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SQUAREPETALS

Global Webzine

Poems

My Mistress
Temporary but Memory
Peace State of Mind

Flavor Special

Dates & Dryfruit Barfi
Mango Dryfruit Pulao

Top Trends

In-House Plants

Art Work

Canvas Painting

Personal Development

You are Talented

Human Psychology

Ecotherapy

Chat Show

Smile with Seema

Tech Update

ASUS Chrome Book

Cover Story
Mr. Aman Johri

CEO - "Jatayu Unmanned Systems"

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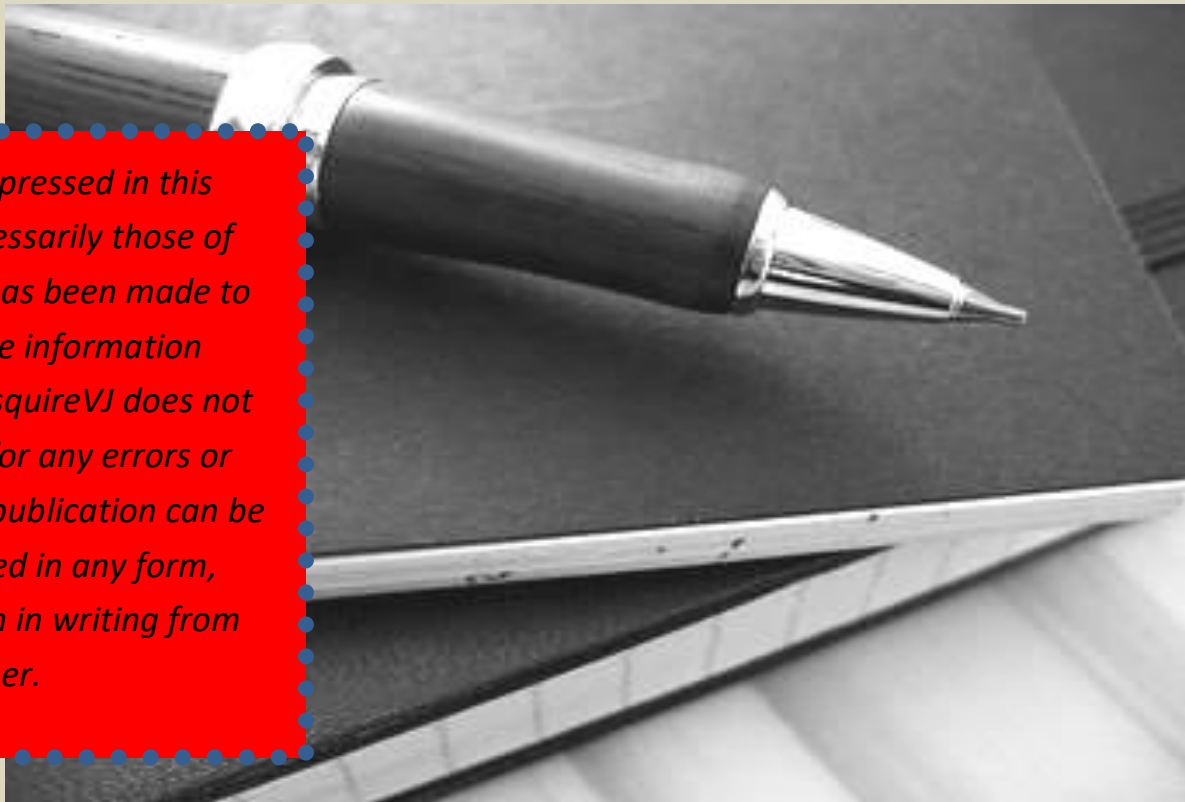
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Top Trends:

Art Work:

FROM THE DESK OF Editor-in-Chief

Hello Dear Readers,

A mother is a blessing, and she is blessed...

SquarePetals Global Webzine is saluting all the mothers on the International Mother's Day this month. The first ever smile every child cherishes on this earth is that of the mother; she smiles forgetting the intense pain she had to go through, for bringing life into the world. The May 2021 edition is pleasant like this summer.

The budding flowers signify the hope of normalcy in the world. With the vaccines, we human beings have won again another big war against another killer virus, through our intellect and mutual support worldwide.

Keep smiling and take care, and please continue sending your encouraging feedback to help us make our effort of knowledge sharing even more fruitful.

Stay safe , stay happy.

Love & regards.

