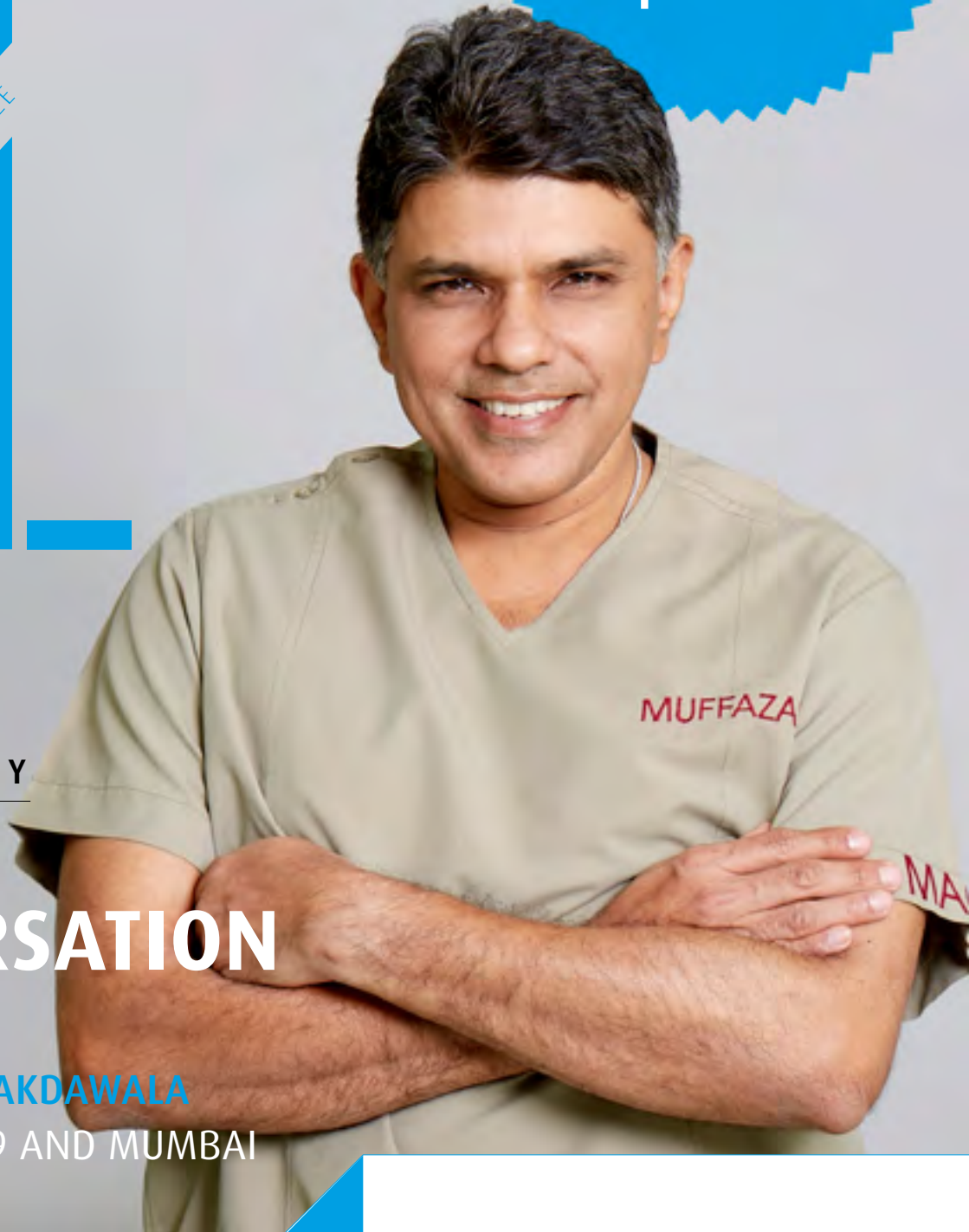


fathersday
special

AL
THE ACHIEVERS LIFESTYLE



COVER STORY

IN CONVERSATION WITH

DR MUFFAZAL LAKDAWALA
ABOUT COVID-19 AND MUMBAI

SPOTLIGHT



*What
Covid-19
has taught
me about
fatherhood*

SPOTLIGHT



*Ajit Agarkar
discusses
fatherhood*

father's day special

CONCEPT
HARSH VAIDYA
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EDITORIAL

