

THE *Social* BULLETIN

NON-VIOLENCE



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Published by



A Wing of



Message From CEO



I'm extremely honored to present to you all the second edition of our newsletter – **The *Social* Bulletin**. The editorial team has chosen the theme “Peace & Non Violence and Winter 2019” for this edition of the newsletter. The idea of peace and non-violence cannot be envisioned and discussed without conferring about Mahatma Gandhi. It may be pertinent to mention, that on 2nd October 2019 the world celebrated 150th birth anniversary of Mahatma Gandhi. As practiced and preached by Mahatma

Gandhi, the most noteworthy contribution of India to the present-day world is the message of non-violence and global peace. His emphasis on social justice is simple yet powerful and is relevant even today. The section on “Torchbearers non-violence” discusses more about Gandhi and other heroes of peace and non-violence around the world.

Winters are the most loved seasons in India. Come winters, and India finds preparing itself for vacation planning, travel and celebrating festivals. The best part is the variety of food to pamper the taste buds. This edition covers some of the popular Indian festivals celebrated in different parts of the country and various indigenous sweets that can be prepared at home with ease.

And finally before I end, I wish to share that it was pure delight to receive a lot of encouraging emails and messages on the first issue **The *Social* Bulletin**. These encouragements give power to our wings to propel. I would like to re-iterate that this newsletter is our voice and I would like to welcome all readers to contribute. We encourage and shall be happy to take contributions for our guest editorial on relevant sections. Kindly email us at info@devinsights.co.in.

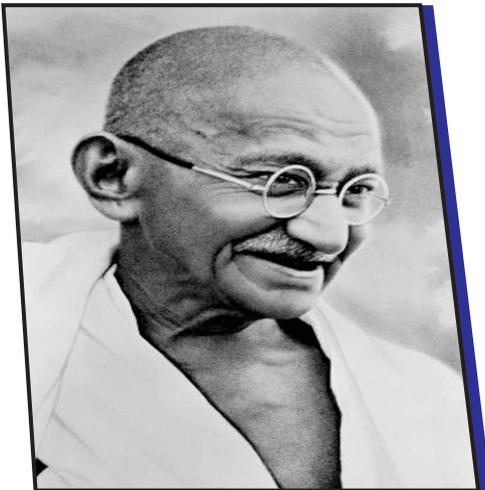
Happy Reading!



Torchbearers of Non-Violence

The principle of non-violence rejects the use of physical violence in order to achieve social or political change. Large populations around the world embraced this form of social action in movements for social justice. There are world leaders who went about making the changes without aggression or mere brute force.

Present days of extreme violence both at individual and societal level, in form of acid attacks on girls and young women or destroying public property and mass attacks and killings, is leaving everyone especially common people shocked and disturbed. In India, 30 January is celebrated as Martyrs Day marking the death anniversary of our beloved Father of Nation, Mahatma Gandhi. We at DevInsights wanted to revisit the lives of some great and world famous leaders who taught us peaceful and non-violent ways of protest. In a world that sometimes seems full of violence against humanity, remembering and paying our tributes to some of the famous leaders who are known for promoting nonviolent protests against unfair treatment may give us strength to remain calm and positive.

