



अभिव्यक्ति



Newsletter of Pusa Institute Ladies Association(PILA) Vol-1, Issue-2

Registered under Societies Registration Act XXI of 1860 - Registration No. S/ND/02/2023

GLIMPSES FROM THE PRECEDING YEAR

“Time flies over us, but leaves its shadow behind”. Nathaniel Hawthorne

We are very happy to present before you the Pusa Institute Ladies Association's newsletter Abhivyakti's second issue. The last year had been an eventful year for PILA with several firsts to our credit. PILA received registration as a society under Societies Registration Act XXI of 1860. The first newsletter “Abhivyakti” was released with myriads of impression from our esteemed members. The newsletter serves as a medium to highlight and document different activities of the society as well as to give wings to various creative expressions of our members. A timeline of PILA from its beginning to present day of existence was also documented. It was indeed gratifying to see the enthusiasm of various members and their imaginativeness and expressiveness with the written word towards bringing out the first ever newsletter for this 75 years old association.

The mandate of PILA is to capitalize on the diversity available amongst the ladies of IARI and nearby ICAR institutes (working and homemakers) vide sharing the knowledge, experience and expertise available with them and contribute to welfare of the community in various ways. PILA also provides a platform to come together and enjoy the camaraderie and a fulfilling life along with opportunities to bring out and showcase their latent and hidden talents.

A round up of the various activities, regular as well new ventures in the past year is recapitulated here (December 2022 to December 2023).

The annual function of PILA comprising a cultural show and dinner was held on 19th December 2022. The highlight of the event was a fashion show showcasing handloom silk sarees from various states of the country and a variety state dance comprising four different state dances. Our ladies have done a fabulous job in both.

The regular religious, spiritual and wellness events included activities such as Teej, Navaratri celebrations, spiritual talk, Diwali welfare activities and Bhajan rendition to mark the birth anniversary of Dr B.P Pal, former Director, IARI and first Director General of ICAR. Throughout the year several “walkathons” were organized in the early mornings on weekends where a sizable number of participants joined in. The first walkathon took place on April 23rd. In addition, sports day, children's day were also organized.



The members came together in two enriching excursions outside Delhi to Varanasi and Kurushetra-Karnal. Karnal visit included a tour of the ICAR-NDRI dairy facilities. One city excursion was organized within New Delhi.

On the invitation of IARI, PILA organized a very well appreciated cultural program on the opening of Krishi Haat in the campus premises. A cultural program was also organized on the Independence Day and IARI foundation day under the aegis of IARI.

The current issue of Abhivyakti is enriched with insightful articles and poems penned by our various members. We have also given space to selected significant happenings in the campus along with useful general information from the past year here.

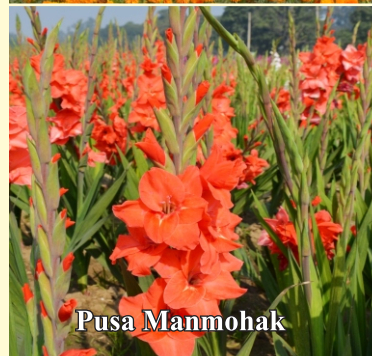
The editorial committee would like to take this opportunity to place on record appreciation and gratitude to the contributions and organizational work of the PILA executive committee under the leadership of President Dr Renu Singh. We also express our thankfulness to the contributors of this issue and readers for their continued support. Finally we wish everyone a prosperous and creative year ahead.

Enjoy the read!

- Avivyakti Editorial Team



Pusa Narangi



Pusa Manmohak



Pusa Unnati

“I alone cannot change the world, but I can cast a stone across the water to create many ripples.”

- Mother Teresa

Salute! Women of 2023 we admire and who inspire us

Millet Ambassador!

Lahari Bai, also referred to as “Millet Queen”, of Silipadi village of Madhya Pradesh conserved 150 local varieties of millet or Shri Anna in her two room hut at her own cost. Her endeavors were also appreciated by the Prime Minister Shri Narendra Modi. Lahari bai belongs to the Baiga tribe which follows a unique way of farming called “bewa”, a form of shifting cultivation. In this method of agriculture they grow maize, millets and legumes in a single plot of land.

“I have to keep my eyes on the horizon and the future even though the prison walls are tall and near and blocking my view”. **Nargis Mohammadi**, Nobel Peace Prize laureate 2023

An Iranian human rights activist, Mohammadi has been a vocal proponent of mass feminist civil disobedience against the hijab in Iran. In May 2016, she was sentenced in Tehran to 16 years' imprisonment for establishing and running a human rights movement for the abolition of the death penalty. She was released in 2020 but sent back to prison in 2021 again where she is still languishing. In October 2023, while in prison, she was awarded the 2023 Nobel Peace Prize "for her fight against the oppression of women in Iran and to promote human rights and freedom for all.

Breaking through!

Who can forget the COVID devastation just a couple of years back. One of the several vaccines which contributed to the control of this pandemic was an RNA based vaccine. **Katalin Karikó**, a Hungarian-American biochemist laid the scientific groundwork for mRNA vaccines, overcoming major obstacles and skepticism in the scientific community. Karikó received the Nobel Prize in Physiology or Medicine in 2023 for her work, along with American immunologist Drew Weissman.

Power Woman!

Under her tenure as the finance minister in 2022, India became the Fifth largest Economy in the world, and the GDP of the country was said to have seen massive growth positively with historical context. Fortune named her the most powerful woman in India and Forbes 2023 list of World's 100 most powerful women ranked her at number 32. **Nirmala Sitharaman**, an Indian economist is serving as the Minister of Finance and Minister of Corporate Affairs of the Government of India since 2019. Sitharaman previously served as the 28th Defence Minister from 2017 to 2019, thereby becoming India's second female defence minister and the second female finance minister after Indira Gandhi, and the first full-time female minister to hold each of those portfolios.

Celestial Surya Namaskar!

Indian Space and Research Organization's (ISRO) project director **Nigar Shaji** is leading India's scientific mission of putting the first solar observatory Aditya-L1 at Langrang point. Originally from Sengottai in Tamil Nadu, Shaji is an electronics and communication engineer. The team started their work on the Aditya L1 project in 2016, which was launched on September 2, 2023. She is also the program director for all lower orbit and planetary missions of ISRO.



