

# Happy feat

As Dehradun sees a rise in both-parents-working families and longer working hours, couples often find it difficult to tend to their small children. In such challenging times, having knowledge of a good day care centre to fall back on can be a blessing. Team Vivacity finds out the best daycare centres in Doon where you can leave your child and enjoy a day off.

## EXPLORERS

Explorers is a day care where working parents can leave their children and work tension free. They offer a programme, which is designed to meet special needs of toddlers, preschool and primary school children in a safe and nurturing environment. Day care options range from few hours a day to full day boarding. Children at explorers are provided a home like environment and are engaged in fun and playful activities along with finishing their homework. "We have a team of 12 expert teachers and six support staff which work in shifts. Day care operates 12 hours a day from 7:30 am to 7:30 pm. And we are also planning to open on Sundays now as we get a lot of request from parents," informed Manu Panwar, owner of explorers.

"Day care is equally important for parents as it is for the children. It should be in line with the timings of working parents and at explorers we keep this thing in mind always. We are open almost on all holidays and work six days a week," Panwar added.

With child friendly staff, child safe equipment and cameras all over the place they keep a tab on what is going on with children. Sleeping place for over 20 children, food is provided with snacks on campus. With pick up facility from schools available along with special teachers appointed for making them finish their home work also, explorers gets an edge over other day cares.

## LITTLE ME

Little me is offering high quality long day care (child care) and kindergarten programs to children. They believe strongly in the importance of family participation. This includes good communication between them and families. Bharti Nagalia principal, has maintained the quality of day care through her expert supervision. A group of well-trained and experienced tutors help children to learn and grasp fast not only focusing on their recreational activities. For activities they have indoor play area, ball



room, art room, outdoor play area, classroom and open area. With food and lodging space available children can feel at home. Add another best day care in your list for your children in town.

## MAPLE BEAR SCHOOL AND DAY CARE

Maple Bear is a franchise school situated in Dalanwala and Shastradhara Road. Though day care is only available in Shastradhara branch, it is at its best, claims Harender

Juneja, Director. The student teacher ratio is 1:8 and with experienced and friendly support staffs they provide pick up facilities also. "It is very difficult for people and parents to decide which one is best for them when there are people who open crèche in their homes only," shared Juneja. He also gives due credit to the centre head Shweta Bhardwaj for the standards it has maintained. This is one of the better-known day care centres in the city where you can leave your child.

# Joy to the world

BY NITIKA BHARDWAJ

A mother is she who can take the place of all others but whose place no one else can take," said Cardinal Mermillod to honor every mother on earth.

Rajpur Women's Club organised an event themed on mother's day for their members at JSR Continental.

The event began with ladies playing Tambola and various other games. The organisers had put up various stalls for children like photo booth wherein the members along with their children could create fond memories. Then there was 'aim at the joker with a ball' and fishing game to keep the children occupied.

The children put up a great show expressing their love for their mothers. Many mother and child duos came up with a presentation to convey gratitude to each other for their unconditional love and celebrating their bond.

A highlight of the show was rampwalk by the ladies. The fashion runway was the most fun element of the event. Mothers along with their children trotted on the ramp displaying their beautiful attires. Some of them wore exactly the same dress in order to portray that they are a team. "My daughter suggested and was very happy to see us both wear the same attire," said Vandana Sehgal, president of the club.

There was a special dance performance by Kreative Korner Dance Academy by Riya Bali and her troupe.

For many like Nimisha Jain, it was their first grand celebration of the occasion. "This is my first mother's day being properly celebrated. We tend to



take it like any other day otherwise. I want to thank RCW through which I got an opportunity to dance with my daughter, and create memories that will last forever. It is a huge achievement for me as I am busy most of the time. I feel very special today and being a mother has completed me in every sense."

Mothers and children presented songs and poems, performed on songs and danced together. The winners of ramp walk were Astha Gujral for Best Attire Mom, Sujata Panday for Best Photogenic Mom and Vidushi Jain for Beautiful Smile.

## Campus News!

### WELHAM GIRLS

Welham Girls' School clinched the trophy of the 6th Welham Girls' School Invitational Hockey Tournament defeating Mahadevi Kanya Pathshala 5-0 in the final match.