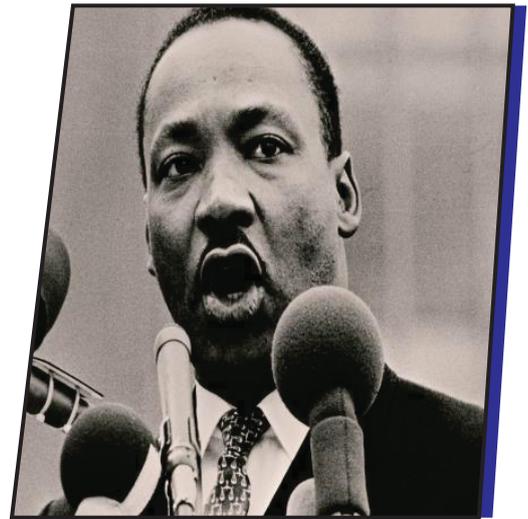


Pic credit: Bettmann

Mahatma Gandhi inspired Indians and others alike through a non-violent journey to freedom. The journey towards the goal was as important to Gandhiji as the goal itself. “It is the mightiest weapon devised by ingenuity of Man”, Mahatma Gandhi said. Father of Nation made a deliberate choice to be peaceful and devised non-violent methods to protest against British and achieve freedom of our Nation. He organized major boycotts across India including: calling on parents to stop taking their children to public school, urging Indian public officials to stop working for the British government, asking military members to resign from their jobs, and encouraging people to stop paying taxes and refuse to buy British goods. He also worked to promote peace between Muslims and Hindus.

One of the most symbolic acts of Gandhiji was the Dandi / Salt March, which led protesters to walk 240 miles to the Arabian Sea to evaporate seawater and collect salt, defying the British Salt Acts. The march began with 24 people and grew to over 60,000 by the time they reached the sea. Mahatma Gandhi is perhaps one of the world's most revered nonviolent leaders. Gandhi's legacy and his method of nonviolent civil disobedience continue to live on, empower and give hope to oppressed communities around the globe.

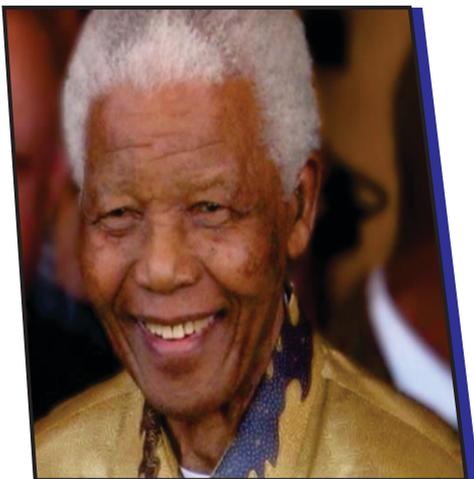
Martin Luther King, Jr. was a well-known nonviolent civil rights activist and Minister of Baptism. During the 1950s and 1960s he led the peaceful resistance against US policies of racial segregation. The principle of racial equality was championed by Martin Luther King, Jr., who led civil disobedience protests and demonstrations to fight against political inequality. He travelled across the country organizing peaceful protests and giving speeches to civil rights protesters. His most famous speech, "I Have a Dream," expressed the idea that one day all people can and should be equal, as brothers.



Pic credit: Getty Images

He gave that speech at the Lincoln Memorial in Washington, DC on August 28, 1963, putting together over 200,000 people. He is responsible for implementing the 1964 Civil Rights Act, and the 1965 Voting Rights Act. In 1964, King received the Nobel Peace Prize.

Martin Luther King, Jr. is still remembered as a peaceful political leader who devoted his life to social justice. A U.S. federal holiday was created in his honour and several public buildings, schools, and memorials were named after him.



Pic credit: South Africa The Good News

Nelson Mandela made a significant contribution to peace in South Africa. Entire life he was fighting against apartheid, the white minority in South Africa and for equal rights to all the citizens. Mandela spent 28 years in prison for fighting against white rule before leading South Africa to multi-racial democracy as the country's first black president in 1994. Mandela's peaceful tactics were responsible not only to bring African National Congress (ANC) into power but to unite the two races of the country during his rule as president. Mandela sought to forgive and work with the former white minority.

In 1996, Mandela signed into law a new constitution for the nation, establishing a strong central government based on majority rule, and guaranteeing both the rights of minorities and the freedom of expression. Mandela became a global symbol of goodwill and peace. He was awarded Nobel Peace Prize in 1993 jointly with F.W. de Klerk for their work towards dismantling apartheid in South Africa.