(Compiled from various sources)

We did it!

The “Elephant Whisperers”, directed by Kartiki Gonsalves and produced by Guneet Monga, won an Oscar in the short documentary category at the 95th Academy Awards or the Oscars 2023. The widely-acclaimed documentary film is the first ever Indian production to win an Oscar – a historic moment for the team and the country.



“It's when you get women far enough into seats of power in multiple places in the world that things start to change.” **Melinda French Gates**.

G20 Summit at New Delhi

The 18th G20 Summit was successfully conducted at Bharat Mandapam in New Delhi during 9-10 September, 2023 and the G20 Leaders' Declaration was adopted at the Summit. It was a culmination of all the G20 processes and meetings held throughout the year among ministers, senior officials, and civil societies. As a part of the summit, a G20 spouse delegation visited NASC complex and, IARI, Pusa demonstration field. An exhibition and demonstration of different major and minor millets or Shree Anna, live cooking by noted chefs, were some of the showcased items. Additionally various millet crop raised in field were shown to the visitors. First spouses of the countries and organizations who were a part of the visiting team included UK, Japan, Australia amongst others.



Two massive millet rangolis adorned the exhibition area. The first depicted India's agricultural traditions and women's role in agriculture, whereas the second celebrated India's commitment to food security.

Project millet aka Shree Anna

“Millets bring with them endless possibilities”.

The year 2023 was celebrated as the International Year of Millets.

During the 2023 union budget presentation in February, the finance minister Nirmala Sitharaman declared the renaming of millets in general as “Shree Anna”. Derived from the name used in Karnataka “Siri Dhaanya”, or thick food grains; Shree Anna can be defined as the best among all the food grains or cereal with divine grace.

In order to enhance awareness and promote production & consumption of millets, in April 2018, millets were rebranded as “Nutri Cereals” and “2018” was designated as the National Year of Millets. Later, the United Nations General Assembly at its 75th session in March 2021 declared 2023 as the International Year of Millets (IYOM 2023). Aim was to provide an opportunity to increase global production, efficient processing and better use of crop rotation and promote millets as a major component of the food basket.

“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.” - Helen Kelle

Contemporary World

The Prime Minister, Shri Narendra Modi inaugurated the Global Millets (Shree Anna) Conference at Subramaniam Hall, NASC Complex, IARI Campus, Pusa, New Delhi on 18th March 2023. The two-day conference deliberated upon all the important issues related to millets like research and development, promotion and awareness among producers; consumers and other stakeholders; value chain development; health and nutritional aspects; market linkages; etc.

Compilation
Dr Sharmistha
Barthakur



Millet Pictures
Dr C Tara
Satyavathi



Nine Popular Millets



Kodo millet



Sorghum



Pearl millet



Barnyard millet



Brown Top millet



Finger millet



Foxtail millet



Little Millet



Proso Millet



अपना पूसा कृषि संस्थान

उन्नत फसल, खेत— खलिहान
अपने साइंसदान महान

अन्न बढ़ा नव किस्मों से
समृद्धि पा बढ़ा किसान
दुनिया भर में चर्चित आज
अपना पूसा कृषि— संस्थान

फसल नष्ट हरगिज ना हो
ढूँढ़ रहा नित नव सन्धान
बयासी प्रतिशत कृषि निर्भर
भारत अपना कृषि प्रधान

जुटा है जन की सेवा में
भारतीय कृषि अनुसंधान संस्थान
खून — पसीना बहा रहे
अन्वेषणरत साइंसदान



— सत्या त्रिपाठी

(Art by Dr Ekta Singhwal)

विजय

अदम्य साहस है अगर,
तो कर कर्तव्य का शंखनाद
है रह गया कुछ शेष गर,
तो पूर्ण कर इस काल में
आवेग से आगे बढ़ा,
अपने उस सम्मान को
जो प्रण किया कर्तव्य का,
कर्तव्य का आरम्भ कर,
कुछ जन जल उठे अगर,
प्रतिशोध की ज्वाला बने
अवरोध बनकर चुभ गए गर,
शूल बनकर पोंव में,
तो चल उठा शिवशंभू का त्रिशूल फिर,
और कर यहाँ तू महादेव सा तांडव
कर दे चकित तू इस जगत संसार को,
फिर बोल हर हर महादेव
झुक जाये अम्बर इस धरा पर,
कर तू कुछ ऐसा प्रलय
क्यों डरा तू, क्यों रुका तू,
क्यों डरा तू, क्यों रुका तू
कौन है जो रोक दे, तेरी विजय का रथ यहाँ,
जहाँ जिस विजय का सार ही श्री शम्भू शम्भुनाथ है,
आगे बढ़ा तू रथ विजय,
देख क्षितिज के शून्य को
जहाँ सिर्फ तेरी विजय का शोर है,
तेरी विजय का शोर है।



— ज्योति सिंह

Dearth in life

Neither dearth of lust nor dearth of greed
Envy, discontent, bitterness prevails, paying no heed.
No dearth of money, no dearth of dubious racket
Life is gambling, all want a full in Wallet.
No dearth of voyage, no dearth of transportation
Trip around the globe, reserve an aeroplane.
No dearth of college, no dearth of school
Be you wise or remain a fool
No dearth of job, no dearth of Degree
Think twice, agree or disagree.
Still!!!!!!!!!!!!!!!!!!!!!!
Dearth of time, dearth of space
Dearth of love, with little joy.
Dearth of food, dearth of water
Questing shelter, in Mother Nature.
Dearth of courtesy, dearth of culture, becoming rude in awful gesture,
Dearth of patting, dearth of hugging, dearth of courtesy and affection
Dearth of zeal for debugging
Man becomes machine, Rolling moon to sun,
Could he not stop for music and fun?
Why the hurry? Stand for a while,
Look around with a big wide smile!
Life is moving fast, no time to stare,
Still, take a breath, here or there.



- Mridula Ghosh

जिंदगी की बात मेरी पूर्वज

सुनो जिंदगी की बात
जिंदगी है एक कोरी किताब
इसमें खुद के शब्द उकेरो बेहिसाब
अन्यथा दूसरों के शब्दों में उलझे रहोगे साहब

दूसरों के ऐनक से ना देख पाओगे साफ
नहीं सृजन कर पाओगे कुछ खास
धीरे-धीरे कम होगी जीवन की आस
फिर कहोगे और समय होता काश!

