

TTM! CONNECT



I dreamt in vibrant colours as our planet carried us gently into a new day, a new year. Images evoked intense gratitude as they sailed by: a bush outside my window, clothed in fragrant flowers; my dog whose welcoming bark made every homecoming so special; my maid with creaking, crumbling joints, who loved me with every breath.

The images morphed...into a daydream of a world where we live in unbroken awareness of the connection between each one of us, and of our inextricable interdependence. A world at peace.

As I drifted lazily in and out of dreams, I heard fragments of John Lennon's *Imagine*:

***Imagine there's no countries
It isn't hard to do
Nothing to kill or die for....***

***Imagine all the people
Livin' life in peace....
Imagine no possessions
I wonder if you can
No need for greed or hunger
A brotherhood of man...***

***Imagine all the people
Sharing all the world....***

***You may say I'm a dreamer
But I'm not the only one....***

***I hope someday you'll join us
And the world will live as one***

In a world riven by warfare, this appears so, so far out! Yet, we have all been witness to innumerable expressions of expanded awareness, of oneness. Torn and tattered refugees welcomed into lands awash with “manna”. Street dogs fed by roadside chaiwallahs. Villagers in decrepit huts, pouring love onto plants in tin cans. TTM! mentors giving unstintingly of themselves. Week after week, month after month, year after year. Experiencing each mentee as an extension of the Self.

I send out prayers for peace and plenty for our TTM! family. And our cosmic family. May we live as one.

~ Malavika Sharma

Group Head's get-together at Mala's home

As the TTM! family grows, so does our joy! Although the majority of the TTM! Family members are based in Delhi, we have mentors not only across India, but from around the world. We are therefore always delighted when we have visitors. It gives us an "excuse" to meet, greet and eat! So, on the 4th of November, Mala's home, a haven of warmth, hospitality and comfort, provided the Delhi chapter of the TTM! family the opportunity to welcome Sangeeta from the USA, and Surita from Bangalore. Needless to say, the get together had no agenda, other than meeting with love and enthusiasm. It's always wonderful catching up with familiar faces and exciting to meet new ones. Even without a meeting agenda, we find ourselves getting into our favourite topic.....TTM! This time Pincha's penchant for fish resulted in our dear friends from Bengal animatedly telling us about the manner in which they use their skills to create this culinary specialty. Surita thrilled us with her recipe of Kasundi Fish.

The table creaked with scrumptious bites, irresistible with and without gluten ...there was something for everyone. Food is so pivotal! Such are our TTM! times, and from the recipe below, we could see we certainly came away with food for thought! So, the next time you're visiting Delhi, please do get in touch. We would love to meet up.



Recipe for Kasundi Fish

Ingredients:

Rohu or Katla Fish in pieces 1 Kg

Yogurt 200 g hung

Onion 1 Large Grated

Ginger Paste 1 tsp

Kasundi 1 or 2 tbsp

Salt and Sugar to taste

Mustard Oil 4 tbsp

NB: Kasundi is a special readymade mustard paste.

Method:

1. Rub the turmeric and salt on the fish and keep aside for 10 minutes
2. Mix the hung yoghurt with Kasundi salt and sugar. It should taste sweet and sour.
3. Now sauté the fish in mustard oil and keep the oil aside.
4. Heat the same oil in a Kadai. Add a pinch of sugar. Once it caramelizes add the grated onion.
5. Once the onion has browned add in the ginger paste till it turns a nice golden brown.
6. Now add the Kasundi mixture to the masala. Let it simmer for 5 minutes or so.
7. Throw in a few green chillies. Add a little water to make the gravy.
8. Then add the sautéed fish.
9. Simmer for 5 minutes and Voila! the fish is ready to serve. Enjoy!

~ *Surita*

Magical Bus Journey

When a team of committed, enthusiastic, bright and adventurous women come together, they're certainly a force to reckon with! Having evaluated the TTM! user-friendly curriculum, and the need to complement the same, a plan was set in motion. And so, along with the Core TTM! team and Group Heads, Rani, Veena and Amita flagged off Magical Bus on its exciting journey. Sudha and Anand were the first anchors. Thereafter, the anchors passed on their batons to Krishna and Amita. And so, the journey continues....with Pincha jumping into the fray from January. To capture the essence of this effort, we asked Amita to share her thoughts. Here's what she had to say:

"Our journey began with one class with our mentees from Saraswati School. We now have two classes from Saraswati School, one class from Himjyoti and a bunch of children from Nai Disha. I feel this is not only an enriching experience for the children but one for all the anchors who have had the opportunity to work with them.

