

Dr Madhuri Kanitkar: Third woman to hold three-star rank

then it comes to qualifications, few have these many. VSM, MBBS, MD (Paediatrics), DNB (Paediatrics), Fellowship Paediatric Nephrology, FIAP, Fellow FAIMER. Lieutenant General Madhuri Kanitkar has achieved what few have been able to. She stands tall in a field that is male-dominated, and has definitely made her mark. Seeing her accomplishments, one figures that she might have decided to join the army much earlier in life

Madhuri Kanitkar was studying in Fergusson College as a 12th standard and planned to do medicine. She had friends in NDA and used to see that there is something different and smart about them.

She didn't even tell her parents that she is joining AFMC. She wrote a letter to her father after getting selected and joining the college. Things didn't go her way and she had to join BJ Medical College in Pune instead.

But her heart was with AFMC. After a huge tantrum at home her dad let her come back to AFMC with the condition that when she passed out, he will not pay my bond money and she will join the armed forces.

At AFMC, she underwent her medical training where she got to enjoy becoming a good doctor. Then, came the military

training in Lucknow.

She was in the first batch to be commissioned out, even before internship. She was posted in the outskirts of Jodhpur in Rajasthan for first commission. The officers in the division posted there, including the General Officer Commanding were first amused that a woman was posted, and felt that a lady shouldn't have to stay in these barracks.

They asked her to stay in the main headquarters of the area in Jodhpur. But, she didn't agree.

Since then she was posted all across the country, "Assam, Guwahati, Arunachal, right up to Bumla, Sela, Tenga; from south (India) to the north. It was either her own posting that she went to different places for, or to where her husband was posted. Madhuri Kanitkar successfully completed each commission, even while raising two children, Nikhil and Vibhuti.

The family, though, did not get to stay in one place for much time but, she had the support of her parents, in-laws and family On the professional front, Madhuri Kanitkar is the first trained paediatric nephrologist of the armed forces and has single

handed setup units to monitor kidney ailments in Pune and Delhi. During her 37-year-long illustrious career with the Indian military, Kanitkar has been posted to Integrated Defence Staff Headquarters under the Chief of Defence Staff (CDS). The former dean of Armed Forces Medical College Pune earlier served as Major General Medical, Udhampur, where she was

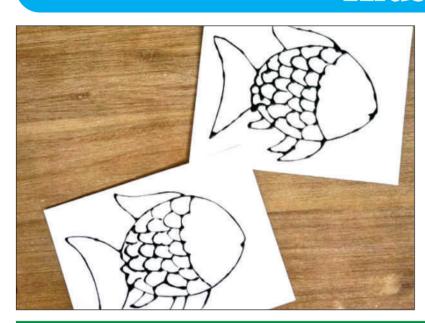
in charge of the combat medical care of Jammu and Kashmir and Ladakh's Northern Command sector. Her appointment came close on the heels of the Supreme Court's orders to the Centre to make sure that women officers get equal opportunities and permanent commission in the Armed forces.

Kanitkar's husband Rajeev Kanitkar also retired as Lieutenant General. This will also be the first time in the history of the Indian armed forces that a couple will hold the three-star rank of Lieutenant General.

The first woman to rise to such heights was Punita Arora, a Surgeon Vice-Admiral and a former three-star flag officer of the Indian Navy. After Arora, the same feat was achieved by the Indian Air Force's officer (IAF) Padmavathy Bandopadhyay to hold the second-highest rank in the armed forces.



Kids Craft: Rainbow Fish Craft



You'll need the following:

White glue

Liquid Watercolors

White cardstock and colored cardstock

Silver Glitter Black acrylic paint

Steps to make:

In order to make black glue, it's pretty simple. You just mix acrylic black paint with regular white glue. But the key is that you need to really mix it. It will probably end up being close to 1/4 black paint and 3/4 white glue. You can use a paintbrush to stir in the bottle to make sure to mix it up properly. You can also shake the bottle to spread the paint around. Print off the free Rainbow Fish Template.