अंत में जीवन होना है सुपुर्द ए खाक
तो मनन करो जिंदगी की किताब
और मानस को बनाओ आफताब
आफताब में रखो पूर्ण आस

क्योंकि सब शब्दों में सर्वोच्च है शब्द श्आसर
वही इस जीवन में भरता ऊर्जा खास
सदैव उस उर्जा को रखना आस पास
फिर देख, लिख, सुन और पढ़ पाओगे
जिंदगी की सारी बात।

— डॉ एकता सिंहवाल

सिखाया जिन्होंने
धरातलीय सपने देखना
धैर्य के धागे से
उन सपनों को जोड़े रखना
समाज को चूल्हे पर चढ़ाना
और मग्न होकर प्रेम गीत गाना
कभी मन से
कभी अनमने से
उन्होंने ही सिखाया
अपने हिस्से का आसमान छीनना
निसंदेह वे स्त्रियाँ मेरी पूर्वज थी।

— डॉ एकता सिंहवाल



(Art by Dr Ekta Singhwal)

My experience with Depression

I had heard about the term 'depression' many times but did not know what it meant exactly till I had a personal encounter with it. It was September of 2015 when I started to experience something uncanny, a feeling so alien to me and yet all encompassing. I sat in my research lab, unable to concentrate on my work, pondering what is happening. I could see myself gradually losing interest in all work be it domestic or official. Activities that I used to enjoy suddenly started to feel like a burden. I would be physically present in a place but mentally, I was somewhere else.

I tried to narrow down the reason behind it. My first guess was that perhaps I was too tired and overworked and some rest would provide relief. Unfortunately, that was not the case. A certain feeling of emptiness washed over me as all I felt like doing was cry with not being able to explain the reason to others or myself. It is the loneliest that I have ever felt despite having all my friends and family around me. With time, my sleeping pattern also started to get affected along with loss of appetite. I still remember the frantic call I made to my husband who was out of town, breaking down on the phone as I tried to explain what was wrong with me. At first, he suggested we see a Gynecologist to find out if the symptoms could be a result of menopause. To our disappointment, all tests came clear, that is when my doctor advised that we see a psychiatrist.

The moment I entered the doctor's chamber, it was as if he could sense my illness. It was hard to explain my symptoms and the only thing I remember was sobbing while talking to him. My husband explained all my symptoms the best that he could. As expected, he confirmed that I was suffering from depression but the fact that it was detected at an early stage meant that I could recover fast. Then began me and my family's journey of battling my depression, a journey that was long, exhausting and at times took everything we all had. I still remember getting stressed just by looking at a long list of medication and getting anxious as to how will I ever remember any of it. This condition is a nasty one, as it not only takes away your peace but also your confidence to do anything well. There were days that would go by as I just lay in my bed, not having the courage to move an inch. My social life had come to a standstill. During these tough times, my family and some friends became my biggest support system. My daughters tried their bit by reading articles on this illness and recovery patterns. While the worst phase lasted about a year, it was a total of four years before I could be taken off my medication. Depression is an illness that can creep up on you and just when you think you are getting better, you may fall back into the same pit. Therefore, it was important to monitor my progress carefully and focus on recovery.

Unfortunately, this is a very common mental illness but the awareness around it is quite low. Many a times, the patient and their family do not treat it as an illness and people hesitate to talk freely on this issue because of the taboo attached to mental health. Worldwide 5 per cent adults suffer from depression and the figures are even higher in females. According to latest data, 280 million people are struggling with this illness (WHO report, 2023). The figures in India are alarming as a quarter of young adults in the age group of 18 to 25 are struggling with depression.

With advancements in medicine, effective treatment is now readily available for mild, medium, and acute depression. Till date we do not know what exactly causes depression. Sometimes the reasons are clearly discernible but it can also happen without any apparent reasons. It is closely related to physical health too including cardiovascular diseases, cancer, respiratory diseases etc. At the same time, a hormonal imbalance of estrogen and progesterone can also be one of the triggers. Stress at work front and in family life can also cause this illness.

It is high time that an awareness drive is carried out by NGOs and the government to make people cognizant of this disease and encourage them to break the taboo and seek help. In a positive development, we now have celebrities and influential people talk about depression and their experience. Treatment is long and patience is required by the individual and the family. But if you tackle any difficult situation with grit, perseverance, and courage and with the right support system in your family and friends, you will be able to overcome the biggest of hurdles. I came out of depression a stronger and more empathetic person and I am forever grateful for all my experiences, whether good or bad.

"Sometimes, life will kick you around but sooner or later, you realize you are not just a survivor. You are a warrior and you are stronger than anything life throws your way". Brooke Davis



- Dr Renu Singh

हमसफर...!

उस दिन वहाँ जितने लोग थे सब के सब अजनबी थे। अब अस्पताल में सब अजनबी तो होंगे ही। कुर्सीयों पर बैठे सब अपनी अपनी बारी की प्रतीक्षा कर रहे थे। डाक्टर एक एक पेशेंट पर बहुत समय लगा रहे थे। बावजूद इसके सबको तसल्ली थी कि डाक्टर हर मरीज का बहुत गहन चेकअप कर रहे थे। हर बीमार के साथ एक सहायक था। मैं भी सहायक के रूप में गई थी। समय अच्छा व्यतीत हो इसके लिए मैं जब भी कहीं जाती हूँ अपनी पसंदीदा कोई किताब साथ लेकर जाती हूँ। समय अच्छा कटता है और व्यतीत होने का पता ही नहीं चलता!

उस दिन भी बहुत मशहूर, हर दिल अजीज शायर की किताब से नजर उठाई तो देखा, मेरे बाजू की दो कुर्सी छोड़ कर बैठे एक सज्जन जिनकी पत्नी हाथ में पानी की बोतल लिए हुए उन्हें दवा खाने के लिए कह रही थी।

सज्जन ने पत्नी के सामने हथेली पसार दी। रंग बिरंगी गोलियाँ और कैप्सूल, शायद दस बारह रहे होंगे, बिना देखे उन्होंने एक बार में ही पानी के साथ गटक लीं।

इतनी सारी दवाइयाँ एक साथ? मैं हैरान सी उन्हें देखती रह गई। पति पत्नी की आयु 40-45 के बीच की रही होगी।

उत्सुकतावश मैंने पूछ ही लिया, जो कि शायद मुझे नहीं पूछना चाहिए था... इतनी सारी दवाइयाँ एक साथ, क्या हुआ है आपको ?

