

# NATIONAL FEDERATION OF INDIAN AMERICAN ASSOCIATIONS (NFIA)



**Serving the Indian American Community since 1980**

**Washington DC Headquarters: 19300 Tattershall Dr., Germantown, MD 20874 USA**

**President's Address: 6912 Winter Lane, Annandale, VA 22003**

**Phone: (571) 217-2555 e-mail: angela\_anand@yahoo.com Tax ID# 742299811**

**VOL. 2, # 12 DECEMBER, 2020**

## **HAVE YOURSELF A MERRY LITTLE CHRISTMAS – LET YOUR HEART BE LIGHT – FROM NOW ON YOUR TROUBLES WILL BE OUT OF SIGHT:**

This is the best time of the year to enjoy festivities of the holidays. Christmas represents joy and celebration of a year gone by with good food, family faithful and trusted friends, and represents an opportunity to wear the trendy fashionable clothes considered fit for the winter season. Christmas has been celebrated as the day Jesus Christ was born. Historically, for the first time Christmas was celebrated on December 25, 336, and Christians officially celebrated this in the Roman Empire. Though its roots are in ancient times but now it is celebrated around the world.



Upon my arrival in the United States on Christmas Day, I was mesmerized by the shining lights, decked up huge malls, streets lined up with trees and lights, and music piped everywhere. There were so many carols that I learnt by heart including the "have a merry little Christmas" sung by many but the one I like the most is by the Overtunes, "amazing grace" and "silent night" sung by

many popular singers also and then the "Feliz navidad" sung by José Feliciano. All immigrants perhaps remember their first Christmas in this country. It is a religious holiday, irrespective of one's religion, most countrymen celebrate Christmas.

The cold season leads to eating sumptuous food with eggnog, apple cider, alcoholic beverages, and hot Irish coffee to keep body warm and many people wish for a white Christmas to enjoy the snow. Children wait for Santa Claus to drop toys at night through the chimney while they are asleep. Christmas is a sale bonanza for merchants as this gift giving season makes up the highest sale of the last quarter of the year for them, due to COVID-19 -19, the online businesses are the ones who are beneficiary of such volume of merchandise disposal.

In the United States, Christmas involves a lighting ceremony of the huge pine tree at the White House. Several holiday celebrations parties, tour of the White House for the public, and special decorations at the house where the nation's greatest and most powerful official the president and first lady reside. In New York, Manhattan is lighted, there is famous Macy's parade, and then the ball drops at midnight in time square. Incidentally, due to COVID-19, this year on December 31st, the Ball will drop in Times Square, however, the Times Square New Year's Eve 2021 is happening visually, virtually, and safely.

*Angela Anand, NFIA President*

## **EXCEL FOUNDATION BRINGS SMILES ON CHILDREN'S FACES – TOY FOR JOY:**

This year many children received gifts from Charu Shivakumar, Founder and President of Excel foundations USA, and Vice President VHPA-Los Angeles Chapter. She visited India and arranged distribution of new clothes and packed lunches for school children at Elementary School at Peravurani, Tamil Nadu, India, in the presence of School officials that included Head of the School, a School counselor, teachers and Excel Foundation Representative Karunakaran along with children and their parents. This gesture, on the auspicious occasion of Diwali, brought cheers and smiles on the faces of all children as well as their parents and the school staff.



Young members of Excel Foundation Jasmin Sivakumaran and Megha Arun took keen interest and deserve credit and special appreciation for taking the initiative of "Toy for Joy" project. It always gives joy and immense pleasure when someone becomes a tool in God's hands to help deserving people and bring smiles on their faces, and God

chose us as that tool, said Charu Sivakumar. She said, this project of bringing cheers and smiles on young faces would not have been possible without the generous help of some thoughtful friends who contributed for this noble cause and she said she is very appreciative and thankful for it.



Contributors are; Shivakumar Kuselaraghavan, Sumati Arun, Aparna Hande, Dr. Asmath Noor, Kewal Kanda, Ashok Shah, Kabilan Krishnan, Rani Kuusto, Ashok Patnaik, Swarit Srivastava, and Chellam Visu.

The people who contributed are being thanked by the school officials featured in this photograph. NFIA applauds charitable work of Excel Foundation and congratulates Ms. Charu Shivkumar and her children for taking the initiative to do this humanitarian work.

