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P3 CITY

MAYOR SMC BLOCKING DEVELOPMENTAL WORK IN SRINAGAR: DY MAYOR

Deputy Mayor of Srinagar, Parvez Qadri Tuesday accused the city Mayor, Junaid Azim Mattu of acting as a stumbling block in the developmental work undertaken by the government...

P5

RAMADAN: 10 TIPS FOR HEALTHY EATING DURING HOLY MONTH

Ramadan is a joyful time of the year - think Christmas and Thanksgiving rolled into one. Such holidays are always associated with speciality food. Like turkey for Thanksgiving, the holy month - when Muslims abstain...



P7 STATE

BAISAKHI, NAVRATRI CELEBRATED ACROSS KASHMIR

The twin festivals of Baisakhi—the festival of harvest and Navratri—the festival celebrated on New Year as per Hindu calendar, were celebrated with traditional enthusiasm...



Widom Quote!
When you have a dream, you've got to grab it and never let go
—Carol Burnett

1ST RAMAZAN

	IFTAR TODAY	SEHRI TOMMOROW
FIQAH HANAFIYA	07:05	04:33
FIQAH JAFARIYA	07:11	04:32

NEWS DIGEST

2 Militants, 3 OGWs Arrested: Police

SRINAGAR: Police on Tuesday claimed to have arrested two local militants and three over ground workers (OGWs) in Handwara area of north-Kashmir's Kupwara district. A police officer said that on receipt of specific inputs about presence of militants at different locations, different teams were constituted and the two militants and three OGWs were tactfully arrested. **More On P6**

BSF Nabs Pak 'Intruder' Along IB

SRINAGAR: The Border Security Force (BSF) men on Tuesday arrested an alleged intruder from Pakistan in RS Pura area of Jammu district, officials said. Officials said that alert BSF men observed suspicious movement of a Pak national who had crossed International Border (IB) near BP No 942 and was making a desperate attempt to cross fence. "He was warned **More On P6**

Explosive Material Found During CASO

SRINAGAR: An explosive material was recovered on Tuesday during a search operation in orchards of Kamraazpora area of south Kashmir's Pulwama district. A senior police official said that during searches explosive material was found by joint forces of Police and Army's 53RR in orchards of Kamraazpora. He said that few batteries and other explosive material **More On P6**

Contractor Arrested For Firing Shots

BANIHAL: A railway tunnel construction sub-contractor was arrested for allegedly opening fire on men and women, who were protesting against his company, in Jammu and Kashmir's Ramban district, police said on Tuesday. The incident took place in Taatnialh area of Banihal on Monday evening when members of one Abdul Gani's family were joined **More On P6**

Ramazan Kareem Kashmir Begins Month Of Fasting From Today

Observer News Service SRINAGAR: With the new moon in horizon the fasting month of Ramazan begins in Kashmir under the shadow of raging coronavirus pandemic.

Grand Mufti of Jammu and Kashmir Mufti Nasirul Islam announced the sighting of the moon moments after reports of moon sightings were announced on social media from across the region.

"The crescent has been sighted in parts of Ramban district ... I have received credible witnesses about the sightings. Therefore, Ramazan-ul-Mubarak will be observed from Wednesday," he said.

Devout Muslims will follow a new routine for the next 30 days, shunning all



intake of food and water from sunrise to sunset every day.

Muslims across the world follow the Lunar calendar and each month starts with sighting of the crescent. The fasting month

-- which can be of 29 or 30 days -- will end with sighting of Eid moon.

The markets across Kashmir have been flooded with several varieties of dates which is used to break the fast every evening. **More On P6**

Muslims Mark Ramazan Amid Virus Surge, Curbs

Muslims in many parts of the world marked the start of Ramazan on Tuesday, but a spike in coronavirus cases in several countries has once again put curbs on the holy month's signature feasts and lengthy prayers in mosques. Still, there are glimmers that Ramazan 2021 could feel less restricted than last year, when Islam's holiest period coincided with the start of the coronavirus pandemic. Mosques have since **More On P6**

Light Rainfall In J&K From Today: MeT

AGENCIES SRINAGAR: The weatherman on Tuesday forecast scattered to widespread light to moderate rain and thundershowers in Jammu and Kashmir for next few days.

As per the statement by meteorological office here, there is possibility of scattered rains tomorrow while widespread rains have been predicted from April 15 to 17. On April 18, there is forecast of scattered rains and isolated showers on April 19, the statement said.