On the topic of fatherhood, the American author H. Jackson Browne once said, "Life doesn't come with an instruction book — that's why we have fathers". His words echo ever more profoundly during these turbulent, uncertain times – around the world, fathers are being called upon to demonstrate remarkable courage, extraordinary resilience and indefatigable optimism as they lead their families through a reality that no one saw coming. On Father's Day, we dedicate this issue to every father who has cast aside his own fears to offer a broad, brave shoulder to those that look to him for strength, guidance and inspiration.

As we soldier on through the nation-wide lockdown, the question of 'what next?' hovers a little too close for comfort. Although we can look forward to some semblance of normalcy with Unlock 1.0, we must also grapple with our lingering anxieties about what the post-Covid19 world holds in store for us. Businesses small and large are reeling from the economic impact of the pandemic. For many, this has been a true test of ingenuity and integrity. Through our candid conversations with thought leaders, we hope to present insights into what the future of some of the hardest-hit industries and sectors will be, once the worst is past us.

And finally, we also dedicate this issue to those who are still fighting tirelessly in the ongoing war against an invisible, but ruthless enemy.

ANINDITA PAUL
EDITOR

View from the frontline

4

Dr Muffazal Lakdawala has been essaying a pivotal role in Mumbai's battle against the ongoing pandemic. Here, he discusses some of his contributions and shares valuable advice for our readers

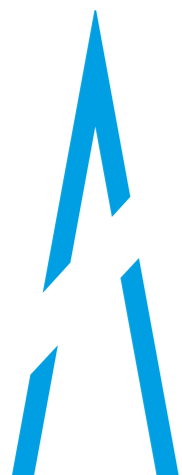
"A sick man only wants one thing;

A healthy man wants a thousand things"

So, stay positive



5





THE NSCI DOME IS ONE OF THE FIRST 'CONTACTLESS' COVID POSITIVE FACILITIES IN MAHARASHTRA

Mumbai – a city that is at the heart of the COVID-19 pandemic is still struggling to find its feet. With public health systems overwhelmed and healthcare workers engaged around-the-clock, the city is still grappling with the enormity of the numbers at hand – numbers that continue to rise even after two months of government-imposed lockdown. It doesn't help that support for medical staff has been erratic, at best. With public anxiety at an all-time high, the medical fraternity is being called upon to display great courage, harness

tremendous ingenuity and make great sacrifices to help restore some order to the chaos.

In this interview, we speak to **Dr Muffazal Lakdawala**, a popular bariatric and GI surgeon and founder of Digestive Health Institute in Mumbai, who has been responsible for converting the The National Sports Club of India (NSCI) dome in Worli into a 500-bed 'contactless facility'. To date, this remains one of the largest COVID-19 facilities in the city, undertaking a variety of activities – from patient examinations to swab collections – in a contactless manner. Excerpts from the interview.

Tell us more about the NSCI centre. What was your focus?

What started off as my attempt to help the BMC in these difficult times has now been transformed into one of the largest and probably the first stand-up jumbo facility to cater to the needs of Covid-19 patients from the economically disadvantaged sections of Mumbai. The facility initially catered to the need of those patients who were exhibiting mild to moderate symptoms of the novel Coronavirus; however, it has now been transformed into a dedicated COVID-19 hospital. At NSCI, we have also been treating patients with cancer along with Tata Memorial hospital, pregnant ladies with the help of Dr Neeta Warty, as well as patients with chronic kidney disease on dialysis.

My vision was to ensure not only the health and wellbeing of

patients, but also, importantly, of the healthcare professionals looking after them.

This inspired us to come up with a 'contactless' clinic model, which was one of the first in Maharashtra and probably in India. With all activities happening in a contactless manner, making it safe for doctors and other healthcare workers, comfort for patients is also improved as they can see their doctors without the hazmat suits.

The NSCI facility was set up in just five days. We were the first centre to use X-ray with artificial intelligence to help accurately detect presence of the Coronavirus even without a swab test result available.