In the one-sided match, Shruti Kaul and Prerna Kejriwal scored two goals each, whereas Srishti Bansal scored one goal for the winning team.

Jyotsna Brar, principal of Welham Girls' School, was the chief guest on the occasion. Prerna got the Most Valuable Player award, whereas Preksha and Shruti got the Best Goalkeeper and Best Forward awards, respectively.

### ST JUDE'S SCHOOL

The investiture ceremony of St Jude's School for 2016-17 was held wherein vice-principal M Gardner administered the oath of office to the newly selected student council. The new school captains are Akshita Lakhiwal and Raahul Singh. Later, the office-bearers were adorned with badges and house colours. The young leaders vowed to carry out their duties with dedication and commitment. Songs sung by Kushagra added to the grandeur of the event. VR Gardner, principal of the school, urged the young leaders to uphold the values of the school and to keep the school flag flying high. Coordinators, house masters, house mistresses, teachers and parents of the newly-appointed prefects attended the event.

### OLYMPUS HIGH

A book-reading session on 'A lifelong romance with nature and the wild and many short stories' by Col Vijay Verma (retd) was held at Olympus High School here yesterday.

Besides the author, school managing director Kunal S Malla and Principal Anuradha Malla were present at the session, which was held for students from Classes VIII to XII.

The book is a simple rendition of memories, anecdotes and stories about Indian wildlife. The main stories feature a man-eating panther near Nagpur that was shot dead by



the author's father. There are several stories, covering a wide expanse ranging from the Pakistan border to Nagaland and Mizoram. There are also some old stories from 1935 to 1957.

### THE ASIAN SCHOOL

The Asian School lifted the trophy of the 26th All-India Afzal Khan Basketball Tournament defeating Welham Boys' School 64-59 in the final played at the Doon School. The Chief Guest Colonel Vivek Sharma, Commandant, Rashtriya Indian Military College (RIMC), gave away the prizes to the players. Suryansh Kainthola of the Doon School got the Most Promising Player award while Shiv Sabharwal got the Most Valuable Player award.

### ST THOMAS COLLEGE

Gardner Premier League now called "The Centenary Premier League" commenced its innings on April 21, 2016. Total number of teams participated in the boys category were 17 boys while there were eight girls teams. There were 250 players taking part in 50 matches played in 17 days and 90 hours of exciting cricket.

The Girls Finalist Match was played between St. Thomas' College and Ann Mary School. The winner of the Girls Inter-School Indoor Cricket Tournament, 2016 was Ann Mary School. The boys finalist match was played between St. Thomas' College and Carman School, Dalanwala. The winner of the Boys Inter-School Indoor Cricket Tournament, 2016 was Carman School, Dalanwala.

## VALLEY GOODTIMES

Valley Vivacity sketches out a weekly listing of the most interesting events happening in Dehradun and around, so that you never miss the coolest thing in town. Have a whale of a time!!!