The weather office has also issued 'yellow warning for "isolated thunder/lightning with gusty wind 30- 40-kmph" for both Jammu and **More On P6**

Highway To Remain Closed Today

SRINAGAR: The Jammu-Srinagar highway, the only surface link connecting Kashmir Valley with the outside world, will remain closed on Wednesday owing to weekly maintenance and repair work, traffic authorities said on Tuesday.

"No traffic shall be allowed from either direction between Udhampur and **More On P6**

Wedding Bells Ring Again As Guns Fall Silent Along LoC

Press Trust Of India

JAMMU: As India and Pakistan adhere to ceasefire agreement after years of cross-border shelling, marriage celebrations have silently returned to villages along the Line of Control (LoC) in Jammu and Kashmir. Director General of Military Operations (DGMOS) of India and Pakistan agreed

to uphold ceasefire along the borders in the Union Territory from the night of February 24 and 25, bringing respite to the residents who were reeling under the constant threat of shelling from across the border.

The original ceasefire agreement was reached between the **More On P6**

Construct Crash Barriers, Parapets At Vulnerable Spots: LG To NHAI

KILLER HIGHWAY

Observer News Service

RAMBAN: Jammu and Kashmir Lieutenant Governor, Manoj Sinha on Tuesday directed national highway authorities of India (NHAI) to ensure proper maintenance of existing national highways, besides constructing crash barriers and parapets at all vulnerable locations to avoid road mishaps.

Chairing a marathon meeting to review the working of District Administration here on Tuesday, the LG observed that the area being accident prone, directions were already



passed for establishment of Trauma centre in order to provide requisite medicare facilities to the people, an official spokesperson said.

He said that the NHAI

authorities were also directed to ensure proper maintenance of existing national highways, besides constructing crash barriers and **More On P6**

Corona Cases Shoot Up In J&K, 1269 Test Positive

Deadly Infection Claims 3 More Lives, Toll Reaches 2037

Press Trust Of India

SRINAGAR: Jammu and Kashmir on Tuesday recorded 1,269 new COVID-19 cases, taking the tally to 1,40,650, while three fresh deaths pushed the toll to 2,037, officials said.

Out of the fresh cases, 582 were from the Jammu Division and 687 from the Kashmir Division of the union territory, they said. The officials said Srinagar district recorded **More On P6**

Srinagar Has Highest 2833 Patients In J&K

Jammu has recorded a seven-fold increase in active coronavirus cases in nearly a month, while Srinagar currently has the highest number of 2,833 patients in the union territory, official data showed.

Some districts in Jammu and Kashmir which were earlier declared "coronavirus-free" are now reporting new cases as the country reels under a second wave of COVID-19 infections. On March 19, Srinagar district had 564 active cases and the figure shot up to **More On P6**

Scholars Okay Vaccination During Ramazan

Taking the COVID-19 vaccine does not invalidate the Ramazan fast, Muslim scholars said on Tuesday, appealing to people not to stop taking the shots during the 'roza' period. A fatwa saying **More On P6**

Gol Had No Right To Revoke Art-370: Soz

Press Trust Of India

SRINAGAR: The abrogation of provisions of Article 370 was "wrong" and "unconstitutional" and people of Jammu and Kashmir have every right to raise their voice against it, senior Congress leader Saifuddin Soz said on Tuesday.

He was reacting to a statement made by Vice President M Venkaiah Naidu last week where he said that Jammu and Kashmir is an integral part of India and the country is capable of solving its own problems.

On his first Jammu and Kashmir visit since the August 2019 abrogation of Article 370, Naidu had also asked other nations to "confine themselves to their domestic problems" rather than giving unsolicited advice to India.

"I think Vice President Venkaiah Naidu will concede our right to **More On P6**

RERA APPOINTMENTS

Selection Panel To Meet Soon

Agencies

SRINAGAR: The constitution of the Real Estates Regulatory Authority (RERA) in Jammu & Kashmir Union Territory is on cards as a selection panel for appointing its chairman and members is expected to meet soon.

Sources in administration of Jammu & Kashmir Union Territory said that three-member selection committee comprising a High Court judge and two senior bureaucrats is expected to meet this month to finalise its recommendation for the key appointments.

"The committee would meet soon," they disclosed, adding that the panel is headed by a sitting High Court judge and

comprises administrative secretaries of Housing & Urban Development Department and Law department.