## **WOMEN'S NETWORK CULTURAL COORDINATOR ADDED ANOTHER FEATHER TO HER CAP – WOMEN'S NETWORK IS PART OF NFIA:**



Indrani Davaluri is an artistic director and principal of Natya Margam Bharatnatyam dance school in VA. She is cultural coordinator of the Women's Network. She has many talents besides being a good human being. She has acted in South Indian movies in India before coming to the US and now teaches dance. She won the title of "Mrs. South Asia World Elite 2020" at a virtual pageant held on December 11-13, 2020, which was sponsored by MYDREAM TV USA.

She has been helping in events of NFIA for the last two years and loves dancing and is well respected for her passion for dance and teaching dance. NFIA congratulates her for her winning the pageant.

## **WOMEN'S NETWORK- A MEMBER ASSOCIATION OF NFIA ALONG WITH COMMUNITY BASED ORGANIZATIONS PRESENTED HEALTHY BODY HEALTHY MIND:**

Angela Anand, president of National Federation of Indo-American Associations and founder and president of Women's Network in coordination with other associations presented Healthy Body Healthy Mind virtually on December 6, 2020. It was broadcast live over the Facebook platform by PILUPU TV Network. Speakers included Sirisha Kompalli – an entrepreneur, plant lover, Asha Jain – A registered dietician, certified diabetes educator at Walter Reed Hospital, Surinder Dargan, MD – Diplomate, American Board of Psychiatry and Neurology, in private practice for over forty years and Dr. Sirisha Potluri, a physician who has been teaching about nutrition in workshops.



The main theme was Healthy Body Healthy Mind with plant-based diet. Angela Anand introduced the speakers with their field of expertise from different areas of mental health and nutrition. Sirisha Kompalli moderated the program. Siri thanked Angela Anand for beautiful introductions and bringing in experts to talk about the topic of the presentation. She thanked the audience for tuning in. She said, she is a plant lover and loves to grow different type of

plants at home. Being locked down at home due to Covid-19, we needed something to do and growing plants gave us that opportunity.

Asha Jain, a certified diabetes educator and registered dietician said, during Covid-19, sitting home people gain weight. She said Indian population gain 10-12 pounds of weight during 10-12 weeks' time from Dussehra onwards. We eat too much sweets during holidays. Our mind will be healthy if eat we healthy food. But during holidays time we eat lots of sweets and oily foods with lots of calories. How can we prevent that, she asked? She said, set realistic goals, think and eat smaller portions. If you are drinking alcohol, you end up eating more. That is one reason restaurants offer drinks first so you can eat more. They don't care about your health. To stay healthy, use stairs or bike at home as many Gyms are closed because of virus. Online shopping has also caused to gain weight as you are not moving. She said, kids are home. They are not eating outside. Look for some creative cooking during this Covid-19 time.

Dr. Surinder Dargan talked about Healthy Mind. She said, our eyes, nose, ears, hands, mouth and brain play a vital role in what we eat that affects our health and mind. She said, these sensory parts play vital role in selecting what we eat. Restaurants set up dishes for visual appetite, Nose can smell and trigger appetite, ears can hear the cooking sound, hands can feel the touch of food, tongue can trigger the taste buds feeling the temperature sensation. Saliva has the ability to digest. All these signals trigger brain to increase the appetite. Stress also affects the mind's health. Good stress motivates to do something good but chronic stress can be bad for the mind and health.

Dr. Sirisha Potluri said, in med schools we are not taught how important it is to manage eating. She talked how plant-based food can help diabetes. She said, India is capital of diabetes. Foods we intake get converted to glucose. Muscle cells are receptors of sugar. In type two diabetic people insulin is not working as muscle receptors are blocked by fats that accumulates around them. That increases the sugar level in the blood. If not controlled, diabetes can cause health risks including death. Nutrition, exercise, and good sleep play very important part to control the diabetes and for good health. Most of the medicines are like mopping the floor but not stopping the leak. Eat more vegetables and avoid oils, cheese, meat or rice. Eat plant-based diet,

move around, sleep well, and avoid stress. Working with plants can be therapeutic.

Question answer session followed the program. It was advised that use of green tea, herbal spices, chai masala in hot water, lemon grass, tulsi, and mint leaves are good for health. Also, Soy products are good and tofu is better alternative to Paneer. Cheese increases AC1 related to diabetes and so is bad for health. Limit rice intake and eat more dals (pulses). This will bring glycemic value down in the body. All speakers stressed to be mindful of what you eat and focus on eating healthy. Everyone thanked PILUPU TV for covering the presentation and streaming it live on Facebook. According to the studio of the television, audience numbered close to 1200 which is inclusive of live, web site audience and the statistics of YouTube posting of the presentation as of writing of this story.

