

जिजीविषा

>>> (जीने की चाह) >>>

Issue: 1 Vol. 1

A HALF YEARLY NEWSLETTER

March 2023

Editorial Board

Patron

Dr.(Mrs.) Sapna Nanda
Principal
Government College of Education
Sector - 20 D, Chandigarh

Chief Editor

Dr.(Mrs.) Sapna Nanda
Convener
Club Wholesome
Department of Home Science
Government College of Education
Sector - 20 D, Chandigarh

Co-Editor

Ms Meghna Duhan
Pupil Teacher
B.Ed 2nd Semester
Government College of Education
Sector - 20 D, Chandigarh

Editorial Members

Ms Renu

Pupil Teacher
B.Ed 2nd Semester

Ms Navjot Kaur

Pupil Teacher
B.Ed 2nd Semester

Ms Simran Gondwal

Pupil Teacher
B.Ed 2nd Semester

Ms Navpreet

Pupil Teacher
B.Ed 2nd Semester

Ms Lata

Pupil Teacher
B.Ed 4th Semester

Ms Raveena Gill

Pupil Teacher
B.Ed 4th Semester

Ms Komal Maurya

Pupil Teacher
B.Ed 4th Semester

Ms Kamini

Pupil Teacher
B.Ed 4th Semester

Published By:

Government College of Education
Sector 20 D, Chandigarh, 160020
Phone: 0172-2700075, 2784182
Email id: gcechd@yahoo.co.in
Website: www.gcechd.ac.in

From the Chief Editor's Desk



Dr.(Mrs.) Sapna Nanda

Principal
Government College of Education
Sector- 20 D, Chandigarh

Dear Readers

Welcome to the first issue of our newsletter, published in the International Year of Millets 2023! This year presents an excellent opportunity to raise awareness about the benefits of consuming millets and promoting their cultivation.

As we all know, proper nutrition, exercise, and a positive outlook are essential for good health and happiness. The food we eat not only fuels our bodies but also has a significant impact on our overall well-being.

In this issue, we will focus on various aspects of health, nutrition, and wellness. Additionally it will provide you with the most up-to-date information and practical tips on how to maintain optimal health and wellness. We hope you find this newsletter informative and useful.

Our goal is to provide valuable insights and information to help our readers make informed decisions about their health and lifestyle. We welcome your feedback, suggestions, and questions, and we will be happy to address them in future issues. We look forward to sharing more with you in the coming issues.

Let's work together to promote the benefits of millets and make this International Year of Millets a success! Thank you for joining us on this journey towards better nutrition, health, and wellness.

Best regards
Sapna Nanda

Disclaimer

This news letter is published biannually for educational purposes only. All the articles are provided by various authors as mentioned in the news letter with references from right sources highlighted as and where applicable.

THE INTERNATIONAL YEAR OF MILLETS



Ms Meghna Duhan

Student: B.Ed 2nd Semester
Government College of Education
Sec-20, Chandigarh

Millets have gained importance in recent years due to their potential to provide food and nutritional security, particularly in developing countries. Millets are also a promising crop for climate-smart agriculture due to their resilience to changing climate conditions and low requirements for water and fertilizers. Additionally, the cultivation of millets can contribute to the achievement of several United Nations Sustainable Development Goals, including the eradication of poverty, the promotion of sustainable agriculture, and the reduction of hunger and malnutrition.

One of the key advantages of millets is their nutritional value. They are rich in proteins, vitamins, minerals, and fiber. They also contain antioxidants that can protect against several chronic diseases, such as heart disease, cancer, and diabetes. Millets are gluten-free, making them an ideal food for people with celiac disease or gluten sensitivity. They also have a low glycemic index, which means they do not cause a rapid increase in blood sugar levels.

Another advantage of millets is their environmental benefits. They require little water and can grow in poor soil conditions, making them an ideal crop for smallholder farmers. They also have a short growing cycle, which means they can be grown in areas with short rainy seasons. The cultivation of millets can reduce the pressure on freshwater resources and prevent soil erosion. Furthermore, millets are resistant to pests and diseases, reducing the need for chemical inputs.