It also helped us to monitor the progress of the disease and those who were more likely to worsen and hence put on oxygen earlier; this probably explains our zero-mortality rate so far in treating over 750 patients. At NSCI, we have experimented with remote monitoring of pulse, BP, temperature, oxygen saturation and blood sugar, and are ready with our own home kit to manage patients safely in their own homes.

This facility also has four large screens through which yoga classes are conducted every morning for the patients. Counselling sessions by psychiatrists and motivational talks by entertainers and sportspersons are organised, to ensure that the patients' mental well-being is also looked after. Today, I am happy to say that at NSCI, we have

“My vision was to ensure not only the health and wellbeing of patients, but also, importantly, of the healthcare professionals looking after them.”

So many of us from the medical fraternity have been, who have recovered.

As a medical practitioner, what are some of the greatest challenges you are encountering?

So many of us from the medical fraternity have been working on the frontlines, far away from our families, wearing uncomfortable PPEs in the oppressive heat, undertaking multiple shifts and doing our job to the best of our ability. We've been trained to save lives and that is what we're doing. I feel immensely proud to be a part of this fraternity.

Yes, it is disheartening to see that some of us are being attacked and discriminated against. I hope that common sense prevails, and people begin to respect those who are saving lives even while putting their own at risk. Many of us on the front lines haven't been to our homes since the pandemic broke out. I know that those who do go home self-isolate in a separate room to



give our readers to help them to tide over these difficult times?

I think we need to accept the fact that there will be uncertainty for some time to come. The world, post the pandemic, is never going to be the same.

Even as the country re-opens for business, things will not be as they were 'pre-lockdown'.

Economic losses and job losses are an unfortunate casualty of this pandemic, and a very real possibility for many people. As ironic as this may sound, I can only suggest that you stay positive, but also be prepared for the worst. I know some professionals who are using this time to up-skill and learn new skills so that they're better prepared for any new opportunities that may come their way. Also, don't let anxiety and fear get the better of you. Let's not allow doomsday predictors to gain an upper hand. The world has survived many challenges before-from pandemics to world wars. This will pass too.

Try to stay in the moment – meditation, yoga, mindfulness practices, exercise, spending quality and quantity time with your family and loved ones will help you to manage your mental stress. As a doctor on the frontlines I've seen the worst of this pandemic. I would like to remind everyone that health is the greatest gift you have. As the adage goes 'A sick man only wants one thing; a healthy man wants a thousand things.' So, stay positive. [A](#)

TO DATE, THE NSCI DOME IS ONE OF THE LARGEST COVID-19 FACILITIES IN THE CITY

“We’ve been trained to save lives and that is what we’re doing.”

I feel immensely proud to be a part of this fraternity and make these sacrifices.”



SPENDING TIME WITH FAMILY IS A RARE LUXURY FOR HEALTHCARE PROFESSIONALS LIKE **DR LAKDAWALA**

protect their family members. This is not easy, but it is a sacrifice that many doctors and nurses are making each day.

I'd like to say this to all my seniors, colleagues, doctors, nurses and technicians working in healthcare who have not yet joined the battle: it is a long war and we need you all. Now is the time to be responsible. This is the opportunity of a lifetime you have NSCI DOME your worth. This is what you were trained for – saving lives. Stay safe and protect yourself, not at home but rather in hospitals and clinics. Be aware and not afraid of the coronavirus. Let's fight this together and win this war, for ourselves, for our families and for humanity.

With so much uncertainty surrounding the pandemic – from public healthcare provisions to economic losses – stress and anxiety levels are at an all-time high. What advice would you

A father's sacrifice

It's never easy to have to choose between your professional duties and your personal responsibilities. When news of the lockdown reached me, I was playing football with my son Kiaan. In fact, I was enjoying being able to spend some quality time with him after a long time. However, my duty towards my profession could not keep me away from what I do best – saving lives. And so, regrettably, I had to leave home.

Aware of how infectious this virus is, I knew that I could not go back to my wife and son, lest they get infected. Whenever I met them, which was rarely, it was always at a distance. It is heartbreaking to see your six-year-old want to run into your arms as he does every day and not be able to hug him back. He simply couldn't understand why this government-imposed lockdown would not end and why the virus would not go away. In my absence, he started wearing my clothes at home and becoming the father of our household.

