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## Earth is CHANGING...

When I made this statement in one of our 'addas' (*a small simple word to define what is a Bengali's passion, a cauldron of discussion ranging from cost of Hilsa; to the future of the world economy; to possible solution of Dengue outbreak in an Indian village etc. etc.*), one of my pals looked over the brim of his tea cup and looked inquisitively "Everybody knows that, what is so new in that statement?" He then went into his philosophical mode and said "Change is a must for Development. Society evolves only through a change and stagnation kills intellectual development. Even in our scriptures, first there was 'Satya-Yug', then came..." I interrupted him, "Ahh ha, got you there, WORLD needs to change of course but, 'EARTH'?????" As a true Bengali (*who will never back down*), he snapped back, "Come on, we all know that initially there was Ice Age then came..." and the discussion carried on.

Let's face it, the world climate HAS changed. There is no doubt about it. In my younger days, the seasons were mainly fixed based on the month rather than the actual weather. Temperature was found in the left bottom corner of the daily newspaper, "Temperature as measured at Alipore met office is XX °C". The weather was rarely discussed except for an occasional mention in para's corner teas stall in midst of another 'adda' to justify why 'off-season' visit to Darjeeling is not a good idea. In today's perspective, when we speak with or visit our relatives in India, it is quite common to hear them complaining "how the weather has changed ...". Of course, with advent of internet, the weather details are available literally at everyone's fingertips, moving away from the bottom left corner of the paper. Everyone is more informed now as compared to the pre-internet age. Unfortunately, this weather change is not only limited to India or any localised Geographical area, the change is happening throughout. Here, in the UK, over the last few months the temperature has been successfully breaking records and reaching new 'highs'. There has been so many scary changes in the world climate that the meteorologists are literally scratching their heads. Climate Change issue was mainly brought to focus by the Nobel Peace Prize in 2007 to Mr. Al Gore and Intergovernmental Panel on Climate Change (IPCC). The effect of Global warming is almost everywhere to perceive now, it is no more a mere prophecy in some scientific journal about melting the icecaps of Antarctica; but is now touching the everyday life of each and every one. Examples are everywhere:

- there has been increasing wildfires around the globe, with one blazing away just now in Amazon rain forest. In California alone, 14 of the largest wildfires on record have occurred over the past 15 years. Similarly, in Australia more bushfire is being prevalent in the last 30 years.
- Frequency of droughts has increased in India. Many studies have put it directly on Climate Change. This unfortunately, has very sad and negative impact in the well-being of the farmers. It has been estimated by a study conducted by University of California, Berkeley that about 59,300 farmer deaths over the last 30 years can be attributed to the socio-economic upheavals due to climate change. This is a very distressing figure for an agro-based economy like India. Similar study was also conducted in New South Wales, Australia and nowhere it was found that there is an increased relative risk of up to 15% for rural males aged 30-49 y with rise in drought index. Innumerable similar examples can be found elsewhere.
- The average temperature of many places is showing an upward trend. In the UK, 2018 was adjudged to be the hottest year. Unfortunately, this increasing temperature trend will see more increased average temperatures in the coming years.

There are many, many, many more effects that has and will manifest over time. Especially the health effects on the world population, which is a separate discussion all together.

One of the main contributors to global warming is a phenomenon called the 'Greenhouse effect'. In simple words, solar energy from sun, which is the main heat source for earth, is partly reflected off bright surfaces (like cloud, water mass, ice etc.) to outer space while another part is absorbed by land mass and atmosphere. This absorbed energy is then re-emitted back. Any heat retained back heats up the atmosphere. Certain gases (nicknamed as greenhouse gases) absorb this heat and re-emits the heat to several directions including back towards the surface. This contributes to heating up the atmosphere and in turn contributes to 'Global Warming'. The main greenhouse gases are water vapour, methane, carbon dioxide (CO<sub>2</sub>), nitrogen di-oxides (NO<sub>2</sub>) etc. Over the last few decades, due to increased industrialisation, mankind has contributed to exponentially increased emission of these greenhouse gases. Also, huge amount of deforestation, which has been necessitated to accommodate increasing world population has contributed dramatically to global warming. Also, the average sea temperature is increasing. Sea is a big reservoir of CO<sub>2</sub> and absorbs energy increasing sea temperature and level. This also depletes ice cover in the Antarctica and Arctic circles, which will increase the sea level and endangers low-lying areas.

After initial denial, there has now been a reluctant acceptance to the fact that mankind has done quite a significant damage to the atmosphere to reach us to brink of this irreversible change. There has been quite a few World meets on this issue to agree on measures to limit this damage to the climate. It is a very encouraging news that the various Governments and World bodies are working on measures to help the environment. Albeit many World bodies are working on limiting the ill effects of climate change, we as individuals can also put in our bit to help the climate and preserve for our future generations. Some small but significant steps which will help to ease off pressure on the atmosphere. Hence, we need to clean up the mess for our future generation. We can,

- use more renewable sources of power (*fossil fuels used to generate power is one of the worst culprits for greenhouse gas*)
- use public transport as often as we can (*vehicle exhausts generate NO<sub>2</sub> and CO<sub>2</sub>*)
- plant more trees. The plant is a big consumer of carbon dioxide and hence a natural big sink for this greenhouse gas.
- Make small changes around the house like changing bulb types to energy saving, decrease use of hot water, decrease the thermostat a notch etc.
- Halt de-forestation
- limit consumption of meat (*ironically live animals bred for food gives off huge amount of methane another greenhouse gas*)

Panchamukhee welcomes you to the 2019 Durgotsav, which is being held between 4<sup>th</sup> and 8<sup>th</sup> October, in Harrow Arts Centre, Pinner.

As part of this year's pujo initiative, we plan to try and increase awareness in our own small capacity on this serious issue.

Come, let us all take a pledge on this pious occasion to help our own earth and preserve the same for our future generations.

**Sabyasachi Dutta**

*On behalf of Panchamukhee*

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## Message from Mayor of London



I would like to send my best wishes to all of those in London and members of the Panchamukhee Durga Utsav Festival Committee who are celebrating Durga Puja this year.

As the Mayor of London, I am proud to represent such a forward-looking and dynamic global city where we do not just accept our differences but respect and celebrate them. Your community continues to make a huge impact on every aspect of life in the capital and I would like to thank you for the contribution you make to our great city.

Wishing you all a peaceful and joyous Durga Puja.

**Sadiq Khan**

*Mayor of London*

*Wishing you a  
very happy Dussehra & Diwali!*

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## Message from mayor of Harrow



**A message from  
The Worshipful the Mayor of Harrow  
Councillor Nitin Parekh**



May I take this opportunity to congratulate Panchamukhee for Celebrating Durga Utsav on its 14th Anniversary and wish Panchamukhee Durga Utsav 2019 every success!

I also thank them for Promoting the Art and Cultural Heritage of the Indian subcontinent and bringing diverse cultures to work together in today's multicultural UK.

**Mayor**



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## How Cultural Integration Reduces Toxic Thinking

For me, cultural integration is like any form of sharing. We know that working in partnerships, sharing information and being ready to accept or even adopt new ways of thinking is healthy in every sense of the word. This applies to a group of friends, an organisation, a community or a nation.