Sansriti Johri

Dr. Sansriti Johri
Editor-in-Chief



Dr. B.S.Parimal
Member, Editorial Board
SquarePetals Global Webzine

*Happy Birthday
& Best Wishes*

26 - 7 - 21



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Mr. Aman Johri

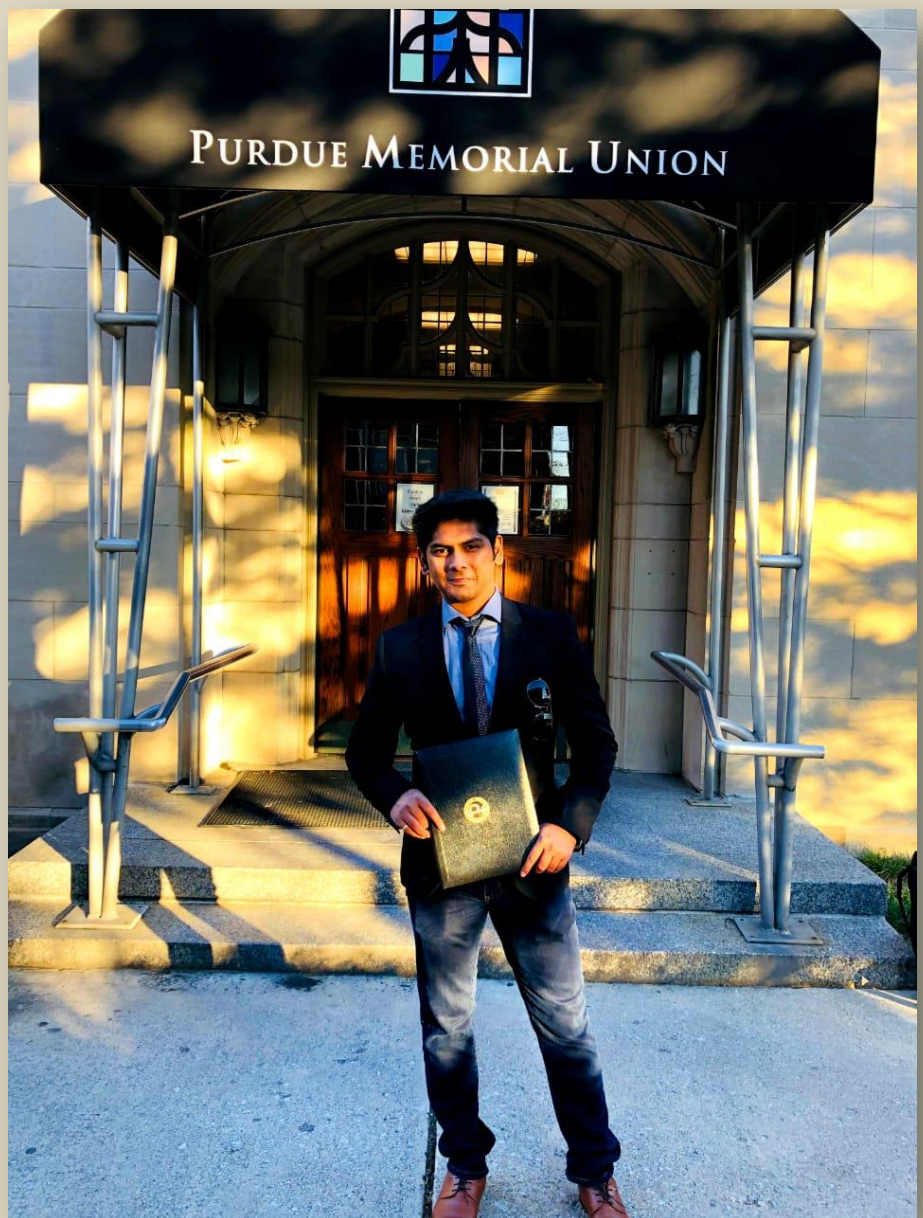
CEO - **"Jatayu Unmanned Systems"** ...
in Nation Building.

At age eleven, Aman was asked to present his idea of a platinum-based miniaturized Fusion Reactor to the school community of Mumbai City, which went on to be appreciated by top scientists at TATA Institute of Scientific Research. As a young student Aman always wanted to create & invent new technology for applications in space and defence. After getting his Bachelor's in Aerospace Engineering, Mr. Aman Johri invested all his savings into his startup organization and converted his long-standing dream to reality. He started an organization that focuses on Research & Development and creates products of next-generation technology in the Aerospace & Defence sector, with special emphasis on Artificial Intelligence and Unmanned technology. Some of the current areas of Research his organization is into Machine Learning using AI for

Cover Story

Unmanned Systems, development of Defence CubeSat Telemetry systems, Rockets and Missiles development, etc. That is what Aman is good at, converting ideas into action, imagination into invention and dreams into reality.

As CEO and an established Entrepreneur in the Indian Aerospace industry for over five years now, Aman Johri has gained considerable experience & success in converting a tech-intensive R&D project into a full-fledged business. He has carved out a special market niche for himself with products offering versatility & ease-of-use to all customers, be it in the UAV market (Civil & Defence alike) or in the AI field. From executing product development to manufacturing, licensing, marketing, financing & sales, Mr. Aman Johri has taken his company to a level where he develops cutting-edge technology in-house, for the Indian Defence Forces. Aman is also one of the first entrepreneurs in India who has dared to venture into the Space Systems market. From designing electric propulsion engines to modular rocket engines, he uses his technical knowledge for the benefit of society. During the peak of Covid, Mr. Aman



Johri and his team developed the revolutionary FDA licensed “Portable Oxygen Can” product- which not only helped save millions of lives, but also made a deep impact on the community in the time of need.

Mr. Aman’s efforts in the industries he’s involved in have seen tremendous recognition as well. Mr Aman Johri was awarded the Entrepreneur of the Year Award at SKOCH Summit by the Ministry of Finance at the

Parliament of India in 2018 for his work with the Government of India. Aman was also awarded the Defence Innovation of the Year Award in 2019 by top officials of the Indian Defence Forces for his work in building defence technology and advanced weapon systems for the country. At 24 years old, Aman became the youngest and the only Robinson-rated civilian helicopter pilot to be inducted as a lifetime member of the prestigious Rotary Wing Society of India, an honor bestowed to just a handful of highly distinguished helicopter pilots. Aman also houses more than 5 years of policy making experience under his belt, ranging from the top Govt. Offices in India to the biggest Ministries like Defence, Finance, Civil Aviation, etc. Aman also represents the Indian Aerospace industry at the Boeing HorizonX CEO's Forum and more recently at the Farnborough International Airshow for Defence & Space in London.

