

Vol. 12 2020

INDOTHAI

LIFESTYLE

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FROM THE FOUNDER'S DESK

"Success is no accident. It is hard work, perseverance, learning, studying, sacrificing and most of all loving. What you are doing."

– Pele –

Unlock Activities have started in both India & Thailand. People are trying to stay and live in the new normal lifestyle. Offices have started operating full-fledged, Spas' Salons, Restaurants, Malls have started operating considering social distancing and other essential norms illustrated by the government.

The good news is that various pharma companies are collaborating with research organizations to create vaccine against COVID. Few successful human trials have been done and they are waiting for some final results. Safety, Precaution & Social Distancing is the only way to protect yourself and your family from this pandemic. Indo Thai News has updated COVID meter on its official website www.indothainews.com to provide you with real time details of COVID cases all over the world.

The role of COVID warriors have been immense. Our Gratitude and acknowledgement is nothing in front of their selfless efforts. Health workers, policemen, media, sanitation, soldiers, community service people, etc have been working relentlessly to keep us safe. They are risking their life and family just to ensure that we are safe. Therefore, its our moral responsibility to take care of our health so that their life is not at risk.

This edition of Lifestyle Magazine is therefore, dedicated to CORONA WARRIORS, people who we are grateful to and must show respect and gratitude. Indo Thai News is making every effort to keep its readers and viewers updated about the situation of both the countries on its social media channels.

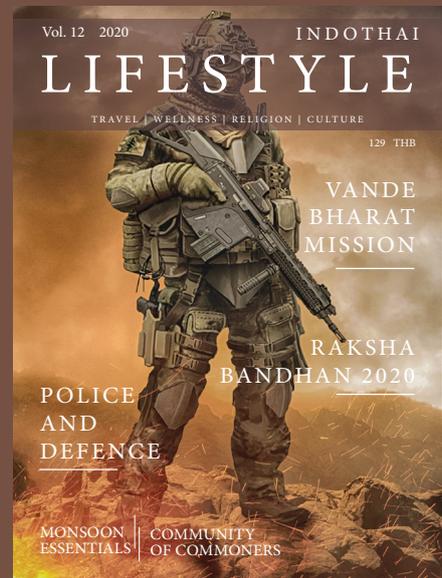
The Team of Indo Thai News is thankful to all its readers and viewers for your love and support.

I hope this edition too impacts, informs & inspires our audience to embrace a lifestyle of excellence!

Stay Home ||Stay Safe||

Thank You

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(Founder- Indo Thai News)



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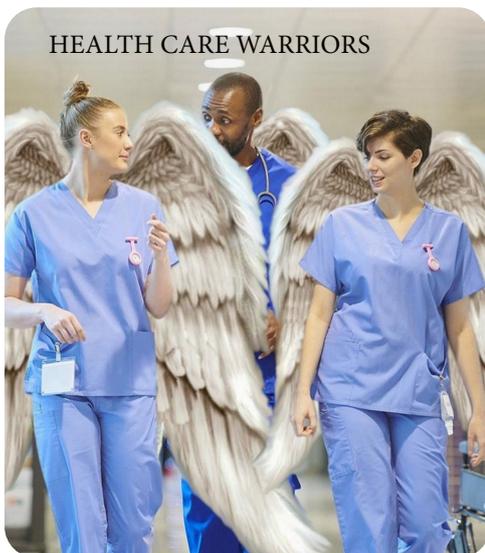
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Reserve your stay

Monsoon
Essentials You
Definitely Need to
Put in Your Bag

Nancy Kapoor





The time for extra preparation and cautions has arrived again. Yes, we are talking about the monsoon season.

This is obviously a time when we get relieved from the sweltering heat of the tropical climate, but thanks to the whimsical nature of these months, sometimes it gives us more than we have asked.

Potholes, rainy weathers, flooded streets, and constant dull weather are the companions that arrive by default with the monsoon season.



During this season, you cannot step out of your house with extra precautions. To get yourself covered and protected, you need some monsoon essentials in your bag. Here, we have listed some of the most helpful things that you need to take with you in your bag, no matter wherever you go.





Umbrella: This may seem a little obvious, but it is better to remind you again. Do not even think of getting out of your house without an umbrella in your bag. No matter how much preparation we are, this monsoon essential sometimes is left forgotten inside our house. If you have space issues in your bag, then do not worry at all. Buy a small-sized fancy foldable umbrella from a shop near you, and put it at a safe corner of your bag. Also see that your umbrella has a plastic sheet to cover, or else there is a high risk that the belongings of your bag will be drenched.



Raincoat: This is also one of the most important monsoon essentials, and you need it more if you go to work daily by a motorbike or scooter. It is impossible to operate your vehicle on one hand and hold an umbrella above your head, so you must buy a good quality waterproof raincoat that covers you from head to toe. Not only it will cover your body, but also it will prevent your apparels from getting wet.

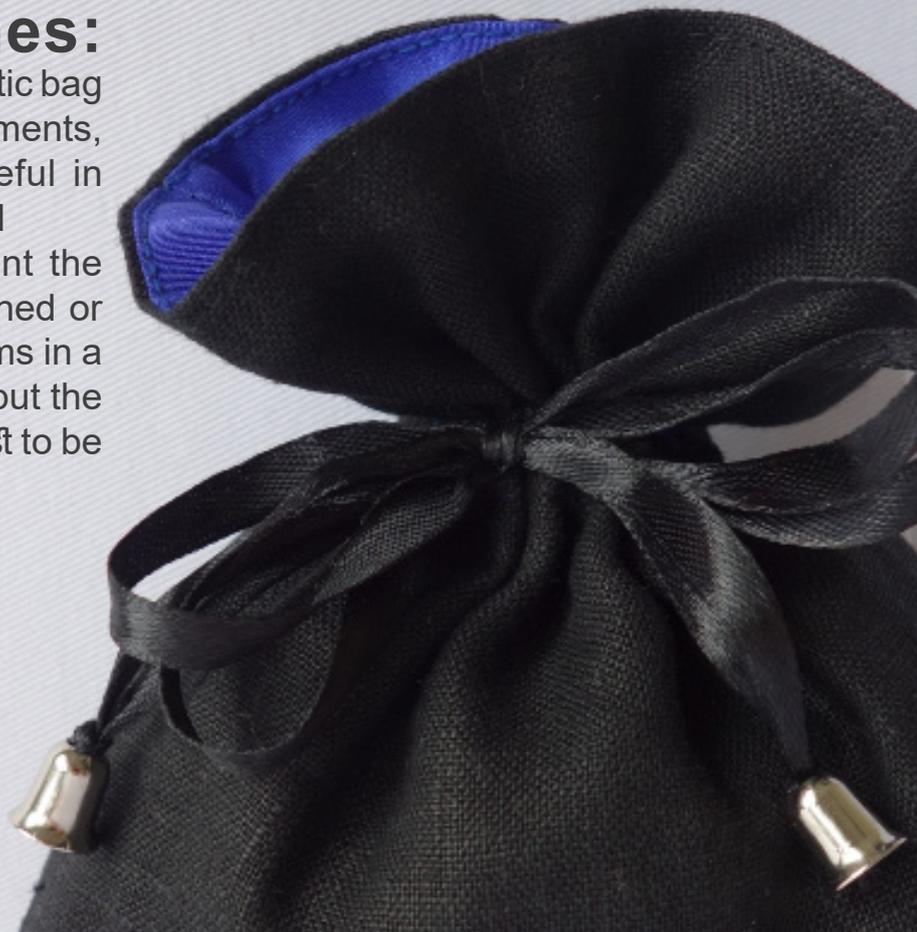


Tissues: Tissues are a very useful addition in your bag for all seasons. The monsoon season is the prime time where you should definitely carry a tissue, literally everywhere with you. A tissue paper can solve many problems that you face in the monsoon season. It can be a great wiping item when you get drenched or after you walk through a flooded street.

If you are carrying moisturizing tissues, then it will prevent the sudden dryness that you face and it is also a good agent for preventing oily skin. If you get drenched in a sudden shower, then also you can wipe your face and hands through scented tissue papers.

Waterproof pouches:

Carrying a waterproof pouch or plastic bag to protect your valuables like documents, laptop or wallet is very much useful in monsoon season. It is a very useful monsoon essential and will prevent the aforesaid items from getting drenched or soaked. If you are carrying your items in a waterproof bag, then also you can put the belongings of the bag in a pouch just to be extra sure.





