

Society

Gender Discrimination
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Flavor Special

Sweet Gourd.. Rabdi Dip

Art

Madhubani Painting

Top Trends

Vacation Sports

Personal Development

Count your profit

Literary Bytes

Sociology of Prediction
Book Review

Human Psychology

ABCD... of stress Management

Poems

Forgiveness
Cloud King



Cover Story

Sunehri Johri

Miss Teen India United Nation 2021

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FROM THE DESK OF Editor-in-Chief

Hello Dear Readers,

Every cloud has a silver lining, and looking at the positive side, the present time has underlined the importance of 'Home' in one's life. Ultimately it is the home where we can survive against calamities, it's the home where we are safe.

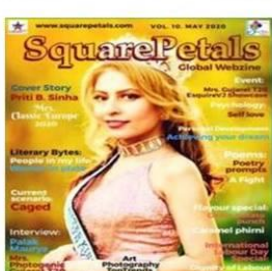
Home obviously is the house along with the family, and as we rediscover their importance today, let us focus on keeping our house tidy and well decorated, as we boom here; home is the refuge. And let us also give thought to the mutual relations in the family as happiness will boost the immunity.

SquarePetals Global Webzine has time and again brought articles for our dear readers about home orchestration and vastu science. In the April issue our expert writers have penned down about stress management which is the need during lockdown and Home stay. Enjoyable stories, poems and artistic illustration on the festive Ram Navmi, and the nutritious delicious recipe to try out, and keep healthy & smiling at home . Stay safe.

Love & regards.

Sansriti Johri

Dr. Sansriti Johri
Editor-in-Chief



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Sunehri Johri

Cover Story



Miss Teen India United Nations 2021

Miss Teen India United Nations 2021 Sunehri Johri is one of the prettiest girls in the world, and with a heart of gold. She is rightly called Sunehri, the golden girl.

Miss Sunehri Johri is 15 years young lady, an epitome of style & grace. Her impressive attitude and swag takes one in its stride. She has been in the field of modeling and fashion from her early childhood days when she was offered to walk the ramp at INIFD Vadodara at their Kid's Fashion show. Little Sunehri had participated at the Fashion Show on the grand inauguration of Inorbit Mall at Vadodara. Her success journey continued and people loved her striking catwalk at the India Kids Fashion Week for the kids clothing brand 'Tales & Stories'. She was Showstopper at the Miss/Mrs Diva Beauty Contest by SSCT in Kutch, at the Colors of Kutch Fashion Event & Glam Kids Vadodara Fashion Show by EsquireVJ Showcase. The beautiful Sunehri Johri was also Print Model for Lakme Salon at Gandhidham.

Sunehri has been a Calendar Model for EsquireVJ Corporate

Calendar for four years. Miss Teen India United Nations Sunehri Johri is the Brand Ambassador for EsquireVJ Multifaceted Company. She was also the Brand Ambassador for Miss Teen Bright Contest of The Stage Bright Events and her input in motivational talk for the contestants was very much appreciated.

Miss Sunehri Johri has been presenting Top Trends in the SquarePetals Global Webzine for the young readers. She is also the Brand Ambassador of The Sunehri Collection Designer Dresses.

Miss Sunehri Johri is brilliant in academics and has excellent skills. She is blessed with multiple talents and has made her name shine in many fields. Sunehri Johri was a prize winner at the All Gujarat Dance Competition, Judged and Awarded by Celebrity Choreographers Remo D'Souza and Dharmesh Sir. She was also a lead dancer at the Zanak Dance Academy show at Gandhigruh, Vadodara.

Instrumental Music is one of the hobbies pursued by Miss Johri





and she has been the lead keyboard player at the School Orchestra of DPS Gandhidham. Sunehri's performance on keyboard was loved at the Auto Expo Show.

Miss Sunehri Johri is a born sportsperson. She has bagged many medals at School Sports Events and was in the Top Five of the School Basketball Team of DPS Gandhidham at Khel Mahakumbh. She played the Badminton Qtr. Finals at the District level Khel Mahakumbh in 2020.

Miss Sunehri Johri was a celebrity influencer alongwith many Bollywood Celebs for the Maharashtra Police She has acted in many short films and her acting talent has been appreciated widely.