Mairead Maguire co-founded the Community for Peace People, which is an organization that encouraged a peaceful resolution to the troubles in Northern Ireland. Peace rallies were attended by many thousands of people – mostly women and during this time there was a 70% decrease in the rate of violence. She was awarded a Nobel Peace Prize in 1976 for her work. Mairead has spent her life since then to bearing witness to oppression and standing in solidarity with people living in conflict, including most in Syria.

Mairead has dedicated her life in promoting peace in Northern Ireland particularly and around the world. Through out Northern Ireland sge worked with community groups, political and church leaders, and sought to promote dialogue, nonviolence and equality between deeply divided communities.



Pic credit: Nobel Women's Initiative



Pic credit: Tenzin Choejor

The Dalai Lama stayed true to his message of nonviolent resistance, humanitarian outreach, and love and compassion for mankind. He travels the world spreading public awareness about the plight of Tibetans through books, conferences, workshops, and lectures. In each of his public appearances the Dalai Lama relays the importance of religious tolerance and understanding around the world. His plan for the independence of Tibet, known as the Five Point Peace Plan outlines a peaceful approach to reconciliation with China. In it, he suggests that Tibet exist as a sanctuary of peaceful coexistence and environmental preservation. He became a Nobel Peace Prize recipient in 1989.

These leaders proved that one can win the love and respect of millions and achieve the highest goals by practicing non-violence.

A small token of respect to some of our unsung heroes

In our freedom movement struggle many women and men sacrificed their lives to give us proper, respectful and rightful lives we are leading today. Of those who made these sacrifices only few got the limelight and credit. Many more remained silent warriors who deserve a better mention and few moments of respectful remembrance with gratitude from all of us. Here is one of such small attempt:

Senapati Bapat



Pic credit: BetterIndia

Pic credit: BetterIndia
 Pandurang Mahadev Bapat remains a fascinating figure of the Indian Independence movement. He was popularly known as 'Senapati Bapat.' Bapat was named 'senapati' or 'commander' for his leadership during the 1921 Mulshi satyagraha which led to what social scientist Ghanshyam Shah called the 'first documented organized battle against the displacement of farmers. On August 15, 1947, he got the honor of first hoisting the national flag at Pune. In 1977 the government of India issued a postcard to commemorate him.

Potti Sreeramulu

He is often referred to as the Amarjeevi–Gandhi's devoted follower and Gandhiji praised him for his devotion and fasting ability. Most of his life he spent doing charitable work and working for Dalit community. He died during the fast-paced demands of the Madras Presidency for a separate linguistic state of Andhra.



Pic credit: Wikipedia

Matagini Harza



Pic credit: Indiatimes

Pic credit: Indiatimes
 She is called the 'Old Lady Gandhiji'. Harza engaged in the Quit India Movement and Non-Cooperation movement. She led 6000 demonstrators into the Movement at the age of 71. She was martyred after being shot by British troops at a demonstration. She kept shouting Vande Mataram during the procession and continued to move forward with the Tri color even after being shot three times. At the age of 71, she died and was affectionately called 'Gandhi Buri,' Bengali for Gandhi's old lady.



Rani Gaidinliu

She was a spiritual and political Naga leader who led a rebellion against British rule in India, and also strongly opposed the conversion of traditional Naga practitioners into Christianity. At the age of 13, she entered the Heraka religious movement started by her sister, which later became a political movement that tried to drive the British away from Manipur and the surrounding Naga regions. She was 16 at the time of her arrest and British put her into life imprisonment. Nehru visited and promised to get her out five years later in 1937 and gave her the title 'Rani.' She was released in 1947 and she continued to work for the society after that. She also received a Padma Bhushan award.



Pic credit: Your story

Kanak Lata Barua



Pic credit: Wikipedia

At the age of 17, Kanak Lata Barua laid down her life for her country's freedom. During the 1942 Quit India movement she was shot down in a procession for proudly holding up the national flag. The Fast Patrol vessel ICGS Kanak Lata Barua of the Indian coast guard commissioned in 1977 is named after her. Her impassioned speech before her death remains a source of inspiration for many.