The RERA is being set-up to monitor the real estate sector and adjudicate disputes related to real-estate projects. The primary purpose of RERA is to protect the interest of the home buyers. The body is entrusted with the registration and regulation of real estate projects.

As per conditions governing these appointments, the chairpersons shall have adequate knowledge and professional experience of at least 20 in urban development, housing, **More On P6**

SIMPLE EQUATION

Slain Cop's Math Period Making His Students Sentimental



Auqib Javed KHASHIPORA, ANANTNAG: The mournful world of a former mathematics teacher is a throwback to his captive classroom for his students.

Struggling with silence and sentiments, they recall their beloved tutor's passion

purge for stepping into his cop father's shoes.

"He was an excellent mathematics teacher," said tearful Danish Farooq—a former student of teacher-turned-cop from Ara Khashipora in the Dalgam area of South Kashmir's Anantnag district.

"We will surely miss him—like we did when he chose combatant training over classroom teaching."

Danish, 24, had arrived at the residence of Rameez Raja, the 30-year-old cop killed in militant attack in the Nowgam

area of Srinagar on April 1.

Raja was guarding a BJP leader, when militants opened fire on the residence, leaving him dead.

Medical Superintendent of SMHS Hospital, Dr Nazir Chowdhary said the cop was "brought dead" to the hospital. "I saw five bullets on his body," his uncle told Kashmir Observer at his home. "He might have lost enough blood at the spot."

Cop Raja is survived by his younger brother, and a widow mother, Naseema (55). As a sole breadwinner of the

family, he had earlier succeeded his late father. But before that he was teaching mathematics at Moral High School, Dailgam.

"Our father was head constable in J&K police but he died because of tumour in 2011," Auqib, 27, Raja's younger brother told Kashmir Observer in a room full of mourners.

"Raja was the eldest, so he decided to step into our father's shoes to support the family." The cop's departure has left the two families devastated. He was scheduled to get married after Eid-ul-Fitr.

WE WILL SURELY MISS HIM—like we did when he chose combatant training over classroom teaching."

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K O V I E W

As tourists arrive

Over the last several months, Kashmir Valley has been attracting a large number of tourists from across the country. One reason for this is the absence of the international travel as a result of the Covid-19 pandemic. The surging numbers of the visitors tell a happy story. Data reveals that the last December saw 13, 237 tourist arrivals in Kashmir, highest such number in the month in last several years. Most of these tourists visited Gulmarg where the hotels remain booked ever since. January, despite witnessing the harshest cold, saw 4863 tourist arrivals. Prospects for tourism are since getting better by the day. The renewed outbreak of the coronavirus infection hasn't worked as a dampener so far. And there's hope that with increased vaccination helping the administration get a grip on the contagion, the ongoing spring and the upcoming summer season will see more visitors make Kashmir their destination.

Tourism in Jammu and Kashmir has already received a big boost with prime minister Narendra Modi granting Rs 786 crore for tourism promotion in the UT's budget this year. This is Rs 509 crore more than last year's budget. This is allowing the administration to make ambitious tourism promotional plans to draw visitors to the UT. The administration has held meetings with travel agents from the other parts of the country. It also brought them on a visit to Srinagar. The Bollywood producers and the directors were also invited to persuade them to resume shootings in the Valley. Now the administration is also coming out with a new film policy "to bring back the golden era of Kashmir on the silver screen again". Recently, the cultural shows and the musical concerts were also organised which, however, ran into public opposition in view of the rising Covid-19 cases. Similarly, the crowds at the tulip garden also outraged sections of population. The anger wasn't against the revival of tourism but the implications for the health of the encouragement to large gatherings. And it is a legitimate apprehension.

That said, the return of tourists to the Valley is a welcome development. The sector is the mainstay of Kashmir economy and is a source of livelihood for lakhs of people. This sector has been battered by the events of the last two years leaving thousands of people associated with the trade unemployed. So, it is good that the sector has been an unlikely beneficiary of the Covid-19 lockdown and continuing restrictions on international travel. And to make most of the current situation, the administration is also facilitating direct flights from cities such as Ahmedabad, Chennai, Kolkata and Hyderabad to Srinagar. The steps are welcome as long as the administration also ensures that the SOPs are followed and the gatherings are avoided in its bid to promote the sector.

