



yog vrittant

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From the Chief Editor's Desk

Dr. (Mrs.) Sapna Nanda

Principal, Govt. College of Yoga Education
& Health, Chandigarh

Dear Readers,

Health is not merely absence of disease. It is a dynamic expression of life in terms of how joyful, loving and enthusiastic you are. One who is stable and established in the self is healthy. The three components of our self i.e. Body, mind and spirit are like tripod – even if one aspect is not functioning properly, our life will not be balanced and that will create disharmony in all the aspects of our being.

Health and Wellness are closely related to lifestyle of an individual. Lifestyle is the way people live and this has immense influence on the status of health or disease of an individual. To this end, Yoga is the most perfect health and wellness module as it gives the way forward to mindful and blissful living. Its orientation to a comprehensive health, both individual and social makes it a worthy practise for people across the globe.

In present times, we are hustling with viruses of varied kind and forms, some known and some completely unknown. Alongside numerous speculative cures, treatments and preventive strategies in combating the viruses and infections, “immunity boosting” has turned out to be trending topic. We are supposed to protect ourselves beginning right from within our body by strengthening the immune system. Needless to say incorporating a Yogic Lifestyle accompanied by healthy and nutritious food, adequate sleep provides a gentle, natural means of supporting the immune system.

With this half yearly newsletter we intend to create awareness about various topical issues and measures to deal with them through yoga and allied activities. We acknowledge the efforts and contributions of all in bringing out this publication.

Sapna Nanda



Dengue Fever - An Introduction

Ms Anupma Kaushal

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In Humans, Body temperature is degree of Hotness or Coldness of a body. Fever itself is not an illness. Many disorders can cause fever most of the time its a symptom of an underlying condition such as infections like bacterial, viral, rickettsial, fungal, parasitic etc.

Our body temperature fluctuates slightly throughout the day. Generally, a fever is a rise of body temperature above the normal day variation. In Naturopathy and other schools of Therapy fever is considered as a natural defense mechanism of body to fight against pathogens, thus fevers may be useful to some extent as it allows the body to reach high temperature to defend the body against pathogens.

Classification of Fever :

| Grade | Celsius | FAHRENHEIT |
|--------------------|-------------|------------|
| Normal temperature | 36.6 – 37.2 | 98 – 99 |
| Low grade | 37.2 – 37.8 | 99 – 100 |
| Moderate | 37.8 – 39.4 | 100 – 103 |
| High Grade | 39.4 – 40.5 | 103 – 105 |
| Hyperpyrexia | > 40.5 | > 106 |

Site of measurement – Armpit, Rectum, tympanic membrane sublingual

Types of Fever :

- Intermittent fever** – Temperature returns to acceptable value at least once in 24 hours temperature curve returns to normal during the day & reaches its peak in the evening.
- Remittent fever** – fever spikes and falls without a return to the normal temperature level. The temperature fluctuates but does not return to normal e.g. TB, Viral diseases bacterial infections.
- Sustained fever** :- The temperature remains continuously elevated above 38 degree Celsius & demonstrates little fluctuation.
- Relapsing fever** : Periods of fever are interspersed with period of normal temperature

Dengue fever was also known as breakdown fever. It is an infectious tropical disease caused by the dengue virus. Renkimura & Susumu Hottes (1943), Japan are the first who isolated the dengue virus. Dengue virus is originated in Africa but now a days it is found in all tropical areas around the world.

This virus belongs to the genus flavi virus :

- AEDESAEGYPTI
- AEDESALBOPICTUS

Species of mosquito DENV 1 DENV 2 DENV 3 DENV 4
all speared by abqespecies of mosquotes

Symptoms : Dengue fever symptoms can appear upto 7 days after being bitten by the above mentioned type of flavivirus species symptoms may vary depending on the severity of the disease - High Symptoms vary and can appear upto 7 days after being bitten by the mosquito depending on the severity of the disease.

