, who runs Benga-

luru-based Curly Sue Pork with her husband, Uttam, grew up in Munnar on a plantation and the rains meant one thing: it was time to whip out the sandwich maker. "It was usually a scrambled egg and cheese sandwich. When pulled pork was made at home, we would add that into the sandwich. That was the treat," she laughs.

A dish she started making after marriage and moving to Bengaluru was *baale soppu* fritter. "That is a traditional Kannadiga dish that fries out really crisp.

It's fairly tricky to make because the *soppu* is leathery and it has a lot of moisture. So, you have to wash it and pat it really dry, dip it in the batter and fry it. You need to be a little careful when preparing it. It's not rocket science but it does have a procedure."

For Chef Regi Mathew, culinary director and co-owner of Kappa Chakka Kandhari, the monsoon is synonymous with bananas. "During the monsoon, a lot of bananas would ripen together and many would be getting wasted. So, our mothers would sun-dry these bananas and store it. And during the monsoon, there is nothing to do at home so in the evenings, we would take these bananas, cut them into small pieces, add some coconut and *paani* (fresh toddy boiled for several hours till it achieves a honey-like consistency). When we didn't have *paani*, we would add honey. Our mothers would bring it in a big vessel and serve it in small *katoris* to everybody."

Stating that the *pazham nanachathu* gives one that "warm, cosy feeling", he adds, "Every time it rains, I always think to myself that this is what is missing in the evenings."

Another dish he associates with tea time during the monsoon is *unnakkai*. "*Unnakkai* is steamed banana that is stuffed with a coconut and jaggery mix, made into small pods and then deep-fried," he says.



Kothimbir Vadi

INGREDIENTS

- 1/4 cup peanuts
- 1 teaspoon ginger
- 1 teaspoon garlic
- 2 green chillies or 2 teaspoons green chillies
- 1 to 2 tbsps water for grinding
- 2 cups coriander leaves – finely chopped
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon red chilli powder or cayenne pepper
- 1/2 teaspoon coriander powder (ground coriander)
- 1/2 teaspoon cumin powder (ground cumin)
- 1 pinch asafoetida (hing) – optional
- 1 tbsp white sesame seeds
- 1 cup besan (gram flour or chickpea flour)
- 1/2 teaspoon sugar – optional
- salt as required
- 1/2 cup water for batter
- 1 to 1.5 cups water for steaming
- 3 tbsps oil for frying

METHOD

Heat a tawa or pan and keep the flame to a low or medium. Add 1/4 cup peanuts. Stir at intervals and roast till the peanuts become crunchy. The peanuts' skin will also have some brown-black spots on them. Transfer them to a plate and let them cool. Rub the peanuts in your palms. This will remove the flaky skin. Now, put the peanuts in a small grinder jar. Grind to a coarse powder. Remove and keep aside. In the same small grinder, add 1 teaspoon ginger, 1 teaspoon garlic and 2 green chillies (or 2 teaspoons green chillies). Add 1 to 2 tbsps water and grind to a smooth paste. Keep aside. Alternatively, you can even crush the garlic, ginger and green chillies in a mortar-pestle. Rinse coriander leaves very well. Drain the extra water and finely chop them. You will need 2 cups of finely chopped coriander leaves. For the batter, take the coriander leaves in a mixing bowl, add the ginger+garlic+green chilli paste. Now add 1/4 teaspoon turmeric powder, 1/4 teaspoon red chilli powder, 1/2 teaspoon coriander powder, 1/2 teaspoon cumin powder and 1 pinch of hing (optional).

Next, add the coarsely ground peanut powder and 1 tablespoon white sesame seeds. Add 1 cup besan (gram flour). Now add 1/2 teaspoon sugar (optional) and salt as required. Mix everything very well. Now add 1/2 cup water in parts and mix well to make a thick batter. To steam, grease a pan with some oil. Add the batter. Bring to boil 1 to 1.5 cups water in another pan. Lower the flame and holding the pan (in which the batter is there) with tongs, keep it inside the pan with water. Cover with a lid and steam on a low to medium flame. Once done, check with a toothpick: it should come out clean. When the kothimbir mixture is cooled, gently place the entire layer on a plate. With a butter knife, loosen the edges and invert the pan on the plate. Tap the pan and unmold the layer. Now cut in square or diamond-shaped slices.