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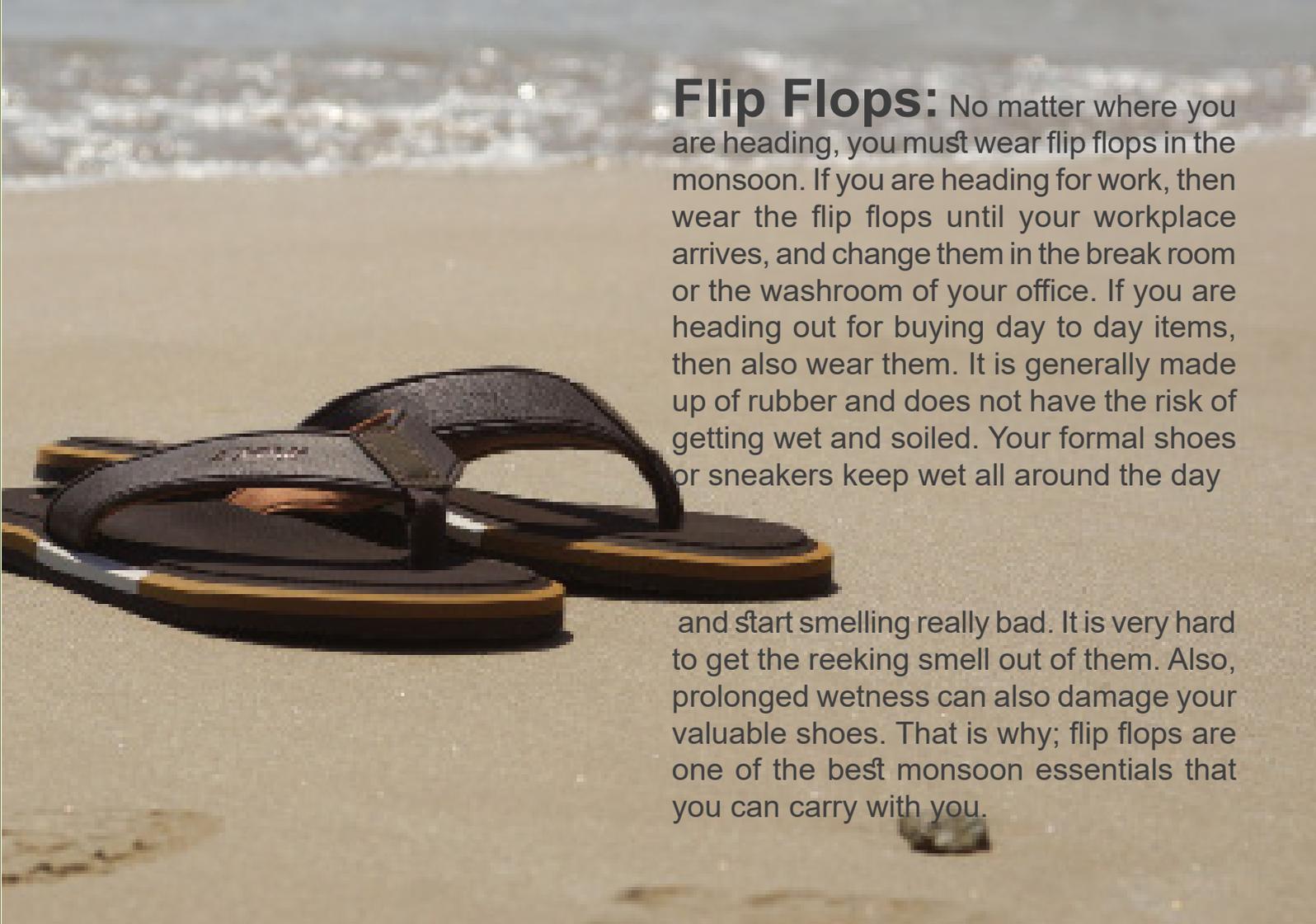
Sanitizer: No other season has a risky situation like a monsoon. As it is raining all around the day, the water molecules in the air are high, which makes everything very moist. And as you know, moist environments are the best breeding grounds for numerous bacteria, viruses, and parasites. Also, in this current pandemic situation, it is very essential to sanitize everything before you use it.

That is why, keep a small bottle of this prime monsoon essential in your bag, or attach them in the chain of your bag so that you can instantly use them to get yourself clean quickly.

Perfume: is one of the most underrated but very important monsoon essential. Monsoon not only makes everything wet, but it also makes them smelly as well. From your apparels to your basic usable items, everything has a risk of getting wet and smelly by the end of the day. So, it is very important to carry a small bottle of perfume or a can of deodorant for your personal usage.

Not only it will make you feel fresh, but it will carry a fragrance that will cover the watery smell of your apparel and everyday items. It will be very useful in your workplace.





Flip Flops: No matter where you are heading, you must wear flip flops in the monsoon. If you are heading for work, then wear the flip flops until your workplace arrives, and change them in the break room or the washroom of your office. If you are heading out for buying day to day items, then also wear them. It is generally made up of rubber and does not have the risk of getting wet and soiled. Your formal shoes or sneakers keep wet all around the day

and start smelling really bad. It is very hard to get the reeking smell out of them. Also, prolonged wetness can also damage your valuable shoes. That is why; flip flops are one of the best monsoon essentials that you can carry with you.

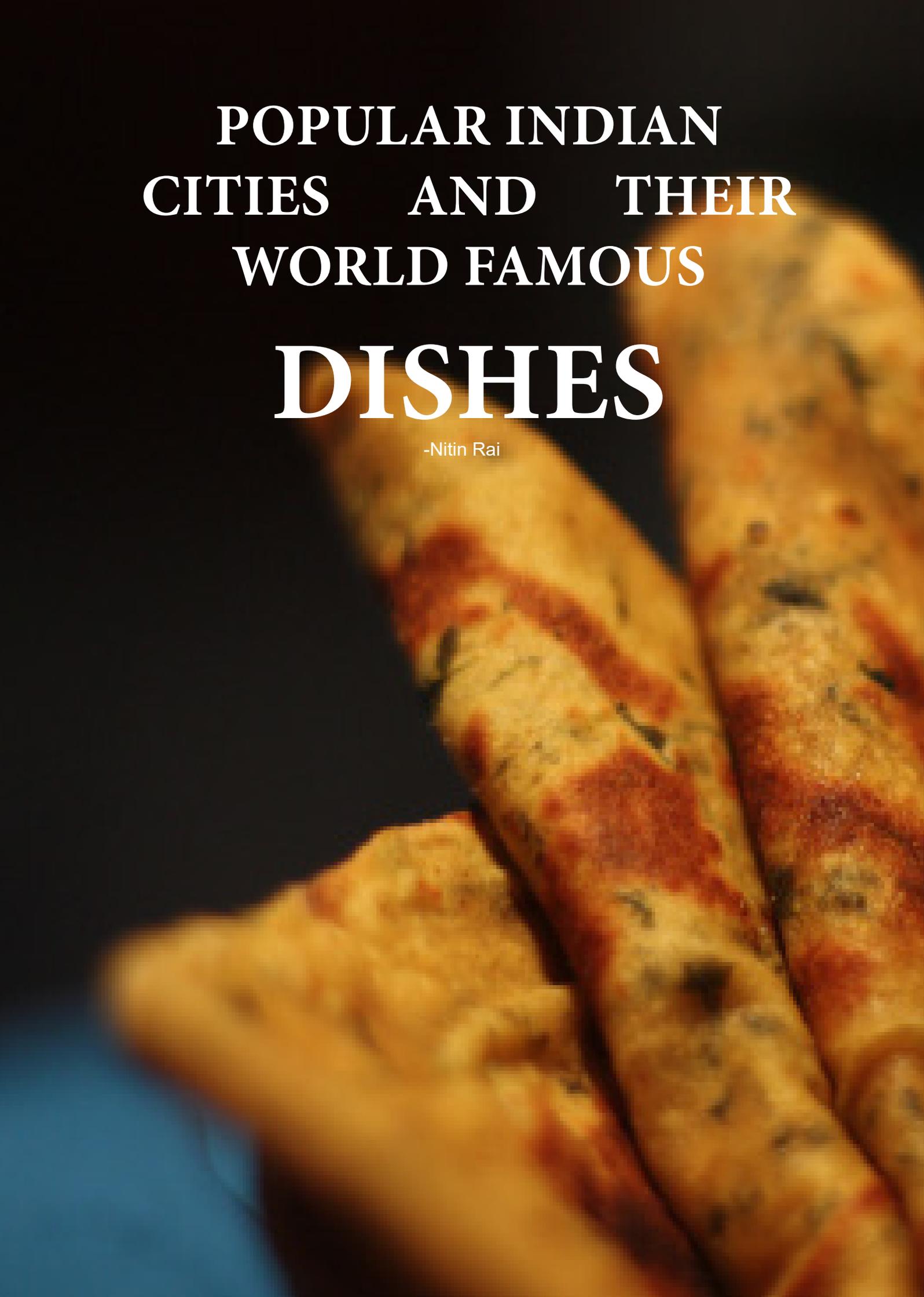
PhoneCover: If you have not covered your most valuable item until now, then this is the best time. Even a single raindrop will cause more damages to your phone than you can imagine. There is also a chance that your phone slips from your hand and drops in a puddle. To avoid these unavoidable circumstances, you must get your phone covered as soon as possible. Buy the best cover you can find and protect the phone in this monsoon. If you have a phone cover beforehand, you can wrap your phone inside a transparent plastic sheet, just in case you are heading out in heavy rains.