He has learned to video call me; every now and then, he gives me advice and reprimands me about not taking his calls because, in his mind, I am his son and I am therefore supposed to respond to him, regardless of the situation. He also wears his doctor costume and tries to behave like a doctor, proudly telling his friends that his father is a Corona warrior. At his young age, I don't think he fully comprehends the meaning and significance of those words. A week ago, he broke down and refused to talk to me because to him there was no way I couldn't come home if I really wanted to. That moment was really shattering for me, as a father – knowing that I wished for nothing more than to do what he wanted me to, to but couldn't.

Being at the frontline of the war against the virus as a medical professional has been a huge emotional burden to bear. What keeps me going is the belief that what I am doing is right. I hope this pandemic ends soon as I can go home and hug my son again.▲

“My son Kiaan also wears his doctor costume and tries to behave like a doctor, proudly telling his friends that his father is a Corona warrior.”



Fatherhood inspiration from the playing field

Former international cricketer **Ajit Agarkar** discusses key lessons he hopes to pass on to his son

The most important lesson the pandemic has taught all of us is gratitude – we've understood that it is possible to get by with what we have and be content. We've learned to have a deeper appreciation for the simpler things. Having played a sport for twenty-odd years of my life and being fortunate to represent the country, I do try to pass on certain key skills that cricket has imbibed in me to my son. The most important of these is discipline. Cricket has taught me that if you are not committed or disciplined enough, you can never achieve the heights that you aspire to.

I've also realised the importance of acknowledging both good days and bad days equally. You must be able to take both in your stride and learn from them. This balance is very important in all spheres of life, and even more during stressful situations



such as our present. Finally, the pandemic has shown us a new reality that we would have never imagined otherwise. As a sportsman, I draw on my ability to improvise each day, and live it to the best of my ability. In cricket, improvisation is everything. You must be willing to make the best of the cards you have been dealt with, and the same holds true for every sphere of life.

I consider it my responsibility to pass on such insights to my son. That said, I also realise that we grew up in very different times and much of what I grew up with will not be relatable to the younger generation. And so, my wife, Fatima – who is an educationist – and I decided that we could combine some of the skills I've gained from cricket with academic learning so that it could benefit numerous children across the country, who often find subjects such as math dry and dull. This inspired us to come up with the Cricket-Math online programme in association with UnMath School. In addition to math, this programme also teaches children the importance of resilience and fortitude – it inspires them to keep trying to attain success and not be discouraged even when situations are tough. Through this initiative, I also hope to teach children key life skills, such as decision-making, handling pressure, managing conflicts or complexity, time management and project management skills – all of which are essential to succeed on the playing field.^A





Teach them to learn

Chef Harsh Shodhan shares how the pandemic has given him new insights about fatherhood

“The first lesson that I’ve learned during this period is the importance of planning and saving for the future.”



SPOTLIGHT

“The pandemic has brought us closer together in many more ways than we’d ever imagined. Every evening, we gather together to play board games and embrace our inner child.”



CHEF HARSH SHODHAN
WITH HIS FAMILY

In many ways, the pandemic and resultant lockdown have taught us many important lessons to pass on to our children. For most people, the situation has come as a rude awakening – we’d all become so comfortable and insulated in our routines that we never imagined something like this could happen to us and that, even worse, that it would catch us unawares in our own backyards.

The first lesson that I’ve learned during this period is the importance of planning and saving for the future. I believe this is an especially important lesson for our children, who have always led a very cushioned and sheltered life. The second is to be patient – no matter how much you want to fight the existing crisis, there’s no way you realistically can. All you can do is to be patient and wait for it to

tide over. I’ve had to learn to be patient with the situation, as well as with my family members who I am spending every waking hour with – this includes a very energetic twelve-year-old son, a hyperactive six-month-old puppy, a frustrated 85-year-old mother, and a 20-year-old daughter who’s had to abruptly return from university in the US. As a father, I’m very conscious of the fact that my entire family unit is looking to me to lead the way.

