

The Kuchroo Times

Announcements:

<p>Virtual Pet Therapy Session Next Week</p> <p>Want to destress, decompress and relax during this time, or simply get to know some adorable furry friends? Sign up for a Virtual Pet Therapy session with the Brigham Buddies therapy dogs on Wednesday, April 15, 12:30–1 p.m. Email the Brigham Education Institute at BWHBEI@bwh.harvard.edu to be sent a video conference link and for more information.</p>	<p>BWH Postdoctoral Association Communication Survey</p> <p>The BWH PDA designed a short survey so that they can assess needs within the postdoc community with respect to enhancing specific communication skills (i.e. writing, teaching/mentoring, negotiating, etc.). The survey itself is 9 questions and should take no more than a few minutes. Please contact Brittani Price or Ashley Ogawa-Wong with any questions Take the survey here</p>
<p>Research Faculty and Trainee Meeting: Postdocs Only</p> <p>Wednesday, April 29, 12:30 - 1:30pm, Zoom Meeting</p> <p>These meetings provide opportunities for investigators from across BWH departments to meet with the BRI Executive Committee and provide feedback directly. Please sign up to attend the appropriate lunch based on your rank. Register here View all meetings based on rank here</p>	<p>Building a Successful C/T Research Career: A Webinar Series on Leadership, Communications, and Mentoring</p> <p>Session dates run from April - May, 2020</p> <p>This is a Harvard Catalyst weekly webinar series for researchers looking to develop their leadership, communication, and mentorship skills. Learn more and register here</p> <p>Additionally, Harvard Catalyst is offering five online courses in Clinical & Translational Research. Learn more and register here</p>

Quote of the Day:

"Dream big and dare to fail." - Norman Vaughan

Self Care Corner:

MINDFUL HABITS

- ♥ eat slowly
- ♥ practice gratitude
- ♥ accept emotions
- ♥ be open-minded
- ♥ notice thoughts
- ♥ listen carefully
- ♥ be curious
- ♥ do one thing at a time
- ♥ pay full attention
- ♥ notice all 5 senses
- ♥ breathe deeply
- ♥ practice creativity
- ♥ focus on the present
- ♥ less judgement

@worrywellbeing

Mental Health Minute:

The Emotional Benefits of Meditation

- ↓ Reduces stress and anxiety
- ↑ Increases happiness and optimism
- ↓ Reduces impulsivity, cravings, and addictions
- ↑ Helps create loving, harmonious relationships
- ↑ Increases resilience in hard times
- ↑ Increases life satisfaction

Produces a deep state of peace and wellbeing

Workout:

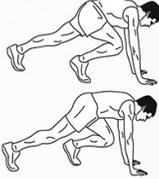
SONIC

DAREBEE **HIIT** WORKOUT © darebee.com

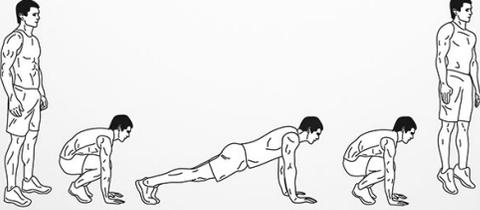
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20sec high knees



20sec climbers



20sec basic burpees (no push-up) with a jump

Meme Mayhem:

When I type "I'm ducking mad", this is what I mean:



TV Guide:

Here the 2020 Movies That Are Streaming Online Early Due to the Coronavirus:

<https://www.esquire.com/entertainment/g31871914/movies-streaming-early-coronavirus/>

The Reading Nook:

[Hogwarts is Here:](http://www.hogwartsishere.com/)

<http://www.hogwartsishere.com/>

A group of creative, passionate Harry Potter fans got together and built an online, fully-functioning Hogwarts where thousands of fans can come together, participate in online courses, earn House Points and so much more.

It's Real for Us - and it'll feel real to you, too. Welcome to HiH.

Cookbook:



Chocolate Cake with Buttercream Frosting from Kanupriya

Ingredients -

- 1 cup all-purpose flour
 - 1 cup sugar
 - ½ cup unsweetened cocoa powder
 - 1 teaspoons baking powder
 - ¾ teaspoons baking soda
 - ½ teaspoon salt
 - ½ teaspoon espresso powder
- homemade or store-bought
- ½ cup milk buttermilk (can use almond, or coconut milk with a squeeze of lemon)
 - ¼ cup canola oil (can use vegetable oil or melted butter)
 - 2 medium eggs (room temperature)
 - 1 teaspoon vanilla extract
 - ½ cup boiling water

Instructions

1. Preheat oven to 350° F. Prepare one 9-inch cake pan by spraying with baking spray or buttering and lightly flouring.
2. Whisk the egg and sugar in a bowl until fluffy .
3. Add flour, cocoa, baking powder, baking soda, salt and espresso powder to a separate bowl. Sift through a sieve and mix in small batches to the sugar and egg mix. until combined well.
4. Add milk, vegetable oil, and vanilla to flour mixture and mix together until well combined. 5.Carefully add boiling water to the cake batter until well combined.
5. Distribute cake batter evenly in the prepared cake pans.
6. Bake for 30-35 minutes, until a toothpick or cake tester inserted in the center of the chocolate cake comes out clean.
7. Remove from the oven and allow to cool for about 10 minutes, remove from the pan and cool completely.
8. Frost cake with Chocolate Buttercream Frosting. (optional)

Chocolate Buttercream Frosting**Ingredients**

- 2 unsalted butter sticks, softened
- 1/2 cup unsweetened cocoa (add more if you prefer more chocolate flavor)
- 4 cups confectioner's sugar
- ½ cup milk
- 2 teaspoons vanilla extract
- ½ teaspoon espresso powder

Instructions

1. Add cocoa to a large bowl. Whisk through to remove any lumps.
2. Cream together butter and cocoa powder until well-combined.
3. Add sugar and milk to cocoa mixture by adding 1 cup of sugar followed by about a tablespoon of milk. Repeat until all sugar and milk have been added.
4. Add vanilla extract and espresso powder and combine well. Take care not to over whisk the cream.
5. If frosting appears too dry, add more milk, a tablespoon at a time until it reaches the right consistency. If it appears to wet and does not hold its form, add more confectioner's sugar, a tablespoon at a time until it reaches the right consistency.

Tips:

1. Use espresso to elevate the flavors.
2. Use buttermilk instead of regular milk. (you can make buttermilk at home. Just add 1 tablespoon of lemon juice/ vinegar to 1 cup of milk (or milk alternative). Mix well and leave it for 5 mins.) The slight acidity of buttermilk keeps the cake moist and adds a pleasing, subtle tang to cakes. The acid also adds a soft, rich, creamy quality to the cake.

Photo of the Day:

Lab Summer Party