Millets can also contribute to the livelihoods of smallholder farmers, particularly in developing countries. The cultivation of millets can provide a source of income for farmers and contribute to rural development. Millets are also an important part of the traditional diet in many cultures and can contribute to food security and cultural preservation.

The International Year of Millets in recognition of the importance of millets, the United Nations has declared 2023 as the International Year of Millets. The aim of the year is to raise awareness about the nutritional, environmental, and socio-economic benefits of millets and promote their cultivation and consumption.

India, which is one of the largest producers and consumers of millets, played a key role in proposing the International Year of Millets. **The Prime Minister of India, Narendra Modi, has called for the year to be a "people's movement" and for India to become a global hub for millets.**

The Food and Agriculture Organization (FAO) of the United Nations will lead the implementation of the International Year of Millets, in collaboration with governments, international organizations, and civil society. The FAO aims to promote the consumption of millets, support the development of millet-based products, and enhance the value chain of millets.

Challenges in Promoting Millets Despite their potential, millets face several challenges in their promotion and cultivation. One of the key challenges is the lack of awareness and information about millets amongst consumers, particularly in urban areas. Millets are often

perceived as a "poor man's food" and are associated with rural and traditional diets. There is a need to raise awareness about the nutritional benefits of millets and promote their consumption among urban consumers.

Another challenge is the lack of research and development on millets. Millets have received less attention than other cereal crops, such as rice and wheat, in terms of research and development. There is a need for more research on the agronomic practices, post-harvest handling, and value addition of millets. Research can help to identify the best practices for millet cultivation, develop millet-based products, and enhance the market opportunities for millets.

The low productivity and profitability of millets is also a challenge. Millets have lower yields than other cereal crops, such as rice and wheat, and are often grown on marginal lands. The lack of market opportunities and value addition also affect the profitability of millets.

Millet is a highly nutritious grain that is rich in fiber, vitamins, and minerals, and can be a healthy alternative to refined grains like white rice and wheat flour. The ICMR-National Institute of Nutrition recommends including about 90-100 grams of millets per day in your diet, which is about one-third of the recommended quantity of cereals for an adult.

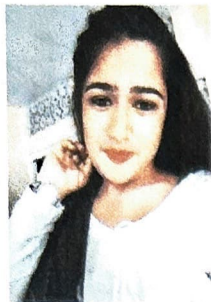
It is important to note that dietary recommendations may vary based on individual needs and health conditions, so it is always best to consult a registered dietitian or a healthcare professional to determine your individual nutritional needs and make dietary recommendations.

The idea of celebrating the year 2023 as the International Year of Millets will definitely provide an important platform to promote the nutritional, health, and environmental benefits of millets and support their sustainable production and consumption.

This year will provide an opportunity to highlight the role of millets in food security, poverty reduction, and climate change adaptation, particularly in developing countries where millets are often grown by smallholder farmers. Through a series of events and activities, the International Year of Millets is expected to contribute to the achievement of several United Nations Sustainable Development Goals. It is a timely initiative to promote the nutritional, health, and environmental benefits of millets and support their sustainable production and consumption.



FLOWER ARRANGEMENT



Ms Simran Gondwal

Student: B.Ed 2nd Semester
Government College of Education
Sec-20, Chandigarh

The Chinese were the first to put water in a container of cut flowers. So, while the Chinese were arranging flowers aesthetically in a container the rest of the world was braiding garlands, making wreaths and flinging petals.

Japan grasped the vision of combining cut flowers, water and containers from China with such enthusiasm and inspiration that different schools of Flower Arrangement art emerged with masters who created philosophies and design principles sprang into existence. The Japanese culture expanded flower arrangement into a meditative practice, which had its roots in beliefs and philosophies. Flower Arrangement became an art form that inspired contemplation and transcended decorative and devotional functions.



The basic principles of art are also applicable to the art of flower arrangement.

The principles are as follows:-

- Design
- Scaling/Proportion
- Balance
- Rhythm
- Proper use of Colour
- Emphasis
- Harmony
- Distinction
- Repetition

Design

All arrangements should have a proper design; that is the structural pattern of the arrangement which determines the shape, size, and suitability of the various component parts and their relationship to each other.