I must also be the pillar of support for my wife, who is dealing with her own anxieties, and juggle all these with my work-related stresses including paying our staff’s salaries, managing rent and reimagining the future of our business.

The pandemic has forced me to model value-based behaviours to my children, which I hope they

will replicate in future. At work, for example, we’ve had to adapt to several challenges and reinvent our entire business model virtually overnight.

We’ve had to think about how we can make the most of what we have and convert this into an opportunity. Having never ventured into the retail model, we’ve had to re-learn the basics of business and new skills – home takeaways for two people, for instance, involves a lot more precision than the bulk catering work we were used to. And so, we’ve had to go back to the drawing board with humility.

I recognise that my children look to me in terms of how I am dealing with those who are dependent on me, especially my staff. I am conscientious about being just and fair in all these interactions; this is

another important lesson I hope my children will learn.

At the same time, the pandemic has brought us closer together in many more ways than we’d ever imagined. Every evening, we gather together to play board games and embrace our inner child. My daughter, who is studying to be a chef, my mother who is also a chef and me have been cooking up a storm in our kitchen – this has been an incredible bonding experience for all of us.

As a father, I am an anchor for my family in these uncertain times. But fatherhood has also kept me grounded, rooted and more optimistic about the future, while shaping me as an individual and a professional.▲

Decoding the business of fashion

In an environment marked by frugality and limitations, what will it take for fashion to survive?

Sanjana Bubber and Nishant Jitendra Joshi explain...

Economic uncertainty, travel restrictions and social distancing have taken a severe toll on the fashion industry – from plummeting sales to many retailers shutting shop, this sector is still reeling from the impact. A recent report by the Business of Fashion, a leading industry website, about the impact of the Covid-19 outbreak on the fashion industry, points out that the global fashion industry is still almost entirely dependent on physical retail, with more than 80 percent of transactions happening in physical stores. Also, with consumers more focused on purchasing essential items, fashion seems to have become an afterthought for most. Fashion designer Sanjana Bubber of Bubber Couture and Nishant Jitendra Joshi,

managing director of Mod'Art India, a leading fashion school, share their views.

In what ways has the pandemic affected the Indian fashion industry?

"The supply chain has been the hardest hit," says Joshi. "The fashion industry has always been an interdependent industry – whether for raw material, labour or logistics. There is a huge ecosystem at play and this ecosystem generates employment in every sector, including textile mills, manufacturers, small industry producers, tailors, salespeople and designers." Bubber adds, "The luxury couture segment in India is largely dependent on weddings. With people either

postponing their weddings or opting for simpler court marriages, their willingness to spend on couture is also diminished. Further, the friends and families of the couple, who were also a customer base are not keen to spend money on luxury couture during this time. In fact, for the next three months or possibly until early next year, we foresee a huge hit in our sales. Further, there are many components that come together to create a custom outfit. Our embroiderers are not working and, even with the easing of restrictions, it is still not viable for us to run our production units. There's also the element of uncertainty, as we don't know if there will be a second wave that will further affect weddings." She mentions that while many wedding planners and couples are discussing tentative plans, there are no confirmations or payments coming in. "Even if we do get orders, we cannot fulfil them at this time. Our cash flows have also dried up as many stores have yet to pay us even for past sales," she says.

Simple and sustainable

The current pandemic has encouraged many consumers to rethink their consumption patterns, says Bubber. Even those who are planning weddings are doing so on a much smaller scale. "The focus now is on sustainability and spending only as much is absolutely required. This mindset has also filtered into their apparel choices. Less is more will be the new motto, in terms of clothing. From an era of decadence, we will now see a marked shift towards minimalism. People are also much more concerned about the possibility



SANJANA BUBBER



NISHANT JITENDRA JOSHI



of being able to re-wear the clothes they buy, instead of spending a lot of money of bridal couture that has little use beyond the wedding. Consequently, classic pieces will be in much higher demand than over-the-top clothing," she says. With fashion weeks being cancelled around the world, there will be no innovation as far as trends are concerned. This, again, will see customers stick with what they know best – classic and simple designs.

Joshi, on the other hand, believes that although most Indian designers have focused on weddings and celebrations, now is the time for them to create products that have a different lifecycle. "It is an excellent time for Indian designers to celebrate our culture, craftsmanship, handlooms and fabrics," he says.