Now that you know which monsoon essentials you should carry with you, you are all set for heading out in the rains. Not only it will guarantee all-round protection from the waters, but these will protect you from catching the flu or the common cold. It is advisable to be extra safe in the monsoon season, and with these items, you can render yourself totally protected from all kinds of monsoon problems.



POPULAR INDIAN CITIES AND THEIR WORLD FAMOUS DISHES

-Nitin Rai



The diversity of our country is not just limited to the languages we speak, the religion we believe or attires we wear, it can also be seen and experienced in the types of food we have in India.

We are so blessed to have been born and tasted tons of amazing dishes within our country. People from different countries cover thousands of miles to come here to India and taste our Indian foods that are famous across the globe.

Our country is a true blessing for food lovers; luckily, we do not have to apply for visas and spend thousands of dollars to taste different types of delicious foods. Today, we will be sharing with you some popular Indian cities and their world-famous dishes that attract food lovers from around the world. So, without further ado, let us start with the capital of India, New Delhi.

Delhi and Its Famous Chhole Bhature



Talking about Indian foods and not mentioning Delhi? Well, it is not possible whatsoever. Delhi is the hub of food lovers and world-famous local dishes that are the pride of our India. Delhi is famous across the world for its mouth-watering street foods that include but, of course, not limited to Chaat, Golgappe, Aloo Tikki, Paranthe and Chhole Bhature etc. Among all the delicious street foods that Delhi is famous for, let us talk about the spicy and finger-licking avenues for Chole Bhature in Delhi.

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Where to Eat?

Venue: Sita Ram Diwan Chand

Speciality: Serving Paneer Stuffed Bhature with hearty mix plate of boiled Chhole (chickpeas) since 1950.

Address: 2246, Near Imperial Cinema, Paharganj, New Delhi.

Venue: Chache Di Hatti

Speciality: Serve Aloo stuffed Bhature with tangy chutney, the ring of onions and lip-smacking Chhole that stands out.

Address: D 32, Bungalow Road, Kamla Nagar, New Delhi.

Venue: Baba Nagpal Corner

Speciality: If you ask someone in Delhi for having the best Chhole Bhature in the city, the chances are that they would say “Nagpal’s Corner”.

Address: 7/25, Old Double Storey, Gupta Market, Lajpat Nagar 4, New Delhi.

Lucknow: The Lakhnavi Tunde Ke Kebab As we know that Lucknow is the city of Nawabs.

The city has a great number of food lovers savouring traditional foods like Tunde Kebabs/ Kababi/ Kababs. Tunde Kebabs are one of the most famous and loved dishes that attract thousands of tourists every year. If you are a food lover and is visiting Lucknow, you cannot miss the chance to have the world-famous Lakhnavi Tunde Kebabs.

The popular dish ‘Tunde’ Kebabi is named after Haji Murad Ali who had only one hand.

Even after an accident where he lost his hand, he continued his passion for cooking.

He served melt-in-your-mouth Kebabs to Nawab of Awadh Wajid Ali Shah who fell in love with the dish and him the royal patronage as “Tunde Kebabi”.

Where to Eat?

Venue: Tunday Kababi

Speciality: Tunday Kebabi is the very shop was established by Haji Murad Ali and has been serving special Tunde Kebabs with 160 different kinds of spices since 1905.

Address: 168/6, Old Nazirabad Rd, Mohan Market, Khayali Ganj, Aminabad, Lucknow.

Venue: Buddhu Kababi

Speciality: Famous for its Boti and Galawati kababs, Buddhu Kababi was established in 1955 and has been serving delicious Kebabs in Lucknow for decades.

Address: Phoolwali Masjid, Opp. Bank of Baroda, Turiyaganj, Lucknow.

Venue: Kareem Kababi

Speciality: Kareem Kebabi has been serving different types of delicious Kebabs such as Gelawati Kebabs, Majlisi Kebabs, and Kakori Kebabs etc for more than 100 years.

Address: HA Rajjak Complex, Opp. Masjid, Gangaprasad Marg, Aminabad, Lucknow.



Rajasthan: Rajasthani Dal Bati Churma

Rajasthan is another place where you find the most food lovers. It has always been among the most attractive tourist spots for its cultural heritage and delicious foods.

Among tons of Rajasthani dishes that are world-famous, one is Dal Bati Churma.



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The reason why we are specifically selecting this dish among other Rajasthani dishes is that Dal Bati Churma is a three-in-one treat.

The dish completes with baked Baati, along with spicy Dal and sweet crumbly Churma.

There is a speciality of the Dal used in Dal Bati Churma as it is a mixture of 5 kinds of nutritious lentils – Urad Dal, Toor Dar,

Moong Dal, Masoor Dal and Chana Dal.

Where to Eat?

Venue: Chokhi Dhani

Speciality: Chokhi Dhani is one of the most popular places in Rajasthan that has an ambience of delicious and cult Dal Bati Churma along with many other activities and foods.

Address: Chokhi Dhani Village Resort, 12 Mile, Tonk Road, Jaipur.

Venue: Khamma Ghani

Speciality: Khamma Ghani is another venue that serves the best Thali – a plate of different foods – along with Salad and Chutney.

Address: Shop 1, Mittal Colony, Near Rathi Petrol Pump, Ajmer Road, Sodala, Jaipur.

Venue: Jal Mahal

Speciality: Jal Mahal is one of the top choices of food lovers to have authentic Rajasthani delicious foods. It is another must-try restaurant in Jaipur.

Address: ITC Rajputana Hotel, Palace Road, Gopal bari, Jaipur.

Being an Indian food lover and blogger who is blessed with tons of world-famous dishes, it is very difficult to mention just a few. And, considering certain limitations, we cannot mention each and every dishes.

However, it would not be justice with other delicious dishes to totally miss them out.





Therefore, along with these three dishes that we mentioned, here are some of the other mouth-watering dishes surely deserve to be mentioned in the list.

Hyderabadi Dum Biryani

Hyderabadi Dum Biryani is among quite delicious and popular Indian dishes that we have. The Mughlai and Awadhi cuisines are incomplete without Hyderabadi Dum Biryani.



Lithi Chokha from Bihar

Lithi Chokha is among the favourite and popular dish that is loved by millions of people in India as well as other countries. Lithi Chokha is quite a common dish in Patna, Bihar that it is served around every corner of the city.

Petha from Agra

If there is one thing in Agra that is quite famous after the wonderful Taj Mahal, it is Petha – a baked milk sweetmeat. People across India love and order famous Petha from Agra.

Other Famous Dishes include Mysore Pak from Mysore, Karnataka, Roshugulla from Kolkata, West Bengal, Vada Pav from Mumbai, Maharashtra, Idli Dosa from Chennai, Tamil Nadu, Dhokla from Gujarat and Amritsari Naan and Makki Di Roti with Sarso Da Saag from Amritsar, Punjab.

Health Care Warriors are the True Avengers

- Nitin Rai



While the entire world is on halt due to the corona virus pandemic, the healthcare warriors are among those true fighters who are battling this pandemic and saving our lives for months. Since the beginning of 2020, we have seen the corona virus outbreak, which soon turned into the pandemic and affected people all over the world. Every country in the world is facing challenges and finding new ways to deal with this pandemic.

While there are many countries that have been traumatised due to the excessive spread of COVID-19, there are a few countries that have been successful in containing the corona virus. And, the credit for controlling the disease and restoring the country's economy goes to the army of doctors and medical staff around the world. Hence, we should wholeheartedly dedicate this year of 2020 to our true Avengers i.e. our healthcare warriors who are protecting us from this fatal disease and saving millions of lives across the globe.

The health care professionals have been working day and night to save the lives of millions of citizens in their respective countries. They are working 24x7 without caring about their personal livelihoods and even their own life. COVID-19 is as severe and life-threatening for doctors and other medical professionals as it is for any other human being.

