

Yashpal Sharma Foundation works like a Masiha for all



Poonch is one of districts of Jammu And Kashmir in India, Poonch population in 2022 is 514,817 (estimates as per aadhar uidai.gov.in Dec 2020 data). As per 2011 census of India, Poonch has a population of 476,835 in 2011 out of which 251,899 are male and 224,936 are female. Literate people are 261,724 out of 163,333 are male and 98,391 are female. People living in Poonch depend on multiple skills, total workers are 161,393 out of which men are 117,677 and women are 43,716. Total 17,902 Cultivators are depended on agriculture farming out of 15,566 are cultivated by men and 2,336 are women. 5,917 people works in agricultural land as labor; men are 4,958 and 959 are women. Poonch sex ratio is 893 females per 1000 of males. Next Poonch Census will be in 2022-2023.

To counter the poverty induced suffering and uplift the poor, Yashpal Sharma Foundation (YPSF) working relentlessly in District Poonch.

It gives me immense satisfaction to write about Yashpal Sharma Foundation (YPSF) POONCH a Foundation in the name of Late Sh Yashpal Sharma ji (Ex MLC) a leader of the masses, who always worked for the weaker sections of society and was called 'Sher-E-Poonch' whether it is about blood donation or even



delivering ration at the house of a poor Yashpal Sharma Foundation Poonch is Always ready 24x7 for welfare.

Yashpal Sharma Foundation (YPSF), a unique Registered NGO, in the state of J&K, operating in Poonch. YPS

Foundation was founded in May, 2021 by Chairman Dr. Updesh Pal Sharma an indefatigable social worker and highly respected citizen.

If I talk I don't have so many words for the works and achievements of YPSF Foundation or In my own language, it is a like a "Massiha" for the People of district Poonch. YPSF continued with renewed vigor its activities oriented for the welfare of the poor and disadvantaged sections of the society. These activities or achievements included:

Food Kit Distribution to poor

Marriages of Poor Girls.

Blood donations camps and blood arrangements on routine basis.

Blankets and Cold Weather Clothes Distribution during winters to poor and needy people.

Admission Of poor girls in schools.

Construction of religious places like YPSF Foundation provided cement for construction of Gurudwara and Temple in Poonch

Free Auto service for transport of wood to the cremation ground (only for needy families)

Distributed Sewings machine for employment generation.

YPS Foundation a District Poonch based NGO, which undertakes disaster

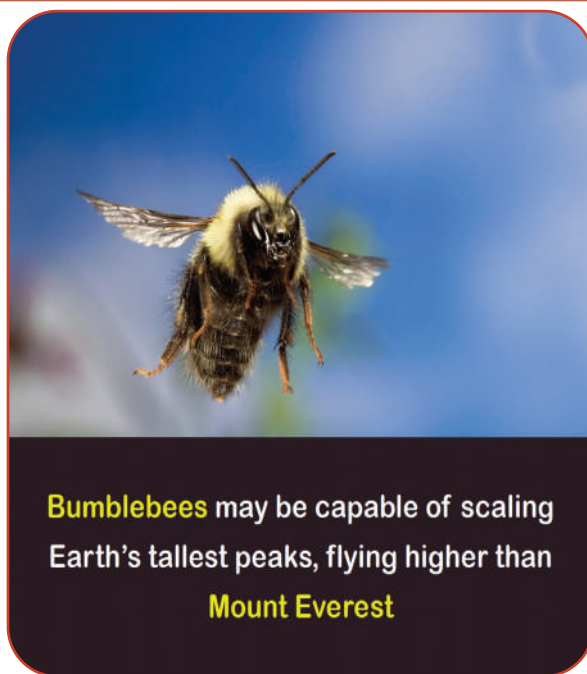
relief, humanitarian aid and community development across Poonch.

It is a matter of great pride that the volunteers of Yash Pal Sharma Foundation organizing blood donation camps and donating blood at regular intervals to meet the demands of blood for patients. YPS Foundation has contributed almost in every sphere.

YPS Foundation also donated hundreds of food kits to needy people during very difficult times of COVID 19. At this great hour of need, The Yashpal Sharma Foundation, in close coordination with District Administration, has stepped in to provide relief by providing food to thousands of people across the Poonch. By adhering to all safety and hygiene measures, YPS FOUNDATION* has begun its relief service by providing meal or packed grocery kits to the marginalised and low-income segment of the society comprising of daily wage workers, migrant labourers, construction site workers, and needy people.