Aman has always believed in the concept of diversity, both in interpersonal connections and growth of individual. In his Undergrad, he organized SRM University's TechFest- Aaruush (2012-16), commanding a team of 15,000+ students. He has also organized Asia's largest Model UN Conference in collaboration with United Nations Bodies like UN Information Center, UN GAMAG, UNESCO, etc. These experiences helped him represent India at the United Nations Youth General Assembly 2018 in New York, and the Young Diplomats Forum

in London where Mr. Aman Johri had been de...ve India's national defence,



space & technology interests by the Indian UN Mission at the world stage.

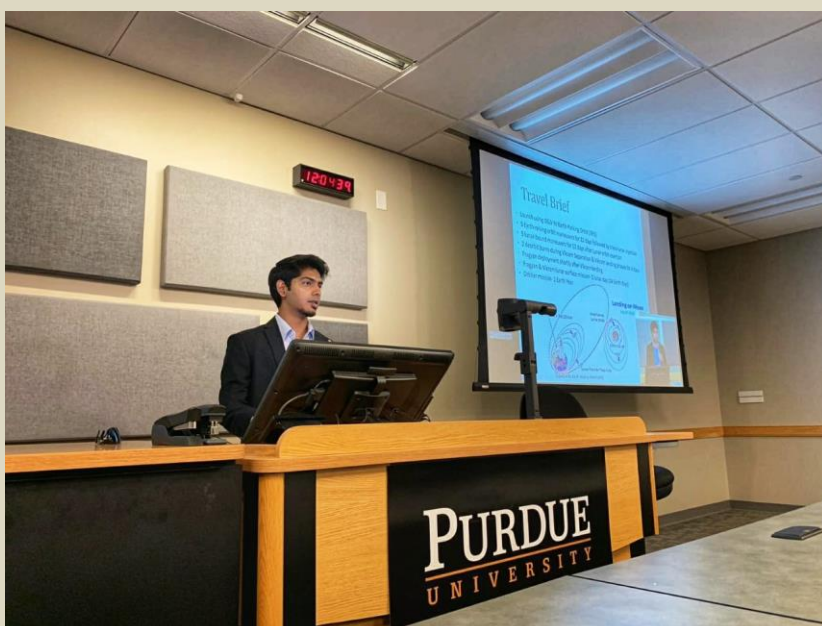
Mr. Aman Johri also has a degree in Mixed Martial Arts (three separate national level military standard recognitions in JiuJitsu, Krav Maga & Kickboxing) and he pursues Rifle Shooting as a hobby. He uses these experiences to raise mental health awareness in the Education sector in India, and he is also an established Motivational Speaker. His Undergrad Thesis was to increase the efficiency of combustion of a Jet Engine using hybrid Ultrasound technology. Aman and his team tried to improve the atomization of fuel through nozzle pores. The final conclusion of the project was that a commercial passenger airline in India could add up to three flights daily to the existing business with their Ultrasonic nozzle by increasing combustion efficiency. This would add up to 12% in monthly revenues to the aviation industry in India!

Mr. Aman Johri is also one of the youngest engineers in India to get aerospace propulsion based IPR recognition for his research.



He holds the unique distinction of pursuing and achieving two difficult degrees parallelly. He holds a Masters in Astronautics from Purdue University and a minor degree in Business Management from the same college. During his time at Purdue, Aman worked on several NASA projects. His heart always lay in contributing to nation building hence he decided to come back to India and Make in India.

Mr. Aman Johri is also in the process of becoming India's youngest firefighting helicopter Pilot. Today he is working towards building up India for the future generations.





You are Talented

Every body is talented. We are all created and packaged with diverse talents. Some people may be more talented than others, while some are talented in one particular area. Talent is an innate ability that everyone possesses. Some people feel they are not talented because they are yet to discover or develop their inborn talent.

Talent is an exceptional ability to do things differently and uniquely. Talent is part of our original make up. Talent is a gift which the creator has placed in our hands. Talent is the key to unlock potential and fulfill purpose. The biggest lie of the age is for one to think and believe that he or she is not talented. Such people end up as failures, losers and unfulfilled people in life.

Most people die with their talent still hidden in them. Some live for many years without discovering or putting their talent into use. According to the law of use, whatever you don't use, you will lose. Many people have lost or killed their talent without maximizing and developing it.

The goal of this write-up is to help you

discover and maximize your talent. Don't be like Methuselah, a man who lived for 1000 years yet nothing was written or known about him regarding his talent. It is never too late for you to discover your talent.

95 percent of children tested between the ages of three and five are rated as highly talented in music, drawing, painting, dancing, etc. When the same children tested again later on as teenagers, only about 5 percent were rated as highly talented. What happened to them in the interim? As they grew up they stopped developing their talents. They thought that in order to get along, just go along. They were scared about what others think about them. In an attempt to be liked and accepted by their peers, they allowed their talent to die down, like a fire without fuel.

This is one of the reasons why most people lose their talent or underdevelop their talent. The good news is that creativity is a natural and normal ability, possessed by virtually everyone. It is inborn, it's a part of your genetic structure, a faculty that is uniquely human. Everyone is talented. A whole of 95 percent of the population has the ability to function at exceptional, if not genius levels, given the right situation and circumstances.

Your talent is like a muscle. If you don't use it, you lose it. Just like a muscle, if you do not exercise your talent and stretch it regularly, it becomes weak and ineffective. Your ability to develop your talent must be constantly utilized to be at the top of the situation. Fortunately, at any time, you can begin tapping into your talent and using it at a higher level.

Everything that you need to be successful in life is in your talents. Many people are blessed with talents and yet they never discover and developed it. An undiscovered and undeveloped talent will not make one successful. There are many people wasting in failure because of their inability to use their talents, whereas many successful persons became successful only by using their talents properly. Diego Maradona played football, Michael Jordan Played basketball, Michael Jackson Sang music, Leonardo Da Vinci drew and painted. Your success is tied to your talent.

