

SquarePetals

Global Webzine

Lifestyle

Home Orchestration

Literary Bytes

People In My Life

**Mrs.
Bulgaria
Worldwide
2018**

Fashion
Budding Model

**Flavor
Special**
Gooseberry
Preserve

**Lidia
Yaneva**

**Exclusive
Interview**

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**Fest Zest
Merry
Christmas**



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FROM THE DESK OF

EDITOR - IN - CHIEF

Dear Readers,
Ho Ho friends!

December jingles in with ringing bells! We have this special issue of SquarePetals bringing you an Exclusive Interview & glam Cover feature of Mrs. Bulgaria, Mrs. Worldwide 2018 Beauty Queen Lidia Yaneva!

Ending the year in a fruitful way, the Flavour Special Gooseberries preserve with a cute Christmas Story as Fest Zest.

Literary Bytes is a thrilling write up about a young athlete of 15, fighting the drags to the victory stand. And wow, there are poems full of beauty & emotions!

Home Orchestration concept is a novelty in the Lifestyle section, and don't forget to catch up with the tech news update.

Parenting tips and budding star kids; that makes it complete....

The December 2K19 issue is here for you!!

As the year ends let us pledge to end the evil of rape on girls and women. We have to thrive as a society, and women all over the world are in need of concern and protection. Write to us your views on these suggesting measures.

Have a great month friends and do send us your feedback. Do write to info@esquire-vj.com.

STAY UPDATED & STAY BLESSED.

Sansriti Johri

(Sansriti Johri)



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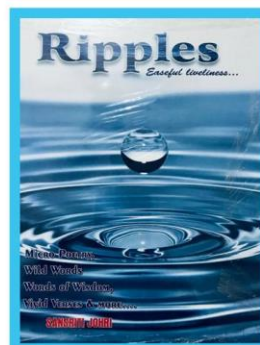
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An Exclusive Interview

It's an honor and privilege to learn about the ravishing, sizzling beauty, with a wonderful personality Mrs. Lidia Yaneva. We are more than infatuated that despite reaching heights and winning crowns & titles, Mrs. Bulgaria Worldwide 2018 is so affable and a warm hearted friendly person. Let's learn more about her:

[1] Lidia, please tell us what is the most rewarding thing about becoming the crown winner Beauty Queen? And how does the life change after that?

"What is most rewarding about for a beauty queen is the appreciation not only of my appearance but of my personality as a whole. After my victory, my life changed dramatically, became more dynamic, filled with many charitable engagements and various events. The overall responsibility of the Crown is very serious."

[2] Which is your favourite round of event in the contest stream?

"All rounds are my favorite. My opinion is that not the clothes make the woman pretty but the woman makes the clothes pretty, so I felt equally comfortable with the national costume and the evening dress."

[3] And what is your style statement?

"The style is something that you carry inside. It is not just about dressing and matching clothes. Behavior style is a very important part of the overall picture because no matter how beautiful a garment you wear, if you don't have the right style of behavior, everything fails. And this is not learning, but a matter of inner feeling."

[4] How do you prepare for a pageant? Any tips for the aspiring contestants.... ?

"I put a lot of energy into my preparation. In choosing an authentic national costume from 100 years ago, choosing the right dress that would be comfortable and describe the curves of my body, but at the same time be heavy and stylish."

It is important to listen and strictly perform which the organizers require. My advice to other contestants also is to be yourself, to be confident and always smiling kind and positive."

[5] Your message to the world is ...

"If next to every good being stand at least one more. Do you imagine how the world in which we live would change?"

[6] Would you like to visit India anytime in future?

"I would love to visit India with great pleasure. After my last competition, I have a good friendship with Mrs. India, and I have some suggestions for participation in an Indian film, so I may be traveling to India soon.."

[7] Your valued words for SquarePetals, the Global Webzine

"I wish all of you to develop forward and upward, to have more and more readers eagerly awaiting your next issue. Be alive, healthy and ever more successful in your actions. Thanks for the opportunity to be a part of you and this beautiful edition."

Thank you Lidia Yaneva, lots of love and best wishes to you.





Lidia Yaneva
Mrs. Bulgaria Worldwide 2018

LIGATURE

He was there
Right there
In the most organized chaos and crowd
Waiting for me since eternity
Unaware of me
Yet consistently for me
His long journey
Brought him to me
As my muddled travel
brought me to him
I sat in prohibited place
He allowed me to sit
And thus our destinies got locked
And a new maddening path opened for us.....

You were a book
I never wanted to finish
I lingered on its pages too long
Smelling it too deep
stopping at each word
finding meaning at
every comma, semicolon
turning my life at every turn of pages
Paling my soul
with each pale pages
drying along with the flowers
kept inside my favourite verse

I was a book
You scared to open
By just seeing its cover.....