"किडनी ट्रांसप्लांट हुई है" सज्जन ने जवाब दिया। अपने प्रश्न पर मैं खुद ही झेंप गई एक पल के लिए। कुछ सूझ नहीं रहा था तो पूछा, खाली पेट तो नहीं ली ना?

"नहीं मैंम नाश्ता करा दिया था इन्होंने," उन्होंने पत्नी की ओर इशारा किया।

बात आगे बढ़ाते हुए वो खुद ही बोल उठे, एक महीने पहले मेरी दोनों किडनी फेल हो गई थीं। एक किडनी ट्रांसप्लांट हुई थी, इन्होंने ने ही दी एक किडनी, मेरी पत्नी ने।

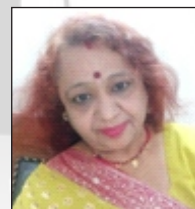
उन्होंने बहुत प्यार से पत्नी की ओर देखा। खुशी, प्यार, और आभार का अतिरेक था उनकी वाणी में। मैं अचंचित सी, आदर के साथ उस स्त्री की ओर देखते हुए तारीफ के लहजे में बोल उठी...

"ये तो बड़ी अच्छी बात है, बहुत खुशकिस्मत हैं आप।" और उन दोनों को खान-पान में परहेज के बारे में समझाने लगी।

थोड़ी देर में वे दोनों हॉस्पिटल से जाने को उदत हुए। जाने से पहले उन्होंने मेरी ओर आदर भाव से देखते हुए हाथ जोड़ दिए। मैंने भी उनके अभिवादन का जवाब दिया।

शीशे का दरवाजा धकियाते, खोल कर बाहर जाते हुए उन दोनों ने मुझ कर मुझे देखा। उनके चेहरों पर अजीब सी सुकून भरी मुस्कुराहट थी जो शायद मैं जिनंदगी भर न भूल पाऊंगी...!

दोनों पति-पत्नी एक किडनी के भरोसे अधूरे होकर भी एक दूसरे के पूरक, सच्चे हमसफर थे, हैं और रहें आजन्म, दिल से बस यही दुआ निकली...!



- सत्या त्रिपाठी

एक सुहानी सुबह

बात बीते अप्रैल की सुबह की है। जैसा कि आप सभी क्लब सदस्यों को विदित है कि हमारे क्लब की माननीय अध्यक्ष श्रीमती रेणु मैम हर शनिवार को वॉकथन आयोजन करती थी, तो इससे संबंधित एक वाक्या मेरे जहन में आया, तो मैं उसे पंक्तिबद्ध करने से स्वयं को रोक नहीं पाई।

बात कुछ यूँ थी कि सुबह वॉकथन का प्रोग्राम था और मुझे हरभजन से पूसा तक जाना था! मैं सुबह उठकर तैयार भी हो गई परंतु घटाएँ भी अपने पूरे शबाब पर थीं! मानों ऐसा लग रहा था कि इंद्रदेव आज नहीं बरसेंगे तो कभी नहीं बरसेंगे। सारा आसमान काले बादलों से आछादित था। मेरे मन में एक अजीब सी उलझन थी कि जाऊँ या ना जाऊँ! उसी वक्त सीमा जी का फोन आया “अरे भाभी आ जाओ कुछ भी नहीं होगा अगर बारिश आई तो मैं आपको घर छोड़ दूंगी!” फिर क्या था मैंने आव देखा न ताव फटाफट महादेव का नाम लेकर घर से निकल पड़ी और पहुंच गई फैंकल्टी क्लब! रास्ते में जाते-जाते मुझे ऐसा लग रहा था कि मानो घटाएँ जो मुझे रोक रही हैं! इतने घनघोर बादल शायद मैं बहुत वर्षों बाद देखे। लेकिन मैं भी कहां हार मानने वाली थी, अपनी ही धुन में चलती गई। फैंकल्टी के पास जब मैं पहुंची तो वहां सिर्फ इंदु जी थी और सभी लोग रास्ते में थे। धीरे-धीरे 8-10 लोग इकट्ठे हो गए और साथ ही वहां मैडम भी आ गई थीं। यहाँ हम निकलने को तैयार थे और वहाँ इंद्रदेव भी हमें भिगाने और पवन देव उड़ाने पर पूरे आमादा थे। अतः हमें यह समझ में नहीं आ रहा था कि अब क्या करें?

कुछ लोगों ने छाते लिये हुए थे, सो उन्होंने वे खोल लिए परंतु वह तो आंधी में दिया जलाने वाली बात थी। बारिश में हमें बहुत आनंद आ रहा था परंतु एक अनजाने भय से हम सभी लोग ग्रसित थे कि अगर किसी पेड़ की टहनी टूट गई या पेड़ ही गिर गया तो मुश्किल हो जाएगी। अतः जैसे जैसे हम भागते दौड़ते शरद हॉस्टल तक पहुंचे। रेणु मैडम भी हमारे साथ ही थीं। हम हॉस्टल तक जैसे-तैसे पहुंचे तो वहां का सिव्योरिटी गार्ड अपने कर्तव्य के प्रति बिल्कुल मुस्तैद खड़ा था। उसका व्यक्तित्व भी कम शानदार नहीं था। सांवला मध्यम शरीर मूछें भी नत्थू लाल के जैसी, बिल्कुल वर्दी के साथ तैनात। बारिश और हवा गैलरी में इतनी ज्यादा लग रही थी कि अगर कोई हल्का-फुल्का व्यक्ति हो तो शायद उड़ ही जाए पर वो गार्ड वहां मजबूती से खड़ा था। फिर हमने सोचा चलो बाई तरफ जो बरामदा है हम उसमें चले जाते हैं। जैसे ही हम आगे बढ़े, सिव्योरिटी गार्ड अपनी रौबोली आवाज में बोला, “मैडम आप लोग उधर नहीं जा सकते”। हमने बोला क्या हुआ? वह बोला “आपको पता भी है यह लड़कों का हॉस्टल है और महिलाओं का आगे जाना वर्जित है।” रेणु मैम ठीक उसके सामने ही खड़ी थीं और हम सब मैडम के सामने खड़ी थीं। यह सुनकर मैडम होले-होले मुस्कुरा रही थीं और हम साथ ही हम भी मुस्कुरा रहे थे। हममें से किसी ने कहा तुम्हें पता भी है ये कौन हैं? तो उसने बोला “हां हां बताइए कौन हैं”। हमने कहा ये मैडम डायरेक्टर हैं। इतना सुनते ही उसे तो जैसे काटो तो खून नहीं, वो बेचारा बदहवास, अचकचा सा गया। “नहीं मैडम आप लोग बैठिये कोई बात नहीं” वो बोला। उसे समझ में नहीं आ रहा था कि वह क्या करे। फिर मैडम ने उसे सहज करते हुए कहा कि “हमें प्रसन्नता है कि तुम अपना फर्ज बखूबी निभा रहे हो कोई बात नहीं”। उसके बाद हम लोगों में खूब हंसी ठिठोली हुई।