### **TIPS AND TRICKS TO MAINTAIN CONTROL OF DIABETES AND STRATEGIES TO LOSE AND MAINTAIN BODY WEIGHT-STRESS IS A BIG COMPONENT TO CHALLENGE FOR GOOD HEALTH:**

Indian population is prone to type 2 diabetes because people are working in jobs that generally are not requiring any physical strength and can also be demanding and stress producing which can lead to emotional eating. On one hand, it is excessive eating and not working out physically on the other hand stress related consumption of excessive calories leading to obesity and type 2 diabetes generally.



We eat for enjoyment and nutrition but it is important to be able to digest the food that we eat. According to Surinder Dargan, a child, adolescence, and adult psychiatrist, we not only eat good food but we should also pay attention to our digestive system and how best we digest the food.

A Diplomat of American Board of Psychiatry and Neurology, Dargan said, there are 9 hormones which affect the digestion of food that include understanding about stomach and digestive tract, gall bladder, pancreas, and others that produce digestive enzymes. Brain's main part is Hypothalamus. One part of the brain increases the appetite through Ghrelin and another decreases it through Leptin. Then there is HPA axis through the pituitary adrenaline axis which produces cortisol which affects stress, immune system, and appetite causing weight loss or weight gain. It also works through pituitary gland Thyroid axis - hyperthyroidism causes weight loss and low thyroid hormone cause weight gain. Your menstrual cycle may affect your appetite -estrogen around ovulation mid period may decrease appetite, progesterone before the period may increase and lead to

compulsive eating.

She asked, what is stress, let us define this. Stress is a perceived response to noxious stimuli. It involves both perception and appraisal. Stress can be good stress or bad stress. It can be acute or chronic as they affect us differently. Stress could be due to -emotional reasons e. g loss of a job, loved ones, loss of relationships or -physiological such as food deprivation, illness or it can be pharmacological---like due to drug withdrawal. Everyone may have the same stress but may not experience it the same way. what makes me stressed, may not do so for you, someone might get stressed out because he or she cannot go out but the other might love to stay home.

### **STRESS and COVID 19 Situation**

Studies show that anxiety in the younger population has doubled but the older population have adjusted much better. Overall COVID-19 has increased mental health problems in our country and worldwide. In children, there is worsening of symptoms of ADHD, increased anxiety and behavior problems due to lack of structure of school and being housebound. In young adults, there is increased anxiety and stress due to stay home, managing work and kids at home without much household help. In older people -anxiety, depression, feelings of helplessness, unable to get proper medical help.

For health care workers there is post-traumatic stress disorder leading to increased domestic violence and child abuse and drug abuse. Stress due to lack of health care services and stress of so much conflicting information to absorb. Stress can cause anxiety, depression, poor sleep, the feeling of loss of control and helplessness. It can affect our digestive tract causing symptoms of excessive gas, abdominal pain, IBS, colitis and change in bowel habits, loss of appetite or excessive eating and also binge eating.

### How to REDUCE STRESS and help BETTER EATING

1-- First to identify what kind of eater you are and correct it. There are 4 KINDS OF EATING.

FUEL eating--in this you eat nutritious healthy low carbohydrate low-fat foods. You are choosing healthy foods high in protein and high fiber like nuts, avocados, eggs, beans to add energy and good health. For sweets, choose sweet fruit, nuts butter you can add for soothing meals in small portions like a small piece of dark chocolate, oatmeal, sweet red peppers—reportedly these foods remove cortisol from blood stream. Use calming teas like chamomile, lavender, mint and ginger. if you still feel hungry or soon after a full meal, assess-food might be lacking in protein and fiber. Fiber should be 90% of your food.

JOY eating--you eat simply because you like the taste and you enjoy it maybe a piece of cake, a scoop of ice cream, a chocolate cupcake. This should be 10% of your eating.

FOG eating --this is when you not thinking and eat food unconsciously like You are watching TV and don't even realize that you have finished a bag of chips - it should be 0%.

STORM eating ---this is when you are depriving yourself of food for a while but then you overreact with emotion and overeat to feel better like binge eating. this should also be 0%  
Try to correct and eat like the first two ways and not the second two ways.