And Finally I Sangram Singh Ranyal can Stop my pen by adding that Yashpal Sharma Foundation Poonch Without any religion, without any caste, without any discrimination, it works for the development of all. It can be said that it is working for humanity.

THE FACT CORNER



BRAIN TEASERS

1 Q. Replace the ? by the correct Mathematics symbol to make the expression true
18 ? 12 ? 4 ? 5 = 59

2 Q. Solve this logic number sequence puzzle by the correct digit
8080 = 6
1357 = 0
2022 = 1
1999 = 3
6666 = ?

3 Q. I know a three positive numbers that will results the same when multiplied together or added together.

4 Q. By using numbers 7,3,7,3 and with any maths signs can you make number as 24

5 Q. If 1 + 9 + 11 = 1, Then what is the value of 12 + 11 + 9 = ?

6 Q. Let us say that a table tennis tournament was going on with knock out terms which means the one who loses the match is out of the tournament. 100 players took part in that tournament. How many matches were played?

7 Q. If 77x = 189x = 345x. What is the value of x?

SOLUTION:
1. 18 x 12 ÷ 4 + 5 = 59.
2. 4.
3. three positive numbers
4. 7 * ((3 / 7) + 3) = 24.
5. 10
6. 99 matches.
7. 0(zero) off course.

English Proverbs and Meanings

* A friend's eye is a good mirror.
A real friend will tell you the truth.

* A good beginning makes a good end.
If a task is carefully planned, there's a better chance that it will be done well.

* A leopard cannot change its spots.
It is not possible for a bad or unpleasant person to become good or pleasant.

* A stumble may prevent a fall.
Correcting a small mistake

may help you to avoid making a bigger one.

* Better the devil you know than the devil you don't know.
It's better to deal with some body difficult but familiar, than change and risk dealing with somebody worse.

* Better untaught than ill-taught.
It's better not to be taught at all than to be taught badly.

* Blood will out.
A person's background or education will eventually show.

Paneer Dosa



Ingredients:
For Dosa
Whole wheat flour – 1 ½ cup
Salt – to taste
Water – enough for making batter
Filling
Paneer – 1 cup, crumbled
Onion – 1, medium sized
Turmeric – A pinch
Red chilli powder – 1 tsp

Green chilli – 1
Salt – As needed
Coriander leaves – 2 tbsp, chopped
Oil – 2 tsp
Cumin seeds – 1 tsp
How To Make:
In a deep kadai, heat oil and allow cumin seeds to splutter. Add onions and green chillies and fry until golden brown. Add spices and give a quick mix. Add crumbled paneer and coriander leaves and cook for 2 more minutes. Keep aside.
Mix water with wheat flour and salt to make a batter of pouring consistency.
Heat a griddle and brush a little oil.
Pour ¼ cup of batter on the griddle kept on medium heat and spread out in concentric circles.
Drizzle a few drop of oil and cook until the bottom portion turns golden. Flip over and cook for 2 more minutes.
Once again, flip. Take about 1 tbsp of the filling and spread it on one side of the dosa.
Fold dosa into half and press the edges.
Serve hot with spicy mint coconut chutney.

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Mini Carrot Coriander Idlis



Ingredients
For Idli Batter:
Idli rice – 1 cup
Urad dal – 1/3 cup
Salt – to taste
Others:
Carrot – 2, medium sized, peeled, finely grated
Onions – 1, medium sized, peeled, finely chopped,

Coriander leaves – 1 tbsp
Red chili powder – ½ tsp
Dhaniya powder – ½ tsp
Salt – to taste
How To Make:
Soak idli rice and urad dal separately for 3 to 4 hours after washing thoroughly in clean water.
Grind rice with water in a food processor or blender until it becomes smooth.
Grind urad dal with a little water. Add more water when required to make the batter fluffier.
Mix both the batters and season with salt to taste. Keep aside for about 8 hours to allow fermentation.
How to Proceed:
Saute onions in a little oil until it becomes golden brown. Add carrots, onions, green chillies, and coriander leaves along with the spice powders to the idli batter. Grease the mini idli pans with very little sesame seed oil. Add a tbsp each of the batter on each of the space in the plates.
Steam for about 10 to 12 minutes or until a toothpick inserted in the centre of the idli comes out clean.
Serve hot with tomato ketchup.