Future focus

Despite the sombre state of affairs, Bubber believes that there may still be a silver lining. "All the festivities that are being delayed right now will happen, in the future. Indian designers will have plenty of opportunity to bounce back. Today, we must focus on being patient and riding out the storm. In terms of weddings, customers will move away from destination weddings (which were a major trend until early 2020) to domestic affairs. Instead of shopping abroad, they will now be keener to spend locally. This could be an excellent opportunity for Indian designers. New designers and fashion students may find it especially difficult to fathom what the future holds in store. Many students were promised internships which have



now been cancelled. I think that it's best to lay low and use this time to add new skills to your resume. The pandemic has also given us time to explore those areas of our craft that can sometimes become overlooked in the chaos of our everyday routines. Designers should time on creating and perfecting new collections, even if it is still a concept on paper that they can later bring to life. You can also look into building your digital presence, starting with a website. There are many online resources to teach you how to do this yourself. Focus on improving your website's search engine optimisation and explore digital marketing. At Bubber Couture, we gave our digital agency a two-month break and took over our social feeds. Engaging with our audience, through live videos and chats, has been our focus. It's a great time to give back to the fashion community, regardless of how small or big you are – there's always someone who will benefit from your advice and can learn from you. We've also been exploring new social platforms such as TikTok,



BUBBER RECOMMENDS
THAT NEW DESIGNERS USE
THIS TIME TO CREATE AND
PERFECT NEW COLLECTIONS
AND BUILDING THEIR
DIGITAL PRESENCE

"It is an excellent time for Indian designers to celebrate our culture, craftsmanship, handlooms and fabrics,

collaborating digitally with other designers, stylists and industry experts to add value and build traction. We're using this time to be as visible as possible. For instance, I was unaware about Quora marketing, which I am exploring right now. We had also been planning to venture into the mass-market segment for a while now with a special line of accessories – this is another aspect of our business that we've been developing," she explains.

Joshi says, "This is not the end. It's a beginning of the altered and new normal. This is when new opportunities arise. Although educating yourself is important, it's also essential to ask yourself the kind of return you will get from these investments – paying very high amounts to educate yourself right now may not be the best strategy. Calculate your risks. He adds designers must focus on developing a sustainable supply chain. Your clients are seeking a genuine, emotional and rooted brands that speak their language, instead of mere pieces of clothing."A



Survival mode

From an economic standpoint, the ongoing Covid-19 pandemic has hit small and medium-sized enterprises (SMEs) the hardest. Recent estimates indicate that as many as 19-24 percent of India's 75 million SMEs are the risk of insolvency or extinction. Although the Government of India has announced economic relief packages and is encouraging Indian consumers to 'buy local' in a bid to support domestic entrepreneurs, the larger question remains whether these incentives will succeed in turning the tide. Angel investor, author and start-up mentor Rishi Piparaiya shares strategies for entrepreneurs to cope in this uncertain economic environment.

Rishi Piparaiya discusses key areas of focus to help small businesses cope with the economic impact of the pandemic

"The buying behaviour of consumers has changed. People are consuming much lesser and are more particular about quality. In fact, they are willing to pay a premium for this assurance from reputed brands. While small businesses could earlier differentiate themselves on price points, they will now have to compete with larger businesses on the same playing field. Unfortunately, they may lack the resources to do so," **Piparaiya explains.**

- 1. Focus on safety:** Consumers are placing a huge value on safety and are willing to pay large premiums for this assurance. If you are in any customer-facing business, such as food, spas or clothing, focus on sanitisation and making that extra effort to give your clients peace of mind. Aggressively communicate these measures to your clients.
- 2. Old versus new:** Acquiring new customers will be very difficult for now. Instead, turn your focus on building customer loyalty – mining your existing and former customers will be significantly easier than acquiring new ones. I have personally given or created work to freelancers I have associated with, in the past, even if it wasn't a top priority for me.
- 3. Focus on employees:** If you are undertaking employee-oriented initiatives, don't hesitate to publicise this. Asian Paints, for example, made headlines for increasing salaries for their employees to boost their morale at a

time when most other competitors are resorting to pay cuts and terminations. Such initiatives go a long way in turning public sentiment in your favour. At the same time, be prepared for some backlash if you take employee-unfriendly decisions.