Her journey of glitters sparkles brighter today as Miss Sunehri Johri has been crowned as Miss Teen India United Nations 2021 and she is representing her country proudly on the World Forum at the United Nations Pageant. Best wishes to the promising youngster of India, who is determined and dedicated to make the nation proud, 'Miss Teen India United Nation 2021 Sunehri Johri.'



Miss Teen India United Nations 2021

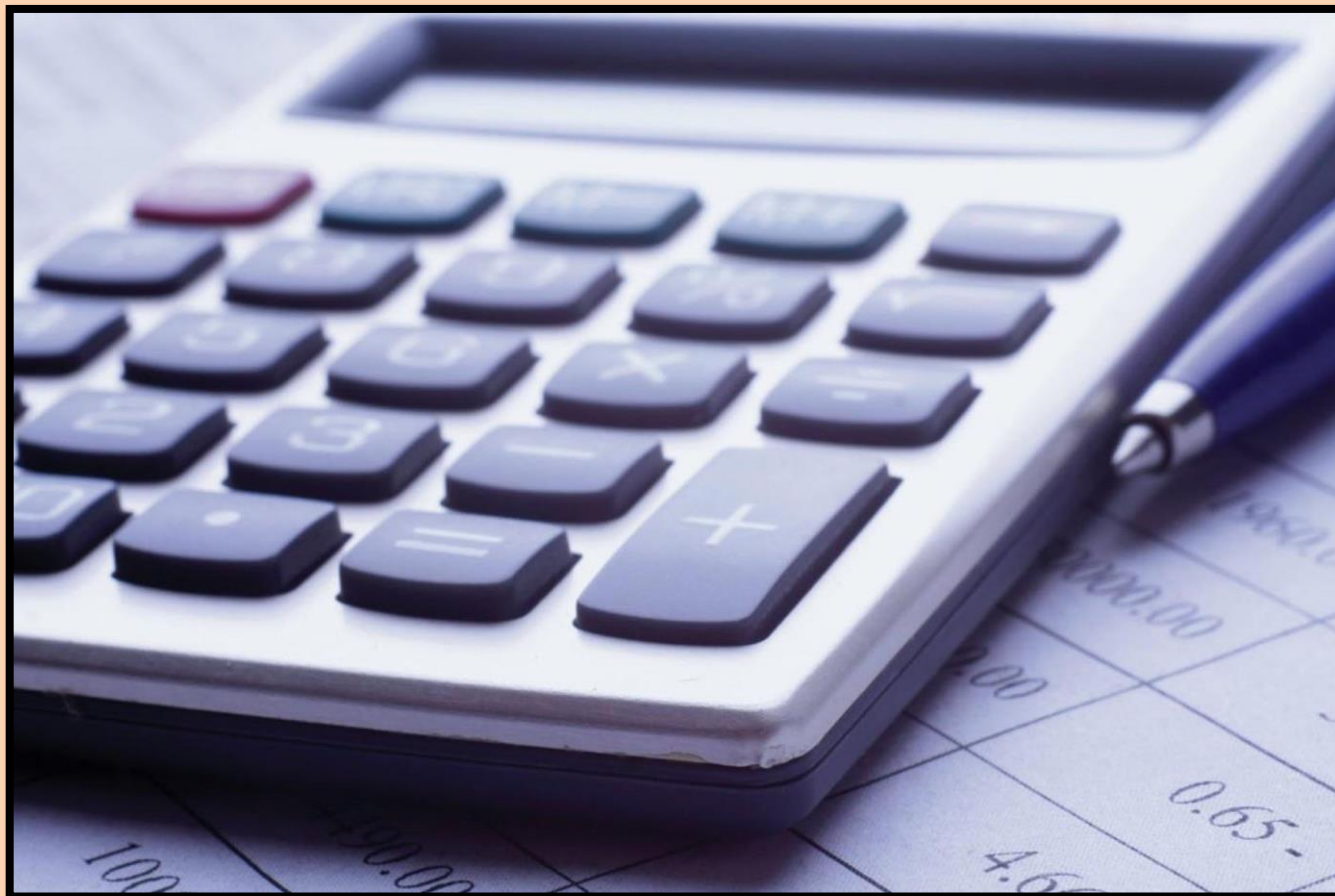
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COUNT YOUR PROFIT FORGET YOUR LOSSES

Life is a game. In the game of life, sometimes we lose and sometimes we win. What's important is our ability to accept anything that happens to us. What is happening to us should not determine what is happening in us.