Cultural integration assumes the exchange, acceptance and adoption of beliefs, practices and rituals of another group without sacrificing the characteristics of unique cultures. Most importantly, the healthy intermingling of cultures and groups allows for people from different backgrounds to feel part of something bigger. To feel included.

I recently read research conducted by scientists in Spain. They used the latest technology to understand what was happening in the brains of people who harbour extremist views. Their willingness to commit violence for their values or sacred values could plainly be seen. However, these toxic views were far more extreme when the person felt left out. The scientists, very cleverly, had their subjects play a virtual game with local people, where they were gradually excluded and the results were clear; an extremist view is exacerbated by a feeling of disenfranchisement and a person's willingness to commit violence to enforce their values increases.

So what is the answer? Charities like Panchamukhee, who aim to bring cultural cohesion into a modern diverse society play an important role in eliminating the toxicity of thought, which can lead young people into extremism and violence. This is achieved by welcoming people from all backgrounds and helping them feel a sense of belonging, while not asking them to give up anything of themselves.

Can promoting the art and cultural heritage of the Indian subcontinent be a gateway to exploring how different cultures can work together? Absolutely. By showing pride in our heritage while at the same time promoting inclusivity and cohesion, we open the doors to cultural integration. It's not the whole solution but it's a start, and big things have small beginnings.

We knew it instinctively, and now we can show scientifically: effective cultural integration helps guard against toxic thought. We who share these values, must work tirelessly to build communities and societies that are inclusive, supportive and cohesive. If we fail in this endeavour; if we fail to share, fail to include and fail to support, then we risk toxic thinking festering into extremism and violence.

Whatever the culture, we must be bound together by a shared vision that transcends our differences: moving towards an objective good by working to alleviate human suffering. If you can't find common ground in that, what can you?

**Neil Basu QPM**

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## Just a Memory or...

- Kakoli Basu

Is it just me or that time of the year that inevitably drags me down the memory lane of a long forgotten nostalgia- the distant sound of a conch shell breaking the silence of a rushed evening, the burning of incense clouding the senses with its seductive fragrance, humming of my mum's beautiful voice, rushing in and out of my dad's temperance, the loud guffaw of my sister and her friends... ??

The swarthy glow of the sunset as it spreads out its dusky hue in the vast above, the soft blinking of a silvery speckle here and there walking down the busy lane elbowing a mad rush of oncoming vehicles and sweaty crowd I suddenly feel a cold chill of tingling through my spine! Reminiscing a past that has eluded me decades of my very existence, threatening to break through the chaos of my being.

Is it just the floodgates of memories passing by or a subtle truth of my desires long buried inside? I have often wondered why I feel so emotionally overwrought this time of year. The distant rumble of drums bashfully pierced through my chain of thoughts- My dad's voice calling out in excitement as he storms in dragging a troop of younger men! How predictable! Just the usual drama of every evening for the next few months ...My mum desperately trying to figure out what to cook now for these uninvited guests... Oh! Yes.. we were totally aware of this unexpected excuses of humanitarian gestures, but well we kept hoping that Dad will finally realise and maybe pause one day instead of charmingly apologising to mum for the inconvenience with the usual excuses of the young men having to work late helping out with the Puja Pandal decor and missing their mess dinner! So, if you are wondering? No, it never stopped, well not really until the year I turned 16 and dad came home dragging his army at 2 AM! and I finally mustered the courage to shut the door on his militarised emotional invasion of our privacy and told them to go for a run, breathe in some fresh air and wait until it was time for breakfast- they were after all soldiers in the Air Force- so they can very well survive a few hours of empty stomach, there was much worse waiting on the fields - I can still see the shocked expression on my dad's face. I couldn't help feeling elated as I stifled a giggle closing the door on them. Well for once, it felt absolutely empowering to be in control.

If the fun just remained within the confines of me being nicknamed -The Dynamite, that eve or the young men looking for excuses to try and have a chat with the girls all pretending to be coy then maybe the wild adventures of Air Force Durga Puja would not have been barging in unashamedly into the unbidden doors of my thoughts every single year! Oh no- the whole waiting game for this time of the year with bated breath had in its wake an organised planning of executing an explosion of mischief better than the last. The passion on both ends, the stressed rehearsals, the strained voices of arguments, the late-night excuses of helping with the decors and last-minute preparations, the secret glances across the room, the sensuous smiles, accidental brushing of the fingertips, the snatched kisses, green-eyed Monsters rearing their ugly heads, the fierce competition of being the best AF base, the team spirit at the end of an exhausting day...

And the grand finale of the wanton dhunchi dances, the sheer joy of sindoor khela, the immersion, the hilarious melodramas of bhang drowning your senses...all kind of added magnificent grandeur to the AF Durga Puja brimming with colours of eternal hope, love, joy, unity, charity in unmeasured amounts of just selfless giving!

Sitting in this secluded corner penning down these rush of emotions has bought me to a whole new realisation- I have lost a quite a few years of my life, memories that have been permanently erased away because of my brain injuries and yet for some unknown reason I still remember the simplistic joys of a festive time that painted a

beautiful aura of my childhood memories. Maybe it's the Universe's way of letting me know that no matter what chaos and challenges life brings you will always come out armed with invincible courage and strength to sail through it all victoriously - Durga is after all the Divine force of positive energy defeating all negativity.

So, go be a little reckless and live your dreams with unbridled passion of just being YOU! Someday, somewhere, to someone you and your stories will matter and inspire.

# HAPPY DURGA PUJA!



## Cover Page Art

- Ashis kumar Das

Ashis kumar Das is an artist, Animator and Film maker. Presently working at Films Division, Ministry of Information and Broadcasting, Govt. of India as Officer in Charge in the Cartoon Film Unit. He is residing in Mumbai and practising Art and producing Animation Film for last 15 years in Mumbai, India. He has finished his Master in Fine arts from Kala Bhavan, Santiniketan, West Bengal in the year of 2000. Since he is practising art, does exhibitions in India and abroad.

***The picture in the Panchamukhee coverpage 2019 is created by him.***





## Yoga for Body Mind and Soul

Born in London, Paula went back to India at an early age with her parents. Came back to London in 2002. She has been working in a highly competitive corporate world for more than 35 years, earlier in India and now in London. Currently handling PR & Corporate sales at Air India London. Paula is married with a daughter and a son, both pursuing their respective careers here. At an early age Paula was introduced to yoga and classical music which is also considered to be a form of meditation. However later due to family responsibilities and work pressure she lost touch with both.

Five years back, when she had been long dealing with an extremely hectic lifestyle juggling between family and her professional commitments, there came a time when there was a calling from within that something should change to make life more meaningful and enjoyable. Initially she started going for yoga classes in London and then 2 years back she took a month's leave from office and registered for Teacher Training course at World Peace Yoga Centre in Rishikesh, India. The course comprising in depth study with supporting practical lessons alongside was something she felt her soul was searching for. She realised that most often we are not living with an awareness of being there in the present moment. And this is the root cause of our stress, which is mostly in the mind. Ever since she has been practising herself and with her students to live with an awareness to live completely in the present moment. Through regular practice it is possible to free oneself of painful memories which hold us back and also from thoughts of the unknown future which often results in living in a constant state of fear and stress. By regularly following some simple techniques of mind and body relaxation a person can live in a state of mindfulness with acceptance of 'what is,' which is the key to living in harmony with one and all leading to a person's overall well-being.

