



Generation Next Antara Joshi

Namaskar WMAI community,

My name is Antara Joshi, and I am a 16 year old student studying at Hutt Valley High school going into year 12 in 2024. I consider Wellington to be my home, as my family and I have lived here for the past 15 years, and I have been lucky to grow up and experience this diverse city since the age of 1. I would like to thank WMAI for giving me an opportunity to share some of my experiences and highlights from 2023. It has been an awesome year for me in which I have accomplished things I hadn't ever expected, as well as officially entering the beginning of my NCEA exam/s journey. It is hard to believe 2023 has sped by so fast, and we are already at the very end! Some of my hobbies include playing hockey. Last year, I was team captain of a team of 15 players where I got to portray leadership and learn the importance of being a good team leader. My position is usually striker, where you are aiming to score the goals. I have also played cricket, where I particularly liked batting. I have been learning the piano for 6 years, doing my grade 5 piano exam in 2022, and have performed a few hindi songs in events in the past. Occasionally, I spend some time drawing where I explore different types of shading. I am a bookworm, so you will always find me reading a book. My companion is my bike, I like to take it for long rides when the weather is cooperating. My main highlight of this year is managing to get a job, working as a swimming instructor at Huia pool since April. I had gotten introduced to this job through a friend and immediately realized that this role would suit me well as I love and enjoy spending time with younger children and have a good idea of how younger kids should be handled and looked at due to having a younger sister myself. Though I didn't realize it at the time, as I started working, I figured out that demonstrating the skills of good communication, organization, patience with little children and socializing with people around you were very important to do well in this job, and I was lucky enough to already have demonstrated (Or part of them) these skills prior. This was not a job to be underestimated was the big lesson learnt. The process of applying for this job was very new to me, such as having the job interview, filing paperwork and undergoing training sessions. It took time, but I got there eventually. Fast forward to now, I am enjoying being a swim instructor, and teaching children ranging from age 5-10 skills that will enable them to be successful in swimming. The idea of making a difference for young kids is something that makes me feel proud. I'm grateful to have my family supporting me in this journey, friendly faces I can rely on at work and friends from school accompanying me in this job. It hasn't been easy attending weekend morning shifts at 7am, and neither is the job of teaching children as straightforward as we think. But for me, it's all part of the experience and I'm looking forward to continuing in 2024.

Generation Next



Tuhina Sambhus

When people ask me what inspired me to play tennis, I am pretty sure they expect a whole story about it running in my family or that I watched it growing up. Neither of those reasons are true. In fact, we moved into our house which was located right by the tennis club and my parents signed me up thinking, 'at least we don't need to drive her around for this extracurricular'. They were wrong. As my interest and skill developed, my parents had to drive me for coaching and local tournaments. At the age of 12, tennis became an integral part of my life, not just a hobby. I began travelling further around NZ to play tournaments and started getting selected into representative events such as representing the Central region at the National Team's event every year. It is one of the best experiences I had. Every time I went, I had to balance being competitive and social. I have won several titles including College Sports Wellington (CSW) finalist every time leading to a new learning experience. I am currently competing in the International Tennis Federation tournaments (ITF's) in NZ and Australia which has gained me a junior world ranking. Recently, I also competed in my first professional women's tournament. Tennis has shaped me a lot; on and off the court because it is physically and mentally demanding striking the right balance between academics and sports. It has helped me gain important skills such as hard work, determination and critical thinking. I love playing Badminton, Touch, Netball and Cricket for College. Although, apart from tennis, my second passion is music (instruments and singing).

Thus, tennis has helped me continue my journey from hitting around 50% compression balls as a 9 year old, to working my way up to compete in a NCAA Division 1 Tennis program in Florida, US and to study Engineering on a scholarship!



सुशीला

तांदूळ हे धान्य असं आहे की किती तरी वेगवेगळ्या रूपांमध्ये आपल्या रोजच्या खाण्यात आपण त्याचा वापर करत असतो. पोहे तांदळाचेच असतात, इडली, दोसे तांदळासहच बनतात. तांदळाच्या शेवयांचा उपमा केला जातो. भाताचे तर कितीतरी प्रकार करता येतात. तांदूळ हे जगातलं सगळ्यात जास्त खाल्लं जाणारं कर्बोदक (कार्बोहायड्रेट) आहे. जगातल्या बहुसंख्य देशांमध्ये या ना त्या स्वरूपात तांदूळ खाल्ला जातो. आशियातल्या सगळ्या देशांमध्ये रोजच्या जेवणात कुठल्या ना कुठल्या प्रकारचा भात असतोच असतो. मध्यपूर्वेतल्या देशांमध्येही तांदळाचा मुबलक वापर केला जातो. आपल्याकडे मिळणारा तांदळाचाच आणखी एक प्रकार म्हणजे कुरमुरे किंवा कुरमुरे किंवा चुरमुरे. कुरमु-यांची एक खास मराठवाडी रेसिपी शेअर करणार आहे. जी करायला अतिशय सोपी आहे, पौष्टिक आहे, खमंग आहे. या रेसिपीला मोजून १० मिनिटं लागतात. ही रेसिपी आहे सुशीला.

साहित्य - ८ वाट्या कुरमुरे (शक्यतो भेळेचे घ्या. ते चांगले भिजतात), २ टेबलस्पून दाण्याचं भरड कूट, २ टीस्पून तिखट, पाव टीस्पून साखर, पाव टीस्पून हळद, मीठ चवीनुसार, १-२ टेबलस्पून तेल, मोहरी-हिंग, थोडी बारीक चिरलेली कोथिंबीर

कृती -

१) प्रथम एका मोठ्या टोपल्यात किंवा पातेल्यात भरपूर पाणी घ्या. त्यात कुरमुरे घाला. ते लगेचच भिजतात. भिजलेले कुरमुरे हाताच्या मुठीत घेऊन चांगले घट्ट पिळून घ्या.

२) पिळलेले कुरमुरे एका ताटात घ्या. त्यावर दाण्याचं कूट, साखर, मीठ, तिखट आणि हळद घाला. हलक्या हातानं नीट मिसळा.

३) एका कढईत तेलाची फोडणी करा. कमी तेल हवं असेल तर १ टेबलस्पूनच वापरा. जास्त चालत असेल तर मग २ वापरा. फोडणीत हिंग फुलला की त्यावर कुरमुरे घाला. चांगलं हलवून घ्या.

४) मंद आचेवर झाकण घालून चांगली दणदणीत वाफ येऊ द्या. वरून कोथिंबीर घाला.

काही लोक यात डाळ्याचं भरड कूटही घालतात. आवडत असेल तर तेही घाला. इतकं सुशीला ३-४ लोकांना पुरेसं होईल. भडंगाचे कुरमुरे वापरलेत तर जरा जास्त वेळ भिजू द्या.

By - सायली राजाध्यक्ष



Generation Next Column

WMAI would like to start a new initiative where we encourage individuals from Generation Next to actively engage with and influence young minds by sharing their experiences. The idea is to inspire the next generation by keeping it real and relatable. It's all about making those little minds dream big and letting them know they can totally rock whatever they set their hearts on. It's like passing the good vibes and life lessons down the line, creating a tight-knit community where everyone's cheering for the little champs.

How awesome is that?



Keep an eye for next one!

UPCOMING EVENTS



WMAI

Annual AGM

More Details to follow

Wmai wishes everyone Happy New Year 2024



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