Not every day....
But once in a lifetime...
You look into one's eyes and feel at home
You see a face and feel like mirror
Not everyday seeker finds the seeker in crowd
Not everyday someone tells you who you are
Not everyday you give and receive exactly the same
Not everyday you pray for God and a soul
impersonate the God
Not everyday a soul finds freedom in prison
Not everyday a flame awaits for rains
Not everyday you find roots in storm
Not everyday, You say stop....

and universe stop at the moment
Not everyday you listen to the soul
..... and answer the knock at the door....

By Amreetaa Roy
Fim Writer, Film Maker
& Freelance Film
Lecturer



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Merry Christmas

The jingle bells
and creamy cakes,
the lovely dresses
and snow flakes,
Santa Claus
sending gifts across
The Year ends
In a fairyland.

Christmas is a world celebration and the whole earth seems to be in the festive mode with the nature decors of shiny snow over tall greens. I remember decorating the Christmas tree in my school with bells and glittering balls, and bows n ribbons. I have always been the secret Santa for my little sis, keeping gifts near her pillow or in the hanging red sox of expectations.

But Christmas, apart from affirming the good in you, is also a lot of fun. Those days when we boys

used to decorate the school Christmas tree, the girls enjoyed the luxury of hanging their sox of expectations on the tree in the end, like giving a finishing touch. And just think of that, they expected chocolates inside it. I planted cockroaches, sorry for being naughty Santa!

And the morning screams were not at all a jingling sound when these alarmist girls put their fingers inside the sox to shockingly find brown cockroaches instead of dark chocolates!!

I got punishment for this but that was almost a routine for me, till the teachers decided to make me the Discipline Incharge; this was the best solution to grill the problem!

Sweet memories of childhood,
Merry Christmas to you all. Be good.



Shashwat Johri
Award Winning Author
& Published Author

Fashion



Budding Star **Krishna Gupta**

Fighting odds winning applauds, the young boy Krishna Gupta from Baroda is reaching up to the stars! His achievements at this young age seem an uncountable list. And yet he is so down to earth, which makes him so eligible for his achievements.



Krishna has totally beaten his autism with his success stories, in fact he won the title of Best Ramp walk trophy beating many others at the Glam Kids Vadodara Fashion Show of EsquireVJ Showcase. His other laurels are gold, silver and bronze medals, many titles and trophies in modelling, Dance, Garba, Fancy Dress and Sports. Krishna has done Print Modelling this year and is focusing presently on his acting classes. His latest win was the Best attitude and Confidence Trophy at the Gujarat Got Talent Competition recently. We are proud to bring forth such a talented and promising budding model and star and we wish Krishna Gupta a dazzling future and an amazing career .



Talk to the Councilor & Life Coach

Question: My children addicted to electronic gadgets. When I warn them - they get angry, not having the food properly and sleep properly. Kindly suggest me how to handle this issue...

Revathi Mohan : Parents of this generation are competing with the electronic gadgets.

Generally, for any compulsion behavior responding in a negative way like shouting, warning and not allowing them to keep the things they love triggers the aggression.

Instead of telling

' don't use Mobile phone'

' you keep on playing for nothing' triggers the aggression....

Tell

'its your badminton time'

'Get ready to indulge in book reading within 10mins' would sound appealing. Remind them what they want to do.

Mobile phone usage must be monitored and conditioned right from the day one. Similarly Kindly enforce a meal time and bedtime curfew that should be firm rule.

Happiness Tips

Encourage your children to cherish little things in life...

1. Feeding the sparrow
2. Finding shapes and colors in the cloud
3. Making someone smile and laugh
4. Visiting farm
5. Street shopping
6. Writing random appreciation notes to cousins
7. Watching stand-up with our loved ones
8. Discussing favorite playlists
9. Trying different cuisines
10. Volunteering camps

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 for any of your queries
 or questions to be
 answered by Ms.
 Revathi Mohan.





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VASTU SCIENCE

The Importance of All Ten Directions

Our universe is having eight directions along with the sky above (Brahma) and deep inside earth (Patal), and all these are under the pressure of energy.

North - This is direction of the Lord of wealth, Kuber. This corner should not be loaded with heavy weight. In this direction, the height of the flooring should not be higher than southwest flooring and the west direction. The more this corner is empty & light, more will it support in increase of wealth. If this corner gets fouled, the anxiety over some injury to wife or to mother or to child will increase. Curtains of white or green here would be auspicious.

NorthEast - Here the planet Jupiter resides. Here there is water. The head of Vastu Purush is in North East. Most positive energy is located here. In this corner the energies of Indra & Kuber unite and increase wealth, progeny, sons and family lineage. To have water resources in this direction and water flowing out from here are both auspicious. This direction should be fully open and the flooring from all directions should be sloping towards the north-east. Curtains should be in white color. For meditation and worship this is an auspicious direction.

East- The Lord of East is Indra. This direction should be fully open. It is auspicious to pray facing East direction. Students should study facing this direction to get best results. If the curtains in this direction are yellow, they bring good omen.

South east - this corner is known as Agni (fire). The planet Venus resides here. Keeping your fireplace, machines, kitchen in this direction is good.

South- This direction is recognized as that of abundant crop prosperity and energy. Curtains in this direction should be black.