O T H E R O P I N I O N

Pakistan-India peace

As the Pakistan-India peace process — or at least the shaky beginnings of the latest round — moves forward, several questions swirl over the direction it will take. Of course, in a relationship as complex as this, and with disputes going back over seven decades, peacemaking will not be easy, and there will be pitfalls aplenty before any workable agreement is reached.

Even over the last few weeks there have been many ups and downs, with the first positive sign in a long time coming in late February, when both sides agreed to silence their guns along the LoC. This was followed by an exchange of pleasantries and public pronouncements calling for peace in the region from the highest offices in both capitals, along with a decision by Pakistan to import Indian sugar and cotton. However, shortly afterwards, the trade plan was nixed.

Now, two fresh developments have posed further questions. Firstly, the Foreign Office has said the Saarc summit, due to be held in Pakistan in October, can take place if "artificial obstacles" are removed, in a thinly veiled reference to India. In the second, more ominous development, the US National Intelligence Council has said Pakistan and India may "stumble" into a large-scale war within the next five years.

Dawn



Kashmir, Covid and the Power of Forgetting

DAVID LEPESKA

In that letter to his friend, Hemingway warned that a journalist should get out of newspaper work before it destroyed his memory. "He will always have the scars from it, just as any experience of war is invaluable to a writer," he wrote. "But it is destructive if he has too much."



"In newspaper work," American novelist Ernest Hemingway wrote in a letter to a friend, "you have to learn to forget every day what happened the day before."

For journalists in Kashmir this is a blessing: if they were unable to forget what happened yesterday, last week, or last year, they would never be able to write today's story because they would begin to feel rather silly covering the same news over and over again.

Yet it is also a curse because it means the horrors of life in the Kashmir Valley fail to accumulate. In order to write about the latest deaths of neighbors, suffering of loved ones, or governmental errors, the Kashmiri reporter must push out of his head the thousands of previous times something similar occurred or risk going insane.

The Vale's latest exercise in forgetting is New Delhi's big spring tourism push, for which the government has earmarked more than \$100 million. The Tourism Ministry this week held a three-day event in Srinagar titled, "Tapping the Potential of Kashmir: Another Day in Paradise". Discussions focused on taking Kashmir to the next level and promoting traditions like shikaras, wazwan and saffron.

Also this week the Centre highlighted the Valley's newest link to the rest of India. "The arch of Chenab bridge, connecting Kashmir to Kanayakumari has been completed," Railways Minister Piyush Goyal said in a tweet on Monday. Never mind that the bridge itself is at least a year from completion, and even once it is finished the Banihal-Katra stretch will still have gaps that need to be filled before anybody can ride a train from Anantnag to Udhampur, much less to

the southern tip of the subcontinent.

Last month, Prime Minister Narendra Modi announced to his 66 million Twitter followers the opening of Kashmir's famed tulip garden, in a tweet featuring several appealing photos. A few days later Kashmir received its most significant dose of favorable international attention in years: a New York Times travel story described skiing in Gulmarg as "a beautiful dream" and said the resort attracted 160,000 visitors this season — 10 times last year's total and the most since the start of insurgency.

Yet all of this tourism hype — part of a broader effort to get the Valley

might rightly label this calamitous covid management.

The Union territory of Jammu and Kashmir has seen a similar increase: 1935 new cases and 21 deaths in February; 4519 new cases and 37 deaths in March; and April on pace for 20,000 cases and nearly 120 deaths.

On average, tourists from outside Kashmir have made up about one in five new cases in the Valley. At least two have died of covid-19 this month, with several others in serious condition. Yet Lieut. Governor Manoj Sinha opened Kashmir's recent Tulip Festival with a prediction that tourism in the Valley "would be taken to

In order to write about the latest deaths of neighbors, suffering of loved ones, or governmental errors, the Kashmiri reporter must push out of his head the thousands of previous times something similar occurred or risk going insane

back on track economically after the double-whammy of the August 2019 revocation of Article 370 followed by covid-19 — ignores a few crucial points. The first is that, thanks to the pandemic, Indians are unable to travel to preferred holiday destinations like Thailand, Nepal, Malaysia, or Dubai, and are thus forced to turn to domestic alternatives. Kashmir may be the top option right now, but it won't be once the pandemic recedes.