Stop complaining, explaining and analyzing why life has been unfair to you. There is something you can still do about your situation and that will turn things around. Stop counting your losses and start counting your profit. Forget about those things you are not happy about and allow those things that can make a happy flow into your life.

The more you brood over your losses and talk about it, the more it would block your opportunity for recovery. You can still bounce

back from that state of defeat and failure. Your broken wings can be strong again. Whatever you have lost cannot be compared with the things you will profit. Your profit is bigger than your losses. Life hasn't ended for you. There's hope. Whatever you have lost in life can be recovered. At times, we must lose some things for profit to come. Losses can be painful but it can be gainful. Your loss of loved ones, business, investment and relationship is temporary. Your recovery will be greater. Never make the mistake of magnifying your losses. Adopt a positive mindset towards losses and you will see yourself bouncing back faster than you had fallen.

Never allow a single loss hold you as a hostage. If you don't lose at times, bigger things will never come. Great minds understand this success principle of profiting

from losses, setbacks and failure. They have built their mind to withstand anything that happens to them.

Some people are easily defeated by their losses. Once they lose something they give up living. They subject their lives to depression and anxiety.

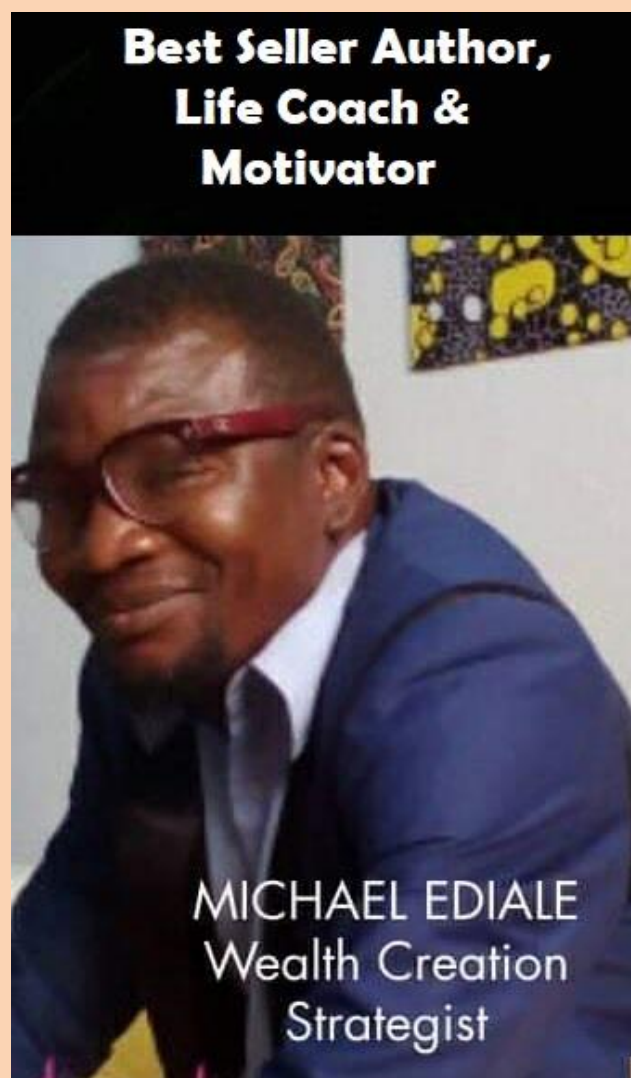
Whatever you have lost is temporary not permanent. Stop counting those things you have lost and start counting those things you are left with. You can start all over and achieve greater things in life. Your losses of yesterday can be insignificant when compared with the profits of tomorrow. You have nothing to worry about. You can still change your situation. Learn from your losses and rise again for bigger profits.

Whatever you have lost can be found. Whatever you have achieved before, you can still achieve more. Don't limit yourself in any way. There's nothing you are not able to achieve if you believe in your capacity. Don't be incapacitated by failures, setbacks and delays. You can still make big things happen in your life. You can still win if you are determined to win. Winners experience losses yet they never stop winning. Winners are ex losers who refused to quit. When the going gets tough, keep going!