इस बीच बारिश भी थोड़ी हल्की हो गई थी परंतु अभी भी भीगाने लायक तो थी। वहां कहीं बैठने की जगह न होने की वजह से हम सभी खड़े-खड़े थक भी गए थे। यह देखकर मैडम ने कहा कि क्यों ना हम लोग गंगा गेस्ट हाउस चले? वहां बारिश रुकने तक ठहरते हैं और वहां बैठने का इंतजाम भी है। यह सुनकर हम सभी भागते दौड़ते गंगा गेस्ट हाउस तक पहुंचे। सुबह का समय था शायद 6:45 बज रहे होंगे, वहां के कर्मचारी भी अवाक थे। उन्हें यह समझ में नहीं आ रहा था कि इतनी बारिश में इतने लोग कहां से आ रहे हैं और क्या कर रहे हैं। फिर हमने उन्हें अपना परिचय दिया और कुछ देर वहां पर हम लोगों ने हल्के-फुल्के पलों के साथ समय बिताया। हमारी सेल्फी क्वीन शांति जी ने खूब सारी फोटोज और सेल्फीज लीं। उस दिन हम हर एक परिस्थिति का आनंद ले रहे थे। बिल्कुल छोटे से बच्चे की भांति देश दुनिया से बेखबर सिर्फ वर्तमान में जी रहे थे। तब तक इंद्रदेव का रौद्र रूप शांत हो चुका था लेकिन रिमझिम बरसात जारी थी। जब हम वहाँ से निकले तो मैडम बोलीं कि अब धीरे-धीरे टहलते हुए हमारे घर तक चलेंगे। सो हम लोग फिर अपनी मस्ती में झूमते टहलते चल पड़े। कोई छाता लेकर, कोई भीगने का मजा लेते हुए चला क्योंकि भीगने का भी अपना एक आनंद था। बादलों और बूंदों की आवाजाही के बीच हम गाते गुनगुनाते निदेशक भवन तक पहुंच गए। वहां तो एक अलग ही नजारा था। आंधी में आम और बेल के फल ऐसे गिरे हुए थे जैसे किसी ने कुछ सूखने को डाला होगा। हम उन्मुक्त बच्चों की भांति हम भी बघपना करते रहे। कभी फोटोग्राफी करते कभी आमों को उठाते और उस समय के आनंद का वर्णन शब्दों द्वारा नहीं किया जा सकता। इसी बीच रेणु मैम के यहां चाय और कुछ हल्का-फुल्का नाश्ता बन गया था। नाश्ते का आनंद लेते हुए हमने अपने इष्ट देव को याद किया और कुछ भजन गाए। फिर मैडम ने हमें आम और बेल गिफ्ट में दिए और हम लोग अपनी अपनी पोटली लेकर घर आ गए!

इस लेख को लिखने का मेरा सिर्फ एक ही मकसद था कि जीवन का आनंद हर पल लेना चाहिए, हर परिस्थिति में लेना चाहिए क्योंकि जीवन रुपी मोमबत्ती तो पिघल ही रही है अतः जितनी रोशनी बची है, क्यों न हम उसकी सकारात्मक ऊर्जा से अपने आप को ऊर्जावान रखें। इसलिए जीवन के हर पल का आनंद लें।

धन्यवाद

— अनीता भौर्य



The charismatic and ever smiling genius "Bharat Ratna" MS Swaminathan

I am grateful to God for having given me the opportunity to work under the guidance of Professor M. S. Swaminathan. Everyone knows Professor as 'Father of Green Revolution' and his contributions to make our country self-sufficient. I met Professor after his retirement in March 1993 and worked under his supervision and guidance for my Ph.D. thesis titled “Saving endangered plants: A case study with *Crotalaria longipes*” at his Foundation.

He was a person with magical charisma. His soft smiling way of initiating a conversation and always enquiring about your personal life had a great influence on me and many others. He had the capability of identifying your strengths and at that time he found that I could make excellent presentations of my work. He encouraged and guided me to present projects to funding agencies and I even ended up presenting projects outside my domain. There were many qualities in Professor which made him stand out of the crowd. One of them was his simplicity and down to earth nature. He would stop his car to pick any staff of MSSRF who is seen walking on the road and shall be dropped to the nearest bus or train station. There was no distinction between scientist, peon or sweeper. In a time when people are so much bothered about status, Professor was an exception. Another quality was his sharp memory. Even when you meet him after so many years he will personally remember names and even names of family members which made me look at him with awe. He was prompt in answering mails or letters. Within 24 hours of writing to him you can be sure of getting his reply whatever be the matter. He was very particular about time management and punctuality. That was the only time in my life when I have seen meetings held in time. My time spent at this foundation was like a dream. The innumerable trips I undertook to Silent Valley, Nilgris, Kolli hills etc. in search of rare endangered plants and also to study the life of tribals at Kolli hills are unforgettable. The importance of millets was recognized way back in 1994 by Professor. I had been part of teams who went to Kolli hills to study the millet diversity with the Malayali tribes.