Second, the violence has ticked up of late, as seen in the killing of at least 10 Kashmiri militants this past week in Shopian district. The Centre says five militants were killed in the gunfights, which were again minimally covered in mainstream national media which by and large toes government line on Kashmir. Thus, your average Indian may be unaware that violence in Kashmir increased significantly last year, with the number of militants killed up 45 percent from 2019. Then this January-February saw a spike in gunfights and militant attacks. Meanwhile, knife attacks may be on the rise in Srinagar, possibly in connection to gang disputes over drugs and debts.

The third point is the most troubling. As I write this, India has marked a record for new daily cases of covid-19 each of the past five days, topping off at nearly 170,000 on Sunday. Considering the 12,000-or-so daily cases India was seeing two months ago, when vaccinations began, one

new heights".

Unsurprisingly, it is covid-19 that has risen to new heights, marking a record number of cases that day. The next day the government shuttered schools, then all Kashmiri health workers were called back from leave as hospitalizations spiked.

"Citizens should understand they are on their own," Delhi-based journalist Rohini Singh said in a Monday tweet. "Mask up, stay home. The government has no proper plan to tackle Covid."

It sounds a lot like Delhi's plan to quell the insurgency in Kashmir, to end encounter killings, to give Kashmir more autonomy, to encourage stability and spur economic growth.

In that letter to his friend, Hemingway warned that a journalist should get out of newspaper work before it destroyed his memory. "He will always have the scars from it, just as any experience of war is invaluable to a writer," he wrote. "But it is destructive if he has too much."

Kashmiris know it all too well.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer

The author is an international journalist based in New York. He previously worked with Kashmir Observer



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All letters intended for publication must include the writer's name and address, even if a pseudonym is used. Letters are edited as clarity, space and accuracy of expression require. Our publishing a letter does not mean we agree with everything or even anything in it. -EDITOR

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No Experts for Waste Management

This is in reference to a write-up titled, "Fate of Swachh Bharat Abhiyan" by Mukhtar Ahmad Farooqi (Kashmir Observer 9th April). The author has highlighted some salient features of the scheme. He should have highlighted the funds available under the waste management programme of Swachh

Bharat Abhiyaan as well. The funds are not spent on the ground, especially in J&K for the last several years as project proposals are not prepared by respective District Panchayat offices. Even if some proposals have been prepared, the authorities have not cleared them as these proposals are mostly faulty and have been prepared

by people who have never worked on waste management. Open defecation is not a big challenge in J&K nor was it in the past as well but managing solid waste is indeed a challenging task in urban and rural areas of J&K. The Govt of J&K has not hired technical agencies which would assist the Rural Sanitation Department in

implementing solid liquid waste management programmes in rural areas. The Comptroller and Auditor General of India (CAG) must seek an explanation from J&K Govt for having failed to clean up villages in J&K under Swachh Bharat Abhiyaan.

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RAMAZAN: 10 tips for healthy eating during holy month

Food blogger Amira Ibrahim explains how to indulge and still stay healthy during the Muslim fasting month of Ramadan

AMIRA IBRAHIM

Foods associated with Ramazan are usually full of unrefined sugar and fat, which are empty calories – they fill you up quickly but have very little nutritional value. After a day of fasting, our digestive systems need the exact opposite of what is often inflicted on it come sunset. But in the evening you'll feel full, sluggish, and low on energy

Ramazan is a joyful time of the year - think Christmas and Thanksgiving rolled into one. Such holidays are always associated with speciality food. Like turkey for Thanksgiving, the holy month - when Muslims abstain from all food and drink from dawn till sunset before marking the completion of the fast with iftar, the end-of-day meal - has its own signature dishes.

For example, it is popular in Morocco and Algeria to break the fast with harira, a tomato-based soup with chickpeas, lentils and sometimes lamb. Maqluba, or upside-down rice dish, is also popular in Palestine and Syria, and mahshi, or rice stuffed vegetables, in Egypt. Fried samosas are often prepared as part of Ramazan meals across the Muslim world, as are syrup heavy desserts like knafeh, qatayef and basbousa.

In many homes, the day-long fast is broken at the sunset call to prayer, with a few dates, a sweet drink, a bowl of soup and sometimes fruit or a small helping of khoshaf - dried fruit compote. After this quick first course there is usually a pause to perform sunset prayers, before returning to the dinner table for iftar, a hearty main meal (of rice, pasta, meat, chicken) that will be capped with decadent desserts and some tea or coffee.