Scaling/proportion

Means the size relationship between the component parts of an arrangement, involving a good proportion of plant material, container, size and function.

Balance

It is shown in the way in which materials are grouped in a design and physical as well as visual balance needs to be considered. The components of balance are a form (a size which creates apparent weight) and color (Darker color gives an impression of weight).

Rhythm

This is the feeling of motion created by using curved lines. It can be achieved by:

- Using graduating sizes or different degrees of opening of the flowers
- Using curves stems
- Using foliage of various sizes and contrasting shapes
- Having an irregular line of various - sized blooms
- Proper use of colors
- Colors should be used judiciously.

Emphasis

Emphasis should be achieved by creating a focal point or center of interest.

Harmony

In the finished arrangement as a whole, the material used, the container, and accessories should harmonize into one overall framework.

Distinction

This is the most important asset. Either your arrangement has it or not. It is achieved by:

- Using of unusual material
- Unusual method of emphasis has been used
- The color combination is useful
- The finish is perfect
- A good contrast has built up a strong design.

Repetition

In color and form it is essential for the arrangement to look harmonious but it should not be carried too much. If not followed the arrangement looks incomplete and if overdone it is monotonous.

The location of a flower arrangement affects the 'principles of design', as follows :

1. Table arrangement

This refers to the arrangements used to decorate tables for seated meals, banquets, buffets, etc. These should be

- Single
- Appropriate in size
- Proper in shape

2. Reception desk

Bold arrangements are made keeping in view the large counters they have to be put on and they should command a dominant position where they can be viewed by a large number of people. Normally it should be front-facing.

3. Guest rooms

This means that the arrangement should be in size and proportion to the room and site. Most arrangements are either placed on a coffee table or dining table (in suites) when they should be round and on writing tables, usually with the back to the wall in which case they can be front-facing.

OBESITY

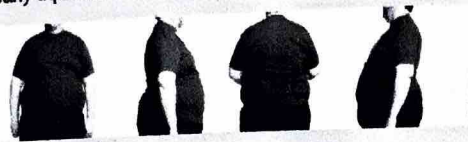


Ms Komal Maurya

Student: B.Ed 4th Semester
Government College of Education
Sec-20, Chandigarh

Obesity is a medical condition characterized by an excessive accumulation of body fat that can have negative effects on a person's health. It is typically defined by a person's body mass index (BMI), which is calculated as their weight in kilograms divided by the square of their height in meters.

A BMI of 30 or higher is generally considered to indicate obesity. According to data from the World Health Organization (WHO) as of 2021, obesity rates are increasing worldwide. Worldwide obesity has nearly tripled since 1975.



Obesity can increase the risk of a range of health problems, including heart disease, stroke, diabetes, high blood pressure, certain cancers, sleep apnea, osteoarthritis, and more. It can also affect a person's quality of life, self-esteem, and mental health.

Preventing obesity involves making consistent healthy choices in the daily routine. Here are some tips for a daily routine to prevent obesity:

Start the day with a healthy breakfast: Eating a healthy breakfast can help prevent overeating later in the day and boost your metabolism. Opt for foods that are high in fiber and protein, such as whole-grain cereals, fruits, and yogurt.

Stay hydrated: Drinking plenty of water throughout the day can help you feel full and prevent overeating. Aim for at least 8 glasses of water a day.

Incorporate physical activity into your routine: Regular physical activity is important for preventing obesity. Try to get at least 30 minutes of moderate-intensity exercise most days of the week. This can include activities such as brisk walking, jogging, cycling, or swimming.

Plan healthy meals and snacks: Plan your meals and snacks in advance to avoid making unhealthy choices when you are hungry. Include plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals.

Avoid sugary and high-calorie drinks: Sugary drinks like soda, fruit juice, and sports drinks are high in calories and can contribute to weight gain. Instead, opt for water, unsweetened tea, or low-fat milk.

Practice portion control: Overeating can lead to weight gain. Use smaller plates and bowls and measure out serving sizes to help control your portions.