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***Paula Chattaraj***

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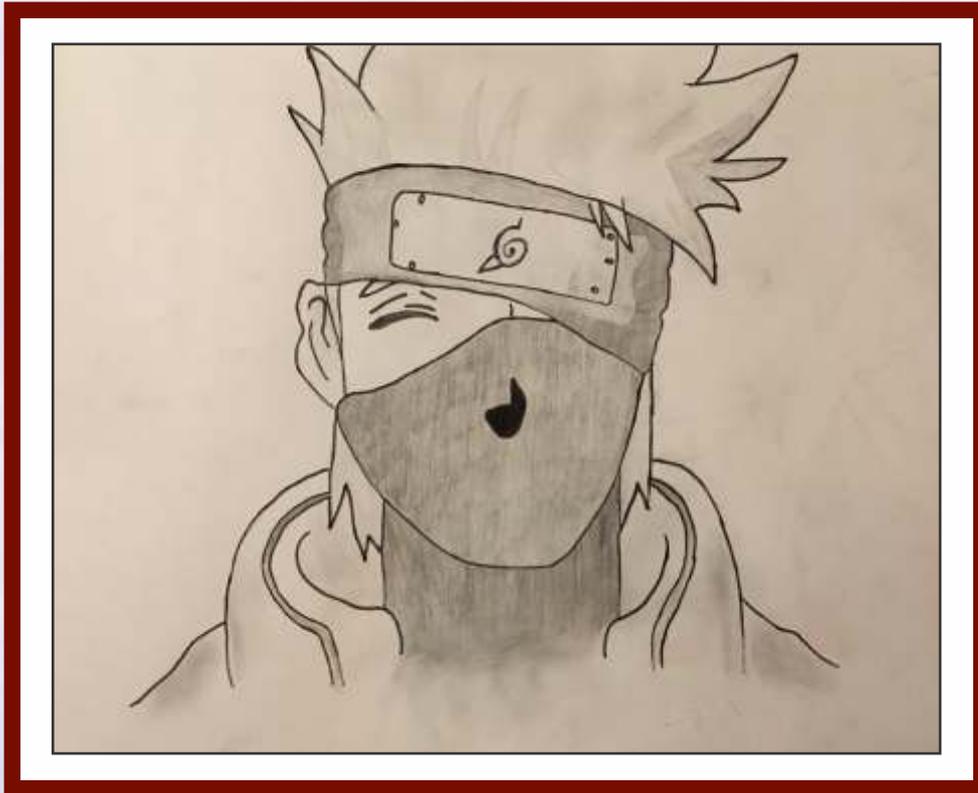
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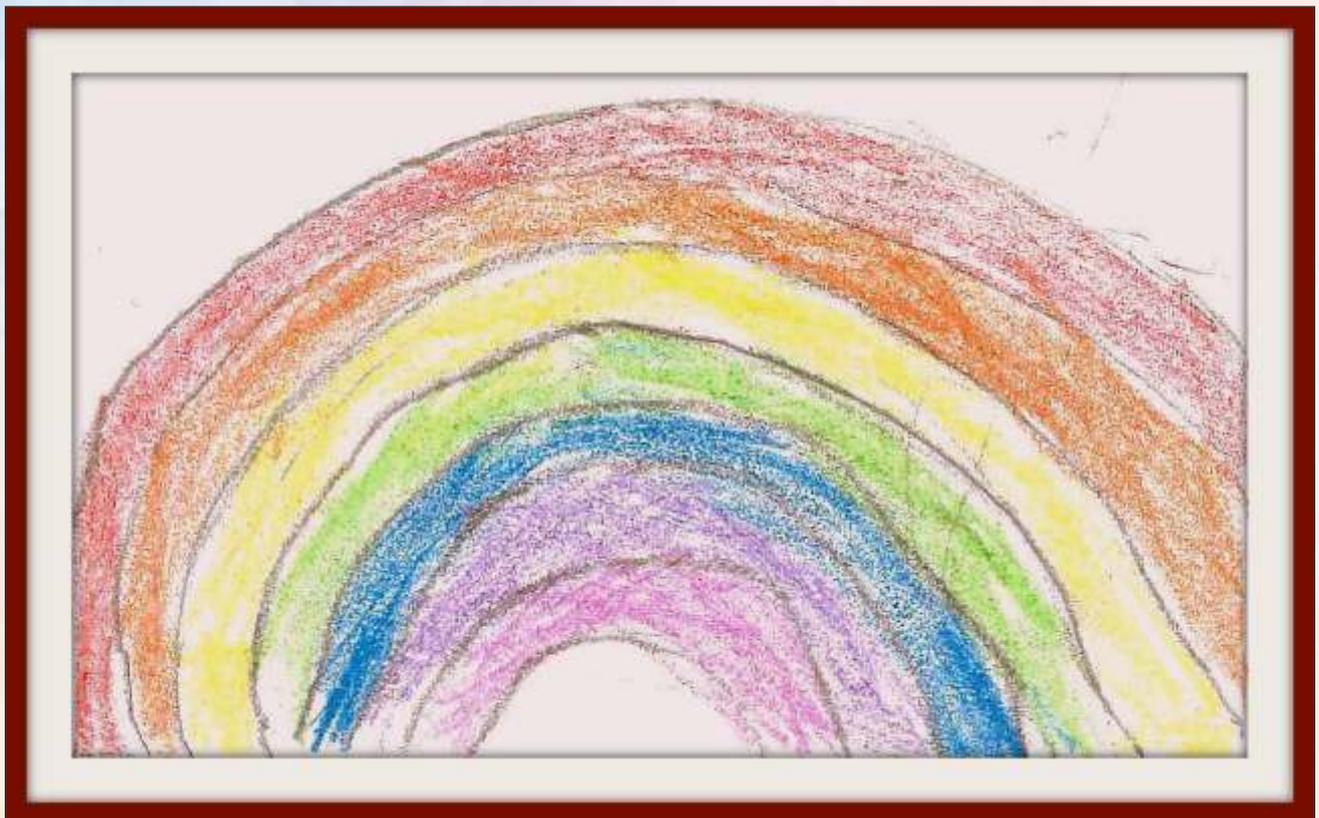
## Mask

- Aayush Mukherjee



## Rainbow

- Rayan Dutta





## My adventure with a talking worm

- Anupriya Dutta

One day, in my beautiful garden, I found a wriggly worm who talk in a low voice. He told me that his name was John and his parents had died. I asked him - "Do you want to be my lovely pet?". He replied - "I would love to". I asked my mum if we could go to the park and she agreed.

When we reached there, we went on the merry go round. Suddenly a bird swooped near to John, picked him up and dropped him in the woods where there might be ferocious animals. I thought to myself that I am a brave girl, so I ran into the woods and found John lying on the ground. Then, I saw three pairs of green eyes peering at me. As soon as I got eye contact with them, I realised that they were wolves.

After a few seconds, they began to growl, and I started to run. I popped John in my pocket. They chased us and growled louder than ever. Soon the sky was grey and getting darker. "Run quickly, they are catching up" - John screamed. They chased us for ten minutes. "Over there, there is a tunnel. We can hide inside" - John shouted peeping out of my pocket. There was a door, I opened it, rushed inside and closed it.