The risk of getting exposed to this deadly virus is even more for health care professionals as compared to people in any other profession. Still, they are risking their lives and working in the challenging circumstances for months with limited sleeping hours and loads of work pressure.





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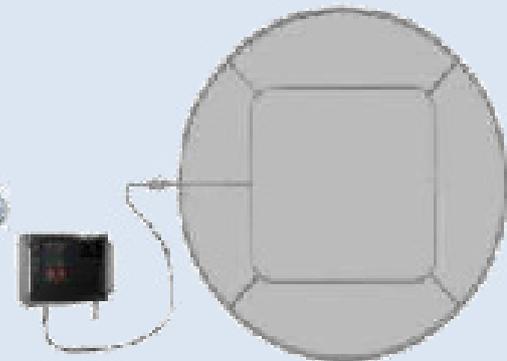
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When it comes to wearing a mask just for half an hour or so, to save our own life, we feel it is a burden. Our doctors, nurses and other medical health care professionals are serving us for more than 15 hours a day – sometimes even more than that. Being trapped in the Personal Protective Equipment (PPE) Kit for these many hours, treating patients with deadly corona virus and attending emergency cases is quite difficult. Knowing there is no margin for error as it is a matter of someone's life and death, makes it an even more challenging task. Not only our health care professionals but also their families and friends are at risks. Our health care warriors are selflessly protecting us and endangering their lives, along with the lives of everyone associated with them for us.

We must acknowledge their sacrifice and understand the kind of pressure they have been going through during this pandemic. Many of the health care professions are not meeting their families for weeks and are working in extreme conditions relentlessly. Tons of doctors, nurses and other associated medical staff members have lost their lives while treating corona virus patients across the world. This is the most exhausting and challenging time for the medical health care professions and the medical system as well.

Today, the health care professionals including, doctors, surgeons, nurses, and other allied members of the hospitals are our frontline soldiers who are burning the midnight oil to save our lives. The intensity with which the corona virus has spread everywhere during the past few months shook the world. However, it has changed the whole dynamics of the medical health care system across the globe.

How Did the Corona Virus Pandemic Change the Medical Health Care System?

We have seen that the corona virus pandemic has completely changed the outlook of the medical health care system and other associated sectors. During this crucial time of COVID-19 pandemic where the virus has affected the lives of millions of people around the world, we have seen how our medical health care experts and researchers have broken many barriers. We have seen how these experts dealt with the novel corona virus i.e. SARS-CoV-2 virus in record time.

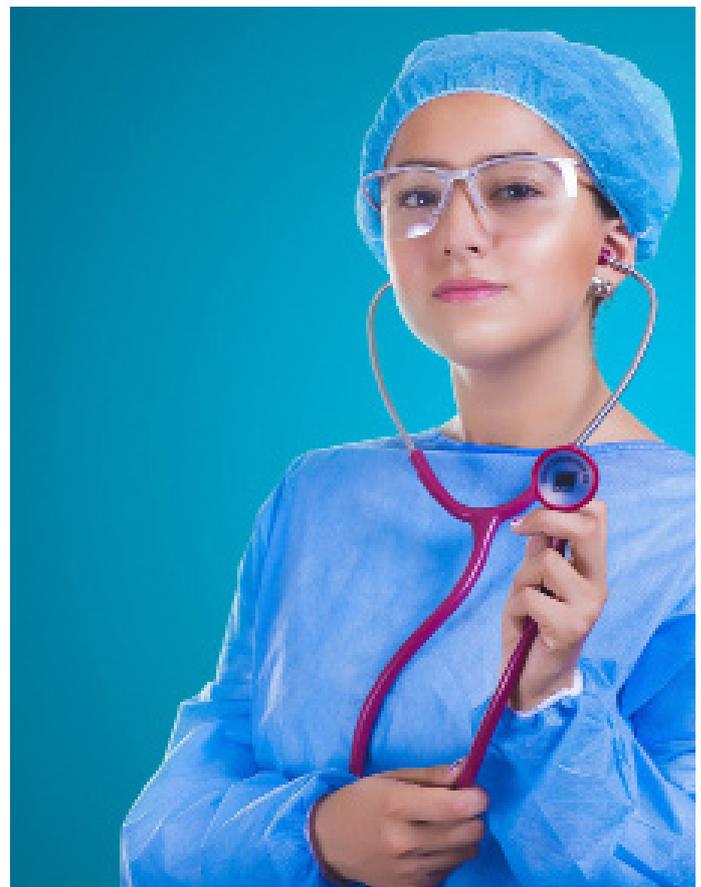
We have never experienced the rapid growth in developing diagnostic kits or initiating clinical trials too fast before the existence of corona virus pandemic. In just a few months, we have seen our experts have

researched and conducted a number of clinical and vaccine trials in such a short time.

On April 11, 2020, we have formed a collaborative organisation called the Global Indian Physicians COVID-19 Collaborative to bring all the Indian physicians from 45 countries together at one platform. The Global Indian Physicians COVID-19 Collaborative was established in association with The Global Association of Physicians of Indian Origin (GAPIO), Canadian Association of Physicians of Indian Heritage (CAPIH), the British Association of Physicians of Indian Origin (BAPIO), the American Association of Physicians of Indian Origin (AAPI) and Canadian Indian Network Society (CINS).

How Can We Get Better to Handle the Corona Virus Pandemic?

Today, we need to come together and fight the corona virus pandemic as one unit. The establishment of the Global Indian Physicians COVID-19 Collaborative has provided a good platform for doctors and surgeons having a brainstorm, sharing their ideas, cooperate with other countries to use each other's resources and come up with the best possible ways to defeat corona virus. And, in the process of fighting the corona virus, we must not forget to provide our health care warriors with everything to support them.





Our health care warriors are facing a huge challenge of not getting sufficient supplies of the essential safety equipment, especially the Personal Protective Equipment (PPE) kits. In many countries like France and Italy, we have the inadequacy of surgical masks. In poorer countries, the situation is even worse.

Even after facing such life-threatening problems, our health care warriors are putting their lives in danger and treating corona virus patients. The physical, emotional and mental stress on the health care professionals is the same as soldiers face during the war.

Losing patients even after giving their best to save them leaves a mark on the mental health of the doctors.

After all, doctors, surgeons and other medical staff members are also human beings. Every time when a patient loses their life even after doctors putting their best efforts to save them, it shakes the doctors. Other than that, they too have families to take care of.

However, due to the excessive pressure and work load, our health care warriors are not able to meet their families, kids, spouses and parents for weeks.

Corona virus might not last forever, however, the heroism and dedication these health care warriors are showing will definitely last forever. Hence, let us take a pledge today to support the health care professionals in any way possible.



VANDE BHARAT MISSION

How Indian Authorities are Working in This Pandemic
to Ensure Smooth Travel for Urgency Travellers

- MANISH KUMAR



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Mr. Arjun N
Founder & CEO

In 2008 when Bangalore was shining in IT glory, Arjun N, a young entrepreneur from Bangalore, took up the challenge to tread a different path. Unlike his friends, who decided to pursue career in booming software industry. He developed a product with a top tier technical institute in India and started his own manufacturing industry in 2014 and covered all kind of manufacturing industries across India interacting with multiple stake holders, Arjun realized the dearth of skill sets predominantly in MSME. This is where the Idea of Solution-Buggy emanated in his mind in 2016

"In the age of online businesses, apps & platforms, SolutionBuggy has been able to create a niche for itself by targeting MSME sector, that has been often neglected in the past. The priority now is to accelerate and benefit the sector by exerting geographically"

Today after 2 years of successfully running this start up the passion seems to be accentuated with time. He spent next 1 year in defining the concept, process and plan. The online platform today brags to be connecting 50,000+ manufacturing industries with 6000+ expert consultants in India



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Mr. Vikas Manral
Director - Strategy & Marketing

"Vikas Manral (XLRI Alumnus & manufacturing industry leader with over 20 years of experience in multiple functions) Says " his main challenge is increasing the platform network and defining/refining new revenue models simultaneously." Under Mr. Vikas's leadership SolutionBuggy has captured attention and interest of many Indian and foreign investors

Mr. Guruprasad Bangle
Director - Operations



With 14 years experience in IT/Project Management + entrepreneurship Guruprasad Bangle (IIM B alumnus) has strengthened the management and operations in SolutionBuggy- he says " My ultimate focus for this platform has always been the most supportive back end for the satisfaction of our users"



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Due to novel virus COVID-19, our Prime Minister Narendra Modi had announced the national lockdown on March 24th, 2020. After the first announcement of the country lockdown, the Indian government had essentially closed its borders, canceled visas, and stopped the entry of travelers in India as all of India's initial coronavirus cases came from travelers coming from abroad.

