

SamvaadShaalaa

NEWSLETTER



PUBLISHER'S NOTE

BEFRIEND BOOKS FOR LIFE AND NEVER BE ALONE

Walter Winchell says:
"A real friend is one who walks in when the rest of the world walks out."

Books EMBRACE
you when you are ALONE

Books SOOTHE you when you SUFFER

Books ILLUMINATE
when you are in ALIENATED

BOOKS33

is unique platform for writing enthusiasts.
It is a HOME of the AUTHORS,
By the AUTHORS & For the AUTHORS.

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From the Editor's Desk

Prof (Dr) Shalini Verma 'LIFOHOLIC'

Namaskaar Friends
Glad to come

up with this 'Year
Opener' and DECADE
OPENDER January issue of
SamvaadShaalaa.



Year 2021 is a year of HOPE
– Covishield & Covaxin have
arrived!

Year 2021 is a year of TURN
AROUND – Economist
Swaminathan Aiyar says!

Year 2021 is a year of
DIGITAL DEXITIRITY
– We pay even our grocery
DIGITALLY!

Year 2020 has strengthened

our immune system of our
social fabric – we have learnt
to express our love and
compassion even while social
distancing.

Schools have started opening
up...bells have started
ringing...vehicle horns have
started honking...

Ice is MELTING...Silence
is BREAKING!!!

✓ We help you PUBLISH your BOOKS

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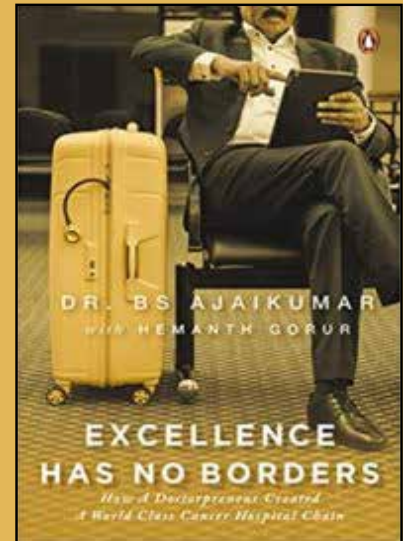
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BEWILDERING BLOGS

Excellence Has No Borders for a 'DOCTORPRENEUR'



“Creative side of Covid-19”, “Positive Effects of Pandemic”, “Intellectual leapfrogging in the lockdown”.

Yes, all the three claims mentioned above are TRUE.
Ans it has happened to ME!

WFH (Work from Home) has allowed me to read everything that I always missed upon due to the ‘commuting time during my WFO (Work from Office).

Recently, I read this book, Excellence has No Borders. It is a book by oncologist Dr. B. S Ajaikumar. In this book the author has narrated his relentless efforts in making the treatment of Cancer available to all.

At one point of time, the cancer care scenario was in dire need of upgrading in our country. Cancer being a long-term disease, its treatment was often out of reach to ‘financially not so sound’ patients denying them the privilege of availing expensive treatments.

Dr. Ajaikumar was determined to change this scenario. He wanted Cancer treatment to be available to all levels of people. He did not want patients to go without treatment only just because they cannot BUT its expensive treatment!

And this is what he set to achieve. Soon his grit and determination bore results and he was able to change

the whole cancer care system in India.

This inspiring and fascinating book serves as a motivation for all doctors striving to do some good for mankind. In this book, Dr Ajaikumar has made an attempt to answer several questions which comes to the mind of a doctor aiming to do something additional than just giving treatment to his patients.

The best part is that this book does not limit itself for only doctors and healthcare domain. The limelight is justifiably on illustrating a doctor’s journey towards achieving what he had set as a goal for himself. Additionally, it does also provide some very important life lessons and invaluable learnings for people from other professions as well.

The author has narrated the story in a very interesting way. In this anecdotal story, he tells us how he made cancer treatment available to all and created a chain of cancer hospitals across India, and also extended the chain in the USA.

The book goes on to prove that if there is a will for tenacity, hard work, and self-confidence, excellence really has no borders. Dr. Ajaikumar’s ‘doctorpreneurial journey’ has been narrated in a captivating style that is sure to engage and motivate every reader.

Making of 'ME'



It was Pallavi's first day at work. She has just graduated from an Engineering College and Computer Science and has just joined a well-known organization. Sitting in front of her assigned computer, Pallavi could not believe her dream of becoming an engineer has come true!

With not much work to do on the first day, Pallavi's mind drifted back to her childhood days when at the age of 12 years Pallavi had first dreamt of becoming a computer engineer.

Pallavi belongs to a lower-middle-class family and her family of six members including her grandparents, her parents, and her younger brother Girish lived on the sole income of their father. Their father Mahesh works in a government office and somehow managed to run the household.

The day Pallavi thought of becoming a computer engineer, she ran to tell her mother of her plans. Her mother was sitting with her grandparents with Girish playing on the porch. On hearing Pallavi, her grandmother said "Are you mad? You want your father to spend on your engineering course? You know very

well that your father cannot afford this. He has to save money for Girish's higher education and that is much more important than this."