Get enough sleep: Lack of sleep can disrupt hormones that control appetite, leading to overeating and weight gain. Aim for 7-8 hours of sleep each night.

By incorporating these habits into your daily routine, you can help prevent obesity and maintain a healthy weight. Moreover the rise in obesity rates is a significant public health concern that needs to be addressed through a multi-faceted approach, including education, policy changes, and interventions to promote healthy lifestyle habits.

Increasing Demand of Nutritionist



Ms Kamini

Student: B.Ed 2nd Semester
Government College of Education
Sec-20, Chandigarh

In recent years, there has been a growing demand for nutritionists in both developed and developing countries. This trend can be attributed to several factors, including increased awareness of the importance of healthy eating, a rise in chronic diseases related to diet, and an aging population with greater healthcare needs.

A nutritionist is a health professional who specializes in the study of nutrition and the ways in which food affects the human body. They work with individuals or groups to develop personalized nutrition plans that help them achieve their health goals.



One of the main reasons for the increasing demand for nutritionists is the rise in chronic diseases related to diet, such as obesity, diabetes, and heart disease.

According to a recent report 7 to 10% of school going children in India are obese. Women are also facing great health issues like lower digestive tract conditions, diarrhea, UTI, constipation, hemorrhoids and one of the major health issues PCOS. At least 10% of women's in India have PCOS.

In many cases, these conditions can be prevented or managed through proper nutrition and lifestyle changes.

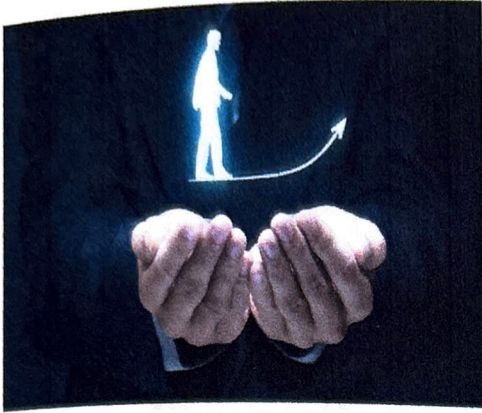
As a result, more people are seeking the advice of nutritionists to help them improve their eating habits and prevent or manage chronic conditions.

Another factor driving the demand for nutritionists is the aging population. As people age, they often develop health problems that require careful management of their diets.

Nutritionists can help older adults design meal plans that meet their unique nutritional needs and prevent or manage health problems such as osteoporosis, hypertension, and diabetes. People are turning to nutritionists for guidance on how to make healthier food choices and achieve their health and fitness goals.

Overall, the increasing demand for nutritionists is a positive trend that reflects a growing awareness of the importance of nutrition in maintaining good health. As more people seek out the advice of nutritionists, it is likely that we will see continued growth in this field and greater emphasis on the role of nutrition in preventing and managing chronic diseases.

PERSONALITY DEVELOPMENT



Personality is the unique set of traits, behaviors, and characteristics that define an individual's identity and distinguish them from others. It encompasses various aspects, including values, beliefs, attitudes, emotions, habits, and social skills. Personality is influenced by a combination of genetic, environmental, and cultural factors and tends to remain relatively stable over time.

Personality is crucial in shaping an individual's perception and interaction with the world around them. It affects a person's social relationships, work performance, and overall well-being.

A positive personality can help individuals build strong connections with others, manage stress and anxiety, and achieve their goals. In contrast, a negative personality can lead to social isolation, poor mental health, and difficulties in achieving success. Therefore, developing a positive personality is critical for personal growth, success, and happiness in life.

There are various theories and models that attempt to categorize personality types. One of the most popular models is the "Big Five" personality traits, which includes openness, conscientiousness, extraversion, agreeableness, and neuroticism. Other personality models include the Myers-Briggs Type Indicator (MBTI) and the DISC personality system.

Effective communication is a crucial aspect of personality development. It allows individuals to express their thoughts and emotions clearly, build relationships, and collaborate with others. Good communication skills involve active listening, using appropriate language and tone, and being able to convey ideas and information in a clear and concise manner.

Effective communication skills can help individuals build confidence, enhance their personal and professional relationships, and achieve success in their careers.