Don't allow circumstances to enslave you. You should rather master over it. Refuse to be intimidated by losses, rather, be motivated by profits. Life is a game; you are either winning or losing. At times the more losses you make, the more it prepares you to win. Things may not always go the way you planned it to be. As you go along the way, keep adjusting to the changes around you. Losing is a blessing in disguise. It is not a nice thing, no one loves

losing. But successful people accept losing as a learning or training opportunity. Adversity often leads to victory. Misfortune often leads to fortune. Stumbling blocks often become stepping stones. Leverage on your losses and prepare yourself to be smarter, better and grow bigger. You shall recover & prosper faster.

Success is within your reach. This book is your road map to success. The principles are powerful and applicable. It is loaded with motivation and personal development secrets. Get it on amazonkindlestore



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GETTING TO WHERE YOU WANT TO
BE FASTER THAN YOU CAN
POSSIBLY IMAGINE.

Sociology of Prediction

Dr. Virendra Singh is currently serving as Assistant Professor at Department of Sociology & Warden at Halls of Residence, The Maharaja Sayajirao University of Baroda. As a visiting lecturer he holds exposure of associations with Psychology Department & Department of Architecture of MS University, Pioneer Physiotherapy College and Parul University. Dr. Singh has also served Nirma University as Assistant Professor of Sociology & Criminology, Chief Warden and Program Officer – NSS. His active contribution of research work to national and international publications is in area of Diaspora, Sociology of Prediction, Sociology of Science, Social Change and Social Stratification. He is reviewer for reputed international publishers like Sage & Rutledge. He is member of various professional bodies International Sociological Association (ISA), Indian Sociological Society (ISS), Gujarat Sociological Society (GSS) and had alliance with The Australian Sociological Association (TASA) & American Sociological Association (ASA).

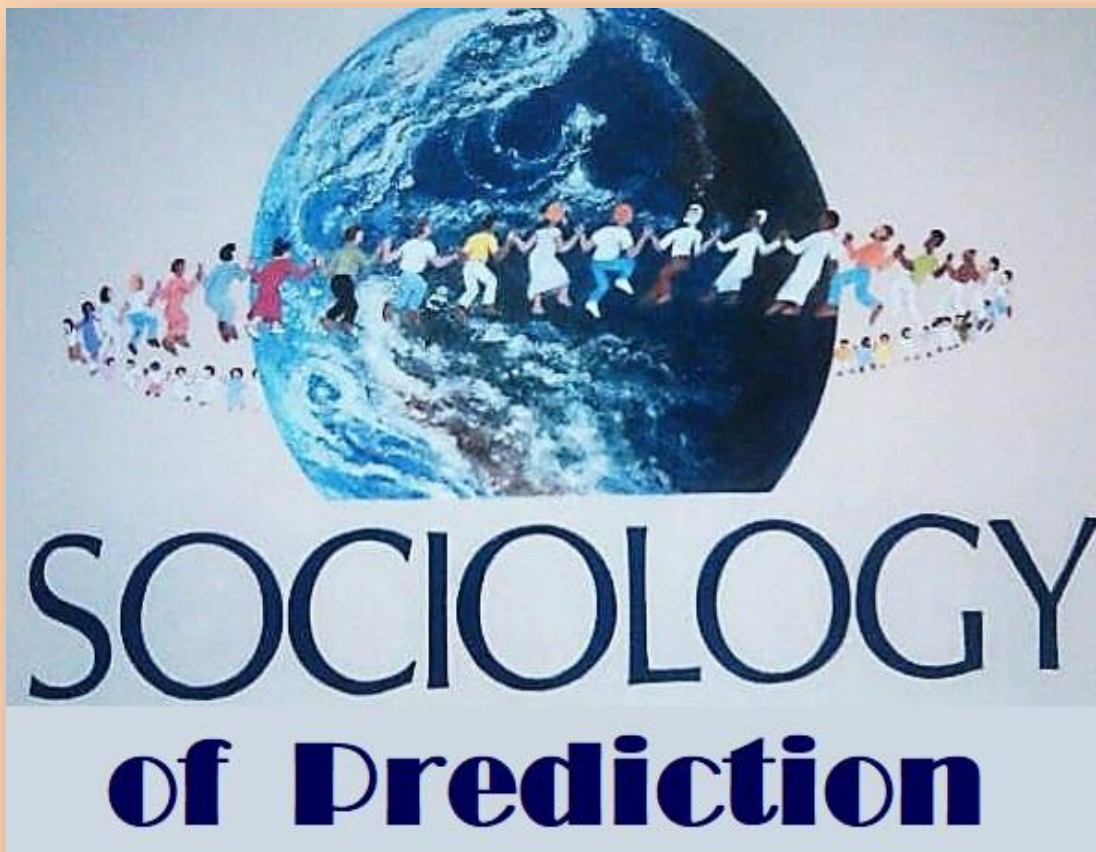
Dr. Singh is the first teacher from The Maharaja Sayajirao University of Baroda's Faculty of Arts to have 4 Copyright registered with the Copyright office, Government of India. He received Copyright for introducing new approach "Sociology of Prediction"- focused on synthesis of Sciences and three concept notes "Piecemeal Culture" & "Falsified Historia Socio- Culture"- focused on impact of gap on social knowledge of second generation leading to social conflicts & social change. Fourth, concept note "Applied Role", which explains the "act of playing role without