The tunnel was dark, damp, scary and slimy. We could hear the wolves coming closer, so I carried on walking through the tunnel. After walking for twenty minutes, we found a gate with "PARK" written on it. I opened it and found the same park that we were in before. "Let's go home" - I suggested. "Yes" - John agreed. Finally, we returned home safely.



## Umbrella

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# Austrian Holiday

- Nishtha Chakraborty



I don't remember going on holiday. It's not that I haven't been on holiday but that it was quite a long while ago. I went to Austria this year with my family and extended family. I had high expectations for the trip, I was prepared for an enjoyable time and beautiful memories however the trip ended up being far more exhilarating than what I had prepared myself for.

My holiday started as I packed my suitcase. Somehow when packing it always makes me feel more excited to go on holiday. This time was no different and I felt the same rush of excitement as I stuffed my clothes into my suitcase.

Two hours can be a long time. But not when you are in a comfortable seat, in an aeroplane looking out of the window down upon all the houses that look like the size of Lego and trees that look like broccoli. We landed in Munich (in Germany) where we stayed for the first two days of our trip. A taxi took us to our hotel where we slept in a comfortable bed.

The next morning we had a delicious breakfast with a large variety of options. There were pancakes, croissants, eggs, fruit, cereal, juices and lots more. That day we explored the lively city of Munich. We visited the BMW Welt we saw the newest and the most technologically advanced BMW cars. We also visited the Olympic Park where the Black September gunmen took hostage of the members of the Israeli Olympic team. From there we visited Marienplatz, the centre of the city and walked around the lively market.

Leaving Munich that day our next destination was Salzburg. I spent my time looking at and taking pictures of the most scenic view. In the distance we saw steep mountains covered in lush green trees. We were welcomed in Salzburg by a light drizzle of rain. A taxi took us to our hotel where we were going to spend the next few nights.

The next day we walked for hours, continuously. We visited Mirabell Palace and its garden which was full of vibrant flower beds. We took a stroll over a bridge which had padlocks locked to its railings, underneath the bridge ran a clear, blue river, we sat down and gazed as our legs recovered from the hours of walking we had done previously. The day ended with us walking back to Mirabell Platz to look for some food.

After walking for hours and hours I was starving. We had looked up a restaurant but we made a mistake in navigation which made it impossible to reach the restaurant. The aftermath of the incident was all of us having toasties in our hotel for dinner.

I thought I was having an amazing holiday however it was only going to get better. Monday was full of activities. Boating out on Fuschl Am See was the most relaxing experience. We could see the green mountains which split apart making way for a turquoise lake. From our boating we visited St Gilgen. We took a cable car ride up to the top of a mountain and looked down at the charming landscape. It was twenty minutes of a breath-taking view. A tiring morning left us feeling starved and we soothed our hungry stomachs with the best chicken nuggets and fries I have ever tasted. We spent a couple of hours up in the mountains before a cable car lowered us safely down to the ground.

Something about getting drenched in water on a hot, Austrian summer's day is very entertaining for me. The trick fountains, my favourite part of the trip. We learnt about a great Emperor and how he entertained his guest, and himself with water, however the best part was experiencing all the fun in the water. We all went to Hellbrunn Palace where scenes of one of favourite movies, the Sound of Music was shot along with the few other locations which I visited during

my stay in Salzburg. We went to see where the song 'sixteen going on seventeen' was filmed, comparing the area in the film to the area in real life.

Adolf Hitler was born in Austria, therefore it would be a missed opportunity if we didn't go to see the place where he once used for government and social meeting with his fellow Nazi party members. The location was up in the mountains and from the mountains there was a wonderful view of Obersalzburg. We went down a lift, the lift that Adolf Hitler's guests would use to go up to the main building. It was strange knowing Adolf Hitler was once in this building. We looked at the room where Eva Braun entertained her guests however we couldn't see many of the other rooms as it was now used as a restaurant. Seeing the building visited by one of the most important people in history was truly remarkable.

Vienna, the capital of Austria. A train took us to Vienna where we spent the day exploring the city. The architecture of the city was beautiful. The most interesting part of Vienna for me however was the horse carriage ride around the streets of the city. We saw the house where Mozart had lived and the building where Mozart first performed, when he was in Vienna. It was interesting to see the city which could have changed the course of history had it not rejected Adolf Hitler as an artist. We came across a food festival where international food was sold and stopped for a break.

Imagine having your birthday on holiday. Well, my mum was lucky enough to experience it. That day we searched for a nice restaurant to have dinner at. After miles of walking, we stopped at a Japanese restaurant and placed our order. The food made up for the extra walking and after we got back to the hotel we played Ludo and then we all had a good night's rest.

'Two hours can be a long time. But not when you are in a comfortable seat, in an aeroplane looking out of the window down upon all the houses that look like the size of Lego and trees that look like broccoli.' That's what I thought at the beginning of the trip and my thoughts haven't changed. After the excitement of the past week I was ready to relax before the holiday ended. My trip to Austria will be a trip I won't forget.



## Ode to Ozymandias

- Sarthak Datta

In a versted land, a Babylon once stood.  
One so majestic that legends were strung,  
And its leader so strong that no chief would,  
Dare to even cross him and look like scum.  
His name was Ozymandias, King of Kings,  
With sharp hands that could feed or consume all.  
With his mighty beast with dominant wings,  
Even the Gods under his foot would crawl.  
His dynasty unrivalled all through the ages,  
His metropolis wonder of the sands.  
Stories of his name written by sages,  
The world he had made with his own two hands.  
But now his legacy is to ashes.  
The city to dust as the void thrashes.

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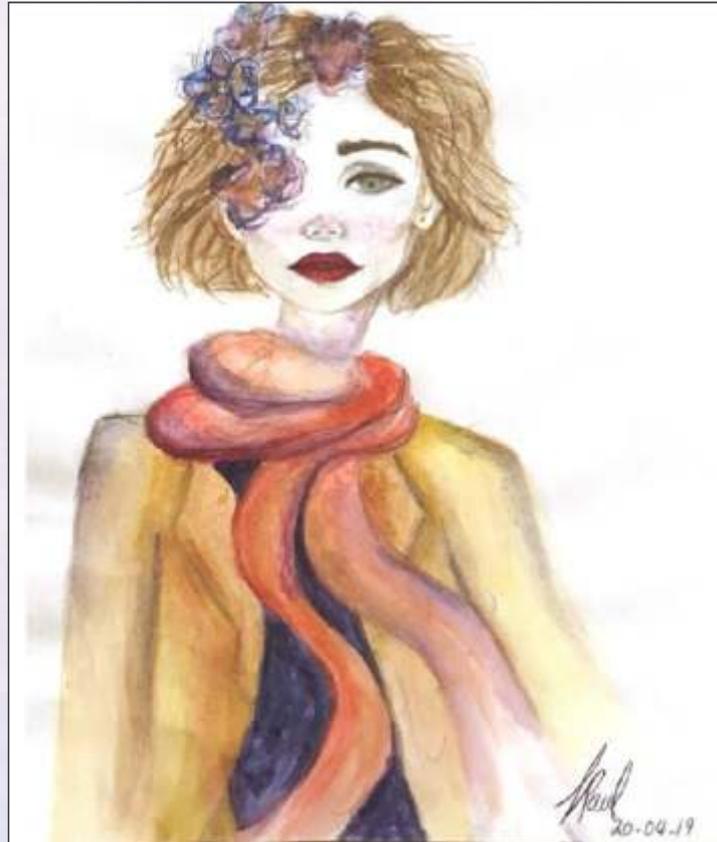
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## Lonely Lady