Her grandfather added "Don't you worry about higher education. Just complete your basic schooling and then we will arrange to get you married to a computer engineer and you will live in luxury"

Pallavi was very disappointed in hearing this. At night, when her father came home, her mother told him about Pallavi's dream. Her father came to her and said "Don't worry my child, your education is as important as your brothers. You will fulfill your dream." It is because of her father that today Pallavi has been able to become an engineer. Had he thought like her grandparents, her dreams would not have been fulfilled.

Sitting in her office, she looks at the calendar date – 11th October, the International Day of the Girl Child, Pallavi smiles silently looks at the photo frame with her father photograph, calls him and says, 'Thanks for MAKING ME'.

Beginning **DECIDES** the End

We have often heard people saying that “India is a young country.”

We also have a day dedicated to the celebration of youth - 12th January, the birth anniversary of Swami Vivekanand, is celebrated as the National Youth Day across the length and breadth of our country.

This is not a surprise: India is a very young country. Half of its population is under the age of 25. Two-thirds are less than 35. As a recent Bloomberg News analysis discovered, India is likely to have the world’s largest workforce by 2027, with a billion people aged between 15 and 64.

Youth of a country is said to be the building blocks of any nation. They are the future of a country. The generation in its 50s in China today is the one that has lifted the country from poverty to middle-income status; the generation in its 20s in India today—this vast ocean of subcontinental millennials—will have to do the same for India.

Aman is a first year student. He recently passed his 12th board exams and took admission in one of the reputed colleges of New Delhi. Young blood, full of hope and highly ambitious, Aman is a staunch follower of Swami Vivekananda and his teachings. He is brilliant in studies, helpful and polite towards his colleagues as well as a multi-talented personality who hardly misses out in any of his college events.

Of late, it came into his notice that the student council of his college was not performing its duties well. The council was not organized and hardly paid an heed to the problems and complaints of the students.

Aman found out that the head of council, Amitosh was himself a laid back and careless person. The only motivation behind taking such prestigious position was to quench his power thirst.

Amitosh would not only neglect students’ need but would spend the council funds for his own personal benefits.



Such waste of position, power and resources was not acceptable to Aman. He decided to correct the situation. As a responsible youth of this country, he took a step forward to set the things right.

He started preparing for the next college elections. With his foresighted leadership skills and go-getter approach, Aman soon became famous and powerful in the student community.

Everyone admired him and looked up to him for bringing in justice and transparency in the system.

Soon his hard work and patience paid off and he won the biannual student council elections.

Once elected, he decentralized the power by reorganizing the council into several societies, committees and departments for each and every affair. The initiatives he took started bearing fruits soon.

He always followed the path of his role model – Swami Vivekanand who strongly believed that – “If the mind is intensely eager, everything can be accomplished—mountains can be crumbled into atoms”.

Aman too upheld the belief that “a sensible youth can transform country’s condition and can bring back the distracted youth back on the right track”.

Note: This is a work of fiction. Any resemblance to a person living or otherwise may be purely coincidental

BOOK EARTH: THE BOOK PLANET

Light in a Dark Tunnel



Dr. Monica Khanna (Ph.D., M.Phil., M.A.) works as Associate Professor at Indira Institute of Business Management, and Consultant at Indian School of Management and Entrepreneurship. She has around twenty-five years of experience in the field of academics as well as in journalism and business. She has published ten books, including scholarly books on gender studies, books on grammar and composition, books of short stories and picture books for children. She also writes a weekly column for a Navi Mumbai based newspaper, Newsband. She lives in Mumbai with her family. She may be reached at: monicakhanna2006@gmail.com

Domestic violence is rampant in Indian households, and yet is an issue that is often swept under the carpet as it is considered too private and personal to be discussed openly. Numerous children are witness to ruthless brutality that they can neither comprehend, nor explain. They learn, like their mothers, the art of silence, of perceiving their circumstances as an inevitable 'normal' ... of pretence, where bruises are passed off as injuries... of passively accepting their destinies over which they supposedly have no control.

It certainly is not easy for a child to deal with the trauma that will naturally leave an indelible mark on the mind and affect the child's perception of relationships

and gender equations. "Stories are one of the best ways for children to explore subjects which are dark and maybe even disturbing. Because the issues reach children through the creative filters used with great thought and care by the writers and illustrators of children's books, child readers are able to engage with these themes them in a manner which is natural and appropriate," says Asha Nemiah, author of 'Behind the Lie', a Level Four book on domestic violence published by Pratham Story Weaver for children around and over ten years of age.