- 4. Think long term:** Many small enterprises who are desperate to cash in on business that comes their way may consider over-charging their customers or try to sell them things they don't really need. Try to avoid such strategies as your focus should move beyond the value of a single transaction to customer retention. In times such as these, only positive word of mouth and recommendations will be able to counter the customers' flight to larger brands. You need your customers to support you and no one will support you if they cheated.
- 5. Adapt to evolve:** Change your business model to leverage digital platforms. For example, if you have a skill or talent that can be leveraged in the digital space, don't hesitate to take it online. For instance, online classes are more popular today than ever before. If you are good, your clients will adapt as well. Also, start side-gigs to generate additional income streams. No matter what your core business is, if you have some talent, take to freelancing websites or platforms and start to monetise them.
- 6. Conserve cash:** Remember, the market will be exceptionally tough for the foreseeable future. To survive, you must be willing to cut all discretionary expenses and conserve cash. Do not speculate – avoid no day trading or gambling. Just stay on the fence and patiently let water find its level.
- 7. Beware of scams:** With the general population out of work and in dire straits, we will witness an increase in scams and frauds. Scammers will prey on desperation and greed. Be vigilant and do not invest your money on unverified schemes.▲

Cooking to nurture and heal

Vishakha Bhuta shares
simple recipes that nourish
your body and feed your soul

*“Cooking at home
gives us the added
advantage of being
able to completely
control what goes on
our plates and into
our bodies”*



As our country prepares to ease itself from lockdown into an altered state of normalcy, the biggest question on everyone's mind right now is whether we are prepared to undertake this major step. While the role of hand-sanitizers, social distancing and wearing protective gear will undoubtedly become even more important, it's also crucial to look inwards – at our own immunity.

The recent lockdown has inspired many to rediscover the wonders of their own kitchens and polish their rusty culinary skills. Vishakha Bhuta – a popular recipe developer and food critic who runs the popular blog 1Teaspoonlove, says that cooking at home gives us the added advantage of being able to completely control what goes on our plates and into our bodies. At the same time, with a little ingenuity, it's also surprisingly easy to recreate many of our popular restaurant favourites at home, while also upping the nutritional content of these foods. She shares a few of her favourites.



Vegetable Manchurian

Garlic and ginger are powerful immunity boosters and the hero of this dish. Besides, this recipe is loaded with many delicious vegetables and is a classic comfort food for those of us who miss eating out.



COOKING TIME
50min



CUISINE
Chinese



SERVES
4

INGREDIENTS

For vegetable balls:

- 1 cup minced or grated cabbage
- 1/2 cup grated carrots
- 1/4 cup minced cauliflower
- 1 tbsp spring onion
- 2 tbsp minced onions
- 1 tbsp minced garlic
- 1/2 tsp minced ginger
- 1/4 cup flour (increase a little, if your mix is too wet)
- 2 tbsp corn starch
- Salt to taste
- 1 tsp pepper
- Oil to fry

FOR GRAVY:

- 1/4 cup minced cabbage, carrot, capsicum and onions
- 1 tbsp spring onion greens + 1 tsp for garnish
- 3 tbsp minced garlic
- 1 tbsp minced ginger
- 1 tsp black pepper
- 1/2 tsp Sichuan pepper (substitute with 1 1/2 tsp black pepper)
- Salt to taste
- 2 tbs oil
- 1 1/2 tbsp Kikkoman soy or 1/2 tsp dark soy
- 1 tsp rice wine vinegar
- 1 tsp chopped green chillies
- 1/2 tsp sugar
- 2 cups water
- 1/2 cup corn starch slurry (1 tbsp corn starch in 1/2 cup water)
- 1/2 tbsp ketchup

PROCEDURE

Mix together all the ingredients (except oil) for the vegetable balls in a bowl. Shape into small balls. Heat oil and fry until golden brown.