South-West - If the bedroom of the family head is in this corner, it is considered most auspicious. If you honour this direction it protects you from enemy.

Curtains in this direction should be black or blue in colour.

West- It is the direction of the lord Varun. Doors and windows should be less in this direction. White curtains will be auspicious.

North-West - The planet moon resides here. The controller of this direction is air. The guest room should be kept in Northwest direction.

The Sky- It is believed to be in the middle of the East and Northeast. This place must be very clean where, worship, meditation, etc. can be performed. Curtains to be of Olive green in colour.

The Endless (Patal) -This Direction is between West & South West. Keeping heavy weight here is good. Having a door in this direction is wrong.

Further about the best suited direction for the main gate of the house, will be in the Vastu Science article next month. Stay happy and blessed.

Stay Tuned & Stay Blessed.

Nikesh Rajendra Soni, Niky Vastu Consultant

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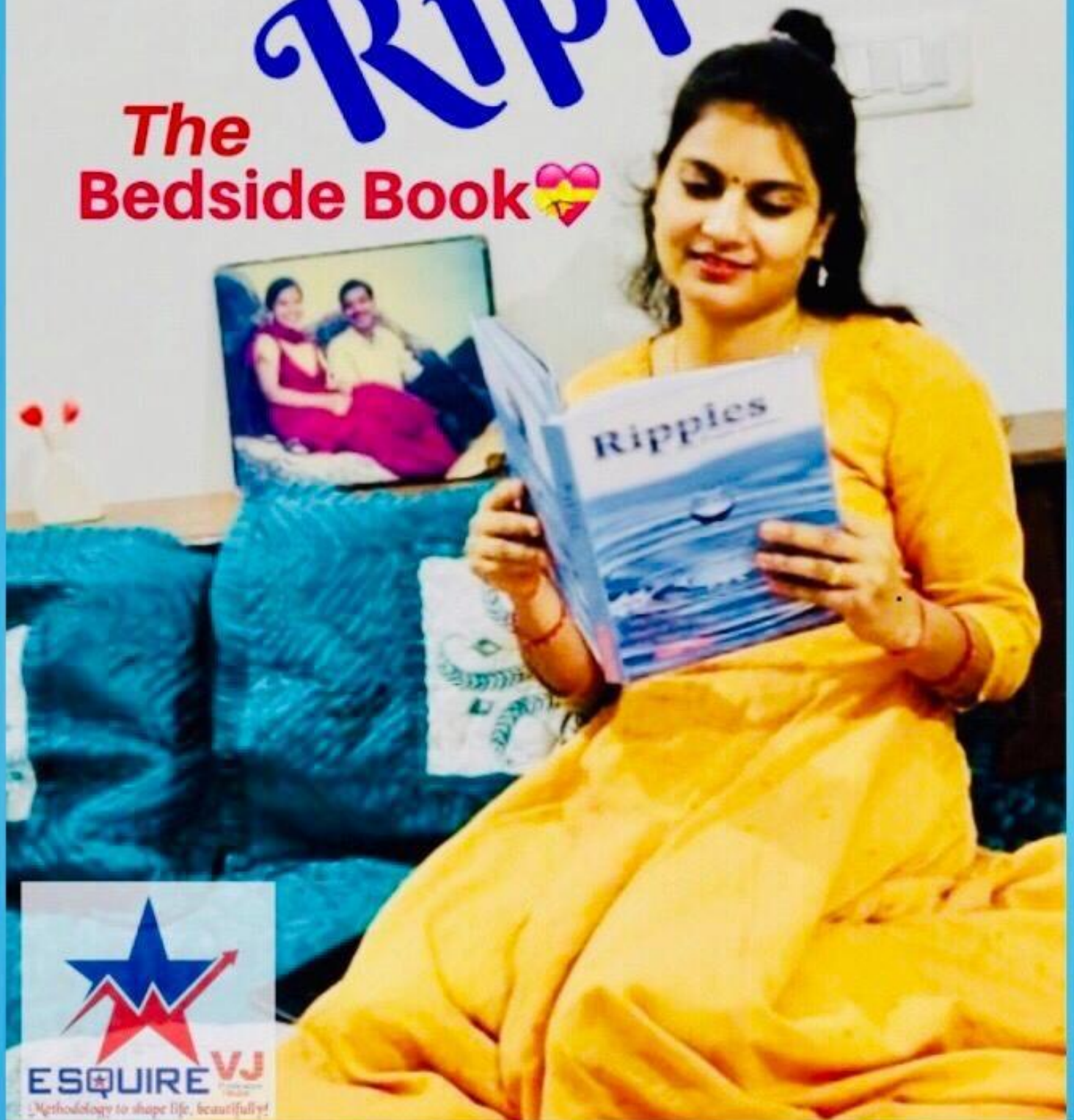
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Ripples

**The
Bedside Book** 💕



HOME ORCHESTRATION

‘Appropriate Dwelling for Well Being’*

Hi friends,

Home or the residence is of primary importance in our lives. Not just that we spend most of our time at home so it influences are well being, it also moulds our overall personality because we grow at home in all the aspects. The ‘Good Home Practices’ must not be taken for granted in the fast run for success and money because it may cost us all the happiness in spite of the hard work rendered. Apart from the ambience of home decor, there’s lot more we have got to take care of.