Dressing appropriately and presentably is an important aspect of personality development. It can help individuals make a positive first impression, convey professionalism and competence, and boost their self-confidence. Dressing appropriately for different occasions and situations demonstrates respect for oneself and others. Appropriate dressing is not only about the type of clothes but also includes factors such as cleanliness, grooming, and personal hygiene. Overall, dressing appropriately can enhance an individual's personality and contribute to their success in personal and professional life.

Body language, courtesy, and a positive outlook are essential aspects of effective communication that can greatly impact the success of our personal and professional interactions. These three elements work together to create a confident, approachable, and pleasant demeanor that can help us build strong relationships with others.

Ms Meghna Duhan

Student: B.Ed 2nd Semester
Government College of Education
Sec-20, Chandigarh



Body language plays a crucial role in our communication. It refers to the nonverbal signals we send through our physical gestures, posture, and facial expressions.

A positive and open body language can convey confidence, friendliness, and trustworthiness, making it easier for others to connect with us.

Maintaining eye contact, sitting or standing up straight, and using appropriate hand gestures can convey attentiveness, respect, and interest in what the other person is saying.

Courtesy is another critical component of effective communication. It involves showing consideration, respect, and kindness towards others in our interactions. Using polite language, listening actively, and avoiding interrupting others can help create a positive and respectful atmosphere, making it easier to communicate and collaborate effectively. Showing genuine interest in others' perspectives, acknowledging their ideas, and offering positive feedback can foster a sense of mutual respect and trust that can lead to stronger relationships.

A positive outlook is also essential in effective communication. It involves approaching interactions with an open and optimistic mindset, even in challenging situations. A positive outlook can help us maintain a sense of composure and avoid negative emotions like frustration, anger, or defensiveness, which can hinder effective communication.

Approaching situations with an open mind, focusing on finding solutions, and assuming the best intentions of others can help create a collaborative and constructive environment that encourages effective communication.



People can enhance their personality by practicing self-reflection, developing good communication skills, cultivating a growth mindset, being open-minded, and developing a sense of humor. These tips can help individuals improve their personal and professional relationships, manage stress and anxiety, and achieve their goals.

However, changing one's personality entirely is difficult, as it is deeply ingrained and influenced by various factors. Still, individuals can strive to develop positive traits and behaviors that can enhance their overall personality.

TRADITIONAL INDIAN EMBROIDERY



Ms Navpreet

Student: B.Ed 2nd Semester
Government College of Education
Sec-20, Chandigarh

Indian embroidery comprises a diverse range of regional embroidery styles, which differ according to the regions and materials employed. Embroidery is a deeply ingrained tradition in India and reflects the country's rich cultural heritage. Each state and region in India boasts of its own unique style of embroidery.

Needlework is not the sole medium for fabric decoration; rather, it is complemented by the incorporation of narratives from the community, with motifs inspired by the natural surroundings, religious inscriptions, and the economic state of the region.

As such, Indian embroidery is not merely a form of decoration but also a way to preserve and communicate the history, values, and beliefs of the region.

TYPES OF INDIAN EMBROIDERY

1. Chikan / Chikankari:



Rumored to having been introduced by Noor Jahan, wife of Jahangir, Chikankari originated from Lucknow, Uttar Pradesh. It began with white embroidery on a white cloth, but today, it is available in all colours imaginable..

2. Zari / Zardosi

Introduced by the Mughals in the 16th century, Zari is the very form of opulence. The word Zardosi comes from Persian words for gold (zari) and embroidery (dosi).



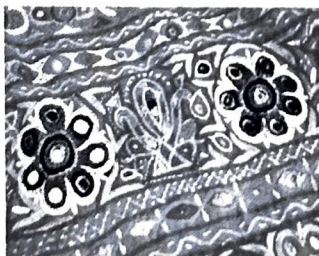
3. Aari

The name of this embroidery comes from the hooked, sharp needle, which is used for this technique. Aari owes its origin to the Mughals and is practised in Rajasthan, Lucknow, and Kashmir.