WHAT: Big Gig: #To The Hills

2016  
Flea Markets, Heritage Walks, Hike in a forest reserve and music at 7550ft, this is definitely not to be missed.

DATE: May 14 to 15

TIME: 8:30 am

VENUE: Landour, Mussoorie, Dehradun

CONTACT: <https://in.bookmyshow.com/events/big-gig/ET00041675#?i=Tickets>

WHAT: Free Photography

Workshop

DATE: May 15

TIME: 5:00 pm

VENUE: 815/1 Indira Nagar Colony, Dehradun

CONTACT: 7895660773

WHAT: Gra'fest 2016

DATE: May 15 to 17

TIME: 10 am

VENUE: Graphic Era University, Dehradun

CONTACT: 0135 264 2727

WHAT: Brandage: Brand

Awareness Quiz

DATE: May 13

TIME: 12 pm onwards

VENUE: GEHU Auditorium, Dehradun

CONTACT: 9776377079, Baljinder Kaur

WHAT: RED's Ride To Seek

Nirvana

DATE: May 13 to 15

TIME: 12 pm onwards

VENUE: Ganga Beach Resort, Rishikesh

CONTACT: Nikhil Agnihotri - 9899 09 5555



WHAT: The NLP + Certification

Program

DATE: May 13 to 15

TIME: 10 am - 1 pm

VENUE: Rishikesh

CONTACT: 9205140200

WHAT: Bird Watching At Rajaji

National Park

DATE: May 13 - 15

TIME: 11 am

VENUE: Rajaji National Park, NH58, Dehradun

CONTACT: 9410150641, birding.co.in

WHAT: RIDE THE WAVES

DATE: May 13 to 15

TIME: 11 pm

VENUE: Rishikesh, Uttarakhand

CONTACT: 8130680268/120-4545612

WHAT: Jungle Safari In Corbett

DATE: May 13 to 15

TIME: 11 pm

VENUE: Corbett National Park, Ramnagar, Uttarakhand

CONTACT: 8130680268/120-4545612

WHAT: Dehradun Model Audition

DATE: May 18

TIME: 11 am

VENUE: Hotel Solitaire, Haridwar

Bypass Road, Dehradun

CONTACT: 9999111186, 9213333386

## YOUR TALK

### Bringing up parents...

The airport lounge was crowded. Placing my carry-on bag on the floor, I made place for a fellow traveler to occupy the adjoining seat. A quick glance at my wrist-watch revealed that I still had a good half an hour before boarding. Just then I realised that my carry-on had decided to roll away on its wheels. A disarmingly cute toddler with sparkling brown eyes and a mass of tousled black curls had taken charge of its custody and was busy pushing it to the far end of the lounge. He stumbled, regained his balance and manoeuvred his way between passengers and their luggage. Charmed, I looked around to find the credentials of this little signature. A dapper young man, presumably the father, was deeply engrossed in a book. His young spouse was assiduously glued to her smart phone, blissfully unaware of the playful antics of her progeny. I decided to sit still and watch the sequence of events. The little one returned with my property, looked expectantly at his parents and on receiving no attention, proceeded to repeat the manoeuvre. The parents continued to remain engrossed in their activities. Somewhat saddened, I smiled at the little one and gently retrieved my bag to place it out of reach. The toddler looked around before deciding to take waddling steps all around the lounge. Meanwhile, the mother smilingly moved her finger on the screen of her cell-phone, totally engrossed by the virtual reality that flitted before her eyes. Looking up from his book, the father's eyes sought out the little one and rising up from his chair he sauntered towards his errant offspring. I diverted my attention to the newspaper on my lap. Before long, a stern voice made me glance up. A security guard stood holding the child by his hand. "Whose baby is this? We found him in the open outside." Cutting a sorry figure, the



father silently stood up. The incident left me troubled.

A week ago, we were enjoying dinner with friends at a restaurant. My friend, a teacher by profession, was expounding the travails of dealing with adult students in a city like Paris. Our conversation was interrupted by a loud clattering noise that came from a table across the room. A toddler seated on a high chair was banging his spoon on the table with an unusual intensity. His mother, seemingly a victim of the social media virus, was bent double over her phone. The father, not to be outdone, was similarly engaged. The bangings on the table intensified, stopped for a brief moment of respite and restarted. We watched with concern to find the parents totally oblivious of the constant clattering noise.

Precious time is lost in futile conversations on the social media and that too at the expense of not being a witness to their child's growing years. We are all aware that the first three years of a child's life are crucial — it is the time for maximum growth in the brain, the body and the spirit. The child is like a sponge waiting to soak up and incorporate new inputs of information. Give your child the precious gift of time.

Dr Venu Sanon is a doctor, philanthropist and writer based in Mussoorie



# What Doonites say about the Smart City plan

BY ANUPMA KHANNA

With its good education and cultivated society, Doon valley has always fostered an informed and pro-active citizenry who love the city and take pride in its distinctive character. Given its alluring landscape, a marked feature of the place's local culture has been a deep attachment with the scenic charm of the town. And in recent times, one has been seeing a manifestation of people's endearment for their picturesque native town in the high-spirited public campaign regarding the government move to make Dehradun a Smart City. The debate and protest against converting the tea gardens to the proposed smart city's site and other controversial questions in the project has turned into a united, vociferous voice of the people of Doon to save their beloved city. Social media has become an active ground for this movement to carry on momentum. And lately, citizens from several action groups came together to resound popular opinion on this issue. Here is Doon's vox populi on the controversial issue of smart city.

only with basic necessities food, water, shelter, electricity etc. We must understand that this is also a basic necessity. It is not only the responsibility of 28 organisations that form the CAG but of everyone associated with Doon."