The foundation conducted several meetings later on these aspects and now the world has recognized the importance and we celebrated the International year of Millets year. When I ponder back, I wonder at his visionary insights last, what he envisioned several years back, the world is recognizing today.

Not only Professor, his wife Mina Swaminathan whom we fondly call “Aunty” was also a visionary. When I joined IARI in 2014, I came to know that the Nehru Experimental Centre at IARI was her vision. In those days in 1966 she had started this Centre for taking care of preschool children. Only much later the concept of mobile crèches and also crèches in corporates became a reality. She was also an active member and President of our Pusa Ladies Club during those days. She has transformed the life of many ladies.

Professor was very fond of aunty and was always concerned about her health. After her death on 14th March 2022, he was almost shattered. Thereafter his health gradually deteriorated and he passed away on 28th September 2023. With their death we have lost two visionaries and with a heavy heart I pay my tributes to them and seek their blessings.

Professor Swaminathan was conferred with the highest civilian award in India "Bharat Ratna" on 9th February 2024.

Dr. M. Jayanthi



Bougainvillea Beckons-Beautiful and Beneficial

Bougainvillea is a genus of thorny ornamental vines, bushes, or trees. The inflorescence consists of large colorful sepal like bracts which surround three simple waxy flowers. It is native to South America from Brazil west to Peru and south to southern Argentina. Bougainvilleas are among the most popular ornamental shrubs in tropical, subtropical, coastal, and the Mediterranean climates around the world. It's an ever blooming perennial that bears flowers in colors like pink, red, rose, magenta, yellow, white, and orange. Moreover, new cultivars are coming with variegated foliage and a combination of two-three flower colors. They are extremely low maintenance, celebrate heat, and tolerate scarcity of water.

Landscape use of Bougainvillea

Bougainvillea are in great demand by soft landscape architects for development of home gardens, factory gardens, municipal gardens, multinational companies, indoor and outdoor landscape, slope of river bank, sides of railway track, railway station, airport surroundings and historical monuments. Bougainvillea can be grown as shrubs in the garden along a boundary wall or in front of ugly pot, as bush specimen in a corner of the lawn, developed into a compact thorny impenetrable flowering hedge, as ground on slopes and mound in the garden. They look very attractive when developed and trained as a standard. Its use as an attractive pot plant is universally known. Bougainvillea has also been grown in hanging basket and a basket with flowering bougainvillea in their colorful splendor is a treat for the eyes.

Health Benefits of Bougainvillea

Bougainvillea is edible flower which is frequently used in most parts of the world for the preparation of salads and flower teas. The floral bracts are the rich source of betalain pigments particularly betacyanin which can be used as a natural colorant in food industries. Every part of bougainvillea may be used medicinally, from the stems, leaves, bracts to flowers themselves. The leaves are employed by traditional healers for their anti-inflammatory properties. The flowers and bracts may be steeped in boiling water and consumed as tea that offers health benefits. Bougainvillea possesses certain medicinal properties because of the presence of a few substances in the plant. Some of the health benefits of bougainvillea are:

1. It helps in easing cough, especially used in South America. The flowers and bracts are allowed to steep in boiling water for several minutes and then consumed to promote breathing.

2. The tea prepared from bougainvillea flowers and bracts may also be consumed in sore throat. The anti-inflammatory and antibacterial properties of the drink can help to attain immediate relief.
3. In South America a lot of people suffering from acid reflux consume tea of bougainvillea flowers and leaves to put their uncomfortable indigestion and stomach issue to an end.
4. Tea of bougainvillea florets and bracts are effective for stomach ulcers. The anti-inflammatory properties of the beverage can help soothe the ulcerations.
5. Another great benefit of bougainvillea is in managing diarrhea and stomach issues.
6. One more traditional medicinal use of bougainvillea is for controlling diabetes. It is said that bougainvillea leaf extracts help keep the levels of sugar in blood from spiking, which is highly beneficial for those with diabetes.
7. It is also used for treating hepatitis.
8. Bougainvillea is known to possess anti-inflammatory properties and can alleviate joint pain. Poultice made out of the various parts of bougainvillea may be placed on painful and swollen joints.

Bougainvillea is the national flower of Mexico. The flamboyance of Bougainvillea is aptly summed up by Aung San Suu Kyi, Nobel laureate and politician from Myanmar, "When I think about Paradise, I remember Sri Lanka and the beauty of its vegetation. One of my favorite flowers is its bougainvilleas."



*"I have been asked how I would like to be remembered.
In a bouquet of bougainvilleas."*

– Christian Dior



- Dr. Babita Singh

Mosaic of Random Moments: Dec. 2022 to Dec. 2023

DR BP PAL ANNIVERSARY BHAJAN



INDEPENDENCE DAY



Benefits of Voluntary Blood Donation

Voluntary blood donation is an act of selflessness and compassion that involves donating blood willingly and without any monetary incentive. It plays an important role in saving lives and providing a supply of safe blood for patients in need. Motivation for voluntary blood donation comes in the form of compassion, sense of fulfillment and social responsibility which voluntary donors experience knowing that their act of kindness can potentially save lives.

Blood donation offers numerous benefits, not only for the recipients but also for the donors themselves. Here are some key benefits of blood donation:

Saving Lives: The most significant benefit of blood donation is the potential to save lives. Donated blood is used in medical emergencies, surgeries, and treatments for various conditions such as cancer, anemia, and blood disorders like thalassemia.

Health Screening and Awareness: Before donating blood, donors undergo a thorough health screening process, including tests for infectious diseases and blood group determination.

Free Health Check-up: Blood donation often includes a mini-physical examination that measures vital signs such as blood pressure, pulse rate, and hemoglobin levels. This process can detect underlying health conditions, providing donors with valuable information about their own health status. Regular donations also encourage individuals to maintain a healthy lifestyle.

Donor Health Benefits: Blood donation offers certain health benefits to the donors themselves. It stimulates the production of new blood cells, thus aiding in maintaining overall health.

Reduced Risk of Cardiovascular Diseases: Blood donation has been linked to a lower risk of cardiovascular diseases, such as heart attacks and strokes. Regular blood donors often have lower blood viscosity, which can prevent the buildup of harmful substances in the blood vessels. This, in turn, reduces the risk of developing heart-related conditions.