2---when you feel like binging, try to get in touch with your feelings, are you bored, lonely, alone, anxious, depressed, worried about COVID-19 situation and loved ones and then focus on how to deal with that feeling in a healthy way rather than binging. There is a difference between being LONELY and feeling ALONE? Loneliness is a subjective feeling. You can be living with 10 people but still feel lonely. Alone is physically living alone. Learn to manage boredom, loneliness and being alone better by staying in touch with people, creative hobbies, get some sunshine, exercise, attend some educational meetings, read anything and play games to keep your mind active, socialize thorough zoom social media. Plan to call at least one person and chat. If you are anxious or depressed, ask yourself why? if you know WHY then talk about it with a trusted friend, if you need to CRY, do so--it does help. But if you DON'T know WHY? if there is nothing you can do about the cause, distract yourself, get outside, walk for 15 minutes, exercise, munch on some healthy biting vegetable or fruit--it does relieve stress. Biting relieves anxiety.

3---To focus on changing the behavior of eating. Use all the 5 senses I mentioned about:

EYES-- change the setting of kitchen. remove all the unhealthy foods like candy, donuts, bread, chips from your sight, even from hiding places. display colorful nuts, fruits, crunchy fresh vegetables. fill your plate with different color food e. g yellow lentils, green vegetables, red beets, white rice, etc. it will balance your nutrition too.

EARS-- munch on crunchy food and enjoy the sound of it.

NOSE--make creative dishes with different spices, create a calming aroma in the kitchen by may be put fresh mint, cut lemon, rosemary, lavender candles, fresh flowers, frying cumin. cut lemon, lemongrass, mint will also keep the bugs away.

TOUCH--eating with hands and feeling the texture of food enhances your enjoyment cuts down stress.

MOUTH--Make food delicious. Cook the same vegetable in 5 different ways. Add spices you like make sure you eat food at the right temperature you enjoy. Take time to chew and relish it.

-focus on mindful eating---mindful means that you totally focus on the task you are doing. If you are brushing your teeth, you focus on thinking about brushing each tooth one by one, if you are walking, you focus on your steps going forward so when you are eating, you focus on food, eating, chewing, tasting it, and enjoying it. Assess the flavor and not think about anything else bothering you.

Mindful meditation works well on reducing anxiety. Don't eat too fast, or eat when not hungry at all, or eat standing up, it speeds up your speed of eating or socialization and more tendency to get second helping. Don't always feel you have to clean up our plate and finish everything, or skip meals or feel you have to have a full dessert each time. These all lead to weight gain. Try making a positive relationship with food- enjoy creating new meals, use all the five senses to enjoy food so if you are stressed and you fix yourself a cold sandwich with two pieces of bread and processed meat and you are standing over the kitchen sink and gobbling it up while wallowing in your sad thoughts.

--Practice portion control--fill plate 3/4 than before don't serve out of open containers on the table so u don't go fir second helping, don't wait to be too hungry, you tend to overeat then. Structure your meals, eat light, have healthy snacks in between with light coffee, cocoa, smoothies with protein, nut butters, drink plenty of fluids, avoid sodas, stay hydrated drink before meals preferably it keeps your energy level stable. Can use calming teas, like chamomile, mint, ginger and peppermint.

--Meditate--shut your mind from outside, visualize your digestive tract and relax it for better digestion, have happy thoughts.

-Get enough sleep. Lack of sleep has been associated with overweight through various hormones in our body.

--Exercise regularly. It does not have to be strenuous - 30 minutes 5 times a week. it turns on your Happy hormones which are DOPAMINE< SEROTONIN AND ENDORPHINS

--Get regular medical check-ups and LAB work. So many vitamins, magnesium, zinc, thyroid, vitamin D, female hormones, have been associated with weight and appetite and glucose level, lipid level, you need to be monitored to adjust your eating, keep teeth healthy. So, you have so much to focus on in self-care other than just binging. If all this is not working - assess if you are suffering from any eating disorders like—anorexia, Bulimia, binging disorder, exercise bulimia--if you find yourself overexercising like 60 minutes a day for six days, to reduce weight while may be still be overeating, you have this excessive calorie tracker.

Use of applications are ok but if you keep count of each calorie going up and down all day and eat accordingly OR if you think you had any major trauma in childhood --Then you need to seek professional help. Don't be hard on yourself. Don't feel you are weak or crazy in any way it is just a small area of your life that might need more attention, it does not define you as a whole. Everyone in this world is fighting some battle and there are lots of eating disorder clinics, programs and specialists available. Seek help.