As far as the house construction is concerned, not all of us can do much about it but we can make wise use of the facilities available for the best upkeep of health and hygiene. Stagnant air inside the house causes constant build up of pollutants and air contaminants. Lack of proper ventilation may cause dizziness, nausea and irritation of sense organs which is called the ‘sick building syndrome’. Cross ventilation is good for the inflow of fresh air at home and the windows should be kept open for a few hours at least in the morning or day time. Not only this, we must not forget to close all windows in the evening as this is the time when insects, moths and mosquitoes enter inside the house; insect screens are safe options for preventing dengue or malaria due to

mosquitoes. Timely pest control is necessary to keep away insect vectors.

The sofa and carpets are many times filthy and full of germs, more so during the monsoons. Their outwardly appearance may be attractive but then there could be germs in big numbers causing nasal or respiratory infections to us and to our dear children. The fabric sofa, very much in trend now, is actually unhealthy as it cannot be wiped clean with a disinfectant. It is better to go with other

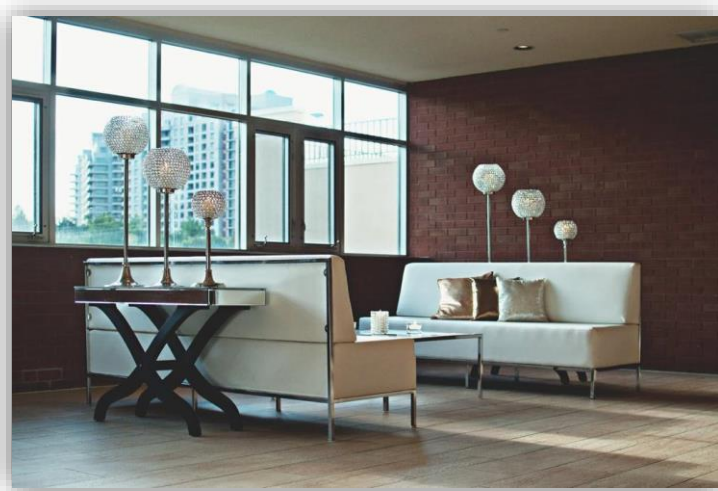
options. Similarly it is next to impossible to maintain the cleanliness of showy carpets. We can have decorative floor tiles instead, for easy cleaning, and of course, ‘Cleanliness is next to Godliness’.

Cookware and utensils kept uncovered on the kitchen stands are exposed to insects and can get contaminated easily. In fact, spiders can thrive hidden behind the frames, which is dreadful!! Even the modular kitchen trolley is equally unsafe as spiders or even lizards can hide inside and therefore periodical dismantle

and cleaning is a must. Ignoring this can cause serious skin diseases due to infesting toxicity in the body while eating food. I remember the small cupboards having netted doors for visibility inside used by our grandmothers. I seriously think these were easier to clean and much safer as ‘anything out of sight, also goes out of the mind’, but ironically the trendy modular kitchen gives



priority to the outwardly show off over the necessary hygiene. Let us be careful! Similarly the box beds suit the storage requirements but cause hindrance in the cleaning work. There could be dirt piling up underneath and people sleep over all night displaying intentional ignorance. This is very unhygienic. The POP decor roofing provides place for lizards to hide inside conveniently and also holds dampness in the walls due to seepage during rainy season, and germs flourish inside!



House plants are the remedial option to support our well being in today's lifestyle. These plants add ornamental value and also absorb the indoor air pollutants. The toxic compounds like formaldehyde emitted from the building materials, furnishings etc and also gases in the industrial fumes from surrounding areas that may enter into the houses and various other air contaminants are all absorbed by these plants which is thus beneficial for the health of the inmates. Plants also take in Carbon dioxide and replace it with oxygen during photosynthesis. Plants help reducing mental fatigue and provide relaxing coolness. The Snake Plant does not require much maintenance and has low toxicity, therefore not lethal if consumed by pets accidentally. The devil's Ivy is a good hanging option as it should be away from the reach of pets and kids as it is toxic if consumed accidentally. The Heartleaf Philodendron is another similar hanging option with easy care advantage. There is a wealth of options to choose

from, like the Spider Plant, Boston Ferns, Dracaena, Peace Lilly (do not have many of these, just one or two to avoid pollen pollution) etc but make sure to read about these before planting inside as many other plants, on the contrary, are not good for health when kept inside the houses. Here's a reminder of little things which we already know but tend to forget sometimes:

