



Indian Council for Cultural Relations
विदेशीय सांस्कृतिक संबंध आयोग
Swami Vivekananda Cultural Centre
High Commission of India, Colombo

Sanskarika

Newsletter of the Swami Vivekananda Cultural Centre

SEPTEMBER 2022



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Azadi Ka
Amrit Mahotsav

CUISINE THE COOLING MEAL



Summer can be very debilitating. When the temperature begins to rise, it's important to keep our body cool from inside. Author Kavita Devgan explains how traditional Indian preparations from across the country can actually help in regulating body temperatures to beat the summer heat.

An ice-cream or an iced drink is what most will turn to during summer to beat the heat. But are these food items a healthy solution in lowering our body temperature? Their initial cooling effect is quickly replaced by heat that the metabolic functions generate to digest them. Instead, have a banana or a

watermelon, which, according to traditional Indian dietary practices, reduce our body temperature while digestion and interestingly, offer a healthier alternative to iced concoctions. Traditional Indian food and eating habits are to a large extent based on the ancient philosophy of Ayurveda; and it says that doshas or life forces control how the human body functions. Pi"ā is the life force controlling digestion and metabolism, and in summer, eating food that is tougher to digest disrupts pi"ā dosha. According to the norms of traditional Indian cuisine, in summers, it's advisable to consume foods richer in alkaline elements and those packed with

water, to fight the acute dehydration while simultaneously providing healthier solutions to beat the summer heat.

SUBTLE SWEETENERS

Gulkand (a preserve made from rose petals) may have come to India from ancient Persia, today it's an intrinsic part of our traditional eating habits. As it possesses coolant-like properties, it is considered to be an ideal ingredient to beat the summer heat. Made with fragrant rose petals and sugar, Gulkand not just keeps the body cool, it also helps alleviate heat-related problems like fatigue, aches and pains. It's a great digestive tonic too and helps with digestion by reducing stomach heat and acidity. It also helps in the detoxification of the body, besides helping

reduce excessive perspiration and foul body odour, both common problems during summers.

VEGETABLES AND FRUITS

Most vegetables keep body temperatures low, but some vegetables are more effective as they are water-rich. Vegetables like cucumber, radish, le"uce, bo"le gourd and spinach are ideal for summer and can be easily incorporated in meals. Cucumber is a versatile vegetable and it can be used to toss up a salad or infused into drinking water. Fruits too pacify the pi"ā and summer yields like coconut, dates, lime, mango, melons, sweet orange and sweet pineapple should be included in a regular meal plan. Have watermelon in the morning to prevent and cure



Gulkand, a sweet preserve of rose petals popular in India, helps maintain a lower body temperature

heat stroke. The Indian bael, known as the stone apple, can also cure a heat stroke and can prevent adverse effects of the dehydration. It is usually enjoyed as sherbet or warm tea infused with dried slices of bael. The same results can be achieved with aam panna, a drink made with steamed unripe mango pulp or a glass of kokum (*Garcinia indica*) juice. The la"er, a native fruit of the Deccan plateau, makes for an effective summer beverage when served chilled with natural sugar. However, as fruits digest at a different rate than other foods, Ayurveda states that they should be eaten alone, and not combined with other foods so as not to hinder the digestive process. The best time to have a fruit or a fruit juice is before a meal, a few hours a#er a meal, or as a late morning or early a#ernoon snack.

SUMMER COOLERS

- **Green moong (gram) sprouts**

This lentil is an effective cooling food. Try a cool potato salad (chaat) mixed with a handful of sprouts and a few slices of cucumber. It's a perfect summer snack

- **Kokum (*Garcinia indica*)**

Used extensively in Gujarat and the Konkan region. It has great cooling benefits. Through the summer months, it can be used as a substitute for tamarind in your food.

- **Fresh coconut water**

Loaded with essential minerals which keep the body hydrated and maintain its electrolyte balance.

- **Bitter gourd (karela)**

This removes excess heat from the body, even if you eat a hot dish made with bitter gourd.

- **Bottle gourd**

This gourd contains almost 96% water, is inherently cooling and is loaded with potassium that helps keep the blood pressure down and electrolyte balance maintained. It prevents fatigue and keeps the body cool and refreshed.

INDULGE IN FISH

In non-vegetarian ingredients it is advisable to consume more fish compared to other meats. Fish is a cooling food that helps counteract the heat lingering in our system, and helps bring about an equilibrium on a hot summer day. While cooking any dish, include cooling spices like fresh ginger (dry ginger increases the body heat), marjoram, cilantro, lemon balm, peppermint, and white peppercorn.

FUELING SUCCESS

If you haven't eaten for three-four hours, your blood glucose levels would probably be dipping, so eating even a small amount of nutrient-rich food will give your brain and your body the required boost.

DRINK RIGHT

Make sure you are drinking 7-8 glasses of water every day, and never go out in the sun without having a glass of water. Matke ka pani (water from an earthen pot) is a good idea as soil adds essential minerals and helps remove the impurities, besides keeping the water cool. You could even use a copper matka, as that too keeps the water at room temperature and helps detox your body. Jaljeera (a drink infused with the goodness of cumin seeds) made with lots of

mint leaves is also very effective as a summer-drink. Since traditional Indian cuisine incorporates several Ayurvedic principles, numerous summer-special

dishes are naturally cooling. Combined with other tenets of the ancient science, like eating the last meal of the day during sundown, avoiding oily and spicy food items and also caffeine, can not only help us deal with summer but also keep us healthy.