High fever, Pain behind the eyes, Body Rash (on & off), Vomiting & feeling Nauseous, aching muscle & joints

Mechanism:

An infection can be acquired via a single bite Virus enters the skin together with the mosquito's saliva. It binds to and enters the white blood cells and reproduces inside the cells and then move throughout the body. In severe infection, the virus production inside the body is greatly increased and many more organs such as liver and bone marrow can be affected and fluid from the blood stream leaks through the wall of small blood vessels into body cavaties resulting low blood pressure which further affects circulation towards vital organs. Dysfunction of bone marrow leads to reduced number of platelet (necessary for Blood clotting)- increases risk factor such as bleeding.

Phases of dengue fever:

- Febrile Phase
- Critical Phase
- Recovery Phase

Warning signs:

Abdominal Pain - On going vomiting - Liver enlargement - Mucosal bleeding - High Hematocrit with low Platelets - Lethargy

Classification-WHO 2009 divides dengue into 2 groups:

- ⊗ Uncomplicated
- ⊗ Severe Management:
- ⊗ Oral Rehydration Therapy
- ⊗ Intravenous fluids
- ⊗ Blood Transfusion Prevention:
- ⊗ Wear clothes that fully cover your skin
- ⊗ Clean surroundings, clear unnecessary open storage of waste
- ⊗ Use inosquitonet, insect Repellent cream or lotion
- ⊗ Change water from coolers time to time and cover water tanks etc.
- ⊗ Eliminate breeding ground by removing unused things to eliminate its habitat

There is no approved vaccine for dengue virus

Reference : Google sites. Health & medicines Nov09, 2012



Dengue and its Yogic Management

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Education and Health, Chandigarh



Dengue is a very well-known viral infection which is caused due to a female mosquito (*Aedes aegypti*) bite. For that reason, this disease is considered to be a mosquito-borne disease, & the virus that has been producing this disease is the causative agent of other illnesses such as West Nile Infection & Yellow Fever.

The dengue fever outbreak this year has been exceptionally serious, with numerous cases of infection becoming urgent and requiring hospitalisation. Muscle discomfort, bone pain, joint pain, rashes, high temperature, throbbing headache, vomiting, and nausea are all symptoms of dengue fever. Dengue fever has the potential to cause major health problems since it weakens the immune system, and as a result, the person may have troubles following recovery.

Dengue is prevented by having a strong immune system, which can be improved through holistic activities such as yoga. If someone have dengue fever, yoga can help recover quickly. Dengue fever can be treated more effectively if we have a strong immune system. In case you have been diagnosed with dengue, there is no need to worry. Good nutrition, sufficient rest, and some gentle yoga practices can help you recover from this disease.

Yogic Management of Dengue: Yoga practices channelize the body as well as the nervous system. Further, it will help in stimulating the respiratory as well as the circulatory system.

1. Asanas: The practice of Vajrasana, Malasana, Paschimottanasana, Sarvangasana, and Matsyasana are beneficial in the treatment and recovery of Dengue. Practice of these asanas should be done slowly and not hold them for a long duration in the beginning.

2. Pranayama: Practice of Nadi Shodhan Pranayama (Anuloma Viloma Pranayama), Kapalbhati Pranayama and Bhramari pranayama should be done according to your body capacity.

3. Yogic Diet: i. Consume freshly cooked meals that have ingredients like black pepper and elaichi in them. Other immunity-boosting foods that you can add to your diet include citrus foods, garlic, almonds, turmeric, and many more.

ii. The juice or pulp made from papaya plant is quite effective not only in fighting the symptoms of dengue fever, but also in curing it. Consume a lot of liquids in the form of plain water, fruit or vegetable juices, tender coconut water, lemon honey water or wheat grass juice.