With heart-warming and touching illustrations by Aindri C, the book revolves around Ramesh and Valli, whose mother Meenakshi is regularly beaten up by their monstrous father. Domestic violence is an integral part

of their lives, and they live in constant fear, petrified of doing anything that may annoy their father. It is only when Valli goes to the neighbourhood grocer Murugan for the third day in a row to buy bread that Murugan becomes concerned and probes into the matter. Upon learning from his wife the truth of Meenakshi's condition, Murugan decides to help the family. He sends his niece, Jaya, a sub- inspector of police to their house. Jaya expresses solidarity and advises them to seek the support of a family member. Significantly, the person Meenakshi reaches out to in this grim and delicate situation, is her mother-in-law, the only person who yields power over her son. "I chose the paternal grandmother to show that every woman has a responsibility to bring up sons who respect women. And that mothers must hold their sons accountable," explains Nemiah. Support and empathy therefore come to the children from various people, and the story ends on a note of hope and promise that the situation will improve.

The story examines the trauma of domestic violence from the perspective of young children who are often shielded from their environment by adults who put on a facade, without realizing that children are perceptive and sensitive to what is happening around them. It has been observed that violence often results in children

blaming and holding themselves responsible for their predicament. Nemiah asserts, "The best way to shield them is to provide them with some form of coping mechanisms. Even knowing that their problem is not unique, or not their fault, can be a big help. Knowing ones' rights, realising that no child should accept violence in silence applies to so many other situations: bullying, online trolling, and other forms of abuse and discrimination."

Asha firmly believes that there are no issues that are irrelevant to children's literature, and in fact, stresses that it is important to focus on topics like death, divorce, bullying, sexuality and sexual violence. She herself has written on diverse issues such as religious intolerance, class and gender discrimination and stereotyping. "These are strands in the story and not the main focus," she states. "Issues need not always be the focal point. They should also appear organically and naturally as part of the plot."

'Behind the Lie' does not mince words or send subtle messages. It is extremely overt in its approach, stating categorically that domestic violence is unacceptable and should not be tolerated. In fact, the book ends with practical tips for children living in or being exposed to

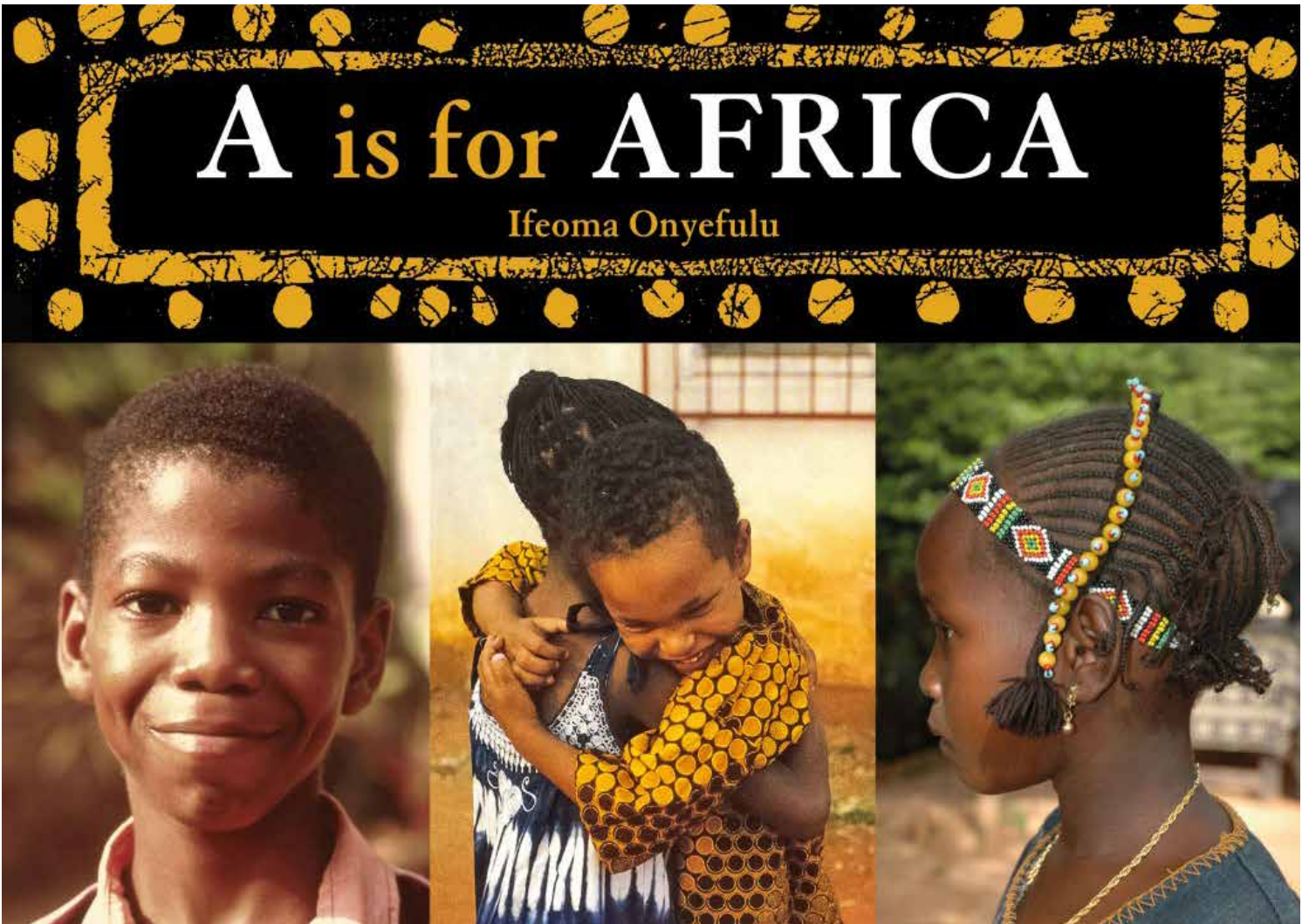
abusive families, thus guiding them on what they should do and how they should seek support. It is not surprising, therefore, that her book has received encouraging responses not only from critics, but also from parents and educators. Let us hope more authors take up issues like these and weave stories that can help children deal with real world problems by showing them that there is light at the end of every dark tunnel.