Dr. Dargan was one of the four speakers of "Healthy Body Healthy Mind" and other three speakers tips and tricks will also be covered for the benefits of community at a later point. This presentation was virtual and live on Facebook as well as posted on YouTube. A special thank you goes out to PILUPU TV for their coverage.

### **NFIA MEMBERS SEND CONDOLENCES TO SAMUEL FAMILY ON PASSING OF JOYCE SAMUEL:**

Joyce Samuel, mother of Rani Kuusto, who is active in NFIA and GOPIO was born on May 17, 1927. She left for her heavenly abode on December 05, 2020. Joyce Samuel was born in Madurai, South India and she came to know the Lord, Jesus Christ as her Savior at a very young age. She worked as a telephone operator and after her marriage to Lucas Samuel she decided to become a house wife. Born to this union were her three children, two daughters and a son. She immigrated to USA in 1990. Mrs. Samuel leaves behind three children Rani Kuusto, Reuben Samuel, and Christie Chacko. She also leaves behind five grandchildren, Sandy, David, Shirlene, Susan and Shaun and two granddaughters Amelia and Adelaide. May God give rest to departed soul.

**WOMEN'S NETWORK, A MEMBER ASSOCIATION OF NFIA, ALONG WITH OTHER COMMUNITY ORGANIZATIONS PRESENTED SURMAYI SHAM VIRTUALLY:**

A musical get-together was presented by the Women's Network and other community-based associations titled "Surmayi Sham" virtually for the lovers of music on November 21, 2020.



Fourteen vocalists sang two rounds of songs and ghazals of famous play back singers from the Bollywood industry. A presentation that was offered as a community service to people during spread of COVID -19 was arranged with only one goal in mind and that was to enjoy good music. Those who enjoy good music were able to interact without any fear of judgment.

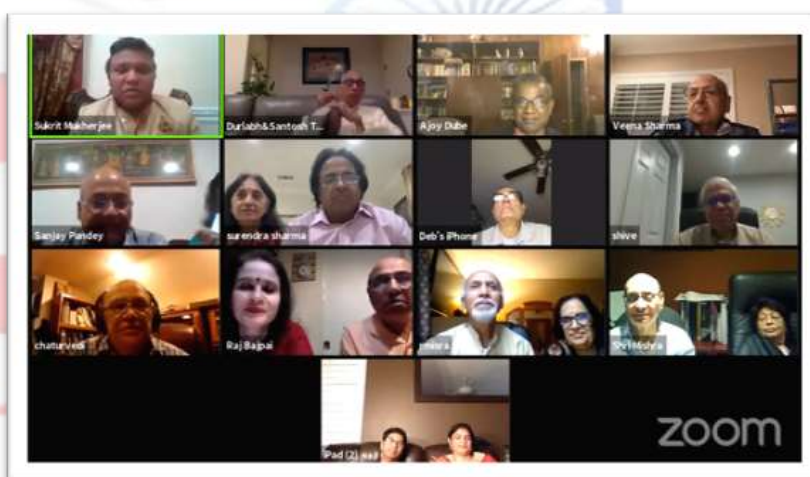
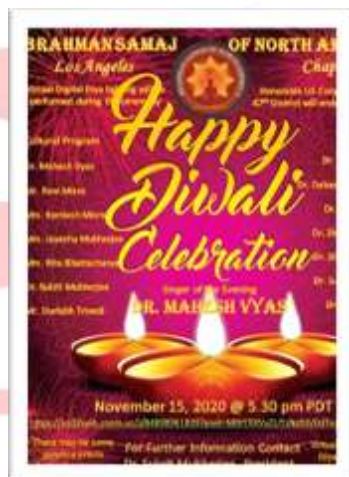
This event was scheduled for two hours thinking that is the most humans can pay attention to anything without getting distracted but it lasted more than four hours because there was a supportive atmosphere and no fears of judgment. There is a popular saying posted on the social media that Gautam Buddha once said, "just as a solid rock is not shaken by the storm, even so the wise are not affected by praise or blame." Obviously, all

vocalists were confident of their talent and desired to share and enjoy listening to each other which made the event truly enjoyable for those who were in the virtual audience along with those who were singing.

When intentions are to empower each other and work seamlessly in a collaborative set-up, everyone works to strengthen the team and enjoys the team effort. Another session of Surmayi Sham -1 will be presented on Saturday, December 19, 2020 which will also be streamed on social media.