knowledge that role was planned by others", that is when actor play role without knowledge that he/she is tricked by someone to play that role.

"Sociology of prediction is focused on synthesis of sciences and shows that sociology is no less important than pure sciences. We can also describe the behavioral pattern of "suicide bombers" and the characteristics of human robots", he said. "Rather it is the most important subject for proper human development and this will add in the status of Indian Sociology, and the contributions of Indian sociologists for the subject of Sociology," he said, adding that the new stream of Sociology will guide the future social, political, economic and international diplomatic policies.

Dr. Singh believes that with this new approach, we can provide solutions to put a check on social issues and problems like terrorism, rape, racism and violence among others.

Science of Prediction- prediction is a forecast, but not only about the weather. Pre means "before" and "diction" has to do with talking. So a prediction is a statement about the future. It's a guess, sometimes based on facts or evidence, but not always. Natural sciences are not sure about the actual causes of cancer or treatment for AIDS or about the death patterns. Every few decades we keep on adding the new diseases where, humans are constant and diseases are variables. Doctors will give medicine with advice to see him after 3 days or week. If medicine worked, than fine, otherwise changes in course will be done. Here, doctor predicted the cause of disease by



symptoms but then also there is no 100% surety about the cure. Common pattern of symptoms, observation technique, learning experience etc. help doctors to predict the problem. Similarly, Sociology focuses on cause of problem, its effects and its solution.

Sociologist will implement research tools and methodology (Observation, participant observation, case study, questionnaire, interview etc.). Here, sociology is concern not only with individual but its effect on society and effects of society on him. Social predictions in sociology try to provide the reason for cause and implementation of good social policy which can put a check on social issues (Social Diseases).

The Periodic table is still not complete and chemical scientists are not sure which new element and with what properties may come

into existence. Every science has limitations as finally it is human who is dealing with it. We

have biological limits as our eyes could see three dimensions only. We may use technology to see further dimensions but where will it end. "Energy can never be created nor be destroyed" but where and in what form it move after death no

answer is there in natural science as well. Questions are taken by sciences and studies are going to search the answer. Sociology being the youngest social science requires time and indigenous social scientists to understand it well.

Behaviorism and Chemical Equations- as the different chemical mixtures produce different result similarly different socialization creates different behavior. Socialization starts soon after birth. With different agents of socialization we develop the prime called prediction. Whatever step we move on first, we have a prediction of the result. These predictions may develop from common sense, observation or experience but they are reasonable for risk taking capacities, social action etc. Where a brain don't get time to predict, soon after the act we start predicting the cause and effect and whatever we

visualize is result of the way we socialized ourselves. It is a linear process of understanding. What society teaches us is as important as what we learn from society. And this learning is based on predictions. Reaction of different elements and chemicals produce different results, which we note and claim the objectivity of reaction. But these reactions may produce different results under different temperature, atmosphere etc. Similar is the case of brain. Just like non living elements and chemicals, it's non living if we take it out of the body. It acts only with the support of socialization, that is, by the process of learning, it acts with predictions and reacts to every situation. Earth is non-leaving but produces different element or minerals under different environment by different reactions. Similarly brain produces different personality with different predictions.