Behind the Lie

Author: Asha Nehemiah
Illustrator: Aindri C

LEKHAN YATRA: A WRITER'S JOURNEY



Ifeoma Onyefulu is a Nigerian expatriate living in England who has successfully introduced English-speaking audiences to the range and variety of village life in her homeland through her picture books for young readers.

Ifeoma likes stories and loves telling stories to schoolchildren. She feels very at home writing my children's books. Illustrated with her own photographs, Ifeoma 's books have been praised as useful additions to classroom libraries for the lessons they teach about the universality of some experiences, as well as for offering a rarely seen depiction of African village life.

The brightly coloured photographs she includes in books such as A Is for Africa, Grandfather's Work: A Traditional Healer in Nigeria, and A Triangle for Adaora: An African Book of Shapes evoke the important



relationships between the people in her stories and also illustrate the customs and realities of everyday life in contemporary Africa.

The first of Ifeoma 's concept books, A Is for Africa provides an overview of Nigerian village life while also reviewing the alphabet for young English speakers. Chris Powling, writing in Books for Keeps, compared the visual impact of A Is for Africa to "stepping from a darkened room straight into noon sunshine, so bright and needle-sharp are the author's photographs."

Ifeoma selects traditional, African objects and artifacts to exemplify each letter, observed Roger Sutton, the critic adding in the Bulletin of the Center for Children's Books, that in A Is for Africa. As she come from a family that likes storytelling, her grandfather was a very good storyteller and he loved entertaining people with his magical stories, where animals come alive. It seems Ifeoma has inherited her enchanting story telling quality from her grandfather.

She has written 23 children's books and one play titled No Water In The Jungle, performed last year (August 2019) in London, UK.

Ifeoma’s latest book, ‘Sing Me A Song, Ma’ is a collection of poems for children and their families, some of the poems are set in Nigeria, and a few in England, where she lives at present.



In this collection, there is also a poem set in Jamaica, where she had visited. Some of her poems are bit about environment, such as a poem titled, ‘Grandma's Tree’, which is about how the trees are taken for granted, and yet we expect them to bear fruits for us to eat, but if we look after them properly, they will give us lots of joy.

Another poem, ‘Sing Me A Song, Ma’, is a light, fun poem, about a child who does not want to go to sleep and uses all sorts of clever ways to stay up by requesting a special song that will inspire her to dance, but the mother does not want to go along with that.

Likewise, a poem titled ‘Rain’ is about how important water is and how in some parts of the world people have to save rainwater for daily use, and also, it's about how a heavy rainfall can affect the lives of poor people.

Ifeoma is the recipient of several awards for her books published by Frances Lincoln Ltd. Her books Here Comes Our Bride and Ikenna Goes To Nigeria has won CABA (Children Africana Book Award) in USA.



INSTAGYAN

Work-life balance OVER 'Healthy life-cycle balance'



About the Author: Dr Susmita Paul is the Founder & Managing Director of Aviors Management & Consultancy Pvt. Ltd and 11Chaa Street. She lives in Delhi-NCR with her family. She may be reached at : spaul.aima@gmail.com

Last few decades of social and economic changes have disintegrated joint families into nuclear families. Individuals are pursuing own ambition and goal, but at times, at the cost of others. Passion has taken over compassion, ambition over emotions and goal over purpose due to cut-throat competition in professional space and ever demanding

pressure to perform more and more.

Year 2020 was 'unique' in its own way!

It FORCED us to think and act sensibly around. Today, COVID has taken over personal and professional space, challenging us every day to survive, live one day at a time, to an ever-uncertain future.



Image Source: <https://www.sciencemag.org/news/2020/03/13-billion-people-21-day-lockdown-can-india-curb-coronavirus>

The impact of pandemic is long lasting. The mask, social distancing, and hygiene norms along with the priority to stay healthy and happy under distressful environment have brought our attention back again to the foundation of community and family – to stay together, safe and protected. It is no more ‘me only’.