Kushal Konwar

He was inspired by Gandhiji's call for non-cooperation movement while still in school in 1921 and took an active part in it. Konwar was inspired by Swaraj, Truth and Ahimsa ideals propagated by Gandhiji. Mahatma Gandhi's spirit of independence and call inspired him to devote himself to the independence movement with all his heart. He organised the Congress party and lead the people of Sarupathar area in Satyagraha and non-cooperation movement against the British. He was elected the President of the Sarupathar Congress Committee.



Pic credit: Wikipedia

Winter Festivals and Foods



Lohri Bonfire

Lohri is a festival of Punjab. Sindhis celebrate this festival as “Lal Loi”. This festival is also known as Gurmukhi and Sanmukhi. One of the most significant things about Lohri is bonfire. Entire family gathers, worships and then celebrates the spirit of togetherness. There is music, colors, and dance – all putting up a spectacular show of rich traditions of Punjab. Without bonfire the festival remains incomplete. The God of fire is worshipped during this sacred festival.

Punjabi folk dance, Sarson da saag and bonfire makes it one of the greatest festivals of Punjab which is also celebrated across Northern India.

Bihu Marg is a harvest festival and one of the three Bihu festivals celebrated in Assam. The festival of Magh Bihu is also called Bhogali Bihu. Bhogalli means eating and enjoyment implying mood of festivities. Menfolk put up cottages in barren fields after harvesting and spend the whole night singing and dancing in communion. Delicious food such as rice cakes or Sunga Pitha, Til Pitha, Laru and sweets are exchanged between families. Festivities also include traditional Assamese games like Takeli Bhonga (pot breaking) and buffalo fighting. Next day morning cottages are lit up on fire bringing the yearly festival of Bihu to an end.



Food eaten during Bihu



Different kinds of kites

Makarsankranti and Uttarayan marks the new harvests coming home. Makar Sankranti and Pongal are celebrated in South India following the transition of Sun into the zodiac sign of Capricorn (*Makara rashi*). As this is a harvest festival, the reasons behind celebrations are pretty much the same as that of the Bihu. It is a three day festival. First day is called Bhogi which is signified by burning the household wastes, tradition similar to Lohri. Second day is sankranthi/pongal On this day people make *chakker pongali* (Sweet rice in picture) made from fresh new harvested rice. It is believed that eating this meal will fill their lives with happiness in the coming days and year. The third day is Kanuma, people celebrate this day by praying to cattle (Cows and Bulls) and eating non vegetarian food. The festival is highlighted by the **traditional sweet dishes, rangolis, boat races and cock fight**. It is one of the most celebrated festivals during winters in India.

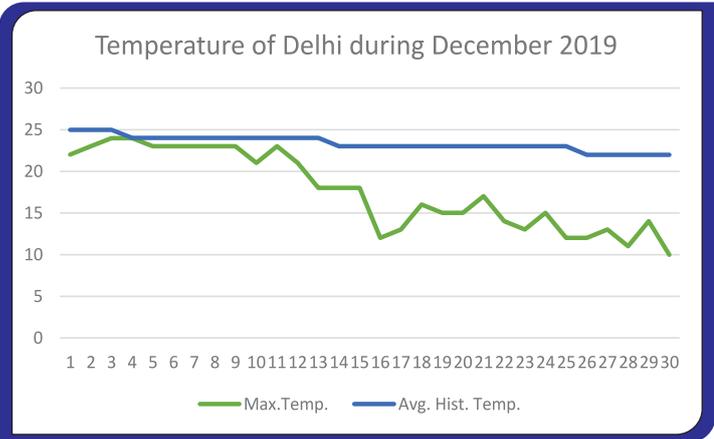
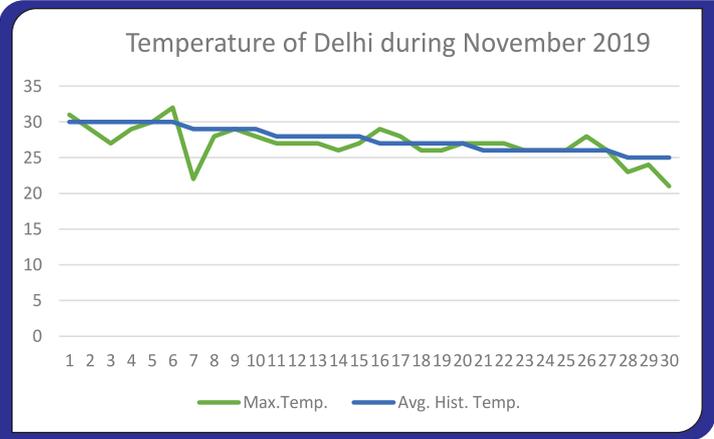
In Gujarat and some other places, it is also celebrated as the kite festival where big, bright and colorful kites take up the skies welcoming the arrival of spring in India, making it a prominent addition to the list of winter festivals in India. The festival of Uttarayan is one of the grandest festival celebrated in Gujarat. People of all ages fly kites from dawn to dusk. Crowded rooftops, fun-loving rivalry to outdo each other in kite flying skills and delicious traditional Gujarati feast are the hallmarks of the day.