The saddest thing is that mostly people live and then they die with their talents kept as such in them. Unfortunately they did not use their talents while being alive. Albert Einstein said, " I think I used about 25% of my intellectual capacity during my life. " According to William James, human beings use only 10-12% of their potential. Most people who don't use their talents are unhappy, unsuccessful and unfulfilled. Happiness, success and fulfilment comes by using ones talent. If you want to feel useful, put your talent into good use.

You are talented no one is more talented than you are. You have everything it takes to make it in life. It is your talent that will take you to the top. It is your talent that will make you significant and influential. It is your talent that will make you wealthy and successful. It is your talent that will take you to the right place you deserve. God gave you that talent to become a voice on earth. Great men are known by their talents. You must align with things that are inline with your talent. You will

perform better and excel faster than you can possibly imagine.

I was discussing with a pastor at the time I was writing this book. I told him, it is time we focus more on our talent, doing those things we are good at, and loving what we do. It will propel us faster in achieving our goals and visions. Are you aware that talented people fix their prices in life. They don't settle for less. They are the highest paid people on earth. Relate this to some talented athletes, musicians, actor, authors that you know. You are talented, if you realize this and keep working on your talent, in a few years you would be among one of the highest paid people in your field. Successful people focus more on the things they are talented in doing and it has been the secret of their success. Merely having a talent is not enough to take you there; It takes lots of work on your talent to get there.



Walk in Nature- ECOTHERAPY



Ecotherapy, often known as nature therapy or green therapy, is a practical application of Theodore Roszak's emerging science of ecopsychology. In many situations, ecotherapy is based on the notion that people are a part of the web of life and that our psyches are not distinct from our surroundings.

Ecopsychology is based on systems theory and allows people to investigate their relationship with nature, which is something that many other methods of psychotherapy may ignore. While some professionals specialise in teaching and practising ecopsychology, others incorporate components of ecotherapy into their existing professions.

Ecotherapy is based on a connection to the planet and its systems. Many ecotherapists think that the environment has a self-correcting capacity that is mediated by complex systems of integrated balance, and that if humans can harmonise with these systems, their mental health would improve. Personal well-being and global well-being are not mutually exclusive, as many ecotherapy concepts suggest. As a result, people's lives are

understood as part of a larger system of interaction.

Ecotherapy is founded on the premise that individuals are inextricably linked to and influenced by the natural world. Nature's beneficial impacts are derived not only from what people see, but also from what they feel with their other senses. While being in direct contact with nature has many advantages, people do not need to spend time in a green setting to benefit from it. A simple view of nature from a window, or even images of nature, has been shown in several studies to boost people's general mood, mental health, and life satisfaction.

Many more research support the notion that nature has beneficial impacts on both physical and mental health. Children who live in buildings with nearby green space, for example, may have a stronger aptitude for paying attention, postponing gratification, and regulating urges than children who live in buildings surrounded by concrete, according to studies.



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Smile with Seema

A Chat Show with a Twist..... visit @

<https://youtu.be/Mq3UWsn2CvM>

Seema: Hello everybody! One thing we all have forgotten during the pandemic, do you know what?

To Smile. What motivated me to start this chat show is for you positively. I felt why not enter people's minds and hearts through my interactive session. I am welcoming you all to this phenomenal text chat 'Smile with Seema'. I'm sure most of you will be wondering, in the past one year, you've attended so many webinars and chat shows on social media, so how does this show this one going to be any different? My idea is to bring up your living room discussions here, so that barriers are broken, and you'll get to smile, with Seema. Our guests for this curtain raiser session is Miss Parul Kaushal, who runs her image consultant company Palash. Parul is a certified image consultant from the image consultant business institute affiliated to the Council Image Management USA, and is a certified trainer for etiquettes and grooming by Sabina Merchant. For 15 plus years of her journey spans across hospitality, publishing, and the pharmaceutical industry. She helps people to project their image appropriate to their role, goal and occasion.

Welcome Parul to 'Smile with Seema'.

Ms. Parul Kaushal: Thank you so much for the introduction. Thank you very much for having me especially as it's your curtain raiser. And I have to

tell you I just love your tagline 'Smile with Seema' and the way you say it with so much of, you know, happiness and positivity. It's beautiful and I'm so glad to be here and thanks for having me here.

Seema: It's my pleasure to have you as well. So Parul can you just speak something about your family life to begin with.

Parul : Yes. Yes, Sima, so I have been married for almost 16- 17 years now, I need to be precise actually 16. Yeah, so and I have two kids, my son is is giving his boards this year, and my daughter's in six standard. We moved to Gurgaon two years ago, otherwise I was in Bombay. So we were happily settled, and because of family issues we had to move to Gurgaon and frankly this pandemic gave me such a big, you know, great opportunity to start my work. again, and it's brilliant. The kind of response I'm getting, the kind of assignments and collaborating with women entrepreneurs so it's been beautiful, it's, it's really amazing.

Seema : And what about your experiences also like anything more you're planning for your future endeavours anything in the pipeline?

Parul : Right now my forte is more of styling and training for kids and students. I like to do that because I have created this programme in the pandemic call 'Let's groom them young'. So that's very close to my heart and I always feel that the

kids & students need to be well groomed from the very beginning, because, you know, later on they go for their higher education, their interviews and all. So once these things are in place you don't have to bother and they can concentrate on upscaling their skills or, you know, education and everything, the qualification. If the foundation is strong, and kids are well groomed from right now, they know how to conduct themselves with confidence and panache. So I love to train kids and students and women entrepreneurs, professionals, everyone so that's very close to my heart.