Boosting Immunity against COVID-19, Dengue and Chikungunya

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Haryana Yog Aayog,
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The whole world is fighting against coronavirus. Along with this, 2 other deadly diseases also emerge i.e. Dengue & Chikungunya. Some common symptoms are - High fever after cold • Headache, joint pain & muscle cramps • Feeling of weakness • Don't feel like eating • Mild sore throat • Pink rashes in the body, especially on the face, neck & chest. In such a situation, it becomes very difficult to recognize that you are a victim of some disease. If you have dengue, your platelets will drop rapidly. On the other hand, if there is chikungunya, then there will be more pain in the joints of your body. Along with this, if you have corona, then there will be a problem of phlegm with a terrible cough. So, if observing any symptoms, Immediate testing is must. Carelessness in dengue and chikungunya can be fatal to the life. That is why it is important that get rid of these disease in time.

Yogasanas, Pranayama and intake of ayurvedic remedies helps in building the immune system. Yogasana helps lower stress hormones that compromise the immune system. Yogasanas are designed to work on a particular area to stimulate the lymphatic system to remove toxins from the body. Asanas that are imperative for the immune system are: •SuryaNamaskar • Sheershasan • Sarvangasan • Vrikshasana • Tadasana • Makarasana • Shalabasana • Bhujangasana

Pranayama increases the level of oxygen in the body. Diaphragmatic breathing helps in strengthening the digestive system and also massages various glands and internal organs thereby enhance the lymphatic flow to the particular region. Pranayamas effective in improving the immune system are: •Anulom vilom •Bhrambri pranayama •Ujjai pranayama •Bhastrika pranayama •Udgeet

Meditation is associated with reductions in pro-inflammatory processes, increases cell-mediated defense parameters, and increases in enzyme activity that guards against cell aging. Scientist's have presented enough data to conclude the positive effects of mindfulness meditation on specific markers of inflammation, cell-mediated immunity, and biological aging.

Ayurvedic remedies to boost immunity • Giloy and Basil concoction • Drink Turmeric milk • Soak almonds, walnuts, and figs in water overnight. Take it in the morning with water or milk. • Giloy and Goats milk is equally beneficial the morning and evening • Take the juice of Papaya leaves, Aloe vera, wheatgrass, Pomegranate juice for 5 times day

GLIMPSES OF 2021



7th International Day of Yoga with Sh S S Gill, IAS, Education Secretary, UT, CHD



Alumni Meet 2021



Action for Clean & Green Chd with Sh K K Yadav, IAS M C, UT & Sh. Dependra Dalai, IFS, CCF, UT



Webinar on 'POSHAN & YOGA' for Expecting Mothers with Mrs Neeru Verma



37th Chandigarh State Yoga Asana Sports Championship with Sh Tejdeep Saini, PCS, Director Sports, UT



Celebration of Teacher's Day 2021



Flag Unfurling Ceremony on Independence Day with Sh Rupesh Aggarwal, IAS, SDM (South) UT



Tree Plantation Drive for Clean and Green Chandigarh



Dr Sapna Nanda receiving Award of Honor from His Excellency Governor of Punjab



Advance Yoga Asana Camp under Fit India Campaign

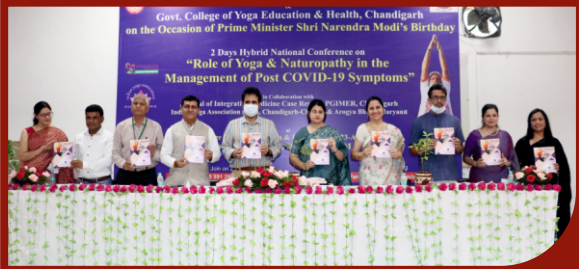
GLIMPSES OF 2021



State Level Poshan Maah With Sh Mandeep Brar, IAS, DC, UT & Ms Navjot Kaur, DSW, UT



NSS WORLD AIDS DAY Rally



National Conference with Sh S S Gill, IAS, Ms Pallika Arora, PCS & Sh Jaideep Arya, HYA