Similarly, other countries too have started halting the international travel across the globe, some before India, some afterwards. Soon the condition got worsened globally, the virus spread fast and not long afterward, the W.H.O. declared COVID-19 as a pandemic.

Impact of International Travel Ban on People Stranded in Other Countries

While some people living in foreign soil because of work and study purpose, there were also many who were on a short-term visit, and the international travel spelled fear amongst all, with no positive hope of the virus stopping soon, and pandemic subsiding.

There were fear and chaos all around. Many workers and students were stuck in various parts of the world after all incoming international flights were banned in late March as the Indian government imposed one of the world's strictest lockdown.

Possible Steps to Bring Back People from Foreign Soil

Authorities and governments the world over started assessing the situation and evaluated how they could rescue and bring their own people back from other countries. Similarly, Indian govt. too was



working in its capacity to implement specific measures as to how they could bring back people stranded in other countries. Initially few flights were arranged and many came back home. However, as the condition is still deteriorating related to Corona virus pandemic, there was need for a specific measure and plan in place to bring back more people, with uncertainty hanging around about the future.

The Indian government started planning to bring back the stranded Indians who want to return to their home. And for this, India has started a massive exercise i.e. 'Vande Bharat Mission' involving naval ships and aircraft to bring back thousands of Indians stranded in different countries in a phased manner.

What is Vande Bharat Mission??

Vande Bharat Mission is India's massive repatriation campaign to bring back lakhs of stranded Indians from different parts of the world in the wake of coronavirus crisis. It started on May 7, 2020, by the Indian government.

The Indian Embassy in different countries like the US, UAE has prepared a list of Indian citizens who want to travel back to home. The list was prepared based on the priority given to the most vulnerable categories such as pregnant women, very elderly people, people experiencing medical emergencies, people who have bereavements/ critically ill people in their most immediate families in India.

In the first phase of the mission, 14,000 Indians from 13 countries were brought back to India by Air India & its subsidiary Air India Express between 7 May and 14 May. Phase 2 of the mission executed on May 17th to June 13th, 149 flights were operated to 31 countries to evacuate over thousands of Indian citizens stuck in abroad amid the coronavirus-triggered lockdown.



Passengers would be medically screened and tested at the airports, and after that they would be quarantined for 14 days either in hospitals or institutional quarantine centers. They would have to register on the Aarogya Setu app. All the expenses for the journey or quarantine center was paid by the passengers.

Over 1.07 lakh stranded Indians have returned to India from the different countries, since the government launched the 'Vande Bharat Mission' on May 7. The Government of India is making every effort to bring back all the stranded Indians who have registered to return and who have 'compelling reasons' to return.

The Vande Bharat Mission isn't about bringing people back, but also to help people looking to move to other countries for their work or other purposes, reach the destination country easily and comfortably (based on certain conditions)



How Air India Has Helped Drive the Vande Bharat Mission?

With phased-wise implementation, national carrier Air India, along with Air India Express started working with the government authorities to start planning and arranging for the flights for people.

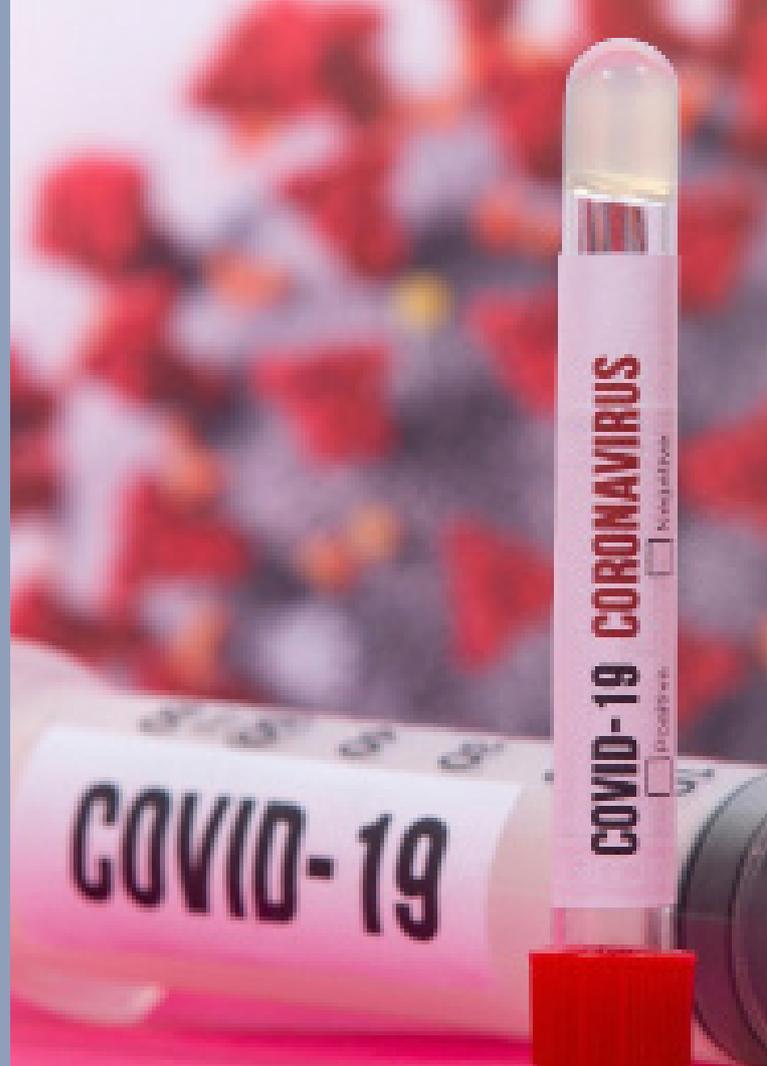
In each phase, list of countries was defined and the national carrier, in its capacity, started booking tickets beforehand and operated its flights to bring the stranded Indians abroad. The effort and dedication of the Air India staff, including ground operators, pilots, air hostesses, as well as the effort of airport authorities is really appreciable.

How You Can Book The Tickets?

If you are an Indian stranded abroad, then all you need to do is check with the embassy in your country, go through the Air India website and booking portal to check whether your country is listed in the current phase of repatriation drive. You will have to go through the eligibility norms before booking the flight, and only if you meet the eligibility criteria you will be able to book the flight.

What is the Eligibility Criteria for Booking Ticket?

For departing India, all Indian nationals have to read through and meet the below mentioned eligibility norms:





1. You have to ensure that you meet the eligibility criteria, and Air India and Air India Express won't be liable in this respect.
2. For countries including Saudi Arabia, Malaysia, Kuwait, Philippines, Oman, UAE and Qatar, only the nationals from the respective country are eligible for entry. The exception is only for certain diplomats and UN officials.
3. For people having certified eligibility to travel to the above listed countries, they have to also obtain a written permission from Govt. authorities or Embassy.
4. If you are travelling to or through UK, USA or Singapore you need to have a minimum 6-month validity visa. And for transit passengers, then need to have confirmed onward ticket with visa.
5. For travelling to Bangladesh or Bahrain, you need to have 6-month validity visa.
6. If you are a seafarer with an employer's letter including all the needful details can also book outbound flight ticket.
7. Foreign nationals who are stranded in India, are eligible to buy tickets to their respective country.



Similarly, there are some other conditions and specifics which you have to check and satisfy at your end so as to ensure you are eligible to purchase tickets for the outbound or inbound flights.

Soon, the phase-5 of the Vande Bharat Mission is slated to start from 1st August, 2020.





Obstacles That Our Sanitation Workforce, Police And Defence Personnel Are Facing During Corona Virus

The corona virus has shaken the entire world and turned every country upside down throughout these months. It has affected almost every aspect of our lives and changed the way we have been living for ages. Today, every sector of the world economy is going through a number of hard-hitting challenges. Corona virus has not only affected the world economy but also distressed people with various professions. Whether it is a business or an employee of any private company or even government organisations, everyone is facing various challenges in performing their duties. And, when it comes to our corona warriors such as the local policemen, sanitation workers, doctors and medical health care staff, and delivery workers, we have seen them facing tremendous challenges.

Today, in this article, we will take a look at the contribution of the local policemen and sanitation workforce during the corona virus pandemic. We will also contemplate the challenges they are facing and how the dynamics have changed over the period of these months.