Unnakkai

INGREDIENTS

- 2 Nendram bananas (medium ripe)
- 1 cup Grated coconut
- 1 tbsp Ghee
- 1/2 tsp Cardamom powder
- 12 split cashews
- 12 raisins
- 1 1/2 tbsp sugar
- Oil to fry

METHOD

Steam the banana, remove the skin, mash well and keep aside. Heat ghee in a frying pan and sauté the cashewnuts and raisins along with the grated coconut. Add sugar and cardamom powder to the pan and mix well and remove from fire. Apply a touch of ghee on both palms. Divide the mashed bananas into about seven to eight even-sized balls. Press the centre of each ball a little with the help of your thumb and stuff the mixture carefully inside. Make it into a spindle shape. Heat the oil in a kadai and deep-fry the unnakai to a golden yellow colour. Serve hot.



Beguni

INGREDIENTS

- 1 large eggplant (preferably the purple variety)
- 4 tbsps besan (Bengal gram flour)
- 1 tbsp oil
- 1/2 teaspoon poppy seeds
- Salt and chilli powder to taste
- Oil for deep frying

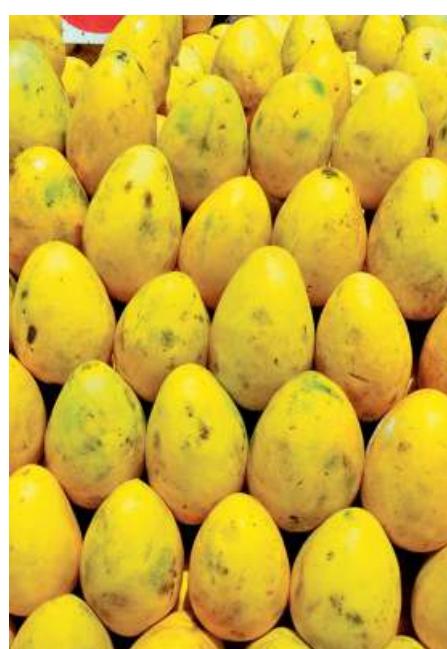
METHOD

Slice the eggplant lengthwise into 1/4" thick slices and sprinkle a bit of salt on the eggplant slices and set aside. In the meantime mix the gram flour, oil, salt, chilli powder and poppy seeds in a bowl. Add enough very cold water to make a batter of the consistency of thick cream. Heat about 3" of oil in a kadhai. Pat the eggplant slices dry on a kitchen roll. Dip each slice in the batter and deep-fry a few pieces at a time. The eggplant should be a golden brown in colour. This will take two to 2.5 minutes. Drain excess oil on paper towels. Sprinkle with black salt or chaat masala.

Nurture a fizzy ginger bug

Lockdown could be the best time to try out home-made probiotic drinks, which are both simple and cost-effective

HORS D'OEUVRE



King-style delivery

Social distancing cannot be an excuse for lack of style. Which is probably why a supermarket in Dubai is home-delivering mangoes in a Lamborghini. "The king should travel like a king," Pakistan Supermarket's managing director Mohammad Jehanzeb is reported to have said in an interview. The 'Mangoes in Lamborghini' campaign was announced on Facebook last week. According to news reports, Jehanzeb not only delivers the orders personally, but also gives his customers an added treat: a short joy ride in the 'supercar' worth Dh1.2 million. Unsurprisingly, the deal does not come cheap: there is a minimum order of Dh100. "The idea is to put a smile on people's faces and make them feel special," he says. The response, he claims, has been "overwhelming". "We have been besieged with orders. People in the neighbourhood stare in disbelief when I pull up outside a home. The joy ride was essentially meant for kids who have been at home because of the Coronavirus but adults are equally thrilled at the prospect of getting behind the wheel," said Jehanzeb in a report. "Each order takes about an hour. We do about seven to eight home deliveries a day but are hoping to ramp it up to 12," he added.