PU Inter College Yoga Tournament 2021



Orientation Day with BK Anita & BK Preeti, Raj Yoga Meditation Teachers



Medals Bagged at Panjab University Inter College Athletic Meet



Annual Convocation presided over by Sh S S Gill, IAS, Education Secy, U T & Sh Jagjit Singh PCS, DHE, UT



Panjab University Zonal Youth and Heritage Festival - 2nd Prize (Luddi)



Pledge Ceremony on Constitution Day with Former Justice Hari Pal Verma



North Zone Traditional Dhammananda Yogasana Competition with Sh S S Gill, IASES, UT & Ms Beenu Rajpoot, Film Maker



डेंगू - मात्र जानकारी से ही बचाव है

Harish Kumar
Student
PGDYT Sem I



आधुनिक समय में विभिन्न-विभिन्न प्रकार की बीमारियां तेजी से फैलती जा रही हैं। मौसम के बदलाव के कारण नए-नए वायरस वातावरण में उभरते जा रहे हैं। इनमें से एक मौसम बदलने के साथ-साथ बढ़ता जा रहा है जिसका नाम है डेंगू। यह सम मौसम अर्थात ना अधिक गर्मी ना ज्यादा ठंड में पनपता है डेंगू मच्छर 20 फुट की ऊंचाई तक पाया जा सकता है। इस के काटने पर वायरस शरीर में प्रवेश कर जाता है तथा शरीर की आंतरिक शक्ति इम्यून सिस्टम पर प्रभाव डालता है तथा शरीर को बहुत कमजोर कर मरण अवस्था तक ले जाता है। क्योंकि डेंगू पहले बुखार के लक्षणों की तरफ इशारा करता है इसलिए व्यक्ति इस रोग के प्रति गंभीर नहीं हो पाता। परंतु जब बुखार 24 से 48 घंटे तक नहीं उतरता तब रोगी डॉक्टर के पास चिकित्सा चेकअप के लिए जाता है। तब तक कई केस में देर हो जाती है तथा प्लेटलेट काउंट बहुत कम होना शुरू हो जाता है तथा रोगी की जान को खतरा हो जाता है। हम निम्नलिखित तरीकों से इसकी पहचान कर सकते हैं।

-बुखार आना, पेट में दर्द, आंखों के पीछे दर्द, हड्डियों तथा जोड़ों में दर्द रहता है तथा बढ़ता जाता है। -पूरे शरीर में ठंड लगना, बहुत कमजोरी महसूस होना, शरीर में लाल धब्बे पड़ना। -नाक तथा मसूड़ों से खून आना, उल्टी आना, भूख ना लगना अत्यधिक कमजोरी महसूस होना, घबराहट होना आदि।

Test - दवाई लेने के बाद 24 घंटे 48 घंटे में बुखार ना उतरे और कमजोरी बढ़ती जाए तो तुरंत निम्नलिखित टेस्ट करवाना चाहिए।

Dengue NS1 Antigen Test or Dengue Profile Test
Immunoglobulin M (1gm) Immunoglobulin G (1gm) Dengue RNA PCR TEST

उपचार - सन 2019 में एफडीए ने डेंगू के लिए एक व्यक्ति ने शुरू की थी जिसका नाम डेंग्वेक्सिया था यह 9 से 16 साल के बच्चों के लिए बनाई गई।

Paracetamol 500 mg, Dolo 650 mg, Acetaminophen

आहार - रोगी को 2 से 3 घंटों के भीतर लगातार लिक्विड डाइट लेते रहने की सलाह दी जाती है। दाल, खिचड़ी, दूध, बकरी का दूध, विटामिन सी युक्त फल, मौसमी आदि लेते रहना चाहिए।

घर पर ध्यान रखें - रोगी के कमरे की पूरी सफाई होनी चाहिए। बिस्तर पर नई चद्दर तथा नए सिरहाने कवर होनी चाहिए। मच्छर मार दवाई छिड़कनी चाहिए। रोगी को आश्वासन होसला देते रहना चाहिए कि वह ठीक हो रहा है। मॉस्किटो रेपेलेंट 24 घंटे लगातार रखें।