- Tanushree Paul



## Right and wrong

- Ipsha Singh

Now let me tell you the difference between right and wrong  
See doing the right thing is hard and wrong quite easy  
So don't feel queasy, when I say it's actually simple as ABC...  
Listen up and pay attention to this song, to know about  
Right and wrong  
Doing wrong is really bad, especially hurting and bullying others  
So...  
Don't be rude, horrible and meany  
Sorry if I sound cheesy, but again, doing right is actually easy  
So try out doing it right, it helps you just as you help others  
Be kind and happy, a cup of brimming positivity  
Light up a right path as you smile your way  
I hope I have made a little sense  
Right and wrong is just a matter of commonsense  
And I hope that you have enjoyed this song  
As you celebrate the possibility of not going wrong-



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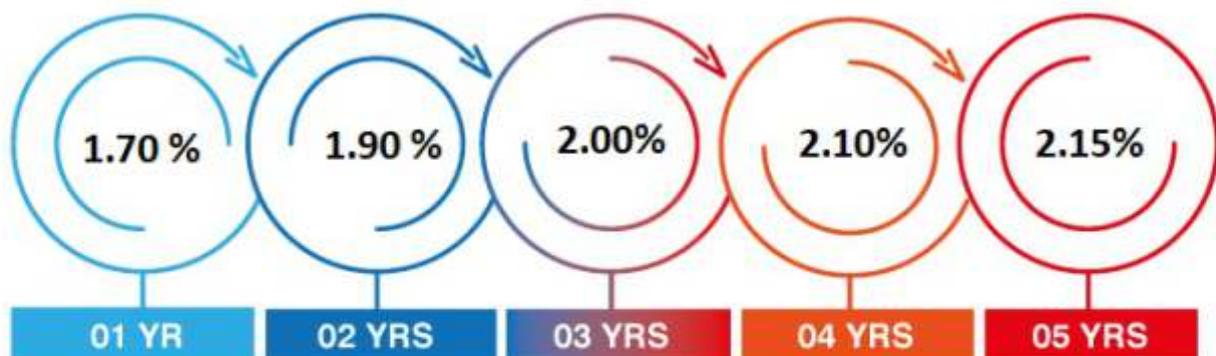
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## The Cleansing

- Deepti Mukherjee

There are no ballads to recall our time together;  
Our story could never be in harmony.  
Though we smiled, though we laughed,  
Thinking our love was our greatest reprise,  
Our paths wound apart.  
With defeat in our eyes,  
We opened and we closed;  
It drained us.

We thanked the skies that we found each other  
But all thanks were lost when we forgot our touch  
Drunk in love, we were forced to sober up,  
To open the tap and wash away our love,  
At all cost.  
And the sun shall rise tomorrow,  
For we shall be reborn.



## Alive

- Deepti Mukherjee

Around the corner I saw your face, but something had changed. I did not feel the same. My heart didn't jump, my legs could still move. I'm in awe of myself. In harmony I learnt to purify myself from your love. I did not question my looks, my ability, my mind. I cannot be lost because without your guidance the path is clear. I thought you burnt me, but my emotions were raw. I knew that without you I was more than fine; I was alive.



## The Acorns and the Leaves

- Aayush Mukherjee

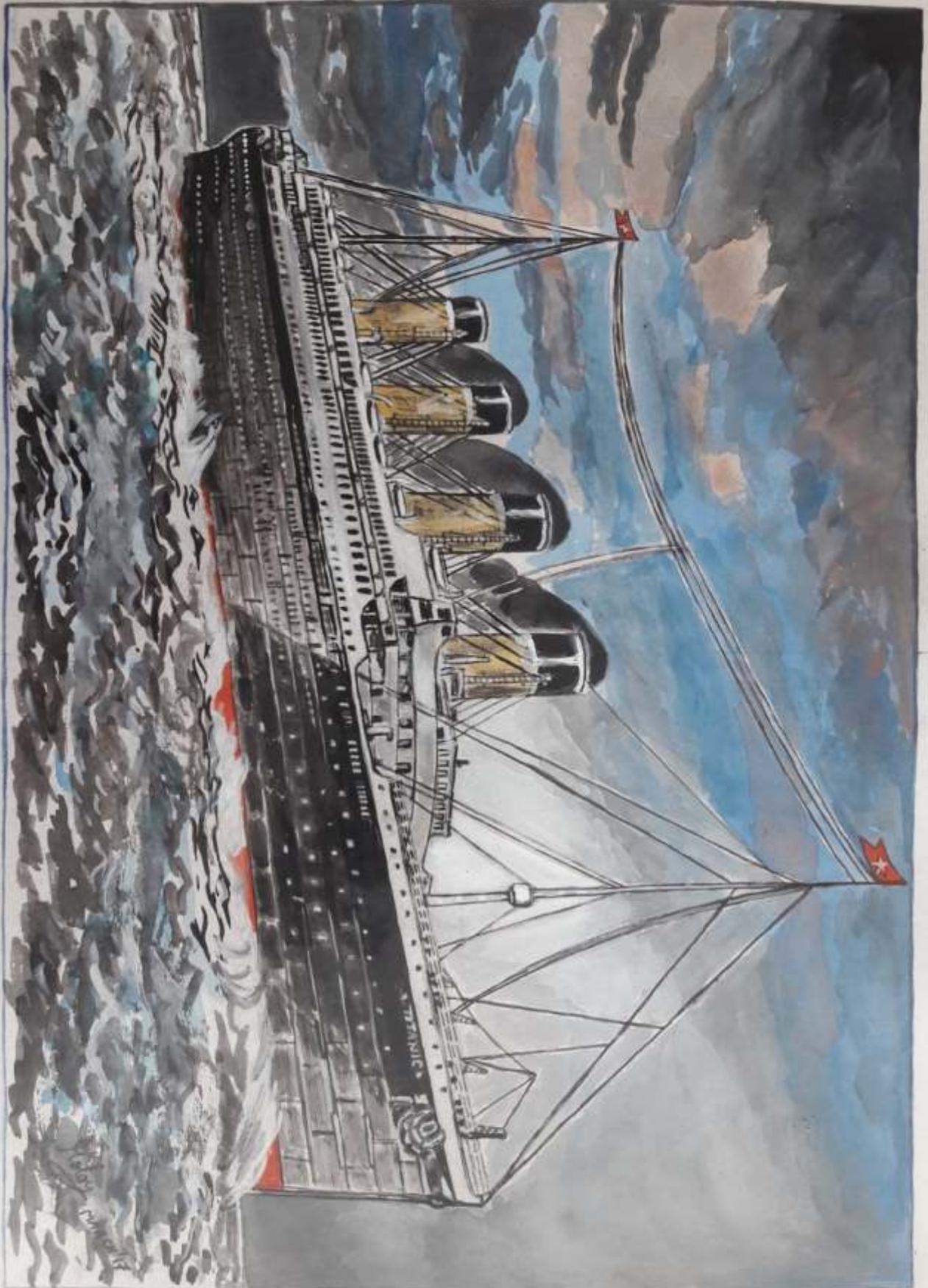
A shard of fire falls from its hive,  
As the seasons begin to change.  
The burning leaf dives down like an eagle,  
swooping for its prey.  
And then makes its new home on the ground.  
  