The buzzword is ‘US TOGETHER’.

But how can we weave and rebuild again the family and community collective values, discipline, and cohesiveness?

1. Collective values: “A family is not about blood, it’s about who is willing to hold your hands when you need it the most” –our thoughts and actions determine the strength of our relationships, individual needs merge with collective expectations. An eye for an eye can only lead to a nation of blinds as quoted by Mahatma Gandhi. No two individuals are same. We need to demonstrate empathy and understanding to break the barriers in our relationships. Mutual respect, honesty and openness can do beyond wonders.
2. Balanced lifestyle: “Health is wealth.” –an eternal truth. It’s not only the physical health but also the mental soundness that matter. Meditation is one way to achieve calmness and stability of mind. Combined with yoga, good health practices and sports activities, this will have a strong and positive impact in both professional and personal life. Only time management and discipline can help us to achieve these small yet meaningful goals in our life. Eating time frame, choice of food with quality nutrients etc. decide our health journey.



Image Source: <https://www.dw.com/en/coronavirus-lockdown-is-india-flattening-the-covid-19-curve/a-53229447>

- If no discipline is shown in balancing diet with adequate physical and mental exercise, there is a high chance that eventually all other activities will be impacted and create a barrier in achieving our goals. Let us carefully plan and chart out an action plan to rejuvenate our body and mind.
3. Societal Responsibility: “You must be the change you wish to see in the world.” –it all begins with self, at home, with our contributions to surroundings and neighbourhood. The pandemic has taught the world to stand together with more responsibility and compassion as a society. ‘We’ replaced ‘I’. I am safe when around me all are safe.

When the world paused and all got confined within the walls of the house, the real challenge shifted from work life balance to healthy life cycle balance. Acceptance of mental health in the society took over. Society is more open to talk about the relation of physical health and mental health.

Life is mortal, but our footprints remain. The lessons we have learnt will lead towards a better world accepting many societal taboos with open mind and without any prejudice.

That is how we WON over this dreadful pandemic.

पहले पेट पूजा, फिर कोई काम दूजा...

KHAJUR BAJRA BISCUIT

By Nidhi Jain



About the Author: Nidhi Jain is a celebrity chef and a YouTuber. The USP of her recipe is that they are easy to make with the normal ingredients that are readily available. She lives in New Delhi. She can be reached at : swadshaala@gmail.com, +91- 9811156454

YouTube Channel, Swadshaala : https://www.youtube.com/channel/UCKgmMI1_EqEIJzKYKVEzbw

New Year Greetings to all my readers! Wish you all good health and life full of happiness & joy. I, NIDHI JAIN, a YouTuber who loves to experiment with unique and healthy food recipes, is here today with my latest recipe - Healthy KHAJUR BAJRA BISCUIT: No Sugar; No Oven!

INGREDIENTS FOR KHAJUR BAJRA BISCUIT

- 1 bowl bajra flour
- ¼ bowl wheat flour
- 3.3 tbsp milk powder
- 2 tsp gond/ gum arabic
- 200ml hot milk
- 75 gms jaggery
- 12- 14 dates/ khajur
- 12- 15 almonds powder
- 10 unsalted chopped pista
- 2 tbsp white sesame seeds
- 3 tablespoon desi ghee
- Sauf/ elachi powder or vanilla essence for flavouring
- 2 tsp desicated coconut
- Oil for frying





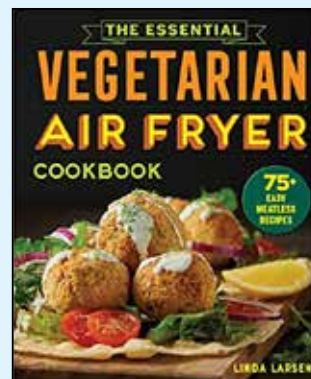
HOW TO COOK

1. Boil 200ml milk allow it to cool for sometime. Soak clean dates and jaggery in the milk for about 20 minutes. Deseeds Dates after 20 minutes and coarsely grind the mixture in the mixer.
2. Take heavy bottom pan , put desi ghee in it , allow it to heat little bit and fry gond on low heated ghee on low flame too. Keep it in an broad plate in which we knead dough.
3. Coarsely crush fried gond with your hands, now add bajra flour, milk powder, wheat flour almonds powder, desicated coconut unsalted pista seasmee seeds and 2 tbspoon of desi ghee and mix well with ur hands all dry ingredients.
4. Now using the dates jaggery milk knead a semi soft dough.
5. Grease rolling pin and chakla. Take some portion of dough , roll it out to medium thickness, take any cookies cutter, just like i have taken square , cut into desired shape. Remove the extra. Portion and add it to remaining dough as shown in the picture. Prick the cookies with the help of a fork .
6. Fry all the biscuits in the medium heated oil on medium flame or untill golden brown in colour.

Yummy...Healthy...No Sugar Biscuits full of nuts & goodness is ready to be served.