क्या ना खाएं - डेंगू बुखार में आलू, काली मिर्च तथा टमाटर का उपयोग नहीं करना चाहिए इससे रक्त प्रवाह का खतरा हो सकता है।

नॉर्मल होने के बाद - डेंगू बीमारी से ठीक होने पर शरीर में कमजोरी लंबे समय तक बनी रह सकती है। इसलिए रोगी को अधिक प्रोटीन डाइट की आवश्यकता होती है जिससे शरीर में जो कमी आई है उसको भरा जा सके। घर पर बनी दाल, सोया पनीर, सोयाबीन बढ़िया, दूध, दूध से बने पदार्थ लेने चाहिए। अंडे, चिकन, फिश, खरोड़े सुप ले सकते हैं। जल्दी रिकवरी के लिए नॉनवेज फूड को प्राथमिकता दी गई है।

योग और ध्यान - जब शरीर में किसी भी वजह से Immunity कम हो जाती है तभी बीमारियां हमारे शरीर पर प्रभाव डाल दिखाती हैं। इसके लिए हर व्यक्ति को भगवान की देन इस शरीर को सुंदर, ताकतवर तथा स्वस्थ बनाए रखना चाहिए ताकि जिंदगी का आनंद लंबी आयु तक उठाया जा सके। इसलिए हल्के आसन या सूर्य नमस्कार और प्राणायाम ध्यान रोज करें। घंटा जरूर करना चाहिए।



Yoga Perspective on Dengue

Yogesh
Student
B. Ed. (Yoga), Sem I



Dengue fever is a disease caused by mosquitoes infected by the dengue virus and is prevalent in the tropical regions of the world. It is a painful, disabling disease, with the severity of pain similar to that of bones breaking - hence it is also known as 'Breakbone' fever. This year's dengue infection outbreak has been particularly bad, with several cases of infections turning critical and necessitating hospitalisation. Dengue fever is very prevalent and usually causes only minor symptoms; nevertheless, severe dengue might attack someone who has a high-risk condition.

The dengue infection can progress to dengue hemorrhagic fever and dengue shock syndrome, which can afflict both adults and children and are both life-threatening. Dengue fever symptoms include muscle pain, bone pain, joint pain, rashes, high temperature, throbbing headache, vomiting, and nausea. Dengue fever can create serious health problems since it weakens the immune system.

Yoga builds Immunity

A strong immune system helps you prevent dengue which can be developed through holistic practices like yoga. But if you have dengue, yoga can help in quick recovery from dengue fever. Strong immunity will also treat the initial symptoms of dengue.

ASANAS

- Pashchimottan
- Vrikshasana
- Ustrasana
- Malasna
- Matasyasna

PRANAYAMA

- Nadishodhan/ Anuloma viloma pranayama
 - Sheetali & Seetkari pranayama
 - Bhramari pranayama
- (3 rounds twice a day Note: Perform under the guidance of certified yoga trainer.)

Yoga is essentially drugless systems of health care, focus on the prevention of the disease as well as management. Nevertheless, these systems help to enhance the immunity of a person, by being close to the nature, by adopting Yogic lifestyle and other natural practices, which can be easily adopted by any person. These systems also give emphasis on the cleanliness – both internal and external



Amlaki

Dr Kritika Bhanot

Ayurvedic Medical Officer



India is a unique country of having rich culture and healthy traditions. It carries the legacy of ethical values, beliefs & holy rituals inheriting the oldest civilization in the world. In India, two Ekadshis are religiously followed by many Indians by observing fast to keep physical & mental wellness. However, the Ekadshi falling on the 11th tithi of Phalguna month is celebrated as AMLAKI EKADSHI based on Indian ancient scriptures.