The Magical Bus team travels around the world with the kids, sharing experiences, stories, parables, morals and jokes. It's not JUST a learning experience. It's a journey of love, it's a journey in confidence building, and it's a journey of bonding. The enthusiasm, the innocence, the love of the children...is overwhelming. It's wonderful to watch them grow, to see them interested and curious. There's a marked difference in their comfort and confidence levels from when they jump onto the Magical Bus to when they complete their journeys. Their willingness to come forward and engage, to share and learn is truly remarkable. Curious, mesmerized and just full of unadulterated love. Watching their faces and the interaction magically brings back the child in each one of us. It reminds us of how we used to be!"

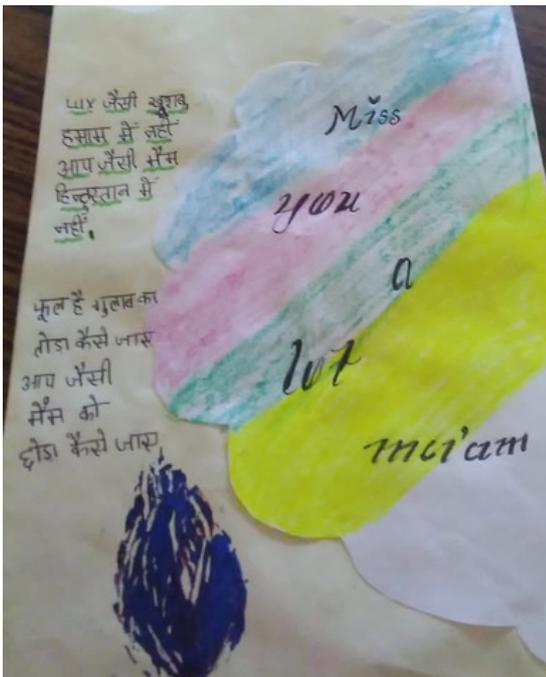
Amita's Magical Bus sessions in the summer attracted mentees from Jeet, Nai Disha, VRCT, Purkul, Saraswati, Him Jyoti, Mensa, and many other institutions. And she had all of them eating out of the palm of her hand! The response has been nothing short of outstanding. She ended the session with a video of the song, 'It is a wonderful world'. The song is perhaps two minutes long.

As the song ended, Swati's mentee, Asutosh, asked to share something... here it comes! A sketch of Amita created in two minutes!



A fitting tribute to a remarkable series conceived and executed by Amita and her amazing team!

And before the students took off for the winter break, a special Dussehra session was held at Himjyoti, where the students who took part shared their appreciation through these drawings and **“Thank You”** cards:



Group Heads' Virtual Meeting

A Group Heads' Meeting was held on Zoom on 21 November. 19 GHs attended and it was a participative and very successful meeting as it clarified issues, reiterated procedures and most importantly, addressed concerns of the GHs.

A document of GH guidelines has been circulated. The GH plays a pivotal role. A group's smooth functioning stems from the GH's ability to navigate her/his group keeping the TTM! ethos, nurturing mentees as well as giving mentors a sense of identity. The success of the meeting was a sense of each GH wanting to be proactive.

Inadvertently but happily so, it became an affable social platform, and GHs felt it was indeed wonderful to meet together as TTM! family.



Reflexology

On December 8, a talk on reflexology was conducted for mentors by Namita Unnikrishnan. Namita has been a medical Reflexologist since 1996, and has a large roster of patients that she has healed. She has also been teaching reflexology for over two decades. According to her, it has been the most satisfying and exciting practice to learn, to practice and to teach. “Not a day goes by when the feet do not teach me something new!”

As we are aware, reflexology examines the health of the body’s organs by applying pressure to the areas in the feet that represent them. It is an effective way to prevent, treat and even cure conditions by assisting and relying on the body’s incredible potential for self-healing. Reflexologists treat the whole body and the person.

Namita talked to the mentors about natural healing, and explained how reflexology works. She used a reflexology chart to describe what happens in a typical session, and demonstrated how to stimulate a few points for healing.



TTM! Makes a Difference



TTM! has made a huge difference to my life!!! As a TTM mentee, my learning has been tremendous - from reading fluent English, grammar, pronunciations to communicating - they have increased to a great degree. I have gained so much confidence in speaking English which was totally lacking earlier and the reason why I had joined TTM!.