Community Bonding and Solidarity: Voluntary blood donation campaigns foster a sense of community and solidarity. They bring people from diverse backgrounds together for a common cause, promoting unity and social cohesion.

The selection of blood donors involves a careful screening process to ensure the safety of both the donor and the recipient. Blood banks and donation centers follow specific criteria to assess the eligibility of potential donors.

1. **Age:** Donors must typically be within a certain age range, usually between 18 and 65 years.
2. **Weight:** Donors need to meet a minimum weight requirement, which is usually around 50 kilograms. For 450 ml of blood collection for making blood components minimum weight required is 55kg.
3. **Medications:** Some medications may disqualify individuals from donating blood due to potential adverse effects on the recipient or the quality of the donated blood. Medicines like Aspirin, antibiotics and vaccinations are common reasons for donor deferral.
4. **Hemoglobin Levels:** Donors' hemoglobin levels are checked to ensure they meet the minimum requirement, which is typically around 12.5 g/dL.
5. **Infectious Diseases:** Donors are screened for infectious diseases that can be transmitted through blood, such as HIV, hepatitis B and C, syphilis, and malaria. Positive test results for these diseases usually disqualify individuals from donating blood.

Thus, voluntary blood donation is a noble act. The benefits of voluntary blood donation extend beyond the recipients, positively impacting donors' health, promoting community bonding, and ultimately saving lives. Encouraging voluntary blood donation and creating awareness about its importance can significantly contribute to a stronger and healthier society.



- Suman Rawat

Anemia In Pregnancy

Not having enough healthy red blood cells or hemoglobin to carry oxygen to the body's tissues leads to a condition called anemia. Hemoglobin is a protein found in red blood cells that carries oxygen from the lungs to all other organs in the body. Having anemia can cause tiredness, weakness and shortness of breath. There are many forms of anemia with different causal factors which can be short term or long term. Anemia can be a warning sign of serious illness and can range from mild to severe.

During pregnancy the volume of blood increases, which means increased amounts of iron and vitamin are needed to make more blood cells. If one does not have enough iron, it can cause anemia. It is not considered abnormal unless your red blood cells count falls too low.

Who is at risk for Anemia:- Strict vegetarians or vegans. They are at greater risk of having vitamin B12 deficiency. People with celiac disease or Crohn's disease, or have had weight loss surgery where the stomach or part of the stomach has been removed; have had two pregnancies close together; pregnant ladies with twins or more; ladies showing symptoms of morning sickness or frequent vomiting; people not getting enough iron through their diet etc.

Other Causes:- Vitamin B12 deficiency, folate deficiency which shows symptoms such as pale skin, lips, nails, palms of hands, or underside of the eyelids, feeling tired, sensation of spinning or dizziness, labored breathing and rapid heartbeat.

Prevention and treatment: - Treatments for anemia might involve taking supplements or having medical procedures. Eating a healthy diet will prevent some forms of anemia. Good food sources of iron include: - various meat and meat products, poultry, chicken, duck, turkey and especially dark meat, fish, green leafy vegetables, legumes, yeast-leavened whole-wheat bread and rolls. Iron enriched white bread, pasta, rice, cereals, nuts and seeds, dried fruit etc.

It is important for all to prioritize self-care, rest, and nourishment.

“Eat right, beat anemia”



- Shanti Yadav

Outreach Activities

As a part of PILA's outreach program, on 24th November 2023, an amount of rupees ten thousand was donated to “Rashtriya Birjananda Andha Kanya Vidyalaya”, New Rajinder Nagar, New Delhi, towards the welfare of girl students admitted in the school.



Children's Day Celebration 2023

To mark the birthday of our first Prime Minister Pandit Jawaharlal Nehru, Children's Day is celebrated every year on 14th November. Like last year, this year also PILA celebrated Children's Day on 18th November 2023. Around twenty-five children of our PILA members between the age group 4 to 14 years participated in three events painting, solo song, and solo dance. The children were divided into two groups: Junior Group (Age 4-8) and Senior Group (Age 9-14). For painting competition themes for senior group were 'World in 3000', Pollution in Delhi and Unity in Diversity and for junior group themes were My favorite festival, My family and My beautiful garden. Children were given the choice to choose among these topics. At the end of the event fun games were arranged and name of the winners were announced. The judges for the event were Dr Kapila Shekhawat and Mrs Asha Gaur

Following are the names of the event prize winners:

Category I: Painting

Junior group:

Aarohi Thakur (First Prize); Dhruv (Second Prize) and Mriya (Third Prize)

Senior group:

Akshara Singh (First Prize); Kunjal (Second Prize) and Subhi Jain (Third Prize)



First Prize : Aarohi Thakur



Second Prize : Dhruv



Third Prize : Mriya



First Prize : Akshara Singh



Second Prize : Kunjal



Third Prize : Subhi Jain

Category II: Solo Song

Junior Group:

Dhruv (First Prize); Aura Solanke (Second Prize);

Senior Group:

Anirudh (First Prize); Kunjal (Second Prize)

Category III: Solo Dance

Junior Group:

Aura Solanke (First Prize); Shakti Chaudhary (Second Prize);

Senior Group:

Anika Maurya (First Prize)

Compiled by Dr Niharika Mullick



Shortcuts for making computer as user friendly as possible to all users

The computers have become an integral part of our lives. During Covid, computers and phones were the only ways to connect in the classes that were held through the online mode in schools, colleges and universities around as well as meetings under “work from home” phase. Although people around become more versed with the computer and its various applications, but without mouse, sometimes one can get confused during the computer usage. So here is a computer keyboard shortcut list that will make computer use much more quick and comfortable.