In my household at least, this means that in just over an hour we eat so much food we can barely move or breathe. This is why, whenever I tried to go on a diet, I would always fall off the bandwagon during Ramazan.

Ironically, the month of fasting, purification and self-control is often the downfall of me and my friends. Indeed, several people I know go on a diet three months before Ramazan in preparation for the extra calories anticipated.

Foods associated with Ramazan are usually full of unrefined sugar and fat, which are empty calories – they fill you up quickly but have very little nutritional value. After a day of fasting, our digestive systems need the exact opposite of what is often inflicted on it come sunset. But in the evening you'll feel full, sluggish, and low on energy (especially if you plan to take part in Taraweeh, the extended night prayers undertaken during Ramazan). Gorging on these types of foods also means you're more likely to feel hungry during the next day of fasting.

But it doesn't have to be this way.

The month of spiritual indulgence should not excuse overeating once the daily fast is over. With some simple substitutions and an open mind, many of the classic Ramazan recipes can still be adapted to a balanced diet and enjoyed. But there are a few things you can do to avoid piling on the pounds and feel a lot better for it.

For instance, opting for slow release, high nutritional value foods like wholemeal carbs, raw nuts, avocados, bananas, eggs, pulses and beans, not only is healthier, it will also help give you more energy throughout the day.

The life hacks below are as applicable during Ramazan as any other time of year. Important: as always, those with underlying health conditions or who are pregnant should always consult their doctor or dietician before embarking on any new diet.

1. The salt swap

This hack is simple. Instead of regular fine table salt, try the pink Himalayan variety, which has more trace minerals than table salt, none of the additives, and is minimally processed.

Sea salt is also a good alternative if you can't get hold of Himalayan. Like Himalayan salt, it is mineral-rich and additive-free.

You can always go easy on the salt in general. The key here is moderation and taking it one step at a time really helps. Like sugar in tea, once you start reducing the amount of salt you use overall, your taste buds will quickly adjust.

Also think about foods that contain too much salt. Years ago I picked up the habit of scoffing pickles on the dinner table. Gradually I replaced them with a big bowl of salad that helped me reducing the amounts of sodium in my meals.

2. Sugar? Out!

The next idea is maybe not so easy: say no to sugar. While fasting can make you feel tired because of low blood sugar levels, it's important to resist the urge to fill up on sweets as soon as the sun sets. Consuming too much sugar causes a spike in energy levels followed by a crash, leading to energy-draining cycles.

This has always been the hardest step for me. I love sugar, chocolate, desserts and everything in between. So in my case, I started slowly, using natural healthier alternatives like coconut sugar and honey, before eventually turning to natural sweeteners like stevia and monk fruit.

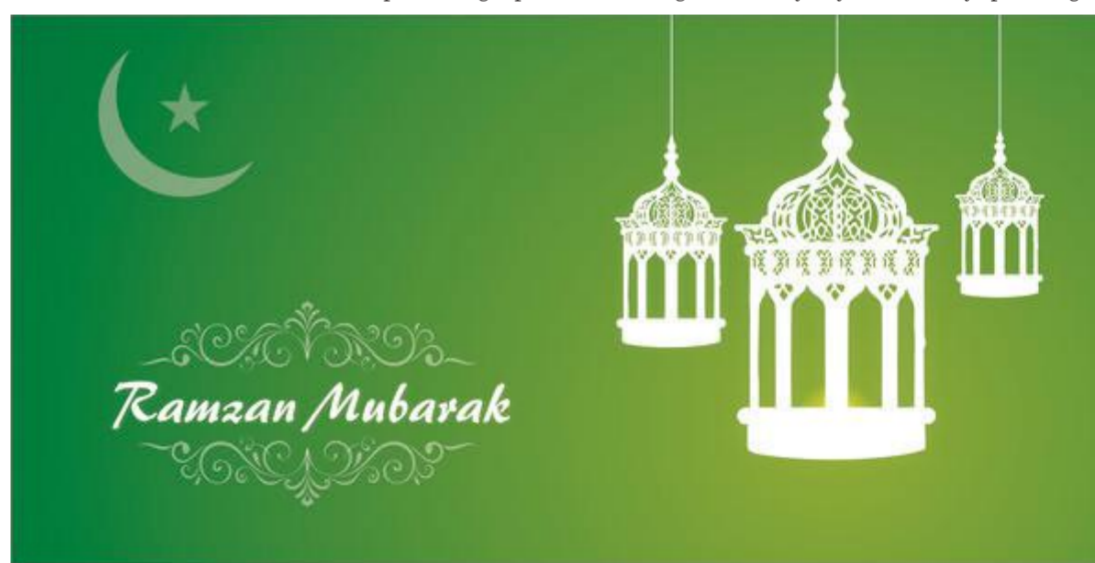
One of the recipes that I cannot do without in Ramazan is this date shake. I used to add one tablespoon of sugar per

opt for the good carbs that will help slowly release sugar into your bloodstream and keep your energy levels steadier without spiking your blood sugar levels. And while I limit my carbs, every now and then I indulge in good carbs.