International Kite flying festival in Ahmedabad

Temperature condition of Delhi during November & December 2019

Winters in 2019 for National Capital Region began on a chilly note that smashed all records, with December experiencing the toughest of winters in recent decades. Delhi experienced conditions of cold waves as the minimum temperature settled at 2.4 degrees Celsius, five notches below normal as per India Meteorological Department data.

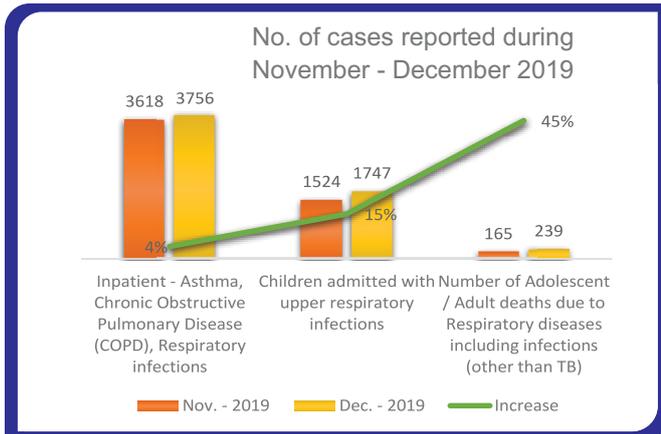


This winter was pleasant for some but created havoc for the rest. Not just the temperatures of the night but the maximums of the day also posed lot of difficulty. The cold has been so brutal that streets were blanketed with freezing fog and intensified pollution caused disruption in air and train travel. Flights were reported to be operating at the airport under CAT III B conditions, which means the runway visual range (RVR) was between 50 and 175 metres only. Seventy-one trains were delayed by 2-7.5 hours during the month of December 2019, according to an Indian Railways official. This winter triggered school closures in Delhi and NCR areas. As per the reports of the meteorological department, the capital of India New Delhi experienced its coldest

period in December in 119 years. Cases of accidents were also reported in Greater Noida where six people were killed after their car skidded off the road. Investigators blamed heavy fog.



We tried to understand the temperature this year as compared to the historical average temperature. The winter of 2019-20, Delhi has witnessed one of the coldest winter season in recent few years. It is very likely that these fluctuations in the weather have their own implications. In this season only Delhi also witnessed medical emergency like situation during the post Diwali days. While diving deep in the matter we collated the day wise maximum temperature of Delhi for the month of November and December 2019 and compared



it with the mean of the maximum temperature in last 30 years for the same November and December. As shown in the figure the November shows some fluctuation during first and last week but in December the temperature stoops really low compared to the historical mean.

This might have directly affected health of many people living in Delhi as there has been an increase in diseases such as Asthma, Chronic Obstructive Pulmonary Disease (COPD), Respiratory infections. The morbidity rate related to respiratory diseases including infections (other than TB) has been increased by 45% from the month of November to December.