People are strolling calmly through the park,  
But their feet are slamming on the ground.  
Carelessly shattering the leaves like glass,  
And then it's living fire burns straight out.  
  
The sleepy acorns rest their heads against the tree,  
Until a gale of wind sends them flying down like  
missiles.

But their rugged bobble hat protects them from  
their fall,  
The sun then shines on them and they glisten like  
jewels.  
  
Their time of light will soon be over as they get  
crushed by human souls,  
Cracking straight through the middle their shell  
breaks open.  
Although their lives may now be over,  
A new one is born



# Titanic

- Mology Basu



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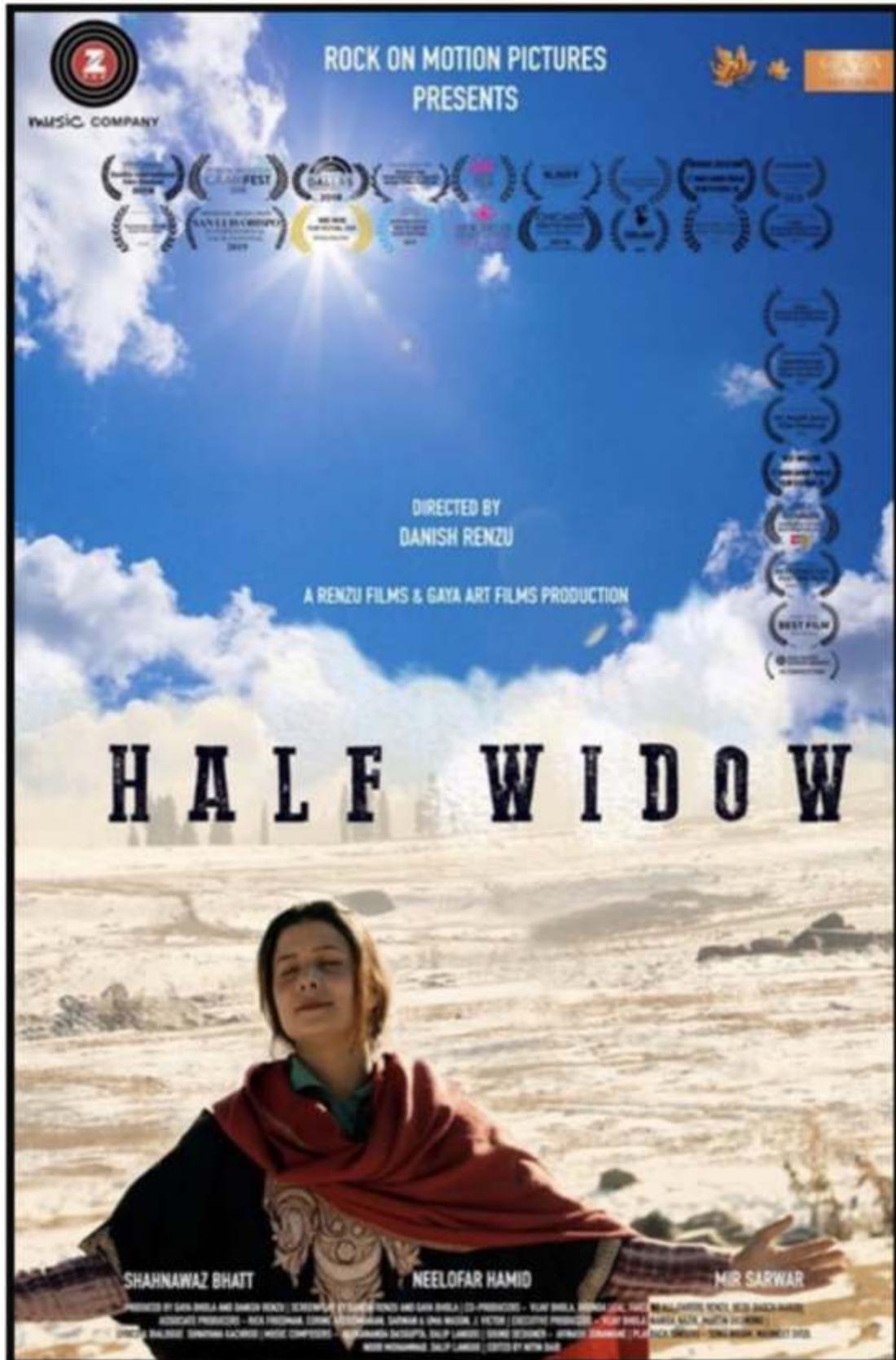
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# হরা ভরা মাশরুম

- ইন্দ্রানী বসু

## উপকরন:

- ১০ - ১৫ বড় মাশরুম
- বড় পেঁয়াজ কুচোনো ২
- লাল ক্যাপসিকাম -১
- সবুজ ক্যাপসিকাম -১
- হলুদ ক্যাপসিকাম -১
- ২০০ gm পনির grate করা
- ১০০ gm cheese grate করা
- সাদা তেল গ্রাম
- অলিভ অয়েল
- নুন
- চিনি
- সাদা গোলমরিচ গুঁড়ো



## প্রণালী:

প্রথমে মাশরুম গুলির ডাটি ছাড়িয়ে নিয়ে ভেতর থেকে কুড়ে নিতে হবে। তার পর মাশরুম গুলির গায়ে হালকা করে নুন আর অলিভ অয়েল মাখিয়ে নিয়ে একটা বেকিং ট্রে তে সাজিয়ে রাখতে হবে।

তার পর একটা নন স্টিক প্যান এ সাদা তেল দিয়ে পেঁয়াজ কুচোনো টা হালকা ভাজতে হবে। তার পর তার মধ্যে তিন রকম এর ক্যাপসিকাম কুচি আস্তে আস্তে দিয়ে নাড়তে হবে। নারা শেষ হলে তার মধ্যে গ্রেটেড পনির দিয়ে দিতে হবে; ২ - ৩ মিনিট নাড়া চারা করার পর আন্দাজ মতো নুন চিনি আর গোলমরিচ এর গুঁড়ো দিতে হবে তার উপরে গ্রেটেড চীজ দিয়ে মিশ্রণটা নাড়া চারা করে গ্যাস বন্ধ করে দিতে হবে;

এবার ওই মিশ্রণটা বেকিং ট্রে তে রাখা মাশরুম এর মধ্যে বেশি পরিমাণ এ ভোরে নিতে হবে। প্রিহিটেড ওভেন এ ১৮০ ডিগ্রী মাশরুম ভরা ট্রেটি ৮ - ১০ মিনিট রাখতে হবে যথক্ষণ না ট্রে তে রাখা মাশরুম হালকা বাদামি রং এর হচ্ছে। তবে খেয়াল রাখতে হবে যাতে মাশরুম পুড়ে না যায়।

এবার ট্রে থেকে বার করে সুন্দর একটি পাত্রে পরিবেশন করতে হবে।



## দই ইলিশ

- শিউলি মল্লিক



ইলিশ হল মাছের রাজা. দুই বাংলার প্রিয় এই মাছ দিয়েই একটা রান্না করি চলুন.