—Bharat Sharma, friends of Doon society

"We have some concerns about the environment which we want to keep in the public domain. We are not in full agreement of the MDDA plan. Although they have taken some of our suggestions. So we are there as a pressure group from inside to make it clear that there are some concerns which we want to push through regardless of how the plans goes. So we keep the people of Doon informed that this is their city and we are fighting for that."

—Ranjona Banerji, friends of Doon Society



will be made, we hope by December where we will fan out into the parts of the city. We will collect data, population on their requirements and on the conditions that they live in, we will assemble all of this and out of this we will create a document. It will show where we lack what we need and we would try to show how to achieve those things. Once we have that we will figure out avenues where it can be fulfilled which hopefully will be a continued partnership with government"

—Florence Pandhi, coordinator of Citizens Action Group



"I do not believe what they (MDDA) say. I suspect them. The MDDA site says that everything will be done keeping the environment in mind. But when we see on ground that is not there. So the smart city sounds very good on paper but the big question is, in reality will it turn into that? We want to be the watchdogs; we want to come up with suggestions like why not grow our native trees. We can have urban jungles, which takes care of the ground water recharging, helps with rain, it lessens the air pollution, it helps with carbon emissions, so it's a huge huge help. So that's a plan we want to push for. We have to live in this city and our stake is the biggest. We need to be aware."

—Ira Chauhan, citizens for Green Doon



"We all feel very strongly that before doing any kind of planning, without taking full opinion of all the citizens, was a wrong thing to do. Now that the government has understood and accepted, that citizens are the major stakeholders in this and they must be taken into consideration, I am very happy. More than anybody else, we the citizens know what is good for our city. We don't have any hidden agenda. We want what is good for our city, we want a healthy environment for our children, and we want a place where we can move without getting stuck in traffic jams. We want a place where traffic moves, a place which is clean and safe that doesn't has any kind of pollution. We want a place which has plenty of water and connections and uninterrupted electricity. We want quality of life. When that can come with smart city we are fine, we are very happy."

—Shanti Verma, educationist and social worker, retired Principal of Welham Girls' School



"There is hope that we can have an inclusive plan. Whether it's clock tower, the Railway Station or Paltan Bazaar, everybody has to go through these places. Why shouldn't all citizens benefit and why just Vasant Vihar and Indra Nagar people. Also, I think there is huge scope of our heritage to be focused upon. Unique features of the city should be preserved. You need to save, feature your natural landscape, natural heritage and our rivers. Why forget about these and concentrate on construction. Our USP is our climate and it is made by the tress and plantation. It is because of the forest. And as tourism professional I can very categorically say that people come here for green, fresh environment, climate, and expanse of the mountains. Quality of air and water is essentials for a good quality of life. And all these politicians and bureaucrats are transferable posts. They come for three to five years and they leave behind this policy to deal with which is not fair. We have to deal with it for our whole life that's why it is a good thing and we see some hope now."

—Retu chatterji, member of friends of the Doon Society



"We were successful in saving tea gardens, but now the point is saving the whole of Doon city. There is a lot to be done so we have been attending all the meetings and seminars of MDDA, and we noticed that smart city is only a very small part of the solution. The key solution lies with the department and officials who are assigned the duties and are responsible for taking care of our environment. Everybody has to work together. In December we will be ready with our own citizen draft. Our fight has started. It's a movement that will carry on."