To prepare the gravy, heat oil in a deep pan. Once it reaches smoke point, add the garlic. Stir the garlic on high heat for 2-3 seconds and then fry on medium heat for 15-20 seconds. Make sure you don't burn the garlic. Once the garlic turns translucent, add the ginger. Fry for a few seconds and add all the minced vegetables and green chillies. Cook on high heat for a minute. Season with salt, pepper and sugar. Add the sauces and vinegar and mix well. Add water and bring to a boil for two minutes and then simmer for another three minutes. Stir in the corn starch slurry. Simmer until the gravy thickens to your desired consistency. Add the vegetable balls and simmer for 30 seconds, and then turn off the heat.

Garnish with the remaining spring onion greens.

Serve with vegetable fried rice or noodles.

“It’s easy to to recreate many of our popular restaurant favourites at home, while also upping the nutritional content of these foods.”



One Pot Amritsari Chole

Chickpeas are an excellent source of zinc and copper, minerals that boost immunity. It is recommended that you eat at least two small cups of chickpeas a week.



COOKING TIME
20min



CUISINE
Indian



SERVES
4

INGREDIENTS

- 2 cups soaked chickpeas
- 1 cup finely chopped tomatoes
- 1/4 cup minced onions
- 1 tsp minced garlic
- 1/2 tsp minced ginger
- 1/2 tsp carrom seeds (ajwain)
- 1 tsp turmeric
- 2 tsp coriander powder
- 1 tsp amchur or anardana powder
- 2 sliced green chillies
- 1/2 tsp garam masala
- 1 tsp cumin powder
- 1 tsp crushed kasuri methi
- 1 tsp black pepper
- 1 tsp ghee
- 1 bay leaf
- 1 cinnamon stick
- Salt to taste
- 4 cups black tea infused water
- Chopped coriander to garnish

PROCEDURE

Add one teaspoon ghee, bay leaf and cinnamon in a pressure cooker. Once the ghee is fragrant, add the garlic, ginger and onions. Sauté until the onions are translucent. Add the cumin powder, pepper powder, slit green chillies and carrom seeds. Sauté until fragrant. Add the tomatoes and salt. Cook until the tomatoes are soft and mushy. Add the coriander powder, turmeric, anardana or amchur and garam masala. Cook for a minute. Add the soaked chole along with the tea water.

Now, pressure cook the chole until completely tender and done. When the pressure cooker cools, stir the chole well. Add the crushed kasuri methi and chopped coriander and mix.

Serve with hot naans, kulcha, parathas or rice.

Note: You can adjust the consistency by adding or reducing water.



Immunity Boosting Hotpot

Loaded with garlic, spinach and broccoli, this hotpot is as comforting for your gut health as it is for your soul. With the rains making their much-awaited debut, this recipe is soothing and delicious in equal parts.



COOKING TIME
30min



CUISINE
Asian



SERVES
2

INGREDIENTS

- 1 large potato, peeled and sliced (1/2 cm thick)
- 1 cup soaked tofu sheets or tofu cubes, as available
- 2 cups broccoli florets
- 1/4 cup coriander stems chopped + 1 tbsp leaves
- 1/4 cup garlic cloves chopped
- 1 tsp chopped ginger
- 2 tsp black pepper powder
- 1 tsp dark soy sauce
- 1/2 tsp vinegar
- 1 tsp spiced chilli oil
- 2 cups sponge gourd cut into 1" thick rounds
- 1 tsp spring onion + 1 tsp greens for garnish
- A handful of spinach leaves
- 1 tsp sesame oil
- 1 bay leaf
- 2 star anise
- 1 litre water or stock
- Salt to taste

PROCEDURE

In a large pot, heat water or stock. Add the garlic, bay leaf, star anise, ginger, soy, vinegar, chilli oil, coriander stems, spring onions, pepper powder and salt. Once the water boils, simmer for two minutes and add the potatoes. When the potatoes are almost done, add the tofu, broccoli and sponge gourd. Wait until the broccoli is almost cooked, add the spinach. Cook for 30 seconds and turn off the heat. Add the sesame oil and mix well. Serve immediately in bowls, garnished with coriander and spring onion greens.

Note: You can add bok choy, cauliflower, zucchini, mushrooms, paneer, a handful of boiled chickpeas and even meat. This recipe works well with any vegetables of your choice.



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