Amla tree has a religious as well as medicinal significance. Amlaki (Indian Gooseberry) is a wonder herb mentioned in the ancient text of Ayurveda. According to Maharishi Charak (Father of Medicine) Amla is Medhya, Vyasathapana, Chakshushya, Rasayana, Madhumeh har & Tridosahar. Amla has been bestowed with all the rasas except Lavana. Amla is known as heavenly Nectar (AMRIT) as it imparts immortality. According to Charak, of all the rasayanas, its one of the most potent herb, best among rejuvenating dravyas, a great Rayasana which helps to attain health free from diseases & keeps away ageing. It contains Bioflavin, Flavonoids, Carotenoids etc. It has anti-microbial properties. Being a natural fruit, its preventive as well as curative & enhances digestive fire (AGNI) of our body. Clinically, Amla has many hidden properties like anti-inflammatory, hepato-protective, anti-pyretic, anti-Diabetic, Immunomodulator & restorative. Hence the only herb which provides holistic health for eradicating multiple ailments at a time.

In the daily OPD services, Amla has worked as a wonder drug by using its various formulations. Amla if dipped overnight & using the luke warm preparation by sipping early morning helps in amalpitta (hyperacidity). Amla & turmeric taken together in equal quantities helps to maintain metabolism. Alone Amla daily 1tsp after meals helps to reduce post prandial sugar. 1 Amla & half apple if grated & mixed with jaggery improves anemia but all needs medical consultation according to the prakriti of the patient.

During the period of Pandemic COVID 19, Ayurveda system of health has got added significance under the aegis of Ministry of AYUSH. Chyawanprash emerged as the best Immunity booster due to presence of Amla component having richest source of Vit C.

Let's pledge AAYO MILKAR LAGAYE AMLA plantation drive to plant and preserve Amla tree and making people aware of its DIVYA AMRIT benefits for serving the ailing humanity. Let's nourish ourselves physically to have robust health and fitness.

JAI DHANWANTRY JAI AYURVEDA



Deep Breathing - Way to better health

Ms Shalu Bansal

Yoga Teacher



The practice of yoga incorporates many separate breathing techniques which can be done anytime, anywhere — not just during yoga class. It's best to start with Abdominal breathing technique, and then try other breathing techniques based on the unique benefits that each one offers. Deep Breathing techniques may reduce stress and anxiety, help a person get to sleep, or support treatment for lung conditions.

Useful breathing techniques to consider:

1) Abdominal Breathing Abdominal breathing, also called "belly breathing," is a basic yoga breath that combats the effects of chest breathing. Chest breathing limits diaphragm's range of motion, so the lowest part of lung doesn't get a full share of oxygenated air. Deep abdominal breathing engages the diaphragm & encourages full oxygen exchange. Your belly should expand & rise as you inhale, then contract & lower as you exhale.

2) Pursed Lip Breathing This exercise keeps your airways open longer, making each breath more effective. To practice it, simply breathe in through your nose & breathe out at least twice as long through your mouth, with pursed lips, as if you were going to whistle. It is beneficial for people with chronic lung disease like asthma or chronic obstructive pulmonary disease (COPD).

3) Box breathing Box breathing is a form of yogic deep breathing employed by the United States Navy SEALs. People with high-stress jobs, such as soldiers and police officers, often use box breathing when their bodies are in fight-or-flight mode. Its common name, "box breathing," refers to the fact that a box has 4 sides, a concept represented here by breathing while you slowly count to four for a total of four times — four counts of breathing in, four counts of holding your breath, four counts of exhaling and four more counts of holding after your exhale.

4) 4-7-8 Breathing People may consider trying 4-7-8 breathing to aid sleep. Focusing on the breath and counting can distract from worries or stress as a person tries to fall asleep. Breathe in through the nose for a count of four, hold the breath for a count of seven then part the lips and exhale loudly for a count of eight. People can try breathing techniques for the first time when they are calm and breathing normally. They may find it beneficial to practice at the same time every day. Becoming familiar with a breathing exercise can take time. Breathing techniques should never replace medical treatment. These exercises work best alongside other treatments.

