



DEVI AHILYA VISHWAVIDYALAYA, INDORE (M.P.)
Deen Dayal Upadhyay Kaushal Kendra (DDU-KK)



Assorted Cookies

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Wear the warmth of.....

Winter Special Indian Recipes this season to STAY STRONG!

Cooler temps, fewer daylight hours, and more time spent inside while COVID-19 is still a major concern can all have a significant effect on when, how much, and even what we're hungry for. Thanks to the winter months triggering biological changes that stimulate hunger and increase cravings for more energy-dense food. But just because we're more likely to lean toward hunkering down with mugs of hot tea or cheesy pasta doesn't mean we should. After all, diet choices can affect not only our weight but your mood as well. Here's what you need to know about the foods you should be noshing on, so you can feel your best and remain protected all winter long. Sunlight is one of the factors that trigger the release of the hormone serotonin, a neurotransmitter that has been shown to boost mood significantly. Reduced exposure to sunlight causes low mood and depression. Carbohydrate intake (thanks to the insulin that gets released as a result) increases serotonin levels—which is why people may crave carbohydrates as a way to improve mood. But it doesn't mean overindulgence in faulty foods is wise. Those cravings are “**hedonic hunger.**” Winter is the best time to relish food that would provide immunity along with taste. So embrace this cold season with some warm healthy delicacies like gajar halwa, sarson ka saag, hot herbal tea, Gond ke laddoo, and other seasonal super foods. We tend to be less active in winter and to stay less hydrated. To overcome that fill yourself with herbal kadhas infused with the goodness of herbs like tulsi, ginger, mint, black pepper. To combat the cold and lethargic feeling switch on to some dry fruits. According to ayurveda, the digestive strength of the body is equated with the fire or “agni”. When the “agni” becomes weaker it makes us lethargic, to combat it, consuming some Ghee can be helpful. Ditch the chocolate and other unhealthy sweets with iron rich Jaggery (gur). As, a piece of Jaggery a day is sure to keep the winter away. Add til (sesame) to it and beat the cold climate with Til-gur. Other Indian winter foods like jowar, bajra, til, sarsoon, amla, meethi and much more help to generate heat and keep the body warm.

Sip on the piping hot bowl of seasonal veg soups to improve your immunity and get some stock of antioxidants. Indulge in range of these winter special delights and feel warm and secure. Eat wisely to stay healthy is the only health slogan this winter.



Mrs. Deepa Agnihotri
Nutrition Educator noun or
pronoun in the phrase.

Mixed Dry Fruits Daliya (broken wheat) with jaggery (gur) [BAAT]

Nutritious Value- Daliya (broken wheat) is a nutritious whole grain loaded with vitamins, minerals, and fiber, and an excellent source of protein. If you are following a vegan diet, then can be included in it. It contains a rich fiber content that aids digestion and improves gut health. It also has a low glycemic index.

Recipe- A healthy sweet, this sweet Daliya recipe with jaggery is perfect for cravings. Loaded with the benefits of jaggery and clarified ghee, this recipe is one of the healthiest Indian sweets. Dry fruits Daliya is very healthy nutritious recipe for winter season as seasoning foods in this recipe have included gur which mostly eat in winter season like **Til Gur Laddu, Peanut Chikki dishes.**

“The dish prepared by my mother, dish has very helpful for even lactating, pregnant women and every age group also. My best wishes for this full of wisdom e-bulletin.”



Mrs. Gouri Solanki
Anita Solanki's mother
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Harsh Shimle
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"Hobbies is a Big thing for the Inspiration" I am grateful to Dr. Maya Ingle, Director, Deen Dayal Upadhyay Kaushal Kendra to give me the opportunity to explore mine and my Mother's cooking hobbies and experience the knowledge by different Nutrition activities, Creative Recipe books and attractive programmes through this Bulletin. As a student i am really thankful to DDU-KK for providing me with such a great opportunity to learn English and even you should learn this language as it is the basic element of our education.

Healthy Murmura (puffed rice) Snacks

Nutritious Value- Murmura is a puffed grain made from rice. It is light and flaky and very neutral in taste. Its very commonly used in Indian households to make snacks like bhel puri, murmura mixture and chivda. **Murmura or Spicy Puffed Rice** is a popular tea time snack from India. It is a quick and easy snack made with puffed rice, spices, curry leaves, tulsi leaves and almonds, cashew nuts. It can be serve with Herbal Tea mostly for Sports person.

Murmura Snack Recipe is a perfect accompany for your tea time snack & can be enjoyed all year. A great alternative to the deep fried snack to the array of antioxidants, minerals and nutrients. Puffed rice ia an incredible option for improving the immune system, fighting microbes and shielding the body against various infections like sromach infection, fever, common cold, sore throat and other respiratoty complications.



Grated Amla Murabba [THESSA]

by Mrs. Sangita Shimle, Harsh's mother

Nutritious Value: Amla are winter season" fruit of life" available in plenty. We make juice, chutney, mouth freshener etc. from it. Awla murabba/ jam/Gooseberry sweet pickle made from awla-sugar syrup, which is rich in fiber, good source of minerals, also good for digestive and gastric problems.

Recipe- Awla Murabba/Gooseberry Thessa is one of the most favored of recent trending foods in the world. It's simple, it is quick, it tastes delicious. It's enjoyed by millions every day. They are nice and they look fantastic. Indians gooseberry sweet grated thessa good source of minerals. Amla murabba is one of the favorite winter preserves in India, loaded with minerals, nutrients, and vitamins, this special sweet delicacy is a complete health food in itself.



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