**উপকরন** - ইলিশ মাছ - ৮ টি (ধুয়ে নুন হলুদ মাখানো), পিঁয়াজ বাটা - ১ টেবিল চামচ, ১ চা চামচ আদা রসুন বাটা, ১।২ চা চামচ হলুদ গুঁড়ো, ১।২ চা চামচ লংকা গুঁড়ো, ১।২ চা চামচ ধনে গুঁড়ো, ১।৮ চা চামচ গরম মশলা, ১।২ চা চামচ ঘি, ১ টেবিল চামচ টক দই, ৪ টি কাঁচা লংকা, ২ টেবিল চামচ তেল, আন্দাজ মতো নুন আর মিষ্টি.

**পদ্ধতি** - একটি বাটিতে পিঁয়াজ বাটা, আদা রসুন বাটা, হলুদ গুঁড়ো, লংকা গুঁড়ো আর ধনে গুঁড়ো এক সাথে মিশিয়ে রাখুন. এবার কড়াই তে তেল দিয়ে তেল টা গরম হলে মশলার মিশ্রন টা দিয়ে ভালো করে কষান. মশলা থেকে যখন তেল ছেঁরে দেবে তখন পরিমান মত জল দিন. আন্দাজ মতো নুন আর মিষ্টি দিয়ে একটু ফুটলে মাছ গুলো দিয়ে দিন. এবার ফেটানো টক দই আর কাঁচা লংকা গুলো দিয়ে দিন. ইলিশ মাছ হতে বেশি সময় লাগে না. ৫ - ৭ মিনিট রান্না করে ঘি আর গরম মশলা দিয়ে নামিয়ে নিয়ে পরিবেশন করুন. শুধু এই দিয়েই ১ থালা ভাত খাওয়া হয়ে যাবে.



## চকোলেট মাগ কেক

- দেবদত্তা মল্লিক



মাঝে মাঝে কাজের ফাঁকে খুব মিষ্টি কিছু খেতে ইচ্ছে করে তাই না? আমার তো করে. চলুন বানানো যাক ২ মিনিটে মাগ কেক.

**উপকরন** - একটি মাইক্রোওয়েভ প্রুফ মাগ, ৩ টেবিল চামচ ময়দা, ১.৫ টেবিল চামচ কোকো পাউডার, ১।৮ চা চামচ বেকিং পাউডার, ১ চিম্টি বেকিং সোডা, ২ টেবিল চামচ মাখন বা তেল, ৪ টেবিল চামচ দুধ, ৩ টেবিল চামচ কন্ডেন্স মিল্ক, ১।২ চা চামচ ভ্যানিলা এসেন্স, ইচ্ছে মতো চকোলেট চিপ্স.

**পদ্ধতি** - প্রথমে মাগ এ ময়দা, কোকো পাউডার, বেকিং পাউডার আর বেকিং সোডা দিয়ে ভালো করে মিশিয়ে নিতে হবে. তার পর একে একে মাখন বা তেল, দুধ, কন্ডেন্স মিল্ক, ভ্যানিলা এসেন্স আর চকোলেট চিপ্স দিয়ে ভালো করে সব উপকরন মিশিয়ে নিয়ে মাইক্রোওয়েভ এ ১.৫ থেকে ২ মিনিট ৮০০ ওয়াট পাওয়ার এ চালিয়ে নিলেই কেক রেডি. আর দেরি কেন বানিয়ে ফেলুন.



## Durga Puja - Some of The Known Facts of This Grandeur Festival

- Shona Banerjee

India is a land of festivals. There are hundreds of festivals celebrated in extravaganza throughout the year. Some festivals are local festivals, while others are celebrated throughout the country. One of the most important festivals is Durga Puja, which is celebrated throughout India at the same time in different names. The term Durga means 'The Invincible' and the term has another meaning 'not easily approachable'. Durga is considered as the embodiment of pure energy of Gods. She herself is the supreme power 'Adhiparasakthi'.



Durga is the epitome of power combined by Trimurti; Durga took avatar for annihilating evil and to free the universe from the clutches of dark power and violence. There are several interesting stories intertwined with Durga avatar. Durga Puja is the worship of Durga in her various forms. Durga Puja is known by different names and Durga puja is celebrated in different ways - Navaratri, Durga Ashtami, Maha Navami, Saraswati Puja, Dussehra, Ramleela, Akalbodhan and Vijayadashami. There are five Navaratri, of these Shardiya Navratri is the most important. Durga Puja or Navratri is a worship of Goddess Durga in nine forms in nine nights. Durga festival is celebrated not only in India but also in neighbouring countries. Devi is worshiped in three different forms of Durga, next three days as Lakshmi and the last three days as Saraswati. The 10th day is called Vijayadashami.

In south India, it is celebrated differently, platforms or stairs are made of wooden plank or a metal stand is fixed, and it is arranged with dolls and idols of Gods and different figurines. Special pujas are conducted for 9 days, and it is also a period of family and friends to gather in the evening for pujas and bhajans. Bomma-Kolu celebration usually happens in Tamil Nadu, Andhra Pradesh, and Karnataka.

Durga puja is celebrated differently in North India. The main hub of Durga Puja is West Bengal where the Puja is observed with great fervour. Durga Ma is worshiped in different forms on each day and mantras are chanted. The full glory of Durga is on the eighth day called Mahashtami. In West Bengal, Durga Puja is vividly organized and Pandals are made which are elaborately decorated with flowers and they have special themes.

A demon, Mahishasura performed penance with great dedication and he obtained the boon to not get killed either by man or God. Shiva granted the boon, which made the Asura arrogant and he wanted to rule the heaven. He created problems and unleashed a reign of terror. He initiated a further attack on heaven which made the Gods assemble for finding a remedy to get rid of the nuisance of Mahishasura.

**There are nine forms of Durga:**

- 1.) Śailaputrī is the daughter of the Himālayas represents strength, courage and composure.
- 2.) Brahmachāriṇī is one who observes the state of celibacy doing penance recognition of your true nature.
- 3.) Chandraghaṅṭā is one who bears the moon in her necklace alertness
- 4.) Kūṣmāṇḍa the creator of the universe creativity
- 5.) SkandaMātā is The mother of Skanda, Kārttikeya, born out of her powers skills, innocence, courage and compassion
- 6.) Kātyāyanī is The daughter of sage Kātyāyana, who incarnated to help the Devashealthier relationships
- 7.) Kālarātrī is black as night, destroyer of Kālī dynamism through deep rest
- 8.) Mahāgaurī is the wife of Lord Shiva, doing great penance wisdom
- 9.) Siddhidātrī is the provider of Siddhis, giver of mystic powers perfection and enlightenment..



## Statement of Financial Activities for the Year Ended 30 June 2018

	Notes	2018 £	2017 £
<b>Donations Sponsorships and Contributions</b>	4	25,999	25,775
Direct Event Expenses	5	(21,878)	(7,671)
		4,121	18,104
Support and governance costs	6	(3,884)	(4,151)
		237	13,953
<b>Net income/outgoing resources before other recognised gains/(iosses)</b>		237	13,953
Other gains/(losses)		-	-
<b>Net movement in funds</b>		237	13,983
<b>Total funds brought forward</b>		14,012	59
<b>Total funds carried forward</b>		14,249	14,012



## Office

- Sourjya Das



## Market

- Sourjya Das





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## KISHALAY FOUNDATION

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PHONE- +913324340131, CELL- +91-9133678894  
WEB- <http://www.kishalayfoundation.org>  
CIN No. U00001WB2013NPL195715

To  
Managing Committee,  
Panchamukhee Durga Utsav 2018,  
Harrow Arts Centre,  
171 Uxbridge Road,  
Hatch End,  
London HA54EA.