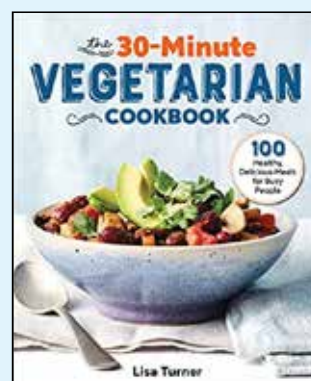
Shelf Life : Store in airtight jar for 15 days

Books to Explore



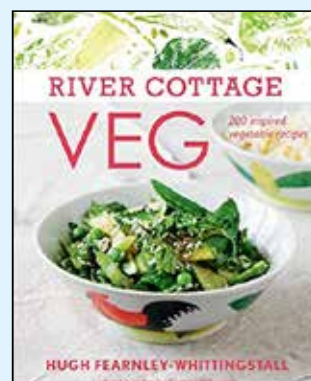
The Essential Vegetarian Air Fryer Cookbook:
75+ Easy Meatless Recipes - Linda Larsen

<https://amzn.to/3ppccuH>



The 30-Minute Vegetarian Cookbook: 100 Healthy,
Delicious Meals for Busy People - Lisa Turner

<https://amzn.to/36eUgeK>



River Cottage Veg: 200 Inspired Vegetable
Recipes - Hugh Fearnley-Whittingstall

<https://amzn.to/2M43ovK>

Makar Sankranti



India is a land of festivities. One such festival, which is celebrated with huge pomp and show, but in different ways, is Makar Sankranti.

Makar Sankranti is mainly a harvest festivity. It is celebrated in different ways in different parts of the country. In Uttarayan, people take benefit of the powerful breezes to fly kites and organize tournaments with neighbors, and savour the food rich in Winter vegetables, such as Undhiyu, and sweets such as jalebi, chikki, and many more. Carnivals, meals, and farm festivals such as buffalo battle and pot-breaking are held in Assam.

For Lohri, Rabi harvests and winter foods such as chikki, puffed rice, corn, sesame seeds, rebar, jaggery, peanuts, and sugarcane are thrown into the traditional bonfire as an offering.

During Pongal, ceremonially, the food commodity Pongal – rice and dal cooked in milk – is prepared in earthen pots outside homes and delivered to the Gods as a thanksgiving.

Makar Sankranti precisely implies the “transition to Capricorn”, when the Sun shifts from Sagittarius to Capricorn. Similar zodiac sankrantis occur each month in

the Hindu calendar, but Makar Sankranti is contemplated especially optimistic because of the introduction of the Sun's "uttara" (north) - "ayana" (movement). The Sun is recognized to be moving into the northern hemisphere on this day.

This auspicious day is marked across the country with the consumption of jaggery-based sweets, signifying sweet beginnings and also because abundant quantities of jaggery would be available at this time after the cane-crushing begins in October.

Many people take a plunge at the Prayag or in the Ganga and its tributaries, to wash away their vices and imprint an elegant outset to their lives.

The day is usually commemorated on the advent of the month of Magh/Thai/Makaram. Most Indian months commence during the middle of the Gregorian month – which could be the 13th, 14th, 15th, or even 16th of a provided month.

Books33 wishes you a very Happy Makar Sankranti and hopes that this year brings peace, and prosperity to the lives of every one of us.

Model:
Rashmi Thakur



Her **CHARISMA** *His* **SWAG**



Model:
Nishant Singh

HALE 'n' HEARTY

Wellness 'n' Health

Recently a lot of the new ideas and book suggestions that I have been working with have come from the Embodiment Conference. The Embodiment Conference was a HUGE virtual event that gathered the topmost professionals from various fields: dance and



About the Author: Daniel Rudolph is freelance innovator and global creative. He is passionate about forming community, and building public spaces for meaningful, transformational gathering.

Currently he is spending a lot of his time learning juggling and facilitating gatherings. He also enjoys writing and sharing poetry. He lives in Utica, New York, United States. He may be reached at : danrudolph108@gmail.com

movement, trauma and healing, breathing and meditation etc. The overall intention of the conference was to build a sense of community, and a safe space, for people to explore theory and practice focused on improving our well-being. The intention of this series is the same. Each article will share the 'key points' of an influential figure in the 'Health and Wellness' world, my

background from growing up on a biodynamic farm, attending Waldorf School, studying economics and eventually connecting with Peter Senge's work relating to the Fifth Discipline, which focuses on evolving organizational structures, have been some of the major influencers that have led him to develop Theory U. At the core of this Theory is learning by doing and conducting action-research based on that 'doing'. In other words, doing practical experiments. Otto also describes Theory U as awareness based systems change.