Seema: That's lovely. very nice. Anyway, so let me start with the question answers round. So let me begin with your first question is, how important is self love for women.

Parul: Okay, so self love, again I think is, a very, very, you know relevant word these days and you know they say that you can't pour from an empty cup, right. First, in order to give happiness that is that thing to your family life or your profession, means your personal life, you need to be satisfied, you need to be happy, you need to appreciate yourself first, then only you can give that happiness to others. So it's very important to first love yourself without even thinking that you know, so don't think of others, first think of your well being, and well being means it could be your mental, physical, spiritual anything. I'm just not talking about the physical part of self that you want to go for a massage or a pedicure that self love, but you need to set up in terms of upscaling yourself learning something new, you had a passion which has died down because of your marital life or whatever, get that back, you know, do something new, and I think that happiness in the fact that you respect yourself is very very important I feel.

Seema: that's very well said very good across I'm sure that the readers are really enjoying and getting inspired as well and that's that the chat is all about this, you know,; we, as women, have to

uplift each other, support each other, share knowledge because there are so many women out there globally & talking from a global perspective that we as women only can bring up pull up another woman that's the only way I feel like a woman can get a lot of confidence and she can, you know, appreciate herself and start valuing self. Oh, that's one of the reasons is important I think this is a small little way we can contribute. Another question for you is, how is image management related to better productivity and performance?

Parul: Okay, so image management I will briefly tell you all about what exactly is. We know what is a stylist or a fashion designer, she will need to do styling. So image management is just you know, making sure that you portray a very positive, confident, and an impactful image at all times, be it your personal life, professional or social. So how do you manage that, is what you need to know. So there are four aspects of image management, It comes from your grooming hygiene, your clothing, your etiquettes , body language and communication. Right now they say ABC of Image Management : A id Appearance, B is Behavior, C's communication, so I'm sure you all would agree that these are the pillars for anybody when you walk into a room, Right? You go for an interview or somebody new comes when there's a party happening and somebody enters, the first thing even when they have not spoken to you, that's called non verbal communication they are able to communicate without having to said a word, and how do they do that? It's their grooming, they look neat and tidy? What kind of clothes are they wearing, are they wearing pattern? Pattern is, you know, the colour combination is fine, it well ironed? These are all image makers and breakers you know, indicate about you; and the etiquette: how did he shake his hand, did he have the confidence to have an eye contact while having a conversation? What was his body language. Body language means your hand shake has to be firm, if

you do a dead fish, first thing shows that you're not confident right, then how you're sitting, are you slouching? Do you have the confidence to conduct yourself when you're having the dinner? Do you know how to handle the cutlery? So these are very small things and that's how an image management works, and we have an image cycle. Image cycle is, that's how I come to the fact that how it affects your performance and the productivity. So it's how you see yourself. I'm bad, I can't wear this, you groom yourself accordingly. Okay, that's a cycle. This is you groom yourself when you think yourself in a certain way. So when you meet somebody, they will also accordingly react to you in a certain way.

So it works like this: one day if I'm feeling very low, but I'm dressed up well. Okay, so I said okay, I'm going to walk up just put in a red lipstick although my morale is very down, and I meet somebody in the lift who just says, "Why you look so great today? You are like beaming! You're glowing, this rattle really suits you, so nice.!" You have to see the effect it will have, it will definitely have an effect on your mood. The minute you go back to work, your day will be better and you will give your 100% to your work, in spite of the fact that you were not in a very good mood because of certain things happened at home or whatever. So these things really make a difference when somebody gives you a compliment. Appreciation is what we all want in our lives, right, and if you're able to control it ourselves, the kind of message we are conveying through our clothes your grooming hygiene your etiquette that can work wonders to your productivity and performance.

Seema: Oh yes, absolutely. Very well said and it's also true, I mean you don't have to look for a special day for that. I personally believe myself. We have to do this kind of practice on a day to day basis is not being for anybody else, not to impress anybody, but at the end of the day I feel like we have to do it for ourselves. And you have to

impress yourself and work on yourself, the more you good on yourself. And that's the good message you give it out in your society in your vicinity in your workplace, wherever you go.

Parul: I totally, totally agree to self love Seema, one point I want to make is when you want to connect to self love, let me tell you, no one else can give you that happiness. I am feeling low, my husband, my house, you know, my child spoke rudely to me I'm feeling very hurt, but they're not bothered it happened, but it's my responsibility to repair myself up, and how I do it. If I can date externally or internally I need to boost my morale or do something, I feel it's a tried and tested thing ladies dressing up looking nice, is a sure shot method to get you onto that, you know, thing that will give you appreciation and confidence always.

Seema: always, absolutely you're very right, because I'll just few incidents which are quite natural with every woman. Sometimes when I feel very low there are times in my life. The only thing works for me is either, music, dance, or dressing. So whenever I dress like that I just wear something which I find really interesting, like makeup and you know, not only my personality but confidence somehow gets switched on.

Parul: Absolutely!

Seema: It's very different, like if I'm in the kitchen room, I feel so low, but when I'm in my dressing room, I'm so different, so I don't believe I'm so versatile. So it's very important and it is for every woman, irrespective of whichever background, she belongs, she may be a homemaker or a corporate woman but this is very very important. Self love or self value, just keep adding value to your personality.

Parul: Especially for the women at home Seema, because they have no outlet, they don't get any appreciation, it's a very thankless job being at home, you know, it's a very mundane job every

day you have the same routine. So for you, for a woman who's still going out to work this is an outlet for her. So I would request all the women who are at home also you should not get bogged down with all this. And, you know, a half or two hours in a day for yourself, do whatever you like.