Pineapple Tepache

INGREDIENTS

- 1 organic pineapple (take the peel, and a few pieces of pulp also)
- 1 1/2 cup jaggery or brown sugar
- 2 cloves
- 2-3 two-inch sticks of cinnamon
- 1 green chilli (optional)
- 1 inch-long, slightly crushed piece of ginger (optional)

METHOD

Soak the pineapple in water, scrub well, peel the fruit and place all the peels in a glass jar or food grade plastic container of 2-litre capacity. Discard the crown, and save a few pieces of pulp for tepache. Add 1.5 litres of filtered water to the container, add the spices, chilli, ginger and jaggery and give it a gentle stir with a clean and dry wooden spatula. Cover the lid loosely or with a cheese cloth and let it sit for 24 hours. The next day, if you notice any mould, remove it with a wooden spatula and discard it. Then let it sit for two more days and allow it to ferment. On day three, filter the liquid and store it in glass bottles and refrigerate. Pineapple tepache can be diluted with chilled water or had as it is with ice. The tepache can be stored for many days.



GETTY IMAGES/STOCK

CHITRADEEPAN ANANTHARAM

It all started in March 2019, when I was desperately looking for an effective home remedy for persistent nausea and digestive disturbances, which I was experiencing due to chemotherapy.

After some research, I decided to try a probiotic drink, and started with ginger ale which I sourced from an organic shop. I started drinking about 30 ml twice a day, and it proved to be effective. In a week, my nausea was under control and digestion-related issues were manageable. Refreshing in every sip, ginger ale is also tasty, as it is a brilliant blend of ginger and lemon.

This is one of many probiotic drinks that can be household staples. As I was unable to source the drink regularly, I decided to prepare it from scratch at home.

I started my research, sifting through numerous recipes to understand the process, then adapted the recipe to suit my requirements.

It is actually rather quick and simple. Though ginger, a delicious herb packed with health boosting properties, is the most popular cooking ingredient in South Indian cuisine, we rarely make a health drink based on it, apart from adding it to herbal concoctions for cold and coughs.

One of the main steps is getting the culture – called ginger bug – ready. The gin-



ger ale is prepared by mixing freshly made ginger tea and ginger bug (a culture of beneficial bacteria made from fresh ginger and sugar) and fermenting it naturally to get a fizzy drink which can be stored for many days in the refrigerator.

Using the short brew method to prepare the drink makes sure we get a health drink without alcohol.

Pineapple please
Another easy-to-make probiotic drink has Mexican origins. Pineapple tepache is made with pineapple peels, spices and herbs. Green chilli can also be added for that extra zing and that unique flavour.

Mexicans use piloncillo, but that ingredient can be replaced with brown sugar or jaggery. There is a waiting period of two to three days, since you must allow the sugar and pineapple peels to ferment. The result is a drink with very low alcohol content, less than four percent.

Ginger Ale

INGREDIENTS

- 400 gms or 2 cups grated ginger (preferably organic, with the peel)
- 1.5 to 2 cups brown sugar or jaggery
- 2 cloves
- 2 inch-long sticks of cinnamon
- 6 to 8 lemons, depending on the size
- 2.5 litres filtered water

METHOD

In a vessel, add the water, and to this add the grated ginger, jaggery and the spices, and bring it to a boil. Then simmer it for 15 minutes and switch off. Allow it to cool completely. Once cool, strain it and add juice of lemons, and one cup of strained ginger bug solution and mix well. Now, we have to allow the mixture to ferment for a day or two by storing it in airtight glass bottles. Make sure that there is a three-inch gap in the bottle. During fermentation, the carbonation process takes place and therefore it is important to burp the bottles, once in 8 to 10 hours, or else the bottle may explode. In our weather conditions, the fermentation process will be complete in a day or two. Once fermented, the probiotic drink is ready for drinking. You can keep the bottles in the fridge (burping not required) for upto two months. Ginger ale can be diluted with ice water and had.