**BRAHMAN SAMAJ OF NORTH AMERICA – A MEMBER ASSOCIATION OF NFIA CELEBRATED DIWALI:**

BSNA Los Angeles Chapter celebrated its Diwali Program on November 15, 2020 over virtual platform. The day started with a special virtual Diwali Lamp lighting ceremony and continued with speeches, songs, hasya katuk, poems and Bollywood entertainment presented by local chapter members. BSNA Los Angeles Chapter President Dr. Sukrit Mukherjee presided and coordinated the event and the event brought together most of the Chapter Members including President of BSNA National Committee.



Cultural Event was presented by Dr. Mahesh Vyas, Mr. Ram Mishra, Mrs. Kamalesh Misra, Mrs. Jayesha Mukherjee, Dr. Sukrit Mukherjee and Mr. Durlabh Trivedi whereas Talk show was presented by Dr. Debashish Mukherjee, Dr. Jayshree Vyas, Dr. Shive Chaturvedi, Dr. Shri Kant Misra, Surendra Sharma and Mr. Ajoy Dube.

**APARNA HANDE, DIRECTOR AT LARGE, SHARED SOL KADI RECIPE - A SOOTHING AND COOLING BEVERAGE RECOMMENDED FOR HEALTH BENEFITS:**

SOL KADI IS A Konkani drink. It is used in Maharashtra during summer months in India. It is a cooling beverage that has been considered a great soothing drink that is good for heart as well as helps in losing weight. It is also known as Kokum curry. It is an authentic delicacy of Goa. It is a versatile drink that can be served as a curry with your everyday lunch or dinner.

The infographic is divided into two main sections. The left section is titled 'SOLKADI-' and includes the Konkani phrase 'सोलाकाडि मी बस' (Solakadi mi bas), the English translation 'इंस्टंट रेडिमाई सोलाकाडी | Instant Solkadhi Recipe', and the author's name 'By Aparna Hande RN, MSHCA, Woman of The Year 2012, CA' with contact information 'TEL: 562-682-7020'. It features a small image of a glass of Solkadhi. The right section is titled 'What is Kokum?' and contains three images: a branch with kokum fruits, a bowl of kokum fruits, and a glass of kokum juice.

The infographic is divided into two main sections. The left section is titled 'Kokum- Garcinia Indica' and includes a sub-section 'Kokum Fruit (Boroda)' with an image of the fruit. It also shows two images of kokum-based dishes: a bowl of Lasani Kadhi and a bowl of kokum curry. The right section is titled 'Health Benefits of Kokum' and features a 'TOP 5 Health Benefits of Kokum' list: 1. Aids your Heart Health, 2. Acts as a Digestive Aid, 3. Aids in weight loss, 4. Supports your Brain Activity, 5. Supports immunity. It also includes an image of a glass of kokum juice and a small diagram of the human digestive system.

As kokum fruit can be used in variety of ways. One of the savory ways it is used as the Karwar style Lasani Kadhi made with kokum and coconut milk. This can be relished like a drink at the end of the meal or as a side dish with the meal mixed with rice.

**EXECUTIVE VICE PRESIDENT OF NFIA AND OTHERS IN THE SEATTLE COMMUNITY ARE WORKING TOGETHER AND ARE ENGAGED IN CHARITY WORK:**

Here are some images from the work the volunteers are engaged in such as preparing and distributing food to people in need. They are featured here photographically. NFIA acknowledge the hard and self-less work of so many community workers who are cooking food and then packing and distributing to most in need. This work deserves special mention and each and everyone doing this is thanked for such good community service.





## **GUJARATI FOOD IS UNIQUE AND KETAN SHAH REGIONAL VICE PRESIDENT OF NFIA- FROM NEW JERSEY AND FAMILY ENJOYS SEVERAL DISHES BUT THEIR FAVORITE IS UNDHIYU:**

Indian traditions and customs of eating together, cooking together, and relishing food together makes sense for the Shah family. The chef is at work and the rest of the family is getting ready to share this winter dish that family has put together with some help from the professional chef's recipes. The family gives credit to such famous chef and cook book authors, Tarla Dalal and Something is cooking Alpa and others, who offer guidance in preparing authentic Gujrati dishes to be cooked at home and served at many special occasions.