- 1) Dust removal is essential to stay protected from dust mites. Weekly vacuum cleaning is nice.
- 2) Toothbrushes should be kept covered, if left open, lizards and insects lick it and the consequences can be undesirable. Same care is required for the tooth paste tube.
- 3) Food left uncovered should not be consumed and grocery should be stored in air tight containers. The kitchen cloth needs to be changed every day.
- 4) Keep a sanitizer at ready availability in the living room.
- 5) Wash clean the leafy vegetables using sedimentation principle to remove all the mud. This means let the mud settle down then take out the leaves from the top rather than draining out water, as the mud then goes back into the leaves and then enters our body with food.
- 6) Do not consume re-heated rice and potatoes it may develop carcinogenic toxicity.
- 7) Throw away the oil used once and never reuse it in order to keep the heart healthy.
- 8) Green veggies like spinach, also parsley should be washed before chopping and pulses should be washed first then soaked and cooked with the same water. These little efforts help to preserve nutrients and vitamins from getting washed off.
- 9) There should be a proper place for everything, like medicines, keys etc. Things out of place may


go a waste and create frustration when not available or traceable on time.

10) Avoid red color light as its effects create heat. The use of blue light is advocated as it has a calm effect on the mind and it is good for those under stress.

Next month I will share Skin Care secrets, so hang on...



Sansriti Johri
Author, Editor, Columnist
Entrepreneur & Social
Worker.

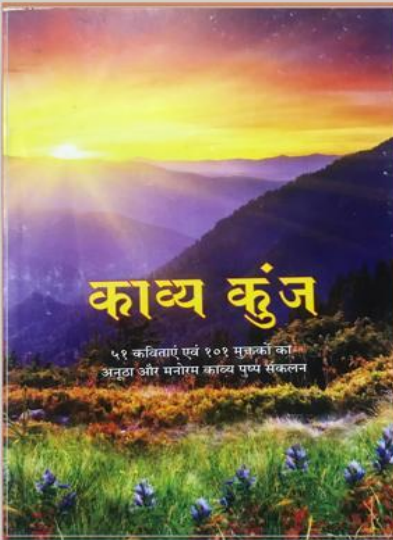


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Tech News

Redmi K30(5g)

Display: 6.66- inch super AMOLED display (120Hz Refresh rate display) with protection of Corning Gorilla Glass 6
Processor: Qualcomm Snapdragon 730g
Cameras: Quad Camera setup (64MP+ 12MP+ 8MP+ 2MP) & Dual Front Camera punch hole (20MP + 2MP)
Ram: 6GB
Storage: 64GB
Battery Capacity: 4500mAh with 30W in box Fast Charger
OS: Android 9 Pie, MIUI 11
Launch Date: 10th December



Moto Razr

Display: 6.20- inch display
Processor: Qualcomm Snapdragon 710
Cameras: 16MP Rear Camera and 5MP Front Camera
Ram: 6GB
Storage: 128GB
Battery Capacity: 2510mAh
OS: Android 9 Pie,
Launch Date: 13th December



Realme XT 730g

Display: 6.40- inch with protection of Corning Gorilla Glass 6
Processor: Qualcomm Snapdragon 730g
Cameras: Quad Camera setup (64MP+ 8MP+ 2MP+ 2MP) & 16MP Front Camera
Ram: 6GB
Storage: 64GB
Battery Capacity: 4000mAh with 30W VOOC flash charge
OS: Android 9 Pie, Color OS 6.1

Launch Date: 17th December



Mi Note 10 (World's First 108MP Camera Phone)

Display: 6.47- inch 3d curves Amoled display with protection of Corning gorilla glass 6
Processor: Qualcomm Snapdragon 730g
Cameras: Penta Camera setup (108MP+ 20MP+ 12MP+ 5MP+ 2MP) & Front Camera (32MP)
Ram: 6GB
Storage: 64GB
Battery Capacity: 5260mAh with 30W in box fast charger
OS: Android 9 Pie, MIUI 11
Launch Date: 3rd week of December



Oppo Reno 3 (5g)

Display: 6.50- inch Super Amoled (90Hz Refresh Rate) with protection of Corning gorilla glass 6
Processor: Qualcomm Snapdragon 735 SoC
Cameras: Quad Camera setup (60MP+ 13MP+ 8MP+ 2MP) & 32MP punch hole Front Camera
Ram: 8GB
Storage: 256GB
Battery Capacity: 4025mAh with 30W VOOC flash charge
OS: Android 9 Pie, Color OS 7
Launch Date: 2nd week of December



By Shashwat Johri
Award Winning Author



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Flavour Special

COCONUT PILLAF WITH RAJWADI TWIST

Preparation time: 20-30 minutes

Cooking process: 30 minutes

INGREDIENTS

FOR SEASONING

Spices (Khada Masala)

Cinnamon stick: 1

Cloves: 2-3

Pepper seeds: 2-3

Black cardamom pod: 1

Bay leaves: 1-2

FOR PILLAF

Coconut milk: 1 can

Rice: as required

Vegetables (chopped): 2-2.5 cups....