Pride is political

Global Pride aims to be the world's largest virtual queer celebration with more than 20 Indian Pride factions featuring alongside politicians like Joe Biden, Justin Trudeau, and Alexander Van der Bellen

KENNETH ROSARIO

Queer organisations across the world, led primarily by the Global North, have come together to organise a 24-hour virtual Pride. This virtual celebration of queerness comes in light of several parades being cancelled or postponed in cities like London, New York and Madrid, due to the COVID-19 pandemic.

The first of its kind, Global Pride, includes non-stop streaming of content from Pride organisations, activists, civil society groups, politicians and world leaders. The digital Pride will replace live gatherings and seek global participation, even from countries where homosexuality is criminalised. Taking place across various time zones, the virtual Pride event will begin at 10.30 am on Saturday, June 27 and go on till 12.41 pm on Sunday, June 28 in India. More than 20 Pride organisations in India will feature in this event, alongside Trans Pride Pakistan and Nemat Sadat from Afghanistan.

Political support
Politicians like former American Vice President Joe Biden, who is gunning for

the Presidential seat in the upcoming November elections; Canadian PM Justin Trudeau; and Austrian President Alexander Van der Bellen will participate in the virtual event. They will band for queer pride alongside political leaders like the only openly transgender MP in Europe Vladimir Luxuria; Mayor of New York Bill de Blasio; and Argentinian government legislator, Vilma Ibarra.

Since the outbreak of COVID-19, more than an estimated 200 Prides have been cancelled or postponed globally, compelling queer organisations to find quick and relevant alternatives. "I remember the first conversation we had about this project, and how so many people thought it would be an impossible task to deliver, especially in less than three months," said Steve Taylor of European Pride Organisers Association. "But yet again the grit and determination of the LGBTQIA+ community have ensured we will have a historic, ground-breaking show that will bring our community together in these trying times."

The Global Pride line-up includes Denise Ho, a Hong Kong-based Cantopop singer and actress who is also a pro-democracy and Hong Kong human rights activist. Ho has been blacklisted by the Chinese government for

Besides Libya, Tunisia, Morocco and Jamaica, the show will also feature a contribution from Antarctica

ger and actress who is also a pro-democracy and Hong Kong human rights activist. Ho has been blacklisted by the Chinese government for

her active participation in the 2014 Umbrella Movement in Hong Kong. Ahmed Alaa, who was jailed in Egypt after raising a rainbow flag at a concert in Cairo in 2017, will also participate. During the Global Pride broadcast, there will be a tribute to Sarah Hegazi, a lesbian activist jailed with Alaa, who took her own life earlier this month. She had reportedly suffered post-traumatic stress disorder following torture while in prison. Sophia Jiménez, a singer and drag queen from Mexico is part of the line-up as well. She has performed with contestants of Ru Paul's Drag Race and was a finalist in La Más Draga 2, a television talent show of drag queens.

Among 40 contributions from Africa: there is Ahmed Umar, a sculptor from Sudan who will talk about the fight for LGBTI+ equality in his country where homosexuality can still attract the death penalty. LGBTQIA+ people, who face severe social and legal restrictions in countries like Iraq, Azerbaijan, Turkey, Syria, Iran, Palestine, Libya, Tunisia, Morocco and Jamaica, have also made their contributions. The show will also feature a contribution from Antarctica. "Global Pride is our movement's response to the COVID-19 crisis," says J Andrew Baker of Inter-Pride, one of the organisers of Global Pride. The hope is to create the largest virtual queer event in history and raise funds for Pride and queer organisations that may find it difficult to survive the pandemic.

Global Pride will be broadcast at global-pride2020.org; on Todrick Hall's YouTube channel; and on Facebook: Global-Pride2020



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Down the rabbit hole

Illustrated book Milton And The Invisible Coronavirus helps children navigate the world amid the COVID-19 pandemic



AKILA KANNADASAN

Milton the rabbit is staying indoors in his cave. He knows this is the best thing to do under the circumstances. For company, he has Amanda the butterfly and Conrad the hedgehog. In the illustrated book *Milton*

And The Invisible Coronavirus, brought out by Danish publisher Milton Around The World, the three characters take children on a journey at the end of which they will better understand the pandemic, and how best to deal with it. Jesper Strømfeldt, the



In it together Milton and his friends ■ SPECIAL ARRANGEMENT

CEO of the publishing house, tells us how the book came about. Edited excerpts from an email interview:

The rabbit and his world
Milton Around The World is an educational universe for children aged 5 to 8. Considering the sparse information about CO-

VID-19, we decided to use Milton's universe as a starting point to create comfort around the situation.