My mentor, Richa Verma Ma'am, has a very important role to play in increasing my general knowledge, my grammar, my pronunciations and mostly to make me believe in myself. She helped me a lot. I had never seen her face and only heard her voice from where I got to know about her personality - she was very kind, sweet, humble and a very capable Mentor. I have only admiration for her - she taught me other things as well besides English. I will always follow her teachings and not let it go to waste!!! And very soon, I WILL share my learnings with others - making them aware of this great Institution, which helps students like me...!!

I am so grateful to TTM!. Thank you TTM!



CHANDA TIWARI

Jeet centre

TTM! has helped me in many ways. I have gained more knowledge. My self confidence has improved. My spoken English has improved too and I feel confident to converse in English.

I am the Woman of Today.



ISHA PANWAR
Mensa Rishikesh

TTM! has given me a mentor and a friend from another part of the country. I hear interesting stories from her childhood. I can talk about topics I like. TTM gives me a lot of knowledge, improves my spellings, and my English speaking skills too. I enjoy my TTM! classes.

When I learn English well, I will teach my younger brother and other village children to speak in English too.



PRIYANKA PARIHAR
Him Jyoti School

I would like to thank TTM! classes because day to day I am improving myself by taking TTM! classes. It helped me improve my grammar, vocabulary, and English speaking. Every day I learn new things, new words and how to use them properly. Earlier, I had some doubts in English, so I cleared all my doubts. So I would like to take more TTM! classes.



ANOKHI KUMARI
Gyan Arambh

TTM! has brought many changes in my life. Before joining TTM! class I would run away from the English language. I was afraid to speak even a simple sentence in English but now I try my best to speak in English. My English vocabulary has improved a lot too.

I was an introverted girl but after joining classes, positivity came into my life in the form of Priya ma'am. I got a precious teacher who helped me a lot and understood me too. My personality developed through TTM! classes, my confidence increased.

I was provided with a laptop from TTM!. It has helped me increase my typing speed on the laptop and I was able to practice on Excel which helped me to get my first job in medical billing.

I also learned to make some creative things from Origami class.

In Magical Bus class I read about ecosystems, saw many new places, animals and birds and their way of living through video and how we are interdependent on each other and learned that we shouldn't ruin our environment.

Priya madam and I read many different stories together which gave me a chance to know the culture of different countries and the way people live there.

I have also learned English songs which helped me to improve my pronunciation, vocabulary and thus my confidence improved a lot. It also helped me to gain an insight into the language and also how poetic expressions can be formed in English.

I shared my many problems with Priya ma'am and she helped me to come out from my past trauma; it's like a counseling class for me and now I am able to see my problem from a better perspective.

I also teach some kids so whatever I learned from TTM! class, I can share it with the children of my tuition. TTM! made a huge difference in my life, for which I am very grateful to TTM! and I want to thank TTM! from the bottom of my heart.



TTM! has made a very big difference in my life. Firstly I got to know about TTM! from my school. One of my teachers called me up and told me about TTM! and I found it interesting. So I said "yes" immediately. After that I got my mentor Rama Raghavan ma'am. She is a brilliant teacher. She is very polite. I love to study with her. She helps me to improve my English. We used to have long conversations about a single topic. But nowadays I really miss her because she is not taking class due to some personal reason. But when she comes I will share a lot of things with her. Nowadays I am studying with Divya Ma'am. She used to teach us our school syllabus. We enjoy the class very much. I have improved my English so much. Like I used to have problems with tenses while speaking but now I do not have such problems.

A big thank you, to TTM!, Rama Ma'am And Divya Puri Ma'am.



DEVIKA TOMAR
BRMS

The class is very useful in our lives. These classes change our ways in good directions. It helps us to know how to communicate in English language with each other. In TTM! classes we properly understand the different building blocks of grammar like nouns, pronouns, articles, adjectives. The TTM! classes are full of resources about these and it is usually a good idea to understand them well. In TTM! classes we are trying to do different grammar exercises and find out my weakness. These exercises also help me read lessons and understand what we have to read. My mentor could even be a friend who has a strong command over English Grammar. I must speak only in English with my mentor and I ask the mentor to point out my mistakes. The mentor's feedback is very beneficial in improving my grammar. Thank you, Divya Puri ma'am for being my mentor.



ANISHKA
BRMS

Congratulations !!!