Seema: Another question to you is, how important is knowing your body type to look attractive and confident?

Parul: I'm sure all the women, we all feel this thing that we don't look perfect you know, we don't have a flap around my arms or my stomach and after delivery and all that takes a lot of time to go in shape, all the women are struggling with this, and if you have had your thyroid issue, again it aggravates. So it's a very normal thing for all of us. See I'm not a stylist or a fashion designer to tell you this is the best what you are going to wear and you'll look good. In image management what we do is, there's a whole lot of procedures we have some modules, and I'll just talk about the body shape analysis module, where we take your body shape, so there are eight shapes in women. Okay, so you have our triangle you have an inverted triangle you have a rectangle you have an hourglass, then you have a tubular. So these are the, then you have the round. So these are the shapes so of course you are very obese and all you because of health reason you need to lose weight to be healthy, that's absolutely fine, you have to lose weight and you have to take care of your health. But suppose you are suffering from the fact that you don't know how to dress up. So, in image management we understand your body shape and then we tell you, we will highlight what is positive in your body, and we will camouflage what is negative, right. So if you have flab under your arms do not wear sleeveless. We can give you a very nice, kind of sleeve the such beautiful balloon sleeves and, you know, so many kinds of different sleeves which come, and you can wear that. If you have weight around your stomach, let's not highlight your stomach, you can wear

something lose. Your fabric material can be different, the design, the pattern, the colour, everything plays an important role to give you the desired look. Okay, so it's very important to understand your body shape, and 90% of Indian women are triangles, because they're heavy, down below, I'm just telling you what they as the hip area is broad and you have variations there, do not wear patterns there, as patterns will invite attention there, so avoid that.

So if you are flab, wear a bit darker trousers down and a lighter shirt colour up, so do not wear a light colour down because again the attention goes there. These are very small things, which we tell you that your dress up like this and you will camouflage what is not to be highlighted. So that's how we will camel flat which is not to be highlighted. So that's how important it is to know your body shape.

To be continued in the August 2021 edition...



MY Mistress



Moin Khan Pathan

A young writer at the age when
he is appearing for his
12th Grade in School

**My Mistress' eyes do not glisten,
The sea is far more beautiful;
I have seen red roses, yellow ones and black,
But she's neither of them not a flower.
And the cuckoo's call gives me delight;
More delight than her voice.
I love to stroke her hair
But I love the threads of a silkworm.
Her smile can never be brighter
Than the sun, yet I hate it not.
When she walks on the land,
She is no queen, but what a treasure!
And yet, deep down, I know, my love
For her and hers for me is incomparable.**

Temporary but Memory

**We are all memories
In somebody's life
Lovely like a jingle
Or scary as a knife
We are all memories
Could be good or bad
Some can be happy
Rest will be sad
We are all memories
Or we will be so tomorrow
Be it the reason of bliss
Or else, cause of a sorrow.
We are all memories
In human minds
They might talk about us with love
Or keep us confined.**

Madhumita Bhowmick

PEACE IS A STATE OF MIND

She walked with grace
Her lips stretched a bit,
Amid people's mess,
Ignorant of every shit!

Sun and Moon, her guide
And trees were her ally,
They unfurled such a vibe,
That spread everywhere smile.

Though storm hit her skin,
Or an unseen melancholy whined,
There might be bruises on her shin,
But her tranquility didn't sublime.

'How do you manage?' They said
Sipping through a glass of wine;
Her eyes sparkled and she voiced,
"Peace is a state of mind."

Archi Patel

Fragrance & Beyond

Perfume Body Deodorant

The fragrance really appeals me. Cuddly and comforting scent, refreshing during the sweaty summers. It leaves a gentle aura of tranquility around, with a continuous stinging happiness within. It is really nice and cosy.

A perfect cuddle weather deodorant, it is toxin free. A pleasing masterpiece "Fragrance & Beyond." Just get the mist and use a little as it goes a long way. This is so refreshingly good deo, must try, and you'll get spell bound to it☺

Shashwat Johri
Influencer



**Fragrance
& Beyond**
Perfume
Body Deodorant



Dates & Dryfruit Barfi:

It's healthy for all specially for diabetic patients, contains high calcium can be stored for 1 month

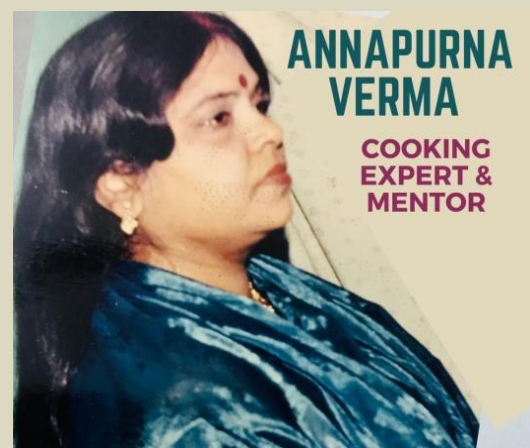
Ingredients:

20-25 big almonds (cheele hue)
 Sing dana 500gm or 1kg
 White til 100gm
 Khas khas 100g
 Til 200gm
 Akhrot 500gm
 Coconut powder 100gm
 Green elichi 6-8
 Dates (Khajoor) loose Khajoor 500gm seedless
 Long 2-4
 Dalchini thoda 1 inch
 Pista / Badam / Kaju (extra for Garnishing)

Process & Prepration:

Expect dates roast everything after it cools grind it in mixer without water. Mash dates and mix it with yhr grinded contents.

