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Vedic Concept

Q: Who created the world?
Ishwar or someone else?

A: Ishwar created the world in same manner as an engineer creates a machine. He is thus the 'engineer' of the world. But like engineer, He used existing 'raw material' or Nature (matter/ energy approximately) to create the world.

Q: Did Ishwar not create Nature as well?

A: No, Nature or 'raw material' is eternal (beginningless and endless) like Ishwar. Being eternal, there is no cause for origin or destruction of Ishwar or Nature.

Q: What else is eternal apart from Ishwar and Nature?

A: Guess yourself! You know that very well. Because that is what stays with you all the time. Its 'you' yourself!
The third eternal entity is the Soul or Atma or Jeeva.

Vatsalya VTC Times

News of the Month

★ *Mrs. Mitty & Mrs. Ouedrogo Aisha from African Heads of Mission and Ambassador Spouse Group visited our organization and appreciated the work done by organization. They felt overwhelmed after seeing the work.*



Importance of Sweet Potato

Sweet potatoes, especially the deeper-colored ones, are extremely rich in carotenes (precursor of vitamin A). They are also an excellent source of vitamins C, B2, B6, E and biotin (B7).

In the minerals department, they provide good amounts of manganese, folate (folic acid), copper and iron. It also has pantothenic acid and is rich in dietary fiber.

Sweet potatoes are excellent sources of plant proteins with very low calories. Unlike other starchy root vegetables, it is very low in sugar, and in fact is a good blood sugar regulator.

Health Benefits

Fetal Development: The high folate content is important and necessary for healthy fetal cell and tissue development.

Immune System: Regular consumption of sweet potatoes strengthens the body's immune system and develops resistance to infection.

Stress: When we are stressed, our metabolic rate rises, causing the body potassium levels to be reduced. By snacking on the potassium-packed sweet potato, it helps to rebalance the vital mineral, and helps normalize the heartbeat. This in turn sends oxygen to the brain and regulates the body's water balance.



Healthy Tips

For Keep Your Knee Pain-Free

- ★ Always see a doctor if you experience knee pain that is not relieved by several days of rest, ice, massage, and elevation.
- ★ Back off from activities such as walking hills or knee-bending exercises that cause you pain.
- ★ Build adequate muscle strength, especially in the quads, hamstrings, glutes, and ankles.
- ★ Stretch adequately, emphasizing quad and hamstring muscles. Warm up before stretching.
- ★ When doing squats, lunges, or leg presses, avoid locking knees completely. Use low weight and high repetitions.
- ★ Maintain a healthy weight.
- ★ Wear shoes appropriate for an activity. Seek proper arch support if your feet roll in.
- ★ Cross-train. Do 23 activities on a regular basis to



Yummy Dessert

Frozen Cream with Oreo & Blueberry Jam

Ingredients:

- ★ 1 $\frac{1}{2}$ cup fresh cream
- ★ $\frac{3}{4}$ cup cream cheese
- ★ $\frac{1}{4}$ cup caster sugar
- ★ $\frac{1}{2}$ cup blueberry jam
- ★ $\frac{1}{4}$ tsp vanilla essence
- ★ 6-8 pieces of Oreo crumbled

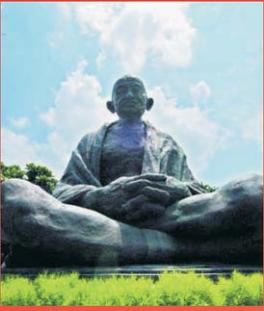


Preparation:

- ★ Whip together fresh cream, cream cheese, caster sugar, and vanilla essence until creamy and fluffy. Let it sit in the freezer for 1 hour.
- ★ Take the cream out of the freezer and gently stir. Add blue blueberry jam and Oreo crumbs and mix well.
- ★ Pour the mixture in the cup and let it set in refrigerator for 20 minutes and serve.

Poem

Father of Nation



His heart was full of love
Towards all human beings
Himself, he was truth
incarnate
And gentle like a dove.
He travelled East and West
But what was his quest
It was for the country's
sake
It was for the country's
best.
He freed our country from
the foreign yoke
In a non-violent way
And gave his life for the
country's sake
Facing the bullet of astray.
Hail to the Bapuji
Hail, father of all my
country men
You have left us a great
legacy
Of truth and sharing with
everyone.
You look so simple at the
spinning wheel
yet glory of labour to us
you have taught
To the teeming hungry
millions
Hope you have brought.
Your noble pain we shall
tread
And strive to keep our
country free
From bare and selfish
thoughts
And any kind of slavery.

Art Attack

Tissue Paper School Bus Frame

Supplies

- ★ School Bus Pattern
- ★ Tissue Paper in yellow and white
- ★ Glue
- ★ Cardstock or heavy paper
- ★ Photos



Instructions

- ★ Plan ahead and send home a note to parents that you will need a wallet size photo of their child for a special project.
- ★ Draw School Bus pattern. Cut out the outline before you glue the tissue paper. Cut tissue paper into 2" squares. Crumple each piece into a tight ball. Dip into white glue and place onto pattern. Start with the small sections first to make sure they keep their definition. Continue crumpling and gluing down pieces until the entire pattern is filled.
- ★ Tape photos to the back of the school bus showing happy faces looking out of the school bus windows.



Keep Laughing



A Beggar Found Rs. 100/-

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He Went To A 5 Star Hotel For Dinner...

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...

Bill Rs. 3000/-



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...

He Was Unable To Pay!!!

Manager Handed Him To Police!!!

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He Gave Rs. 100/- To Policeman & Free!!!

Its Called FINANCIAL MANAGEMENT Without MBA!!!

From the desk of Editor

Living with Your Introvert



Extroversion	Introversion
Energized by the outer world.	Energized by the inner world.
Outgoing	Inward
Talkative	Quiet
Acts first, Thinks later	Thinks and may act.
Values breadth of experience.	Values depth of experience.

Introverts feed on silence like **Extroverts** feed on words. **Silence is necessary to sustain us, just like food, and without enough of it, we get weak. We're not shy, we just don't see the need to work out ideas with others when we have a perfectly good conversation going on in our heads.** So, how can introverts develop the rich social lives that produce **health and happiness** if we talk less to others?

Romance: Introverts can be the slightly quirky folks who show up on science-themed sitcoms. But we tend to avoid bars and big gatherings. But, put us in small groups or one-on-one and we shine. So, seek out groups of friends to hang out with, join a book club or gym and look for folks with shared interests. Often, introverts are attracted to extroverts because the latter can draw us out, and in social situations hand the verbal load others expect. Look for opportunities to have coffee or dinner with a few other people and really get to know them.

Friendships: Find some introvert friends who you can take that long ride with in the car without constantly talking. Cherish them. Then, realize that your extrovert friends work out their ideas verbally. Just be quiet and let them. Introverts do this, too, but just less often. When my extrovert pals call with an idea they want to explore, I just listen and let them come to their own conclusions. As my extrovert wife said to me when we were first married, "Just look at me and nod occasionally while I speak so I don't seem like a crazy woman talking to myself." Good advice.