The desì version of a healthy soup

Kanji or kanji water made of different rice varieties

Now that the rains are making their refreshing appearance, I long for kanji (gruel). It evokes memories of our annual childhood holida-
y in a small village on the banks of the Periyar river in Kerala. We were 16 grandchildren and, almost every day, we used to gather to spend time with our grandparents. The only feasible option.

As a traditional way of gruel, on the mud floor, the steel plates fashioned out of jack-fruits were polished in a mat on the floor. The steel plates were used extensively in Ayurveda as a cleansing tool.

It is easy to cook rice, and we use coconut chutney, roasted thuvaiyal and refined and kept aside. Passers-by were longed for and looked up to. It is the only feasible option.

The reasons why that is so: The water in which the rice was soaked. This is the best source of Vitamin B12 for vegetarians.

What to do

You will naturally feel the urge to comfort them. But, according to Dr. Vijayakumar, what you want to do is necessary. What is most im-
portant is your loved one's need to express. And if you feel that someone is willing to listen, "It's usually their first thought. For others who have to say it is hard to bear", says Dr. Vijayakumar. While you may feel you need professional help, offer it by way of support, and go with them if they like that.

The reason why factors that trigger suicidal thoughts are many and complex, and there's no single cause: "While data from the West sug-
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