Take a plate and apply ghee on it and spread the mixture in it and tap the plate 2-3 times gently to let the mixture spread evenly. Keep this plate for 10 mins in refrigerator without covering it. Take it out after 10 mins and then cut it into shape of Barfi. Take pista / badam / kaju cut it into small pieces and garnish your plate of Barfi. This barfi is rich in calcium and good for health. Try it out, once you taste it you will forget any other sweet made of Sugar or Jaggery.





Ripe Mango Dryfruits pulao

Easy preparation in the mangoes season :

Ingredients:

- 1 cup long grain Basmati Rice
- 1/4 teaspoon salt
- Gota garam masala
- 1 and 1/2 tablespoon butter or ghee
- 1/2 cup Mango pulp (thick)
- 1/4 cup fresh coconut shredded(optional)
- 3/4 cup sugar (adjust according to your taste)
- A little saffron
- 1/2 teaspoon of cardamom powder
- 1 tablespoon blanched almond
- 1 tablespoon sliced pistachio
- 1 tablespoon raisins

Method:

Wash the rice and soak it for 10 minutes , add salt, and 2 cups of water , gota garam masala and cook it together.

Now spread the cooked rice in a flat plate and let it cool down.

Next heat butter or ghee in a pan, add shredded coconut, mango pulp and sugar, and sauté it for a few minutes.

After sugar melts add saffron, cardamom powder and cooked rice, mix well and sauté it for few minutes.

When the Pulao becomes thick, add blanched almond, sliced Pistachio and raisins and mix well.

Cover it and cook for 2-3 minutes on low flame.

Garnish with nuts and Serve hot.

Note:

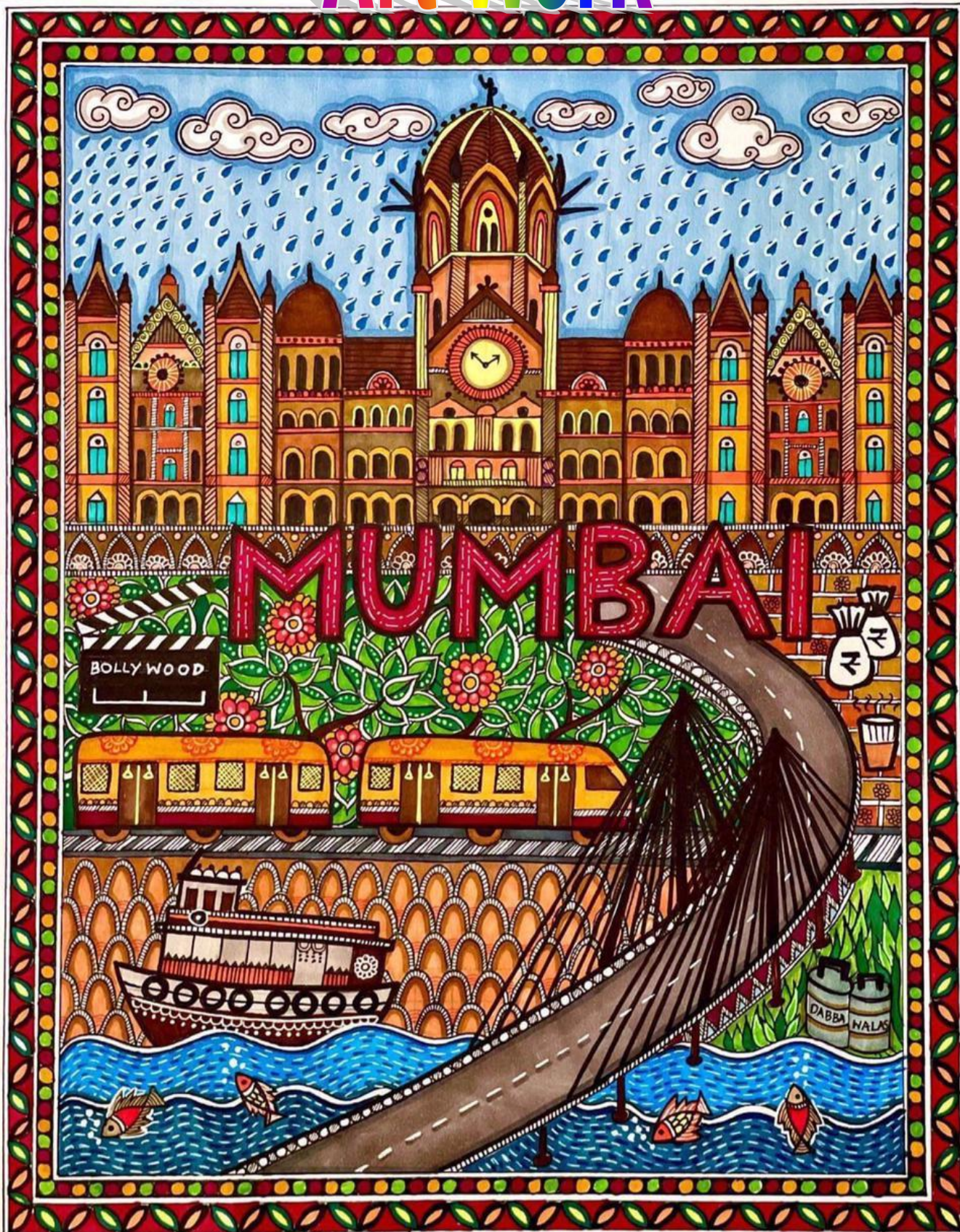
You can use less or more sugar according to your taste.

You can add more dry fruits as dates and cashews.