Garcinia indica or kokum, is widely used in India for its many benefits like regulation of blood sugar, reduction of triglyceride levels and keeping the body cool



KAVITA DEVGAN

Kavita Devgan is a nutritionist, weight management consultant and health writer based in Delhi. She has wri"en several books highlighting simple dietary life hacks that can lead to a healthy, more holistic lifestyle. Her recent book Fix it with Food talks extensively about the benefits of super foods.

Source : India Perspectives | Issue 03 | 2020

Banana Dhai Vada

INDIAN DIASPORA IN SRI LANKA

Kankun Paneer Curry

Ingredients:

- Ingredients:
- 4 rawbananas
- Black pepper powder (1/4tsp.)
- Salt totaste
- Oil (forfrying)
- Curd (2cups)
- Roasted Cumin Powder (1/2tsp.)
- Red chilly powder (1/4tsp.)
- Chopped coriander Leaves
- (1tbsp.)



Method

- Boil Raw Bananas in a pressure cooker until they become soft (approx. 5-8mins)
- Peel the bananas (peels can also be used in a vegetablecurry)
- Add Salt and Pepper to thebananas
- Mash the bananas with your palm for 15-20 mins until they turn in to a softdough
- Make a flat, round patty out of this dough
- Heat some oil in apan
- Fry the patties on a low-medium flame, until they turn goldenbrown
- Soak the fried patties in some warm, salted water for 2mins
- Squeeze the patties to remove excess water and keep themaside
- Beat the curd and add salt andpepper.
- Dip these patties in the curd
- Place the dish in the fridge for 15-20mins.
- Garnish the DahiVadas with roasted cumin powder, red chilly powder andcoriander leaves.
- Dress the DahiVadas with sweet and sour chutneys totaste.
- The DahiVadas are ready to beserved.

By

Neha Agarwal

Savoury recipe

Local ingredient- kankun

Recipe name- kankun paneer curry

Type- main course

- Kankun leaves-150gms
- Coriander leaves-200gms
- Tomatoes-150gm
- Garlic-3 cloves
- Green chillies-2medium
- Paneer-200gm
- Oil-1/2tbsp
- Cumin seeds-1tea spoon
- Fresh cream-2tsp
- Salt-1/2tsp
- Turmeric-1/4tsp
- Chilli powder-1/2tsp
- Kitchen king masala powder-1/2tsp



By

Anju Patnaik



- Chop kankunleaves,corianderleaves,greenchillies,garlic,tomatoes.
- Then grind all the above mentioned
- vegetables with cumin seeds and salt in the grinder.
- Take wok and pour oil in it.
- Then fry the grinded vegetables.
- After that fry paneer for 20min in low flame.
- Now mix the paneer and vegetables then pour water in it and simmer for some time. Now the Kankun Paneer Curry is ready

Source : UTSAV 2019-20

LOGO COMPETITION

Logo Design Contest for the 12th World Hindi Conference (WHC-12).

The Conference will be organised in Fiji in the first quarter of 2023.

To take part in the contest please visit the link:

<https://www.mygov.in/.../logo-design-contest-12th-world.../>

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The last date for submission of entries for the contest is September 30, 2022.



4 to 25 Every Sundays 4.00 pm	Monthly Lecture Series – 96,98,99,101 Online Yoga lecture / workshop sessions for Param Dhamma Chaitya Pirivena, Ratmanala by Shri Ajay Kumbhar, Yoga expert from India	Sanskriti Sandhya Series –32 Kathak Solo by Nritya Nipun, Shasthrapathi Hansa Himavanthi	21 Wednesday 6.00 pm
7.00 am 5 Monday	Monthly Lecture Series – 97 On the occasion of the International Day of Charity Karma Yoga by Ajay Kumbhar, Yoga Expert from India Teachers Day celebrations to commemorate the birth anniversary of Dr. Sarvepalli Radhakrishnan.	Monthly Lecture Series – 100 Introduction to Siddha Medicine in collaboration with Astanka Yoga Mandir by Dr S. R. Pholtan Rajeev MD (s) Senior Registrar, Siddha Teaching Hospital, Kaithady, Sri Lanka Seniou-Siddha – Yoga Counsultant –A.A.Y.U.SH (AYM Sri Lanka)	24 Saturday 4.00 pm
8 Thursday	Onam Celebrations	Monthly Lecture Series – 102 On the occasion of World Heart Awareness Day Yoga for Heart by Ajay Kumbhar, Yoga Expert from India	29 Thursday 7.00 am
14 Wednesday	Hindi Diwas Celebrations	Sanskriti Sandhya Series –33 North Indian Semi Classical Vocal recital by Dr. Chinthaka Prageeth Meddegoda Senior Lecturer, Department of North Indian Music Faculty of Music, University of Visual & Performing Arts, Colombo.	30 Friday 6.00 pm

Free Events. All are cordially invited.

For details in regard to
CLASSES on

**Bharatha Natyam, Kathak, Sitar, Violin, Tabla,
 Carnatic vocal, Hindustani Vocal, Yoga and Hindi**

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