These include fruits, sweet potato, brown rice, quinoa, whole grains and oats. For instance, I've used quinoa instead of white rice to make this amazing, much healthier koshari recipe.

7. Bring the crunch

Nuts are highly nutritious - almonds and walnuts are my favourite - so snack on them. They can add easily add crunch to oatmeal, yoghurt, salads and steamed vegetables. Bring life to many of your dishes by sprinkling some



cup of milk for this recipe. It is my favourite drink to break a long fasting day. I then started sweetening it with honey, then reduced even that and relied only on the sweetness of the dates.

3. Eat smaller desserts...

This one might sound simple, but it really is effective: eat smaller sweet dishes. You can make baklava in portions like these rolled ones and bake them in whatever quantities you need. Even better, get your baklava fix in a much healthier way with baked apples.

4. ...and portions in general

In general, eating smaller portions of any of your favourite dishes - savoury or sweet - is going to be kind on your tested digestive system this month. I always find that by day three of Ramazan, I start to feel full after the first small bowl of soup, then feel less hungry throughout the day. Drinking enough water at night becomes the priority.

Another idea I got from a dietician is to trick your mind. I love pitta bread and can easily devour two pittas in just one meal, but most diets limit your bread to a quarter, which seemed impossible for me.

One dietician recommended that I start cutting the pitta bread into two full circles and just eat one of them. Though it is half a pitta, my mind will still think of it as a whole pitta bread. This seriously helped.

5. Cut out tinned tomatoes

I also now avoid using tinned tomatoes whenever possible. I was shocked to learn how much sugar is in a can of chopped tomatoes, or pasta sauce - around 14-24 grams of sugar per 420g tin. My grandma used to use her stainless steel mill to make her tomato sauce. Is throwing some tomatoes in the food processor that much of a hardship?

6. Think good carbs

To counter the effect of the reduced sugar consumption,

crushed nuts or a handful of slivered almonds over the top.

8. Forget the deep fryer

If you're a fan of the deep fryer, or even if you only pull it out of storage for this one time of year, there is still some hope. One obvious - but recommended - hack is to try baking instead of deep-frying. For example, these samosas, baked in the oven, are just as delicious as the fried alternatives.

For this, you need a baking tray with a wire rack or, if you don't have one, you can place your samosas on an elevated rack over a baking tray. Some tried and tested recipes include these baked aubergines. Baked kibbeh is also a treat instead of frying it. But if all else fails, try to pan-fry to reduce the fat that will ultimately be absorbed by the food.

9. The value of good oils

Incorporate more good oils in your recipes: I like using more extra virgin olive oil, avocado oil and coconut oil. Check which oil to use in different cooking situations and their smoking point. The higher the smoking point the better, since over heating oils takes away beneficial nutrients and produces harmful free radicals.

10. Everything's gone green

Finally, when it comes to dishing out your delicious, healthy meal to break the fast, why not serve it over a bed of leafy greens? What about spinach, chard, collard, lettuce and rocket? These greens not only add colour to your plate but come loaded with vitamins, minerals and fibres.

Ramazan is a time for resolutions and I've made it my goal to have a good one this year. If, like me, you struggle to abstain from the feasting denied during the fasting day, these ideas should help you at least take a step towards your ultimate goal.

For more recipes and ideas from Amira Ibrahim, head over to Amira's Pantry.

The Middle East Eye

Caringly yours



Be healthy, be prepared!



Bajaj Allianz Family Health Care Covers



In Patient Hospitalization Expenses



Pre & Post Hospitalization Expenses



Day Care Procedures



Hospital Cash Benefit



Road Ambulance



Organ Donor Expenses



Sum Insured Reinstatement Benefit



Preventive Health Check-Up



Ayurvedic / Homeopathic Hospitalization Expenses

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