Balwant Rai Mehta Vidya Bhavan

BRMS have been pioneers in the field of inclusive education. This recognition of their efforts over the years was well deserved. They have a skill centre for the specially abled and even have their own printing press. This recognition of their efforts over the years is well deserved.



Balwant Rai Mehta Vidya Bhavan - Shailendra

Shailendra Mishra from BRMS, evening shift, received first position at Zonal Level Science Exhibition of DoE for his project "Anti-sleep Alarm while Driving to avoid Road Accidents".



Purkal - Ayushi

Purkal participated in an inter-school competition and Ayushi won the prize for Grade 7. Ayushi says that the painting shows a woman who is dreaming of being free.



DAV Moonak

Five mentees from DAV Moonak took part in a legal aid skit arranged by the civil court of Moonak for a visiting judge. The skit was held on the 16th of November in the school auditorium. Hon'ble Judge Mrs. Indu Bala and office bearers of the Civil Court were there. This was initiated to make people aware about free legal aid services on the occasion of National Legal Services Day. Students from Classes 9 to 12 participated.



Chicken Soup

When we received a message from **Kajol** (BRMS, PM) saying how her TTM! mentor had impacted her learning, and in turn, her life, we reached out to her mentor, **Sangeeta**, asking her to share her side of the “partnership”. Both of them felt that TTM! provided them with a platform to foster a relationship that has been a win-win for both – the giver and the receiver.

Their personal experiences feature in our Chicken Soup story for this quarter. So, dear readers, if you have something special to share – ideally, we’d like both sides of the story – please tell us more.....

Here’s what Kajol Yadav had to say:

“I have been a part of TTM! since 2019, when I was in 8th standard. Currently I'm in the 11th standard. It's been a pleasure to be part of TTM! for so many years. I thank my TTM! mentor from the bottom of my heart for their consistent support. I remember before joining TTM! I was not confident while speaking English but the miracle that my TTM! mentor did is beyond words. My mentor, Sangeeta, lives in U.S. It's been 3 years since we started out on our mentoring journey, and we’re still in touch. Initially, I was quite nervous to talk to my mentor, Sangeeta Ma’am, as she has an American accent. I used to think I might not cope up with English because of my poor accent. Fortunately, my mentor made me believe in myself by assuring me that "if you set your mind on anything, you can achieve anything. Never forget that. Practice makes us perfect". These motivational lines till now inspire me. A very big thanks to my mentor for enhancing my skills of speaking English and for giving me the confidence that "I can do it"! I appreciate the fact that TTM! conducts tests career workshops to help and guide us to choose the right direction. I've completed more than 4 books with my mentor and currently I'm reading Heidi. My mentor made me believe that reading is important because it develops your mind and gives you excessive knowledge and lessons of life. TTM! mentors are angels; they share life lesson values to make their mentees become good human beings. I also appreciate Anushree Ma’am, who brought my mentor to meet me during her visit to India.”

And here's Sangeeta's feedback:

"It has been a great pleasure to work with Kajol. She is a very talented young woman who is incredibly determined, hard working and conscientious. Over the years, our relationship has evolved considerably - offering her advice and highlighting her strengths so that she can leverage these towards making successful career choices. I am an avid reader and wanted Kajol to feel the transcendental experience from reading. Reading helps with speech, writing, vocabulary, and communication skills. We have made significant progress in all areas. She is now a fluent and confident speaker. Her vocabulary has grown tremendously and her writing continues to impress."



Creative Strokes

The Green Warrior

The wind blew harder and harder until it was almost a tornado. And then I saw it —through the smallest opening of my eyes.

A tree; its topmost branches bent down from a ninety to thirty degrees; fighting to stay “right angled”.

When the storm silenced, I saw the tree again. I was expecting to see it defeated, uprooted, and destroyed. But it stood there like a warrior; the one who knew why it mattered.

Little Life

Life, when I learned to hope,
Wasn't only like big black clouds,
Or wild winds, unable to cope.
It had its own another face:
as though a bright light coming into sight;
or friends forgetting to fight;
some stillness amidst a traffic jam;
or hitting the door's head jamb.
And when I also learned to be kind,
All the sorrows disappeared;
Tears of sadness dissipated. I smiled,
For my true nature reappeared.

