

Vol. 2 Issue 1 2021

Urjo Newsletter



THE ISSUE

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Activities : Apr-Jun 2021





Vaccination for Apanghar Boarders

Seven boarders of Apanghar, a charitable old age home, were vaccinated against covid by Urjo on World Health Day, 7th April, 2021.

The remaining seven boarders were vaccinated on 21st April, which was a difficult day with vaccination been done in two phases...morning and afternoon due to paucity of vaccines.

Donations to RKSM Matri Sadan

Urjo received an appeal from Mataji of Ramakrishna Sarada Mission (RKSM) Matri Bhavan, near Kalighat, on 25th April, 2021, for donation of Sanitizers, PPE kits and medicines.

Just to give a brief background, RKSM Matri Sadan is the only Charitable Hospital run under the auspices of the Ramakrishna Sarada Mission, Dakshineswar.

They have been treating COVID-19 patients as per protocol :

- 1. Of women who have fetal distress and cannot be shifted.**
- 2. Their own staff who are down with COVID-19.**



Donations to RKSM Matri Bhavan

Urjo donated the following items on 28th April, 2021:

- PPE kits: 25
- Sanitizer: 10 litres
- FabiFlu: 2 strips,
- Other general medicines

Mataji appealed for more of the above items on 6th May, 2021 which were delivered on 8th May, 2021.

On 17th May, 2021 they appealed for donations of items needed to maintain cleanliness and hygiene in the hospital.

On 21st May, 2021 the following items were handed over to RKSM, Matri Bhavan

- **Nimyle : 4 litres**
- **Latex gloves : 20 pcs**
- **Caps : 100 pcs**
- **Lyzol @5 lts: 2 bottles**
- **Dish Washing Gel @ 900 ml : 2 bottles**
- **Dettol Hand Wash @1500 ml : 2 bottles**
- **Sanitizer: 5 litres**



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To
Dr. Srirupa Pal
Secretary
Urjo , AE 768, Salt Lake , Sector –I,
Kolkata -700064

Date: 14.05.2021

Dear Dr. Srirupa Pal,

We are glad to inform you that we have received from the members of Urjo as donations PPE Kit, Sanitizers and Medicines to be used for Corona Virus affected patients and hospital staff .

We are very much grateful for this noble gesture .

Thanking you.

Yours sincerely

Ramakrishna Sarada Mission Matri Bhavan

Prayrajika Anirvanaprana

Secretary

Fund Raising Drive on 28th April, 2021

Urjo sent out an appeal to all its member and their relatives and friends for donations, to raise funds for its covid related work. We received an overwhelming response and Rs 80,000/- approximately was raised in a few days. Urjo would remain eternally grateful to its donors for such a spontaneous and generous response.

Assistance to Apanghar Boarders

On 4th May 2021, Apanghar requested for Sanitizer , Vitamin C tablets and Surgical Masks which were delivered on 7th May, 2021.

Besides, Urjo continued with its monthly support to the Boarders with milk and other grocery items.

Creative Corner from our Urjo Members

Recipe Section

Doodh Dim from moms Kitchen - Lipi Datta



INGREDIENTS

4 Eggs boiled., 1 cup Milk, 2 onions sliced, 3 to 4 cardamom, 1 tbsp. Flour, 2 to 3 tbsp. Butter ,2 to 3 tbsp. Black pepper.2 to 3 tbsp. Ginger onion paste,Oil for cooking.

METHOD

Fry Boiled eggs till they are light golden colour (Sprinkle salt while frying).

Fry onion slices golden brown (Keep aside for decoration purpose)

Keep a pan on gas on slow fire. Add butter. When the butter melts slowly add the flour. Mix well and keep aside.

You can now use the same utensil in which you fried onions golden brown. Put it on fire.

Once the oil is hot add cardamom. Then add onion ginger paste. Sauté it nicely.

Add 1 cup milk to the flour butter mix.

Add salt and sugar as per taste.

Cook on slow fire for 5 to 7 minutes.

Add the eggs in between.

Finally when the milk consistency is slightly thick pour the whole thing in a serving dish.

Later on top of each egg decorate with golden fried onions and sprinkle with black pepper for decoration purpose.

The eggs having brown slices of onion on top will make it look like it has golden hair ...

CHICKEN CREPES - Ujjayini Majumdar



INGREDIENTS:

FOR THE CREPES

Flour - 1 cup Eggs - 2 Cold Milk - 1 cup Vanilla Essence - ¼ tsp

FOR THE FILLING

Chicken Boneless - 1 cup (cut into fine strips) Garlic (crushed) - 2 tbsp Soy Sauce - 1 tbsp Salt - according to taste
Black Pepper - ---Do-- Sugar - 1 tsp Onion - 1 big (finely chopped) Carrot - 2 tbsp (finely chopped) Mushroom - 2
tbsp (finely chopped). Capsicum - 2 tbsp (finely chopped) Peas - ½ cup (boiled or frozen)
Oil - refined or olive

PROCEDURE:

Take a bowl. Mix the chicken with soy sauce, 1 tbsp garlic ,black pepper, salt and sugar. Marinate it for half an hour.

Take a medium sized bowl. Beat the eggs. Mix the milk slowly and whisk. Add the flour in a small quantity at a time and make a smooth batter. The batter should be of medium consistency. Keep it aside.

CHICKEN FILLING-

Heat a frying pan on medium flame. Add 2 tbsp of oil. Add 1 tbsp of garlic and it lightly. Add the onion and sauté it. Add the marinated chicken and cook it until the juice reduces. Then add the carrot and mushroom. Mix it well with the chicken. Add salt and pepper according to taste. (chopped green chilies can be added to make it spicier) Cook it till the chicken is tender, it should not be overcooked. Lastly, add the capsicum and the peas. Cook the whole thing until done.

CREPE

Heat a non-stick flat pan over low to medium heat. Brush it with oil. Now pour 1 medium soup ladle of the batter and spread it on the pan to make the crepes thin. Sprinkle oil on the edges and centre of the crepe. Let it cook until the edges change color. Flip it and cook the other side. Then remove it on a plate with the lighter side on top.

Stuff the crepe with the filling in the middle. Fold it like a roll. in this way, all the crepes can be made

Artists Corner



Water Colour Creations---- Shibani Gayen



Sarbani's Creations



Nibedita's Creations

Birth

On 27th May, 2021, our dear member Madhurima Nambiar, was blessed with a baby boy. Urjo conveys its best wishes to Madhurima and blessings to the little one.

Announcements

Death

With great sadness , we announce the loss of our beloved member, Ms. Shamita Sengupta to post Covid complications, on 26th June, 2021. She was an active member of Urjo and will be missed greatly.