Tomatoes: 5 or 6

Onion: 4-5

Fresh beans: half cup

Carrot: 1 cup

Broccoli: 1 cup

Capsicum: 1 cup

Peas (par boiled): 1 cup

Sweet corn parboiled: 1 cup

Mushroom (sliced): 1 cup

Potatoes (boiled): 1 cup

Egg plants (White Brinjal) seedless variety: 2-3

FOR MASALA PASTE

oil: 3-4 tsp

Ginger garlic paste: 4 tbsp

Turmeric powder: 1 tsp

Cumin powder (jeera): 1 tsp

Rajwadi garam masala: 2 tsp

Garam masala mix: 1 tsp

Sugar 1 tsp (optional)

FOR GARNISHING

Finger chips: 1 cup

Coriander and mint leaves finely chopped:

FOR CASING

Preheat the oven at 250.

Slice eggplants into half and coat with oil and salt. Now put the eggplant slices in the oven for about 20 minutes till they are cooked. Scoop out the baked eggplants with a fork and keep the outer cooked shell.

FOR FRYING RICE...

Heat oil in a pan, add the spices (khada masala) and cook for 2-3 minutes till it becomes aromatic. Now add the chopped onion and cook for 2-3 minutes. Add ginger garlic paste and cook till onion turns pink.

Add all the dry spices and the tomatoes, now cook till oil is seen separating out. Then add all the chopped vegetables and continue to cook for 10 minutes, into a gravy.

Add the rice and coconut milk, and mix well (coconut milk required is according to the quantity of rice taken). Cook till the rice and vegetables are done and then add scooped out eggplant and half steamed potatoes, and mix well.

FOR Garnishing:

Take an eggplant shell and fill them with the prepared ready rice.

Decorate with finger chips and chopped coriander-mint leaves

Serve hot.



Falguni Somiya
Cooking Expert &
Author of Hand to Heart.

People In My Life #3

Can adults learn life lessons from children? I never believed it could be possible. However, there is this one incident that made me change my outlook.

A girl, merely 15 at the time, is the one to be credited for this.

It was an athletic inter school sports meet. She took part... all eager, brimming with confidence - a number of gold medals already under her belt - backing this. The 400m track event was her challenge ahead.

That morning she was well prepared and enthusiastic. She stood waiting at a local train station along with her coach and schoolmates, awaiting her first step towards a victory, which was for her a foregone conclusion. They arrived at the venue and soon dispersed to their respective sections.

To her astonishment, she found her tent virtually empty but for a sole occupant! The two sat there facing each other, surprised at the poor attendance - the duo restlessly awaiting the outcome/decision of the officials. Just as they had feared, the track officials approached them and informed them that their event was cancelled due to poor participation. Disheartened at the prospect of lost adulation, she lowered her head to hide her undisguised frustration.

However, continued the officials that though their race was cancelled both would be given winning certificates on account of their participation. Immediately appeased at the prospect of easy victory she lost her downcast countenance and became cheerful.

Both girls chatted happily, relaxing their minds and bodies since the upcoming challenge was already conquered.

Just as they prepared themselves to vacate the tent and move towards their respective school mates, the tent was filled with sudden activity and in flowed many girls who obviously were the missing participants. She looked at her newly arrived competitors with a sinking heart. They all topped her lanky frame in both length and width seeming like young professionals. With their coach shooting out orders, they rushed to abide his wishes. The girls began their elaborate warm up sessions with much vigor. The silent tent now a thing of the past, the atmosphere now mimicking the clamor in her mind. She felt invisible to these girls who seemed to be mockingly ignoring her as if they didn't consider her a competition.

Now as you would have guessed the event was back on. It's already quite a task to build your stamina, mind and body for a sports event. But it's completely another level of difficult, to rebuild your energy levels after mentally relaxing yourself. It's like preparing for an exam. However tedious we manage to prepare well and write the paper. But, have you tried rewriting the test immediately once it's over? You will never be able to perform optimally as you did the first one.

So now suddenly faced with the task of running when she had mentally drained herself of all her

motivation, she found it daunting. Totally despondent with no hopes of winning she proceeded with her "superior" competitors towards the track field.

She stood there awaiting the start whistle like waiting for her doom.

And off they went at the whistle blow and it was no surprise to her when she found she was running nearly last.

It was a zoom track where they were to run around twice. Halfway through the first lap she glanced at the watching crowd and spotted the aghast faces of her fellow mates. Fighting off her shackles of shame and weariness, she endeavoured to at least finish in a respectable position to avoid losing face, both for herself and her school.

Putting on a slight burst of speed with the aim of pulling ahead of at least a few runners, she found

herself easily crossing more than couple of them. Feeling more hopeful she gave all that she had, deciding to cross each person ahead of her, one at a time. Now onto the second and final round she suddenly found “tables turned” with her running

at the third place. Since the girl running second was very close to her she easily overtook her too. Now with just the girl running at a decent distance ahead she found herself once again reaching the point where her friends were awaiting with expectant faces. She was now satisfied -comparing her position at the initial

point of her race to her present position. She began relaxing her pace to maintain her position which she felt was achievement enough - a respectable second place.