—Hemant Nav Kumar, U Turn Foundation with inputs from Nitika Bhardwaj

"It is very good news that the government has involved us with them but follow up should be regular as in the activities of the government has to be monitored. Quality maintenance and check should be everyone's responsibility. A common citizen of the city is concerned



## Making it big

BY ANUPMA KHANNA AND NITIKA BHARDWAJ

In what is being hailed as a big boost for the State's basketball presence at the national level, Uttarakhand's under 18 boys team has won the 67th Junior National Basketball Championship and it is informed that this is the first time that Uttarakhand has won the championship in this category. The names of Uttarakhand's team players who made it big at the national tournament are Himmat Grewal, Nachiket Jain, Shrey Dabral, Arjun Rai from Dehradun, Mayank Verma, Abhijot Singh, Vaibhav Singh, Vaibhav Chaudhary, Hirdiyagam, Abhishek Batra and Kesar Singh. Accompanying the team were team in-charge Harvinder Singh Sodhi, coach of the girls team Devendra Prasad; coach of the boys team Vishal Sharma; Khushbu Walia and Neetu.

Also, at the all-India competition, all teams are placed in two different pools, level one for stronger teams and level two for the teams that are seen as weak. While Uttarakhand has been in the weaker level two pool, the big win this year has catapulted it to the higher level, informed Harvinder Singh, in-charge of Uttarakhand's U-18 Basketball Team- Boys. "Having lifted the trophy this time, next year our State's team in this category will be placed among the stronger teams. We have a year to provide rigorous training to the players and prepare them holistically for the tough competition ahead. We might even recruit new players," he said. Famous as the Khalinga Trophy tournament, the national championship was organised by the Puducherry Basketball Association under the aegis of the Basketball Federation of India at Rajiv Gandhi Indoor Stadium in Puducherry from May 1 to 8.

"Though it is the reward of consistent and dedicated practice, we had trained very hard in the last one month and it feels amazing that all the sweat and toil has paid off so very well. The committed team players and their coach deserve

accolades for bringing this laurel to our State. I am breathing a sigh of relief now while pinning hopes on the nationals and international tournaments in the near future," beamed Grewal.

This win is being seen as important in giving Uttarakhand's U-18 basketball team boys prominent exposure and better chances of selection among the 25 players to be selected for India's U-18 basketball teams. The selected youth will be playing for the country later this year at the U-18 Men's SABA Championship at Dhaka, Bangladesh from May 26 to 28, the 24th FIBA Asia U18 Championship at Iran from July 15 to 24 and the 23rd FIBA Asia U18 Championship for Women at Thailand from November 13 to 20.

The win for the boys from Uttarakhand came after playing five matches in their Level two League.

The first match was against Jharkhand in which Uttarakhand won by one point, in the second match the boys from the hill state vied against Chattisgarh losing to a score of 70-35 but Uttarakhand then won the third match against Andhra Pradesh with a score of 77-55.

The adrenalin packed final match was against Goa and left the spectators thrilled. As shared by Mandeep Grewal, Secretary General Of Uttarakhand Basketball Association, "Winning this coveted title for the first time in this category has come as a significant good news for the state's basketball fraternity. Though our State's girls have lifted the same trophy twice in the past, they did not perform that well this year. But the boys team left us open mouthed with their brilliant performance."

Himmat Singh scored the maximum goals for the team, pegged at 25. Abhijeet and Mayank also excelled scoring 15 goals each.

Uttarakhand's girls team also played several matches in Level two League against Andhra Pradesh, Himachal Pradesh and the quarterfinals with Puducherry. They won consecutively with 37-31, 66-68 and 41-16 points, respectively.

THIS WIN IS BEING SEEN AS IMPORTANT IN GIVING UTTARAKHAND'S U-18 BASKETBALL TEAM BOYS PROMINENT EXPOSURE AND BETTER CHANCES



## Garhwal Youth Cup Football Tournament conclude amid thrill

BY NITIKA BHARDWAJ

The city saw the finals of the Garhwal Youth Cup Football Tournament 2016 (boys U-15, U-19) organised by Dehradun Football Association (DFA) recently. A total of 26 teams competed in the championship that was played on league-cum-knock-out basis. Narendra Nanda, Praveen Rawat, Nitesh Kumar, Amit Kant, Pradeep Negi And Veer Singh served as referees at the tournament.