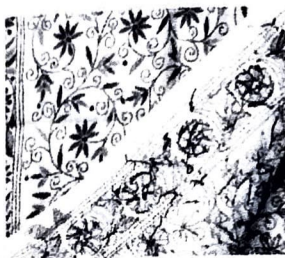
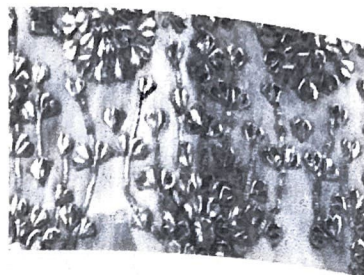
4. Banjara

The nomadic tribes of Banjara did not limit themselves to a single geographical location which allowed this style of embroidery to disperse across various regions, facilitating variations in the technique and designs.



5. Gota

Born in Rajasthan, this embroidery technique uses zari from Lucknow to trace elaborate patterns, creating different surface textures.



6. Kantha

From East Indian states like West Bengal, Odisha and Tripura and Bangladesh, comes Kantha embroidery, chiefly practised by rural women.

7. Phulkari

Mentioned in the folklore of Heer Ranjha, Phulkari comes from a rural embroidery tradition in Punjab. Its present form can be traced back to Maharaja Ranjit Singh's reign in the 15th century.



8. Shisha / Mirrorwork

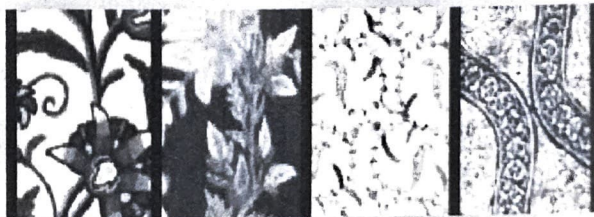
Brought into India by Iranian travellers during the 17th century, Mirrorwork was originally done with Mica. Patronized by Rajasthan, Haryana, and Gujarat, Mirrorwork varies in use and style according to region and taste.



9. Toda

This is Called 'pohor' (flower) in the Toda language, Toda embroidery comes from the Toda tribe which belongs to the Nilgiri Hills of Tamil Nadu. It is practiced exclusively by Toda women.

10. Kashmiri



This embroidery borrows its name from its place of birth, Kashmir. Also known as Kashida embroidery, the cloth for this embroidery was woven and embroidered by the members of the same, often extended, family.

A LETTER FROM KHICHDI..



Ms Renu

Student: B.Ed 2nd Semester
Government College of Education
Sec-20, Chandigarh

Do you know that I am gluten-free and guilt-free and not even hard on your pocket? I am made from a combination of rice and dal, which makes it easier for your body to digest and assimilate all the nutrients I contain. This perfect combination of cereal and pulse makes up an excellent amino acid composition, providing your body with all the essential amino acids needed to function properly, maintain hormonal balance, and improve the immunity of your gut.

Dear all,

I am Khichdi, the dish you remember when you get sick, when your stomach gets bloated after eating those fried samosas, tikkis, pizzas, burgers, and you don't feel like eating anything else. But why do you look down on me as if I'm nothing?

Do you think I'm just a simple dish? You have thrown me out from your regular diet, and I want to ask why? Are you not aware of my health benefits or do you just disregard me because I'm not tasty?

Traditionally, I was a staple in every Indian household, eaten with curd, pickles, chutneys, papads, bhujia, and more. I was there to protect people from bloating, PMS, IBS, acidity, constipation, and to help them maintain a healthy weight.

But with the introduction of packaged, easy-to-make, readymade food items in the market, people forgot about me and started looking for other alternatives to keep their gut healthy, improve their immunity, and pop multi-vitamin pills or lean on protein supplements. Just because no one is advertising me or labeling me as a healthier option, many of you have forgotten about me.



By adding colorful vegetables, soybean, peanuts, coconut, and ghee, you can turn me into a perfectly balanced meal that can balance all three doshas (vaat, pitta, kapha) in your body, while providing satiety, satisfaction, and immunity to yourself.