No longer ashamed with shining eyes she looked at her cheering mates, yelling at the top of their

lungs urging her to give even more of herself and do her school proud by coming first. She felt their expectations in waves, filling her with the energy she never knew she had. She turned and looked at her sole competitor running far ahead. Sudden realisation hit her. She just had to “repeat” what she had been doing all along until now - just focus on crossing the next contestant ahead of her. This knowledge giving wings to her feet she felt herself surging ahead and crossing the girl in front of her

nearly at the finish point and emerged victorious. Standing at the victory stand with an astonishing gold; she vowed never to take the power of will for granted:

Is victory important? We apparently think so. It so obvious in the way we celebrate it. But in my eyes the true victory was not the one being acknowledged on the victory stand... but of the little girl’s battle with her

mind that made the celebrated victory possible. This little girl barely 15, taught me such an important lesson of life. Any achievement, however seeming impossible it may be, is always within our grasp as long as our will is strong enough.

How am I able to relate these events with such clarity, was I a spectator you may wonder but no... the girl is none other than my daughter Shreya.



Vidya Krishnaraj
Editor SquarePetals



The Diary Life: @the_diarylif

The account The Diary Life on Instagram is not merely an account like any other accounts we see. It's definitely much more than that. Here they hold monthly poetry contests where writers take part by filling a Google form, paying some very minimal amount and most importantly following the proper guidelines. All the participants get e-certificates. And like we all know, the winner is ultimately announced. He/she gets cash prizes, an e certificate signed by a famous author, Ajay K. Pandey.

But this time, @the_diarylif brings for you much more. The winner's work will be published in a **SquarePetals global web magazine - Webzine**, which is also available in hard copies.

Like it's already mentioned above, this account The Diary Life, is not just any other account it's because of the sheer endeavor of it's owner who always works hard for this account. It's because

of his enthusiasm and dedication that this account has got immense popularity within a very short time! And his P.R. Manager too works accordingly as assisted. She too does hardships for the sake of The Diary Life.

Their motive is to help writers to get a good platform to show their literary talents. As talent shouldn't wait to come in front of the world.

So this is all about the team **The Diary Life**. Yes, it's a "team" and not a mere account.

To know more, here's the Instagram handle for **The Diary Life: @the_diarylif**



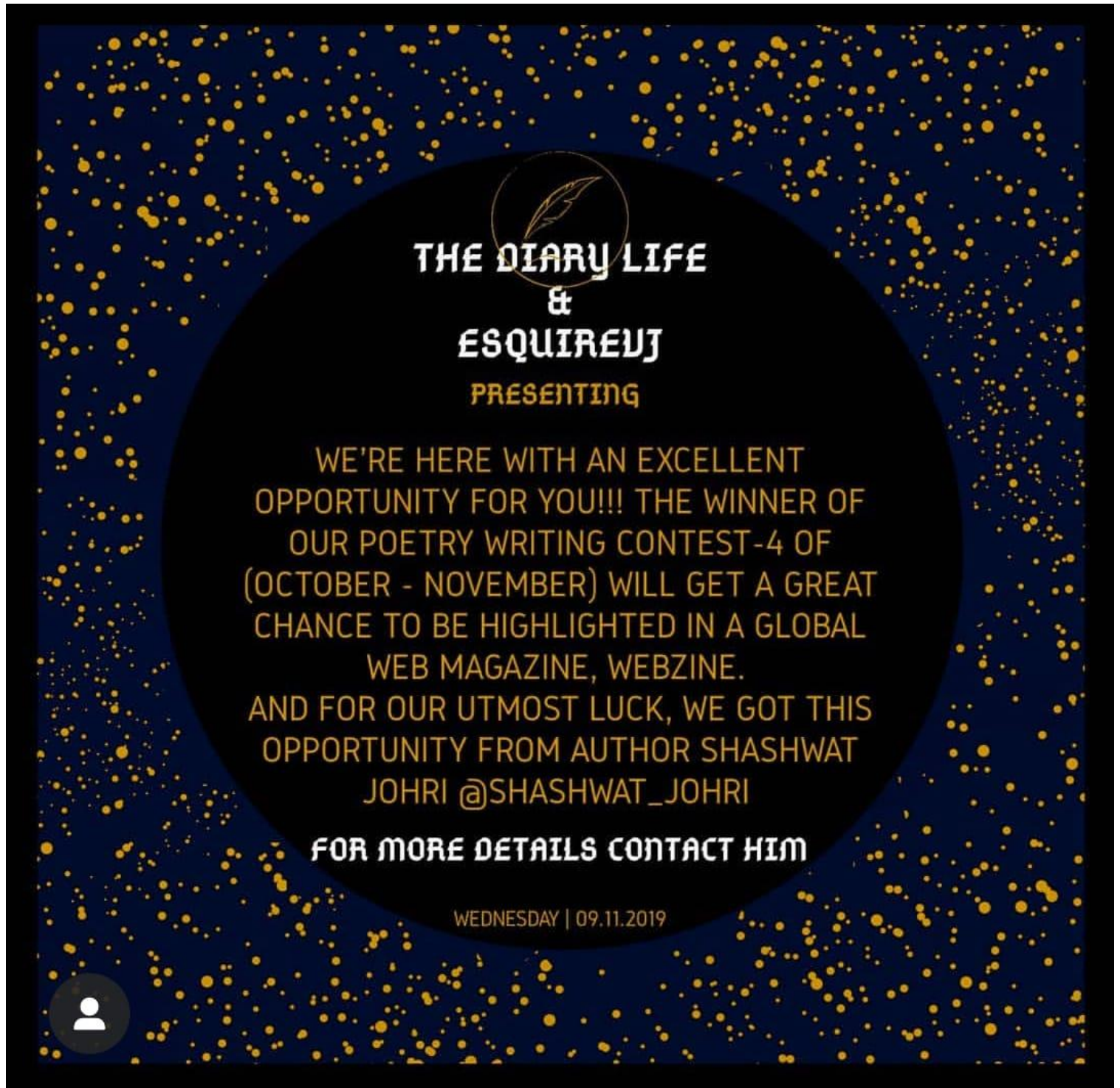
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Poetry Writing Contest