Our Policemen and Defence Personnel

Our policemen and defence personnel are probably the second most affected professionals after medical health care staff to expose to the corona virus pandemic. Our policemen and defence personnel have been working 24x7 during this COVID-19 pandemic for our safety. The implementation of the nationwide lockdown has made their job even more difficult throughout these months.

During the entire lockdown and even before, these policemen and defence personnel have been risking their lives to save us from the corona virus pandemic. While the Government of India has enforced the lockdown and focused on other affairs, our law enforcement took the initiative and ensured strict adherence of the lockdown guidelines. One of the most difficult tasks during the lockdown was to educate people about the rules of lockdown and make sure they follow it. With a country of more than a billion people, it is quite difficult to maintain social distancing. Though our police personnel did and still have been doing a commendable job to ensure that all the norms of the lockdown and unlock policies are being followed thoroughly.

The role and duties of the police personnel have not been the same during the corona virus pandemic. There is hardly any scenario wherein we have seen the effective intervention of the police personnel to handle the situation.

Our police and defence personnel are the ones who have been risking their lives and are among the vulnerable professionals to corona virus. The reason being is that they are consistently safeguarding the high containment zones and helping in shifting corona virus positive patients.

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They are also making sure to enforce strict lockdown for people who are home quarantined. Other than these, our police and other defence personnel helping and guiding lakhs of migrants hitting the roads to reach their hometowns. Along with these tasks, our law enforcement has been successfully supervising the local, state and national borders to reduce the movement of the people.

Sanitation Workforce

Similarly, the sanitation workforce is also a very crucial department that has been doing a tremendous job during the whole pandemic. The sanitation workers often do not get the appreciation they deserve for their exceptional work to make our lives easy. Similar to doctors, medical health care staff, police and defence personnel and other corona warriors, our sanitation workers have been putting their health and lives at risks every day for us. It is quite miserable that we do not appreciate them for their selfless services as we do for personnel for other essential services.

These more than 40 lakh waste pickers across the country are the backbone of the waste management system of our society. These sanitation workers make sure that we get our surroundings neat and clean to reduce the chances of infecting to corona virus or other infectious diseases. These sanitation workers have been providing their selfless services to our residential buildings, apartments, colonies, hospitals, roads, commercial buildings and many other residential and commercial establishments.

What makes their jobs more difficult and riskier is that they have to collect every type of trash including the contaminated waste with bodily fluids that derive from hospitals,

medical clinics, quarantines centres, COVID-19 centres, home quarantines etc. These kinds of trash increase the risks of them exposing to corona virus even more.

Our sanitation workers are also risking their lives for us as they often do not have the proper safety gears or Personal Protection Equipment (PPE) kits. Even after not having the required safety shields, they are keeping our homes, offices and entire cities clean. Though the Central Pollution Control Board (CPCB), under the supervision of National Green Tribunal (NGT) and the Government of India, has issued guidelines to handle and treat the waste efficiently. However, the safe disposal of waste produced during the treatment of the corona virus patients is quite riskier for the health and lives of others that come into the contact of the waste.



In India, the maximal usage of surgical and non-surgical masks, gloves and other safety gears that are excessively used and thrown during the pandemic make it more hazardous to vulnerable people.

The reason being is that most of the people in India are not aware of the proper way to dispose them off safely. This has increased the chances of these sanitation workers getting exposed to the contaminated waste that is harmful to their health. Besides, the enforcement of nationwide lockdown for months has broken down the complete chain of waste management.

Thousands of sanitation workers were forced to migrate to their native places either because of their deteriorating health conditions or unemployment that is caused by the nationwide lockdown.

All in all, the COVID-19 pandemic and lockdown have led the entire world to the recession. Millions of people across the



world have been affected due to corona virus. No pandemic has been as life-threatening and widespread in decades as corona virus. In this tough time, we must appreciate our corona warriors and support them by becoming a responsible citizen by ourselves.

We should always remember that we cannot return the favour in our entire lives to our corona warriors for what they have been doing for us for months.



Best Ideas to Celebrate

RAKSHA BANDHAN

2020 During Corona Pandemic



The corona virus pandemic has changed the whole outlook of the world to a very large extent. In India as well, COVID-19 has been a catalyst learning transition for all us.

Everything has been affected quite badly due to corona virus in these past months. And, we never know how long it will last? Since the corona virus pandemic has been at its peak in India, it will surely have an impact on the upcoming festival, Raksha Bandhan, which is to be celebrated on August 3, 2020. While some people are as usual excited about the Raksha Bandhan festival, others are confused and perplexed about the intrusion of the corona virus.

In the absolute presence of the deadly corona virus, people are scared of stepping out of their houses on this Raksha Bandhan 2020. And, why should not they be; after all, the corona virus has affected millions of lives throughout the world. However, when it comes to celebrating festivals, we, Indians, are on top! So, here in this article, we will be sharing with you some of the ideas to celebrate safe Raksha Bandhan during corona virus pandemic.



Digital Rakhi & Gifts -

Well, one of the major benefits of technology advancement is that we can do almost everything by sitting in our homes. There are a number of online websites and portals that offer a wide range of beautiful digital Rakhis that would not be heavy on your pocket.



Video Call Your Family & Friends

Video Call Your Family and Friends
Another advantage of the technology progression is that we can connect with our family and friends via video calls anytime anywhere. This is also one of the cheapest and prominent ways to celebrate Raksha Bandhan while being safe at your home. You can perform Rakhi rituals while being on a video call with your siblings. This will help you share smiles, laughs and chitchats with your family and friends.

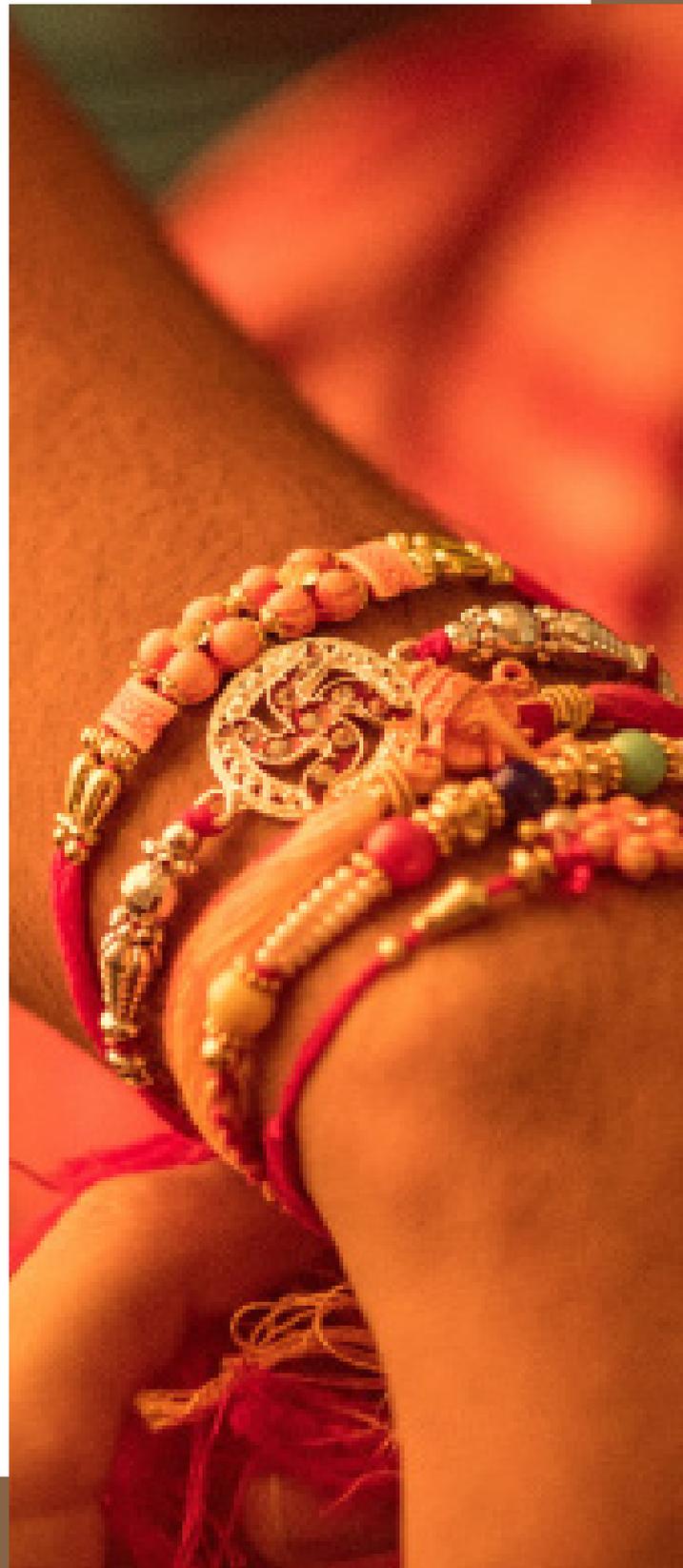
Send E-Cards to Your Loved Ones

Sending customised e-cards to your loved ones on Raksha Bandhan along with your blessings is another good way to celebrate the festival of Raksha Bandhan. You can send beautifully designed e-cards via the email address of your friends and family. You can also send a personal message and add animations etc. This is one of the best, and of course free, ways to let your loved ones know that they are there in your thoughts.