Sunlight on a broken coloumn (Book review)

'Sunlight on a broken coloumn' was written by Attia Hossain in 1961. This novel is semi autobiographical in which she had used the fictional character of young girl Laila to tell the story . Laila was an orphan child raised by her aunt Abida and her grandfather Baba Jan. Laila belonged to a rich jamindari nawabi family. I like most about this novel is how each and every character has their own story and different personalities. This novel uncovers the politics, social drama, rise and downfall of the influential people during India's freedom struggle. This novels stands out from all the other novel I have read because of the era in which it is based on. What I find amazing is there are so many situation which still have not changed especially for women. - how Laila finds herself trapped in her own mind, conflicting between her values, what she has learnt since childhood and actually how different this world works is very realistically written. The author brings alive an India which is no more.

Rebecca (Book review)

'Last Night I Dreamt I Went To Manderlay Again '. This starting line of this romantic suspense novel written by Daphne Du Maurier is a masterpiece. Beautiful Manderlay was the country showpiece and everyone was enchanted by it's beauty - and how would they not be? Rebecca, the former mistress of the house, made it so. Even after her death she was alive. That is the suspence and thrill we find in this novel. The new Mrs. De winter (the second wife of the Mr. De winter) is a shy introverted girl whose life changes after her marriage. This novel uncovers the dark hidden side of the beautiful reputed Manderlay. What I like about this novel is how this naive girl character grows with time. How Rebecca still influences her life, and this new bride overcomes and thrives, the conspiracies of Mrs Danvers (housekeeper and Rebecca's nanny). it hooks the reader. This thriller book will leave you in a suspense, with questions unanswered .

My Nani

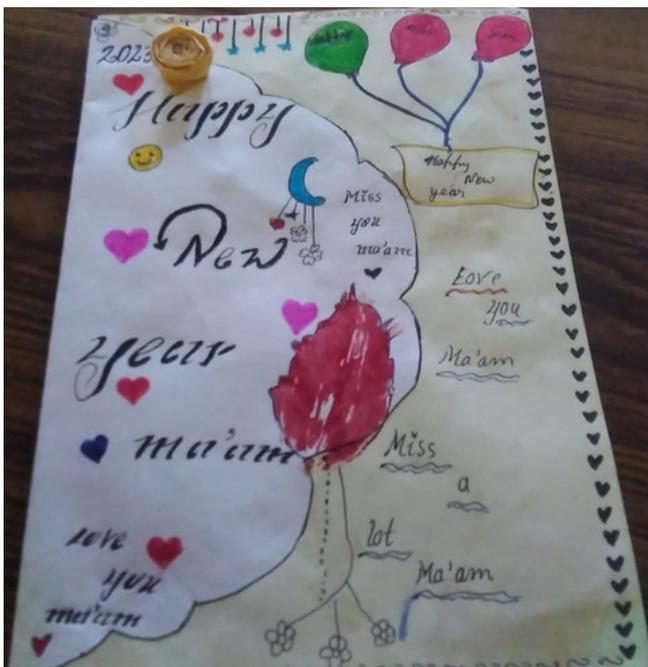
My Nani's name is Asha. My grandmother is more than 50 years old. She is the eldest member of my family. My grandmother is the most beautiful and most elegant lady in the world. She has brown hair. She wears a very simple dress. She has a big heart. We are a family of 13 members but she calmly handles everyone and takes care of everyone with lots of love. She loves my brother and me very much. Her gentle eyes and loving hands are always around me. She also takes care of my needs. My mom and my uncles respect her very much. She is perfect at her work and never finds an excuse for not doing her work. She does not look to her own comforts. She is always ready to make sacrifices for the whole family. When I do something wrong, my grandma does not scold me, my grandma explains to me that it is wrong and shows me the right path. I am very grateful to my grandma that she has gives such values to my mother, due to which she is raising us alone. My family and the neighbours are all praise for her. May she live long! I love you Nani.

~ **PRINCE KAYAT**
Gyan Arambh



~ **POOJA**
Udyam





Newsletter team sign-off for 2022

As the newsletter team signs off for 2022 and embraces 2023, may we take this opportunity to wish you and your families a year filled with Hope, Peace and Joy.

May every sunrise hold more promise and every sunset hold more peace.

May your life become a garden of opportunities for happiness, and may the TTM! family continue to flourish and grow.

May we have more to talk about and more reasons to celebrate!

~ Bridget & Rajat



And 2023 kicks off with a bang ...

Vidya

A great way for our mentees at Vidya to start the year.



Udyam

Blanket distribution at Udyam under guidance of Rajni.