PC Keyboard Shortcuts

CTRL+A -----	Select All	BACKSPACE -----	Switch to parent folder
CTRL+C -----	Copy	CTRL+ESC -----	Opens Start menu
CTRL+X -----	Cut	CTRL+ALT+DEL -----	Opens task manager, reboots the computer
CTRL+V -----	Paste	CTRL+SHIFT+DRAG -----	Create shortcut (also right-click, drag)
CTRL+Z -----	Undo	CTRL+DRAG -----	Copy File
CTRL+B -----	Bold	ESC -----	Cancel last function
CTRL+U -----	Underline	SHIFT -----	Press/hold SHIFT, insert CD-ROM to bypass auto-play
CTRL+I -----	Italic	SHIFT+DRAG -----	Move file
F1 -----	Help	CTRL+TAB -----	Move through property tabs
F2 -----	Rename selected object	SHIFT+F10 -----	Opens context menu (same as right-click)
F3 -----	Find all files	SHIFT+DELETE -----	Full wipe delete (bypasses Recycle Bin)
F4 -----	Opens file list drop-down in dialogs	ALT+underlined letter -----	Opens the corresponding menu
F5 -----	Refresh current window	HOME -----	beginning of line or far left of field or screen
F6 -----	Shifts focus in Windows Explorer	END -----	to end of line, or far right of field or screen
F10 -----	Activates menu bar options	CTRL+HOME -----	to the top
ALT+TAB -----	Cycles between open applications	CTRL+END -----	to the bottom
ALT+F4 -----	Quit program, close current window	PAGE UP -----	moves document or dialog box up one page
ALT+F6 -----	Switch between current program windows	PAGE DOWN -----	moves document or dialog down one page
ALT+ENTER -----	Opens properties dialog	ARROW KEYS -----	move focus in documents, dialogs, etc.
ALT+SPACE -----	System menu for current window	CTRL+ > -----	next word
ALT+⌘ -----	opens drop-down lists in dialog boxes	CTRL+SHIFT+ > -----	selects word

Compiled by Dr Indu Chopra



Mosaic of Random Moments: Dec. 2022 to Dec. 2023

TRIPS : NEAR AND FAR



INDOOR GAMES



KRISHI HAAT



POT LUCK



CELEBRATING SAWAN



WALKATHON



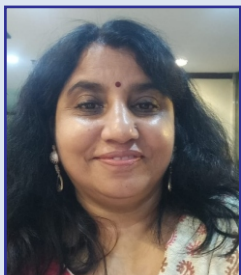
MISCELLANEOUS



Achievements and accolades

1. Dr Indu Chopra received best oral presentation award at National Conference organized by ANRCM, Lucknow held at NBFGR, Lucknow 8 to 9 December 2023
2. Dr Renu Singh received several prizes including the best Roses trophy during All India Rose show organized by the Rose Society of India during December 23-24 at New Delhi

The Newsletter Editorial Committee



Dr Renu Singh
President, PILA



Dr Sharmistha Barthakur
Chairperson



Dr Monika Dalal
Member



Dr Indu Chopra
Member

PILA Executive 2023



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Dr Renu Singh *President, PILA*

Indu Choudhary *Secretary*

Nivedita Choudhury *Joint Secretary*

Dr Sharmistha Barthakur *Treasurer*

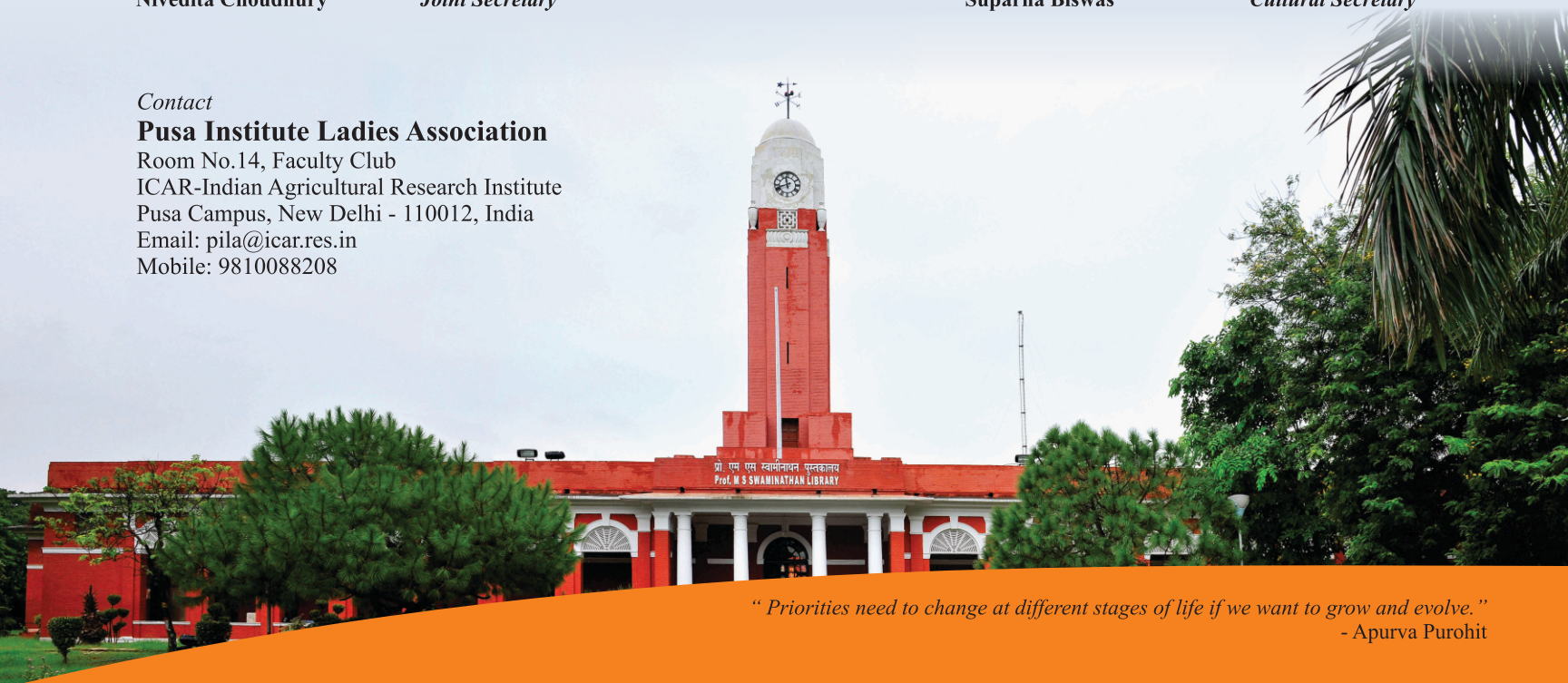
Madhulika Sinha *Joint Treasurer*

Suparna Biswas *Cultural Secretary*

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" Priorities need to change at different stages of life if we want to grow and evolve. "
- Apurva Purohit