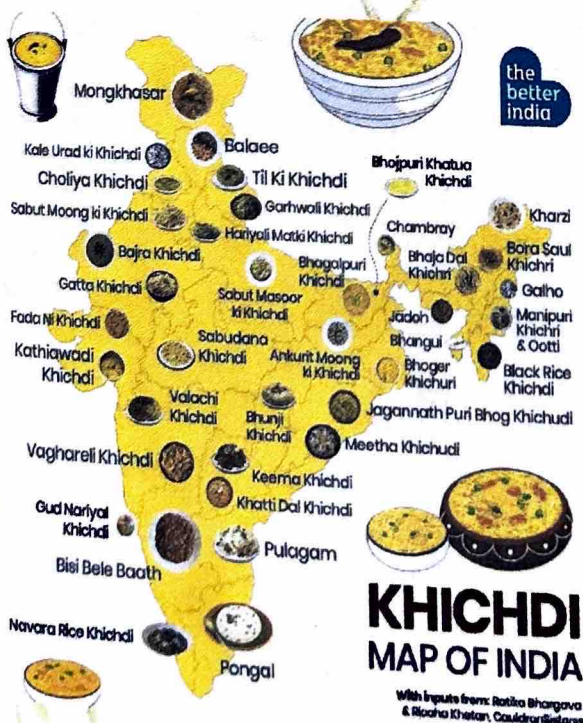
A perfect blend of traditional spices like cumin, clove, cinnamon, chili, bay leaf, turmeric, ginger, coriander, etc., added to tadka, enhances my taste like nothing else and provides your body with all the anti-inflammatory, antioxidant, and anti-allergy benefits of the spices. All you need to do is to eat me with self-gratification and without any guilt.

The amount of fear that the diabetic population has of me is found nowhere else. Why do they abstain from eating me? Just because I contain rice? That breaks my heart too much! Let me tell you, I am a perfect blend of rice and dal, which provides your body with the perfect ratio of carbohydrates and protein.

By adding vegetables, lemon, soybean, peanuts, coconut, and ghee, my glycemic response automatically declines, so you can eat me without any fear. Trust me, I will not raise your blood sugar levels like a packet of biscuits, chips, or chocolates would.

So, eating khichdi twice a week will improve your immunity, cut down all the excessive fat in your body, and build gut health. Then, what are you waiting for? Grab a plate and eat khichdi without any guilt or fear.

Best regards,
Khichdi



TIME FOR QUIZ



Ms Navjot Kaur

Student: B.Ed 2nd Semester
Government College of Education
Sec-20, Chandigarh

1. Which of the following household equipment is a time and energy saving device

- A. Pressure cooker
- B. Telephone
- C. DVD player
- D. TV

2. An adult heavy worker male required how much calorie per day

- A. 2000
- B. 2875
- C. 3800
- D. 1900

3. Sugar disease is called

- A. Jaundice
- B. Diabetes
- C. Typhoid
- D. Hysteria

4. Which of the following millets is known for its high protein content?

- A. Foxtail millet
- B. Proso millet
- C. Kodo millet
- D. Barnyard millet

5. A short women should wear clothes with

- A. Vertical lines
- B. Horizontal lines
- C. Diagonal lines
- D. Plain

6. Which of the following is not a health benefit of consuming millets?

- A. Rich in dietary fiber
- B. Low in carbohydrates
- C. Gluten-free
- D. Low in minerals

7. What is the term for the colors that are directly across from each other on the color wheel and create a high-contrast effect?

- A. Analogous colors
- B. Complementary colors
- C. Neutral colors
- D. Monochromatic colors

8. Which crop is commonly called Cheena in Hindi?

- A. Barnyard millet
- B. Proso millet
- C. Kodo millet
- D. Little millet

9. Which of the following millets has the highest iron content?

- A. Foxtail millet
- B. Pearl millet
- C. Finger millet
- D. Proso millet

10. How should you treat a person who has been bitten by a venomous snake?

- A. Apply a tourniquet above the bite
- B. Apply ice to the affected area
- C. Try to suck out the venom with your mouth
- D. Call for emergency services

Answer key : 1. A 2. B 3. B 4. C 5. A 6. D 7. B 8. C 9. D 10. D