Send Gifts, Cards and Flowers

You can also send gifts, cards and flowers to your loved ones on this Raksha Bandhan. There are many online portals and e-commerce websites that offer a wide range of gifts and cards specifically customised for Raksha Bandhan. There are tons of gifts to choose from as per your pocket and the choice of your friends and family.

Other than these are many other amazing ways by which you can celebrate Raksha Bandhan being safe at your homes. You can use the traditional way i.e. send Rakhi via courier as most people have been sending for years. You can also dress at your home and cook homemade sweets and snacks. Share pictures and videos of yourself celebrating Raksha Bandhan at home. Be Smart, Be Safe, and Celebrate!





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โดยเป็นผู้ผลิตและจัดจำหน่ายผลิตภัณฑ์อาหารคุณภาพสูงให้กับกลุ่มอุตสาหกรรมอาหารทั้งในและต่างประเทศทั้งในพื้นของประเทศไทยได้แก่ โรงประมงสัตว์น้ำทั้งหมดในหลายหลาย อุตสาหกรรมอาหารอาทิเช่น โรงประมงสำหรับแช่แข็ง, โรงผลิตอาหารสำหรับอุตสาหกรรมแปรรูปเนื้อสัตว์ อาหารทะเล และสัตว์ปีก รวมถึงอุตสาหกรรมแปรรูปของสัตว์ปีกอาหารเพื่อเพิ่มผลผลิตต่อหน่วย (Yield) และเพิ่มมูลค่า ให้ในผลิตภัณฑ์ในน้ำ ซึ่งก็ยังรับพร้อมส่วนประกอบอาหารและเครื่องไม้เครื่องมือในอุตสาหกรรมเหล่านี้ด้วย



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ช่องทางการติดต่อ



นอกจากนี้ บริษัทฯ ยังผลิตพวงประมงสัตว์น้ำ ย่างมันที่เป็นสูตรเฉพาะของของบริษัทฯ เพื่อสำหรับกลุ่มอุตสาหกรรมขนาดย่อม(SME) และพุ่มไม้โลกโดยตรงภายใต้แบรนด์ "ไทเชฟ" ("Thy Chef") เพื่อตอบสนองความต้องการของกลุ่มอุตสาหกรรมดังกล่าว และพุ่มไม้โลกที่ดีของการประมงอาหารเพื่อรับประทานเองภายในบ้าน ซึ่งได้แก่ พวงประมงสัตว์น้ำ, พวงปลาเนื้อนุ่ม, พวงปลารสเด็ดของจีน เป็นต้น

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India is incredibly full of art, architecture, culture, and traditions. It is a country where there are several communities and religions. Each city has its own culture and traditions and each with its importance. Some frequent festivals are more or less celebrated among us and add meaning to our lives.



FESTIVALS AND ITS IMPORTANCE -

Festivals are a kind of event celebrated by a community in terms of a particular religion or culture. Festivals are dedicated to fulfilling a common purpose; it offers a sense of belonging for religious and social needs. Festival also entertains us with a particular tradition and culture, sharing stories and gifts. It brings people together; you love visiting friends and family, which gives specific importance and meaning among us.

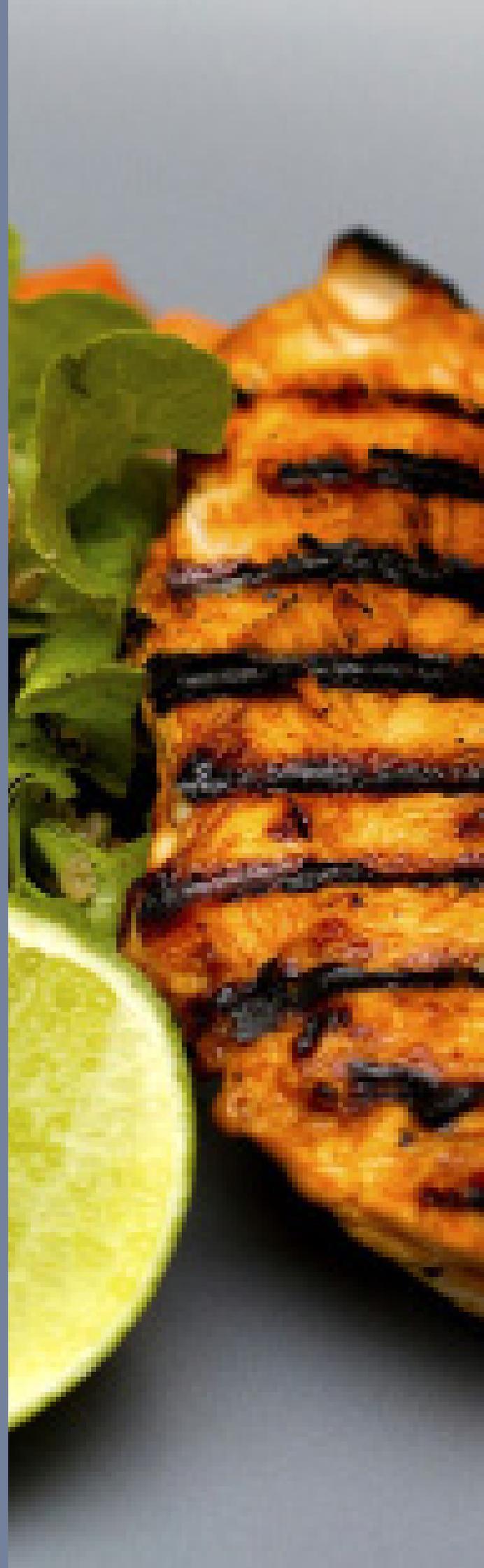
Festival helps to keep connections not only with people but also with the roots and culture. It teaches us to forget enmity and create a bond of love and brings positivity to our life.

There are different festivals for different reasons like festivals related to worship, art, seasonal or harvest, and my favorite food and drink festivals.

The most important in festivals are food because it adds a blissful color to the festival. During celebrations, family, friends share sweets and gifts to greet one another. There are festivals where you also make sweets at home; you can also buy them in markets as desserts are the real heroes in a celebration.

SWEET ARE THE REAL HEROES IN A FESTIVAL -

Sweets are an Indian dessert, which is also called mithai and is a hero in Indian cuisine. Sweets are considered to be pure, so



offered to God. It is a small gesture of greeting people and bringing out the sweetness in life. Desserts are made with flour, almonds, cashew, ghee, cardamom, rice flour, besan flour, etc., but the base is always sugar and milk. There are several Indian sweets that you generally buy or make at your home during festivals such as gulab jamun, halwa, jalebi, kheer, laddoo, barfi, and rasgulla Sandesh, etc.

Generally, sweets are desserts that are served at the end of food, but maximum sweets are made or brought home for occasions and festivals mainly.

HOMEMADE SWEETS AND BENEFITS -

Eating homemade food is always the best. It is not only good for health but also saves money, which is an essential factor. When the sweets are handmade, we can also control the ingredients instead of making them unhealthy. It may take huge money to buy sweets when you need it in a larger quantity, but it can be reduced if made in our home.

Homemade sweet also contribute to healthier diets and reduces calorie consumption. You can make their taste better in terms of the shop because you will use fresh and more robust products to make our sweets the best. Lastly, during festive days friends and relatives are always together.

You can also experience a good bond of love making them together and make more memories as festivals are celebrated to bring relationships closer.



This is a perfect plan to make it more worthwhile. Now, let us find out the celebrations on the upcoming dates where we can experience the joy of making homemade sweets.

UPCOMING FESTIVALS

Two of my favorite festivals close to our hearts of Hindu culture and the next dates where most people make new sweets at home are Raksha-Bandhan and Janmashtami.

- **RAKSHA BANDHAN** - This is a popular and is a central festival in Hindu culture also you can use it a celebration to make a relationship with close ones stronger and according to rituals sisters tie up a thread called Rakhi around the wrist of their brothers which symbolize that brothers are protecting their sisters with a potential of care and of receiving gifts in return.