In the action packed series, Saifai Sports College, Lucknow beat Golden Boot Football Academy, Ghaziabad by 2-0 in the under-15 category. Dipesh opened the account in the ninth minute of the play off. And in the last minute Adarsh took the final score to 2-0. While DFA beat Kasiga School by 3-0 in the u-19 section. "With the time running out team Kasiga did all they could but the players dribbled through in their defence with ease as they created chances from themselves and their teammates. Kasiga was still in the hunt of an opportunity to score in the last minute, but DFA once again stepped up to finish the game off in style," commented tournament founder and technical advisor VS Rawat. DFA boys matched everybody's expectations. The team played aggressively defeating many teams like Golden Boot Football Academy, Saifai Sports College Lucknow, Roorkee Football Academy, Gayatri Vidya Peeth Haridwar And Bhaichung Bhutia Football School to win the series in their category.

The tournament started on May 1 and concluded on May 10 at Marshall School's Sports Field. The chief guest for the evening was Girish Chand Juyal, president of Marshall School along with ONGC general manager Harsh Mani Vyas. It was an inter-school and academy football tournament in under-15 group but only Kasiga School and DFA could reach as finalists in u-19 group.

This is a relatively new tournament, being organised by DFA since 2012 with keys support from Rawat. The winners were awarded a trophy, certificates and medals. "No cash prize was kept as there were no sponsors. May be from next time we shall be able to keep cash prizes," observed Rawat.



## All about your mother

By Nitika Bhardwaj

At a time when most celebrated womanhood on the occasion of Mother's Day, members of ONGC Officers Mahila Samiti dedicated their annual function to honor their husbands called *Tere Liye Hum Hain Jiye*, members of OOMS saluted their better halves in a delightful evening of cultural events at ONGC, Dehradun. The event was presided over by Sarita Sarraf, wife of the chief managing director of ONGC.

The event began with the members announcing their achievements during the year and thanked every member as well as the president Shyamala Sahariya for steering the annual session to a successful conclusion.

"ONGC and our husbands' have always celebrated not only our success and achievements but also our potential. They have applauded, commended and celebrated OOMS as a success story, a model of reform. And we appreciate the support and encouragement we get from you. The aim to look back on our activities is to know and let you also know what we have achieved and how we are going to move forward," said a member.

Apart from celebrating festivals and organising events, OOMS organised various competitions like embroidery, elocution, dance, singing, saree draping and cooking in the past one year. Under



the social project *Ummeed*, they also performed regular social work for the upliftment of society by providing vocational training in sewing, knitting, spoken English and Hindi to girls and elderly women. As one of the main objectives of OOMS is humanitarian work it reached out to a large number of disabled, poor and needy widows and under privileged.

Expressing her feelings Nidhi



Mathur, secretary of OOMS, said, "The function today has been divided in three segments, companion, idol and friendship as we see our husbands in all these forms."

After the annual progress report, the excited women presented well-choreographed songs on *Teri deewani*, *Mastani deewani* and *Albela sajan*. This was followed by a comedy skit and a sequence of pulsating dances.

This is a Kumaoni specialty comprising green curry that is served in lunch or dinner and is eaten with bread, pita, roti and boiled rice. This is a dish, which is very sumptuous as well as nutritious since it is a special preparation of spinach

### INGREDIENTS

Spinach	1 kg
Curd	300 gms
Chilly Powder	50 gms
Turmeric Powder	20 gms
Asafetida	a pinch
Rice Paste	30 gms
Butter	50 gms
Cumin seeds	20 gms
Hot spice (garam masala)	50 gms
Salt	to taste

## RECIPE KAAPA



### METHOD

- Wash the spinach and chop it roughly and boil.
- Heat the butter, add cumin seeds and asafetida.
- When seeds crackle, add chilly powder and turmeric powder.
- Fry the spices well.
- Add boiled spinach and cook a little.
- Add beaten curd and required amount of water and thicken with rice paste.
- Cook well, add salt and hot spices and serve.
- Rice paste can be prepared by soaking the rice in plain water for about three hours, and then grinding it in a grinder to form a smooth paste. Mix enough water so as to make a thick paste.