There were many ideas that Otto shared that caught my attention. Here are a few:

1. One of the main tools in Theory U is Social Presencing Theatre, which has been developed by Arawana Hayashi.
 - Role of the Body:
 - Small Body (physical)
 - Big Body (human and Earth)
 - Third Body (subtotal relationships) [see Joseph Boyce - social sculpture]
2. Theory U is grounded in the belief that you cannot change a system unless you change consciousness.
3. This involves both Seeing and Sensing -- if only including seeing then the scope is partial -- when we activate our senses we unlock deeper potential for collective intelligence.

personal experiences/views on those thoughts, and suggestions for books that you can explore to dig deeper, on a more personal level.

Otto Scharmer is the founder of The Presencing Institute and one of core shapers of Theory U. His

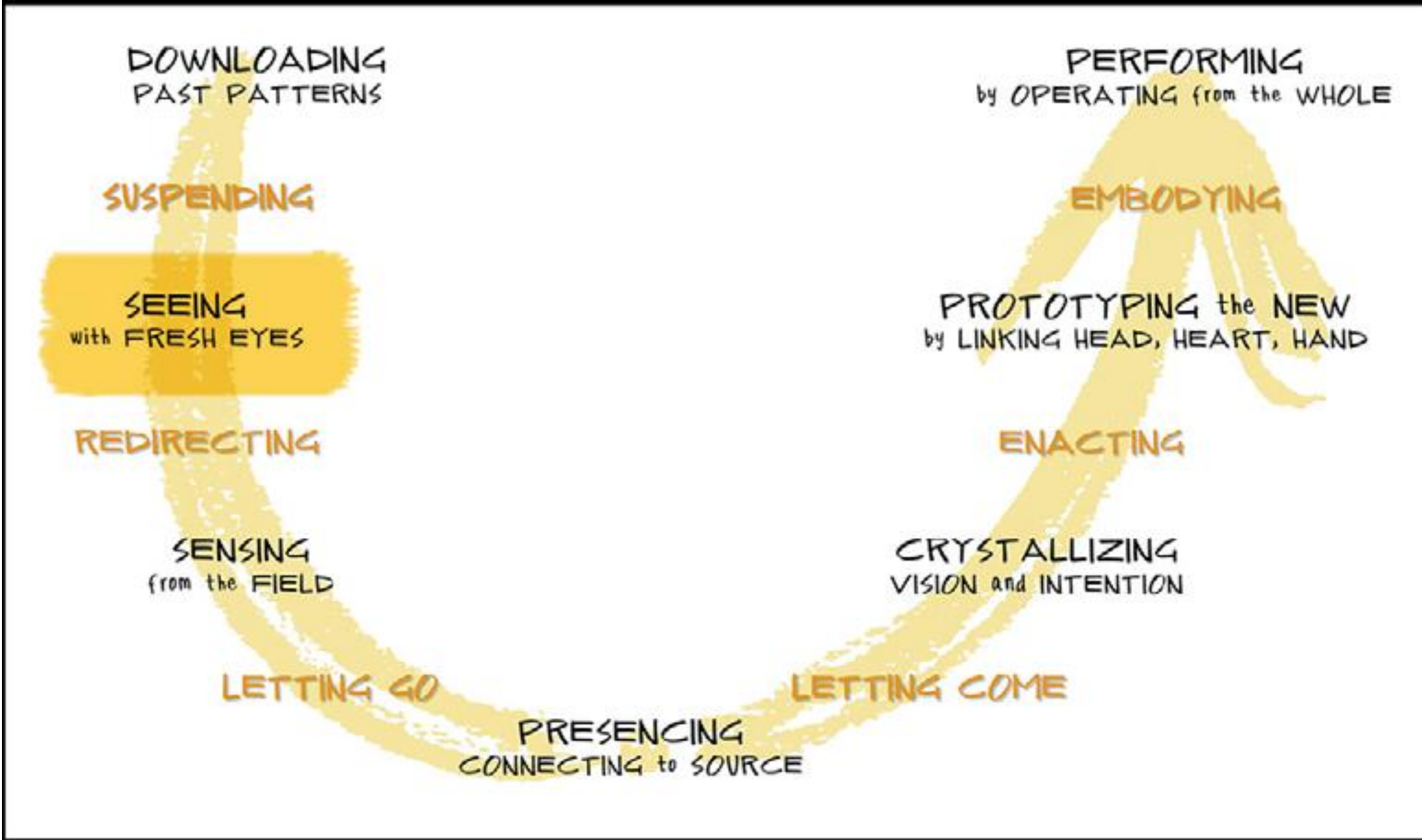
4. What is Theory U?

- Awareness based Systems Change - activating collective intelligence -- shift consciousness from Silo System
 - Characteristics: Coordination between diverse parts -- co-created awareness -- inherently innovative (emerging future)
5. Social Fields = a social system seen from within - investigates the embodied version of a social system
6. Look at different movements -- connect to deeper layers
- I. Downloading - normal ways of being - habitual actions
 - II. Intuition - connecting to deeper source of knowledge

- Disruption happens at phase (2) -- Step into the Unknown
- Examples of tools for disruption; learning journeys, presencing, deep reflections -- goal is to Let go & Let Come.