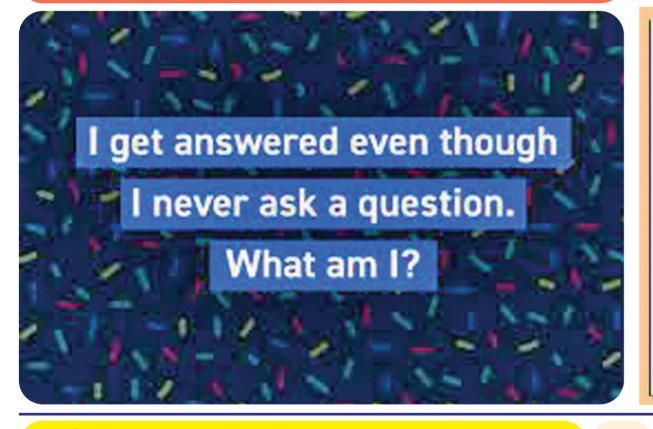
Use your black glue to outline your rainbow fish. Try to move quickly but smoothly to avoid pooling the black glue. If you go in a straight line from line to line you won't get pooling in between the lines.

Once your black glue is dry, it's time to paint! Using watercolors, paint the rain-

bow fish using a mix of different purple, pink, red, greens and blues! Apply glitter to different scales on the fish. Fill the scale with glue and then shake your glitter on top. Shake off any excess glitter and you can put it back in your glitter bottle. Pick and choose different scales to decorate. To make your fish "pop" more, we glued it to different colored backgrounds.



FUN RIDDLES



English Proverbs and Meanings

* Knowledge in youth is wisdom in age.

What you learn when you are young will be invaluable when you grow old.

* No man can serve two

It's impossible to follow instructions from two different sources.

* Once bitten, twice shy. After an unpleasant experi ence, people are careful to

avoid something similar.

* One swallow doesn't make a

summer.

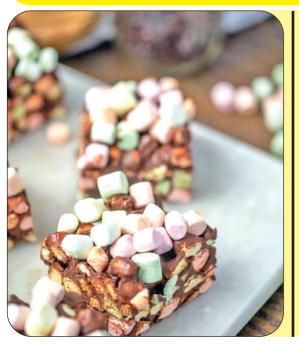
A single satisfactory event doesnot mean that all the others will be as good.

* Penny wise, pound foolish. Refers to a person who is careful about spending smallamounts of money, but not careful about spending large amounts of money.

* Pride comes before a fall.

Don't be too self-confident or proud; something may happen to make you look foolish.

Choc rainbow squares



Ingredients:

1/2 cup butter (melted) 1/2 cup brown sugar (firmly packed)

1 cup desiccated coconut

2 tbs Nestlé Baking Cocoa

3/4 cup self-raising flour 1 cup Milk Chocolate Melts

100 g Smarties

Preheat oven to 180°C (160°C fan-forced).

Line a 20cm square cake tin with baking paper.

Combine butter, sugar and egg. Stir in coconut and then sift in the Nestlé Baking Cocoa

Spoon into prepared tin and bake 15-17 minutes until

just firm when touched.

Sprinkle Nestlé Milk Choc Bits over the cake, then sprin kle over the Nestlé Smarties. Press down lightly with the back of a wooden spoon. Return to the oven for 5 minutes. Allow to cool in the pan then cut into squares

Н

F

C

U

N

O

Vinegar and sea salt crackers



Ingredients:

3tbsp aquafaba

1½ tbsp white vinegar

2 cups of almond or wheat flour

How To Make:

Preheat the oven to 350oF. Place parchment paper on a baking pan.

Mix aquafaba, vinegar and flour in a bowl to make the

The mixture will look dry initially, so continue stirring. Use a floured surface, take the dough and roll it.

Keep it as thin as possible. It will add to the crispiness.

Cut them into round or square shapes and transfer into the baking sheet.

Using a fork, poke the crackers to make small holes.

Sprinkle some sea salt for seasoning. Bake it for 10 to 15 minutes until both sides are crispy and nice light brown (while baking, keep turning them halfway for evenness on each side).