TEST YOUR KNOWLEDGE

- Q1. What is one word that occurs in every chapter of the Gita?
- Maya
 - Avidya
 - Yoga
 - Sanyasa
- Q2. Asana useful in diabetes is
- Padmasana
 - Virasana
 - Mandukasana
 - Siddhasana
- Q3. Which one of the following attribute satisfies the criteria of Satvic Food?
- Spicy, hot, bitter, sour and pungent
 - Pure, essential, natural vital, energy containing
 - Unnatural overcooked, stale, left over and processed food
 - None of the above
- Q4. Where does Ajna Chakra located?
- Eyebrow centre
 - Chest
 - Tongue
 - Legs
- Q5. Who is not an Acharya of "Hathyoga"?
- Matsyandra
 - Goraksha
 - Swatmarama
 - Kapil
- Q5. Which Chakra Symbolized by a Lotus of ten petals?
- Muladhara Chakra
 - Anahata Chakra
 - Manipura Chakra
 - Visuddha Chakra
- Q6. Which of the following is not a Vritti?
- Pramana
 - Vikalpa
 - Viveka
 - Nidra
- Q7. Nature of Pingla Swar is
- Cold
 - Hot
 - Hot and Cold
 - None of the above
- Q8. Suryanamaska incorporates
- 12 mantras
 - Sequence of body positions
 - Breathing awareness
 - All of the above
- Q9. The fourth Chapter of the Yoga Sutras is termed as
- Maksha Pada
 - Phala Pada
 - Kaivalya Pada
 - Samadhi Pada
- Q10. How many asanas are described in "Gherandsamhita"?
- 8
 - 4
 - 3
 - 7

Chetna
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RECIPIES

Lemon foxtail Millet

Ingredients –

3 cups cooked millets, I used foxtail millets
3 green chilly, slit or add to taste
2 tablespoon toasted peanuts
½ inch chopped ginger optional
2 sprigs fresh curry leaves
½ teaspoon mustard seeds
1 teaspoon chana dal and urad dal each
½ teaspoon turmeric powder , pinch of asafoetida
a generous squeeze of lemon juice
3 teaspoons oil Salt to taste
2 table spoons of chopped coriander leaves



Servings - 2

Instructions

- In a large skillet, heat the oil over medium heat, toss in the mustard seeds.
- Add chana dal and urad dal and cook until light brown.
- Combine the slit green chilli, ginger, and curry leaves in a bowl. 30 seconds of sauteing
- If using raw peanuts, toss them in now and cook for 2–3 minutes.
- Toss in the toasted peanuts with the turmeric powder and asafoetida, if using. Cook for 30 seconds after mixing.
- Toss in the 3 cups of cooked/fluffed millets with the salt until the millets turn yellow and the tempering is evenly distributed.
- Remove the pan from the heat and don't forget stir in the lemon juice and coriander.

Papaya Chutney

Ingredients –

0.5 cups grated papaya or 1 small papaya
0.2 tablespoon oil (peanut or sunflower oil)
0.2 teaspoon mustard seeds
0.8 to 1.2 green chillies-sliced or kept whole
2.8 to 3.2 curry leaves
0.4 pinch asafoetida (hing)
0.1 teaspoon turmeric powder, sugar and lemon juice each or add as required



Servings - 2

Method

In a pan, heat the oil and add the mustard seeds. Maintain a low or medium-low flame.
Fry until the mustard seeds splutter and crackle.
Then add green chillies (sliced or whole), curry leaves, and a pinch of asafoetida (hing). Curry leaves can be chopped or left whole, depending on your preference.
Sauté until the green chillies are slightly crisped & blisters appear.
Then add turmeric powder & the grated papaya. Mix thoroughly.
Then season with sugar and salt to taste. Mix thoroughly.
On a low flame, sauté the chutney mixture for 3 to 4 minutes, stirring frequently.
Finally, squeeze in lemon juice. Mix thoroughly.