Falguni Thakkar
Award Winner Chef
& Author of Hand to Heart

Art Work



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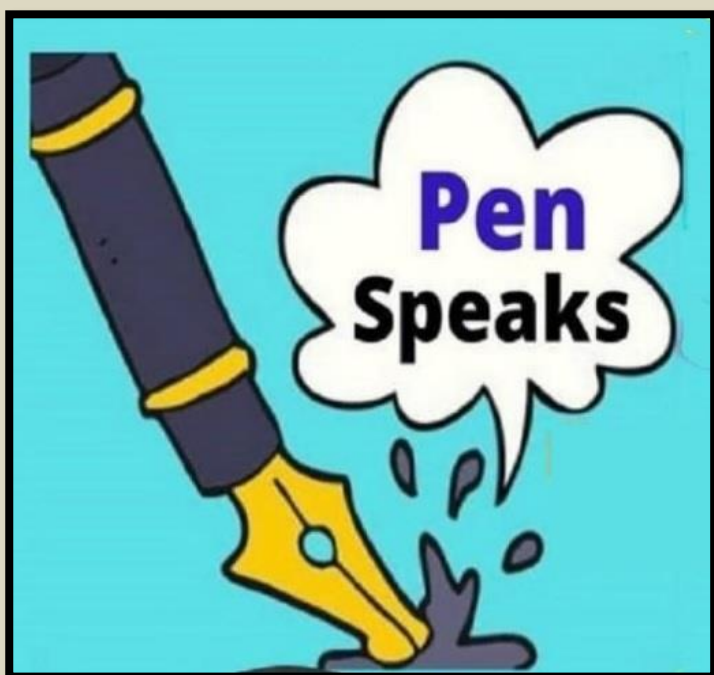
Asus Chrome book

Features:

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 Ultra Light-weight & portable design
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 High definition Camera
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 Metal Re-in forced durable hinges
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 Combo Audio jack

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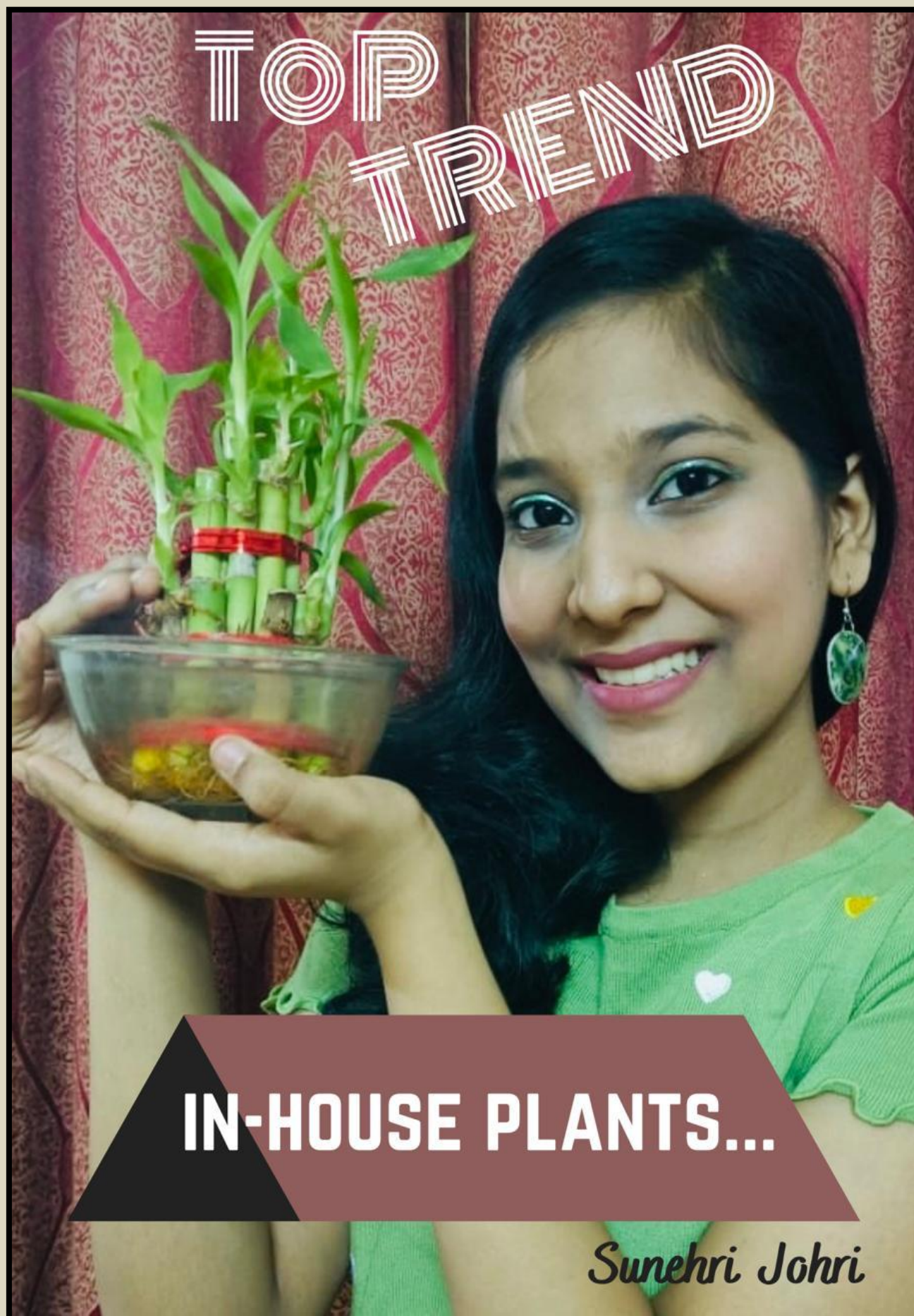
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