We felt that the children may not quite understand what is happening around them, but they notice huge changes in their everyday life and see the worry painted in the faces of the adults.

They do not understand why they cannot go to school or see their grandparents. And why do they have to wash their hands all the time?

Parents themselves feel challenged now and it is a considerable task to also have to explain in pedagogical and non-frightening terms what COVID-19 is and why we need to be so careful. It is something that the parents may not fully understand themselves.

Power of words
We believe that the combination between Milton's universe, the book's illustrations and story is

helping shed light on what the pandemic is all about, and how we can play our part in fighting it.

It can be used to alleviate concerns and explain the COVID-19 situation to young children, offering a way for parents, teachers and students to discuss some of the questions the pandemic has raised.

Show and tell
The hand-crafted watercolour illustrations are developed with children aged five to eight years in mind. With our colourful illustrations we believe the children are more encouraged to follow the curious rabbit Milton and his two best friends, as they navigate challenges in their daily lives as a result of the pandemic.

The book can be downloaded from pump manufacturer Grundfos' website, grundfos.com/in/, that has sponsored and is distributing it.

POOCH CAFE



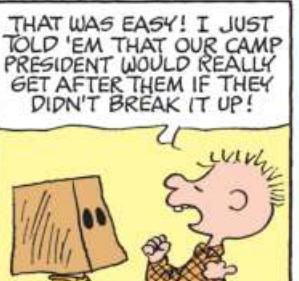
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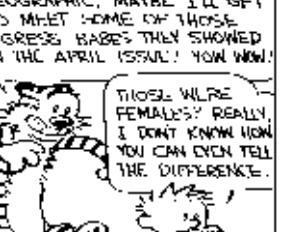
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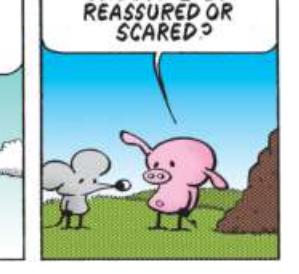
PEANUTS



CALVIN AND HOBBES



PEARLS BEFORE SWINE



HOMING IN

For your weekly **Watchlist**, sound editor **Tapas Nayak** goes back in time, reminiscing the days watching classics on Doordarshan and at film festivals

SRIVATSAN S

Do Bigha Zamin (1953)

It is a classic from Bimal Roy and I remember watching it during my childhood and being moved. The film talks about the social structure of India and the subsequent reforms that happened post-Independence. *Do Bigha Zamin*, as the title suggests, revolves around a family's struggle to save their small piece of land from a wealthy landlord.



Rashomon (1950)

This complicated film was ahead of its time. It has multiple narratives and viewpoints centring around one event. Sometimes, the truth becomes just a perspective and that is what *Rashomon* is about. I keep going back to this film to figure out the film's structure.



After Life (1998)

I have been following Hirokazu Koreeda even before his universally-acclaimed *Shoplifters*. The plotline was so interesting that it left me overwhelmed. *After Life* is reflective of the time we live in at the moment. Nature has given us a pause button just to recollect and reflect.



A Separation (2011)

This Asghar Farhadi film is a combination of neo-realism and Hitchcockian style of filmmaking. It has a very realistic set-up of an Iranian family, where the daughter becomes a witness to her parent's disintegrating marriage. It raises a lot of questions on morality and how we perceive it in today's times.

Ek Duuje Ke Liye (1981)



I am a big fan of K Balachander, especially the way he etched his female characters. When you are an adolescent and you watch a love story that is so refreshing in terms of content and treatment, then the whole experience becomes rewarding. For me, that happened with *Ek Duuje Ke Liye*. It is like a Romeo-Juliet kind of story where the characters belong to two different worlds. As they say, all great love stories are invariably tragedies.

We would love to know how you are keeping busy at home. Tell us what you are watching at metro@thehindu.co.in

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