Date: 19.02.2019

### Thank You

Dear Sir/Madam,

On behalf of all the Kids we work with in Sundarban region, a Big Thank You to all involved with this initiative to raise GBP 501 for us.

This will directly help us to run two remote centers at Manmathanagar & Bali island in Sundarban region for a year at least, which will in turn cover educational and nutrition expenses for 70 kids in those two centers.

You would be happy to know that with such small expenses per year we are able to build an effective early education ecosystem around these centers. We are also trying to intervene in child nutrition to mitigate stunting. We strongly believe if we can continue to work with empathy in rural areas, we will be able to bring sustainable change in rural Bengal.

Currently we are running 15 such centers in different remote islands in Sundarban, impacting more than 500 kids.

We would look forward to continue this relationship in the days to come.

Thanks,

Biplab Das

On Behalf of Kishalay Foundation.

22<sup>nd</sup> January 2019

Dear Sarmishtha and friends at Panchamukhee,

Thank you so much for choosing to support Shooting Star Chase with a very generous gift of £501.00. Your donation will help make every moment count for babies, children and young people with life-limiting conditions, and their families. Please pass on our heartfelt thanks to everyone involved.

Shooting Star Chase now cares for 700 families. They face truly unimaginable circumstances but we are here to help the whole family, 365 days a year. We support families from diagnosis to end-of-life and throughout bereavement with a range of nursing, practical, emotional and medical care. We provide short breaks, day care and a range of therapies and support groups at our two hospices in Guildford and Hampton, and support for the family at home.

*"The team at Shooting Star Chase has a unique understanding of our situation. They accompany us on our journey, help us to make happy memories and be ready for when the time comes to say goodbye. There are numerous other respite centres for special needs' children in Guildford, but Max's complex care needs do not allow us to send him to those. It is a sanctuary, our little island of happy. We come here as a family and enjoy some happy hours, make memories and forget what is to come. We have learned to take it one day at a time and I cannot thank Shooting Star Chase enough."*

Tanja, Max's mum.

As well as providing excellent care, we do all we can to make life special and fun. It's only thanks to your support that we are able to help families celebrate good times and support them through tough times.

With our warmest wishes and thanks,



Ellie Bennett  
Community Fundraiser



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### Harrow office



### Meet our staff



### Kenton office



### Meet our staff



### Wembley park office



### Meet our staff



### Why did Ellis & Co choose to sponsor Panchmukhee Durga Puja Utsav?

We wanted to be able to use our position as one of the reputed brand in the Lettings / sales Industry to bring attention to a worthwhile cause that is close to the hearts of a number of people in and around Harrow & Brent. We are always very keen to support our local community & to be able to sponsor such a reputable charity and work alongside Panchamukhee for a worthy cause.

We strongly feel that it is duty of every local businesses / citizens to come together and support charitable organisations. We believe it is extremely important, especially in this current tough economic time that all charities should be supported as much as possible and as often as possible in order to assist them spread the good cause.



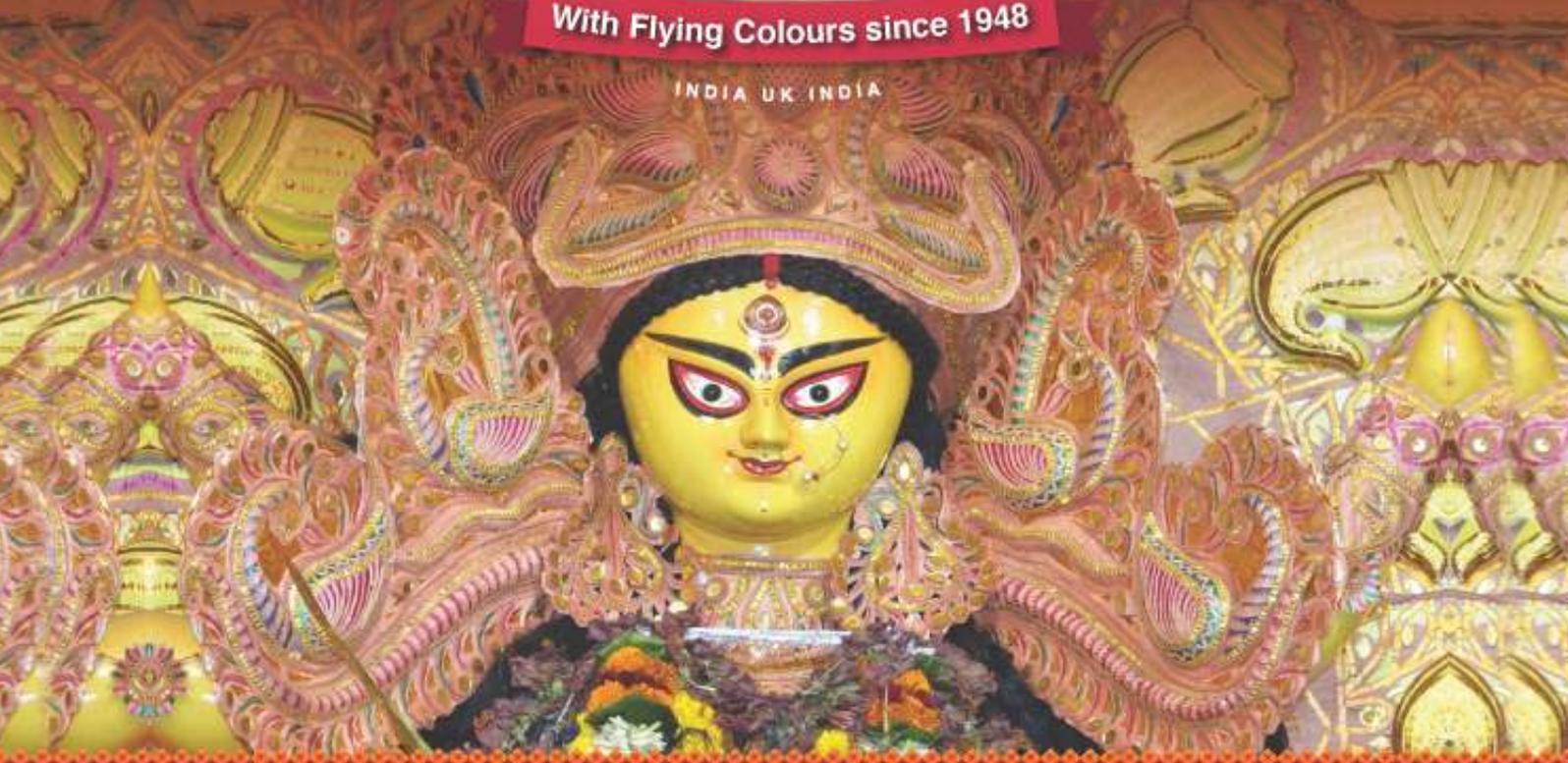
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