Undhiyu is made during winters in southern Gujarat, as some of the veggies added in it are only available in the winter season. The veggies added in undhiyu are root veggies like purple yam (kand), regular yam, sweet potatoes and baby potatoes. The other veggies added are small brinjals, raw or ripe bananas, ivy gourds and Indian flat beans or surti papdi. Fresh pigeon peas you can also add fresh green peas or fresh chickpeas. lilva or fresh pigeon peas are also added in lilva kachori recipe which is also made during winters.



The recipe is Vegan. if you want to make a gluten-free version, skip asafetida. You can also make a sattvic or no onion no garlic undhiyu, by skipping garlic. This recipe serves 10 to 12 servings. You can easily halve the recipe. Undhiyu is best served with pooris and aamras or shrikhand. You can also serve this healthy wholesome vegetable casserole with soft phulkas, jowar roti or bajra roti or puri.

### **Ingredients For The Muthadi/ Muthiya**

Methi leaves / Fenugreek Leaves (chopped) 1 cup  
Whole Wheat Flour/ Roti ka atta ¼ cup  
Gram Flour / Besan 4 tbsp  
Coarse whole wheat flour / Dardarra Atta 2 1/2 tbsp  
Ginger Chilli Paste ½ tsp  
Turmeric/ Haldi ¼ tsp  
Soda Bicarb ⅛ tsp

Sugar 1 tsp  
Kashmiri Red chilli powder ½ tsp  
Coriander- Cumin/ Dhania- Jeera powder ¼ tsp  
Salt ¾ tsp or as per your taste  
Oil 2 tsp/ oil for frying  
Ingredients for Undhiyu  
Small potatoes / Alu 7  
Small bringles / baingan 7  
Ripe Bananas/ Kela 2

Purple Yam / Kand 1 small 200 grams  
Surti Val Papadi 1 cup  
Val Dana ½ cup  
Tuvar/ Tur Dana ½ cup  
Green Chickpeas / Harbara dana ½ cup  
Fresh coconut (grated) 1 cup  
Fresh Dhania / Cilantro 2 cups  
Green garlic / lasun ½ cup  
Carom seeds / Ajwain 1 tsp  
Asafoetida / Hing ¼ tsp  
Soda bicarb ¼ tsp  
Ginger chilli paste/ Adrak Mirch paste 1 tbsp  
Turmeric/ Haldi ¼ tsp  
Sugar 2 tbsp  
Kashmiri Red Chilli Powder 1 ½ tbsp  
Coriander- cumin/ Dhania- jeera powder 4 tbsp  
Oil ½ cup  
Salt 1 tbsp or as per your taste.

### **Method for the Muthadi/ Muthiya**

- 1) To make the muthadi take a large bowl and add the chopped up methi which is fenugreek leaves, followed by the gram flour which is besan, then the whole wheat flour which is roti ka atta, and then the Coarse whole wheat flour / Dardarra Atta, Turmeric/ Haldi, Kashmiri red chilli powder and the Coriander- cumin/ Dhania- jeera powder, sugar, Ginger Chilli Paste, salt and the soda bicarb and last but not least some oil and then use your hands and give it a nice mix.
- 2) And then add very little water about 2-3 tbsp and make it into a dough.
- 3) Once the dough is ready take a little bit of oil in your hand and make small round balls the size of a small lime.
- 4) Once all the dough balls are ready it's time to deep fry them, so add half of this lot in one go and fry them till they are golden in color from all sides then remove them on a paper napkin. These muthadis taste very good by themselves as well and if you are making this a day before making the undhya then keep them in an airtight container once they have cooled down.