III. Merging the Reality & Intuition = New Reality

7. Process only works if you cultivate inner-knowing :
- I. Open Mind (suspend judgement)
 - II. Open Heart (empathy)
 - III. Open Will (let go/let come)
8. Process works to Make Visible What Is Already There -- after going through the process a common reaction is “I knew that, I just did not know that I knew that.”



From <https://www.presencing.org/resource/tools/stakeholder-interview-desc>

My Views:

Personally, I am curious to learn more about Theory U, the Presencing Institute and Social Presencing Theatre.

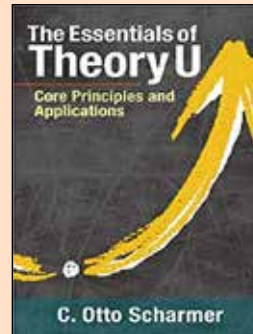
The approach excites me in that it is rooted in the embodied, intuitive, experience instead of the strictly intellectual. It gets to the core of peoples being where the Truth lies. This aligns with my feelings about progress and social change as well: It is not what you do that is important, it is How you do it. More and more I am noticing a lot of baseless actions.

In education reform they call it the gap between the policy and the implementation. On paper it looks great, however in reality, it does not work!

What is important is in the how, the lived experience, the actual feelings that are generated from the actions. These ideas excite me as does the paradigm shift that Theory U is spreading, namely shifting from the individual (ego) (silo) to the system (ecological) (collective).

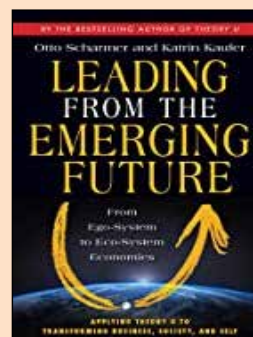
I feel Theory U can be a very healthy tool for people to use to gain deeper understanding about transformation on an individual, and collective level. These skills and perspective are becoming increasingly needed.

Books to Explore



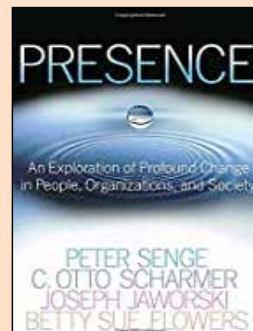
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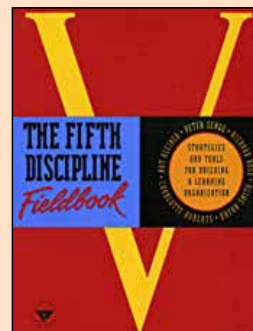
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Rashmi Thakur

RELATIONSHIP - OUR WORLD



Merissa looks at the table calendar kept on her WFH office table. Finally, it is December. This to say Goodbye to the year 2020!

The very view of the calendar makes Merissa nostalgic about her Christmas celebrations all these years.

After all, it has always been one of her favorite festivals. Decorations all around, merry times, lighting candles in the church, a festival of love and warmth, truly defined a “Merry” Christmas!

Christmas has always been associated with the cheer of merry times and happy moments. It was that juncture of the year, when all her family members would come together have fun

decorating the Christmas tree for holding a grand feast and pray the Lord to bless all with health and happiness.

The fondest memory of her Christmas celebration was Santa Claus, the harbinger of happiness and of course, some great gifts for her, which would ‘somehow’ turn out to be the ones she had ‘wished’ and prayed for all the year round to the Lord to provide her with.

But the times have changed.

She is no more a little girl. She is a responsible working professional now.

2020 has been the year, she has been locked down in her home, due to the Corona pandemic, and could not meet her friends and family. In

fact, due to her outstation work commitments, she has been stuck in a new city for 8 months!

She wanted to celebrate Christmas this year around too, but HOW?

Sipping on her cup of coffee and switching through the channels on her television, she came across this news:

“Children of the orphanage are suffering due to the lockdown leading to the inadequate supply of food as well as warm clothes. They urgently require your help. If you want to volunteer, please contact “Shanti Orphanage” and bring smiles...”, the news anchor was reporting.

Merissa thought to herself, “Maybe this time around, God wants me to help these little kids, and do my part in spreading happiness.”

Without wasting a single moment, she went straight to her wardrobe and rummaged through

the clothes, which could fit the kids, especially the gloves, the caps, the blankets and the sweaters.

She collected all her childhood clothes in a big bag. Bought some stationary, some food packets from a confectionery from a nearby shop.

Drove her car to the orphanage mentioned in the news channel.

She took permission from the orphanage administration and distributed the food packets, stationaries, and clothes among those sweet little kids – God’s angels!

Just then her phone rang. It was her mother’s call from Kolkata. She said,” You are not with us this Christmas, darling...we are missing you so much...how are you celebrating this Christmas, Beta?”

Merissa succinctly replied ,“ This Christmas, I am a SANTA CLAUSE, Maa!”