- **JANMASHTAMI** - It is also known as Gokulasthmi and is celebrated for the birth of Krishna and is a famous festival in the tradition of Hinduism. In this festival, Krishna idol has been worshiped. We dedicate flowers, fruits, and different sweets in front of the hero and perform a simple pooja, and also, you may ask your friends and relatives to visit this pooja held in your house.

At an early age, food and sweets were always homemade during an occasion, or a festival and Raksha Bandhan and Janmashtami are the festivals where sweet plays an integral part in Indian festivity. As it's the time of COVID-19, you can make a better option for making sweets homemade.





TWO HOMEMADE SWEETS AND RECIPE -

- **RICE KHEER-** This sweet can be made for both the festivals. There are more variations for kheer, but rice kheer goes with both the upcoming celebrations. Here are some easy steps of making perfect homemade rice kheer.

1. Take a vessel and add 1 liter of milk, turn on the gas, and start heating the milk. Add 10 to 12 almonds, cashews well chopped and some cardamoms, and make powder with it.

2. Add basmati rice in water and soak it for 30 mins then add it into the vessel stir it well, add some chopped dry fruits and saffron and keep on stirring it on a medium flame for more 10 minutes.

3. Once it is dense, add 1/2 cup of sugar and mix it well. Cook it for more 5 mins to mix the sugar well, and then your kheer is ready to serve.
smoke.

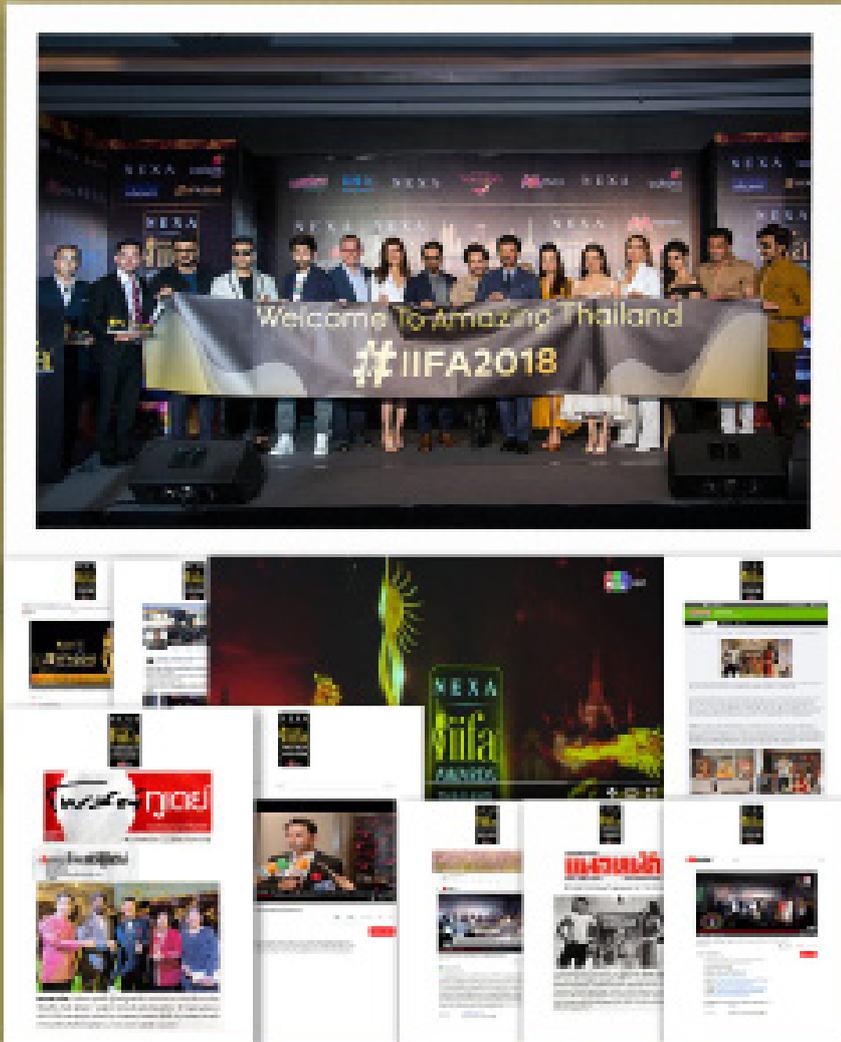


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HOW CAN THE COMMUNITY OF COMMONERS HELP THOSE IN NEED DURING CORONA VIRUS PANDEMIC?

MANISH KUMAR

Corona virus pandemic shook the world with its sudden appearance and wide-spread infection capabilities.

The pandemic has disturbed the entire humankind during these months. The people have not only been suffering from the COVID-19 disease but also been having the scarcity of the essential services such as the food and shelters. Millions of people who belong to the below poverty line (BPL) along with migrants have experienced the sudden insufficiency of food with no regular income and shelters.

We are a country of over 1.3 billion people – the second most populated country in the world. Considering the fact that having such a huge population, our country needs our support to fight the pandemic at this crucial time.

The participation of the community is a must as we need to take collective steps to win the battle against COVID-19 pandemic. Fortunately, during these months of corona virus pandemic, we have seen a lot of people coming forward and volunteering for the cause. While millions of people are facing the challenges of basic needs, there are many social organisations and NGOs who came forward to provide them with the required help and support.

Thousands of social organisations and the community of commoners are providing the homeless people, migrants, daily wagers and other incapable people across the country with food and shelters during the corona virus pandemic.

Various other religious communities have also been distributing food to those who are in need. Other than these, thousands of people have been distributing food





packets to migrants who have been hitting the roads to reach their native places since the implementation of the lockdown 1.0. There are millions of people in our country who have been surviving on the food distributed by the social organisations, NGOs, religious communities and thousands of volunteers. Along with them, there are many people who do not accept the food or any kind of help in public because of social stigma. For such kind of people, many volunteers are delivery packed food to their door or wherever they are staying at the moment.

This is a very crucial time when we all need to come together and stand for the human-kind. There are many ways by which we, the commoners, can help save the human-kind from this pandemic. Let us take a look at some of such ways.

Donate Money to Relief Funds

We understand that not everyone can out during this pandemic and spend their time. However, what we can do is to donate money as per our own capability.

This will help strengthen those organisations, institutions and other individual volunteers who are dedicatedly helping those in need. There are various government-established and non-profit organisations that are helping the vulnerable communities such as old age people, children and homeless people during the pandemic. These are the communities that are extensively exposed to the corona virus and we need to help them stay safe and provide them with food and shelter.



Support Your Domestic Helpers and People Who Work for You

As they say, charity begins at home. We must support our domestic helpers, drivers, lift persons, security guards and others who have been working for us. They have been serving us for years and this is the time when we must extend our helping hand and support them during the corona virus pandemic. We understand that we all are suffering from the irregular flow of income, but so are they. They are totally dependent on the salary that we provide them with. Hence, we must not deduct their salaries even if they were not allowed to work regularly during the lockdown.



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Do Not Let the Small Business Die During the Pandemic

More than the huge business empires, the small businesses have been affected due to the corona virus pandemic. The daily wagers, street vendors and small business owners have suffered so much loss during the lockdown period caused by the COVID-19 pandemic.

Therefore, we can help them overcome the financial crisis during this difficult time. We can buy groceries, medicines, food items, fruits and vegetables from our local vendors and help stabilize their financial situation. This is the time when most of the people who are financially not so strong are yearning for maintaining their livelihood.

Make Aware Those Who Are Not Aware of the Consequences

Since the corona virus pandemic has been one of the most lethal and widespread pandemics in the last many decades, not many people are aware of the pandemic.

Hence, we can help them by making them aware of the consequences of this deadly virus. This way, we will not only help save their lives but also contribute to society.

Our corona warriors such as the doctors, police personnel have been working for us day and night, 24x7 for months during the corona virus pandemic. We can surely reduce their workload indirectly by making them aware of the crucial of the situation. The more aware we will be, the less COVID19 infected there will be.

The corona virus pandemic has trembled the entire world, be it the Great America, Europe or other superpowers like India,





China and Russia. However, the pandemic has shown us the positive side of the world as well. There are a significant number of people who have been silently helping needy people around the world without having any institutional support.

This is quite a critical period where we are running the race of life. If we want to win this battle against corona virus, we must come together and stand firm against COVID19. Helping each other will make us stand strong.



If we cannot go out and work with the same pace and capacity as our corona warriors have been working relentlessly during the pandemic, we can at least extend our helping hand to those in need within our capacity.

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