### **Prepping for the Undhiyu**

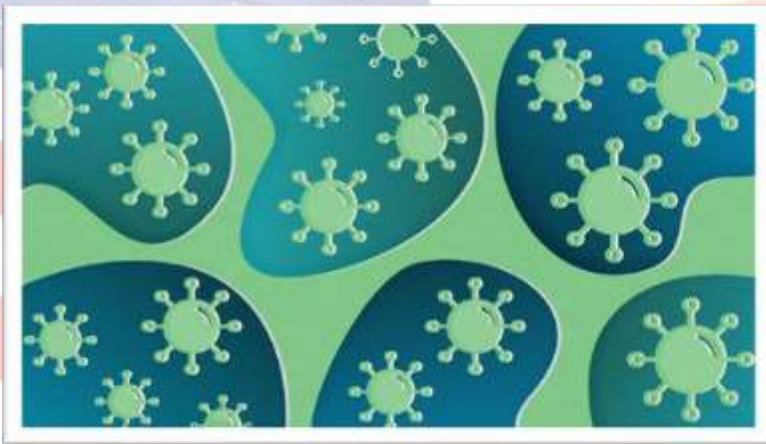
- 5) After 5 minutes remove the lid and slit the bringles in four parts but it should still be intact from the bottom, and add the prepared masala stuffing in there and place all of the bringles in the pan, make sure they are all in horizontal position.
- 6) Then add the cut up the purple yam (big cubes) and spread them in the pan.
- 7) And time to add the potatoes So slit the small potatoes into half and in the pocket fill the prepared masala stuffing and place all of the potatoes in a horizontal position in the pan.
- 8) After that add about 2 tbsp of the prepared masala stuffing all over the veggies, and about 1 ½ cup of water and then cover the pan with a lid and add some water on the lid.
- 9) Cook it for about 20-25 minutes or until the potatoes and bringles are fully cooked. Also make sure that the flame is on low.
- 10) After 25 minutes remove the lid, and check by using the toothpick that the potatoes and bringles are cooked.
- 11) Now to the already cut and slit bananas fill the prepared masala stuffing mix and add it in horizontal position in the pan
- 12) Followed by all of the mutandis and any leftover masala stuffing and using a spatula press all the veggies down very gently. And then cover with a lid with water and cook for 10 minutes on low flame.
- 13) After 10 minutes remove and serve while hot.

## **STATUS OF COVID 19, VACCINE AVAILABILITY FOR FIRST LINE WORKERS - A NEW NORMAL :**

The Johns Hopkins Coronavirus Resource Center maintains an ongoing count of the COVID-19 cases and deaths in the United States and worldwide. As of 6:50 p.m. on December 14, the tally is:

Total cases worldwide: 72,690,902 (up from 70,025,535 Friday)  
Total deaths worldwide: 1,619,389 (up from 1,590,622 Friday)  
Total cases in the United States: 16,425,955 (up from 15,782,055 Friday)  
Total deaths in the United States: 300,456 (up from 294,056 Friday)  
Total recovered: 47,467,123 (up from 45,070,225 Friday)

### **COVID-19 Vaccine Update**



Researchers in the United States and around the world are racing to develop a safe and effective vaccine for COVID-19. Three of the 39 ongoing vaccine trials have been selected by the U.S. government for special phase 3 funding under the initiative known as Operation Warp Speed (OWS):

mRNA-1273 Developed by Moderna Inc.; researchers reported positive phase 1 results in the New England Journal of Medicine, and phase 3 trials began in July. (35) "In this

vaccine, you're giving the coding blueprint of the virus to the testing subject to produce an immune response to the virus," says Mallampalli.

**AZD1222** This vaccine is a joint project between the University of Oxford and the pharmaceutical company AstraZeneca. This vaccine works by using a part of the COVID-19 protein to trigger an immune response to combat the infection, says Mallampalli. Phase 3 trials for the vaccine are expected to begin in August.

**BNT162** A collaboration between the pharmaceutical companies Pfizer and BioNTech, this vaccine also works by giving the coding blueprint of the virus to the testing subject. Phase 3 trials are slated for September.

Pfizer has already made the vaccine available to medical personnel (first line healthcare workers) and for elderly for emergency use purposes. It is now wait and see if this virus can be curtailed and made available to population in the next six months or so. Keep your fingers crossed and follow all the guidelines of CDC and other healthcare agencies for personal care and safety.

---

**NFIA is a 501c (3) association. NFIA's newsletter aims to inform and to mobilize the Indian American community nationally. It was founded four decades ago and has been continuing to work with the community organizations in large metropolitan areas of the United States. Your suggestions on topics of interest and NFIA's member organizations activities and projects can be featured here and circulated with the help of this communication tool. Please let us know if you like to receive the newsletter by giving us your best email address. Editor: Angela Anand, [angela\\_anand@yahoo.com](mailto:angela_anand@yahoo.com) Contributions to this issue were made by the following individuals. Contributing Members: Administrative Director, Kewal Kanda; NFIA Information Systems Director, Dr. Sukrit Mukherjee; Excel President Charu Shivkumar, Director at large, Aparna Hande, Ms. Indrani Davaluri, Women's Network; Regional Vice President, Ketan Shah; and President NFIA, Angela Anand. Also credited for information here are Everyday Health, John Hopkins data base, the White House, and special acknowledgement of images, Executive Vice President, Lavanya Reddy and recipe of Undhiyu - Something is cooking Alpa web site and image from Tarla Dalal, the author famous for many books on food.**

---