**THE DIARY LIFE
&
ESQUIRE**
PRESENTING

WE'RE HERE WITH AN EXCELLENT
OPPORTUNITY FOR YOU!!! THE WINNER OF
OUR POETRY WRITING CONTEST-4 OF
(OCTOBER - NOVEMBER) WILL GET A GREAT
CHANCE TO BE HIGHLIGHTED IN A GLOBAL
WEB MAGAZINE, WEBZINE.
AND FOR OUR UTMOST LUCK, WE GOT THIS
OPPORTUNITY FROM AUTHOR SHASHWAT
JOHRI @SHASHWAT_JOHRI

FOR MORE DETAILS CONTACT HIM

WEDNESDAY | 09.11.2019



"PAIN IS LOVE"

Pain can't be described in words,
 sometimes we can't show,
 we can't describe pain by words,
 it is abstract,
 full of emotions
 and heartache
 soul deep
 we feel the pain.

It can't be described by the lips,
 our lips can't express the pain of our heart.

It can't be described by tears,
 tears are not a way to express pain;
 Remember we are born in pain.

Pain Is Love,
 Love is an emotional bond we all have!!!!



Viqar Unnisa Saleha
 (Poetry Contest Winner)

Christmas Prayer

Whenever on earth
 There's rise in crime
 God Almighty is born
 To set things fine.
 O Lord Almighty
 Please come again
 Lord show us all
 Path of righteousness.
 Misery cries
 All around
 Greed & ego
 Grow unbound
 O Supreme Power
 Please take control
 Worries and stress are
 engulfing us as a whole !
 Life is so
 full of grief
 Your followers
 are all aggrieved.
 Good men get tortured
 By the wicked hounds
 Pathetic state
 Is all around.
 This World is yours
 You are our creator
 Save us now,
 our divine mentor.
 O Lord Almighty
 Please come for us
 O Lord Almighty
 Save the world, save us.



Satish Verma
 Award
 Winner Editor & Author



Indian Gooseberry preserve

Nutritious & Treat

Ingredients:

Indian gooseberry: 500 gms.

Sugar: 500 gms

Potash alum: one small piece

Cardamom powder: 1 teaspoon.

Method: Wash clean the gooseberries properly. Now pierce them all with a fork on all the sides. Take your time to do it carefully, so that the sugar syrup can enter properly inside the fruit.

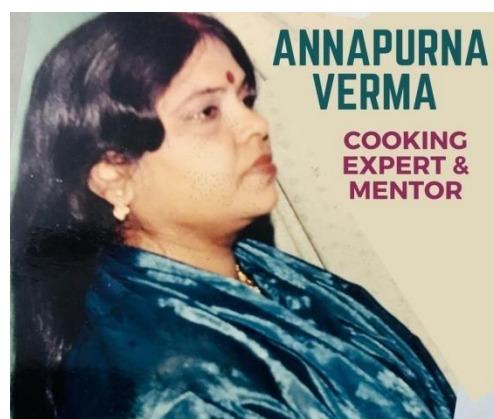
Now boil 2 glasses of water in a vessel and put all the pierced fruits in it. Add potash alum and then cover the vessel. Now switch off the gas burner and leave the vessel as such for 2 hours.

After about 2 hours take out the gooseberries and squeeze out the water.

Now heat a pan on medium flame, add water and sugar to make a syrup. Put the boiled fruits in the

sugar syrup, but take care not to cover the vessel. Let it cook on medium flame in open pan, stirring occasionally. Gradually the fruits will become dark reddish coloured. Now add cardamom powder and keep it aside for 5-6 hours.

After that your fruit preserve is ready with the shelf life of three months! Store it in glass container and eat one from it everyday for best nutritional gain. It's a taste plus health superlative combo.



TOP

REND
S

Name

Place

Animal

Thing ❤️

Sunehri Johri