*Dr. P. Pritam Hansraj,
MS, ENT*

Dr. P. Pritam Hansraj, MS, ENT says, "The effects of cold weather or dip in temperature affects the respiratory system in a major way especially in places like NCR with high level of environmental pollutants or low air quality index. The colder air irritates the respiratory system right from the nose to lungs which leads to deranged respiratory functions leading to increased morbidity in general population and a greater morbidity with increased number of admission to medical emergency departments which comprises extremes of age groups mostly in geriatric population due to associated co-morbid conditions like CPOD, asthma, and bronchitis etc".

Is it just a co-incidence or climate change has started showing its impact to the ground? This needs some serious attention and introspection.

Some super addictive fun snack desi-winter treat recipes to munch on!!

Peanut Chikki is the Indian version of Peanut Brittle. It's made with peanuts and jaggery. It's a *desi* snack found in every Indian household during winters.



Prep time: 10 mins



Cook time: 20 mins



Total time: 30 mins

INGREDIENTS

- ✓ 1 bowl of peanuts (150gms)
- ✓ 3/4 cup of powdered jaggery(100 grams)
- ✓ ½ a tablespoon clarified butter(ghee)
- ✓ 1 tablespoon water

STEP WISE DIRECTION

- ✓ Roast the peanuts on medium-low flame for about 5 minutes until crunchy.
- ✓ Move the peanuts to a bowl once roasted and crunchy, and allow them to cool down a bit. Once easy to treat, smash the peanuts between your palms and remove the skin.
- ✓ Turn low-medium heat on and place a pan. Now put jaggery powder, ghee and water in the pan.
- ✓ Once jaggery melts and starts bubbling add the peanuts to it and mix the ingredients.
- ✓ Put off the gas and transfer the mixture in a greased tray or sheets of parchment sheet and let it cool down a bit.
- ✓ Once completely cool, break the peanut chikki into pieces and enjoy.



- The chikki will get crispier as it cools down.
- Store in an airtight container.



Til laddu is made up of ground sesame. The goddess of til mixed with jaggery provides heat and energy to the body, necessary to beat the cold. This is the very reason why Indian homes are filled with these fun snacks during winters.



Prep time: 10 mins



Cook time: 20 mins



Total time: 30 mins

INGREDIENTS

- Til(sesame seeds) - 500 grams/4 cup
- Gur(jaggery) - 500 grams
- Ghee - 2 tsp 1 tablespoon water

STEP WISE DIRECTION

- ✓ Heat oil on a medium flame in a pan and add the sesame seeds and stir continuously till it turns light brown.
- ✓ Once the seeds are roasted grind them into powder.
- ✓ Break the jaggery into pieces and keep them aside.
- ✓ Add ghee to a pan and once the ghee is heated add the pieces of jaggery into the pan.
- ✓ When you see that the jaggery has completely melted put off the flame.
- ✓ Add the crushed sesame seed to the jaggery in the pan and let the temperature cool down a bit.
- ✓ Once its ready to be treated you can make round balls of the mixture or any shape of your choice.



- Make round ladoos of the mixture and then roll them over the sesame seeds.
- Store in an airtight container to munch later.

Announcement Corner

This newsletter is intended to reinforce and encourage increased awareness and enhance interaction among all of us. If you wish to be a contributor of content in **The Social Bulletin**, you may write back to us at info@devinsights.co.in. The theme of upcoming month February is "Cancer".

Letter to the Editor

I would like to thank "**The Social Bulletin**" for its impressive newsletter that captures all the sector related information. Each article reads very well. I enjoyed the Quiccuts section the most. In a fun way it taught me the shortcuts of MS Word which I shall now remain with me forever. I have never come across any newsletter that made reading so much fun. It is very much appreciated.

Nidhi Punetha
Aspirational District Fellow
Gaya, Bihar

Photograph Corner



Focused group discussion with beneficiaries for mid term review at Kolar, Karnataka

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