Individual as an Element- Individual is an element. Elements produces different results in different temperatures, different resultants when react with different elements or chemical, etc. Similarly, physical characteristics of individual (element) at birth are somewhere result according to the traits of parents. Later, one (he/she) starts gaining social characteristics (chemical characteristics). It is considered as chemical because socialization is mixture of social situations. Interaction with different humans in different situations, knowing about different characters etc., produces different social individuals. As soon as individual gets in the society he starts reacting with or

against social action. This reaction of individual with other individual or group is the process of socialization. This is a life time process.

Dr. Singh concludes understanding of 'Sociology of Prediction' as - Study of humans is more intricate than study of non-humans. To understand the social action and social facts we need to perform study in a constant social phenomenon to bring steady results. When we keep humans as object and try scientific study, it will produce general results rather than pragmatic. Reason is the dynamic character of society. Bringing constant & empirical result is to create "Human Robot" where we need controlled environment for experiment. That is, its complete social past should be known, than the present will be programmed and future actions will be controlled until it encounters new reaction (socialization), till then behavior will be as expected. Sometime "suicide bombers" are holding the behavioral characteristics of 'Human Robots'. Sociology is a science which is above pure sciences and social sciences. In the broader term we can define Sociology as 'a study of reasons and solutions of human action' or 'a study of evolution, distribution (structure) and function of society' or as 'the study of behavioral reactions'.



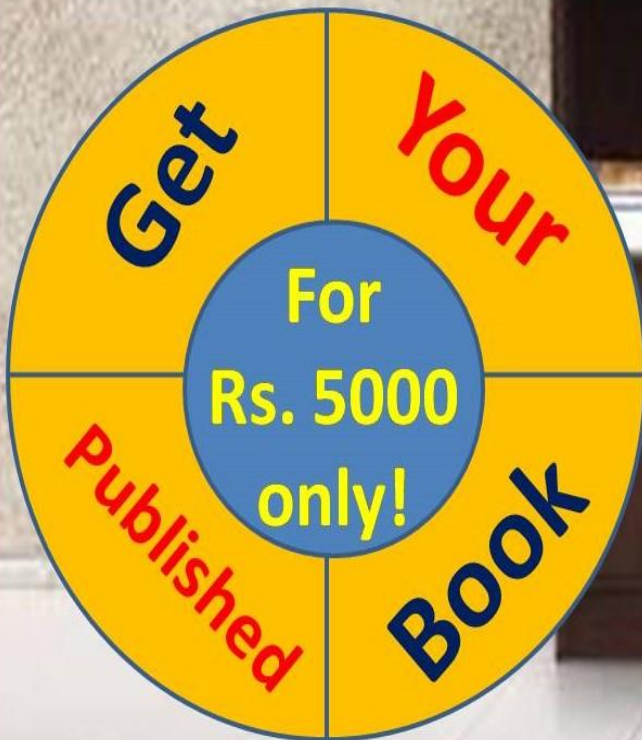
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STRESS MANAGEMENT



ABCD of stress management A Perpetual Need of the Hour Indeed

The Author has constructed **ABCD of STRESS MANAGEMENT** from empirical observations and his personal experiences as follows:

A. Attitudinal Change: Life is 90% how you take and 10% how you make...it is upto you how to respond to a person, object and situation and to be happy or unhappy.

B. Bibliotherapy: Books are our friends, philosophers and guides as well as counselors and psychologists.

C. Not childish but childlike: Though temples and mosques are far away but at least we can make, a crying child, laugh a little. Play with children and enjoy your childhood.

D. Detachment: Not a renouncement, but do all the actions without expectation. One should have a balanced personality in happiness and unhappiness; a blissful state of mind.

E. Emotional intelligence: Emotional disturbance hampers the intellectual growth so it is low E.Q. not low I.Q. that is matter of concern and source of stress.

F. Focus: Focus only on your target and success will be on your feet.

G. Bhagwat Gita: Gita shall help anyone to de-stress one on his own, if he puts his 100% energy to imbibe even one verse that suits his psyche and mindset. It has power to resolve all conflicts and dilemmas of human life.

H. Harmony: Lack of coordination or disharmony among acting, feeling and thinking is major cause of chaos of human behavior.

I. Not I.Q. but I am nothing: Put your ego aside and open your eyes. You will find many ways to happiness

J. Jack of all, King of none: If you have a skill of doing small things to keep yourself and others happy, then it's going to save you from great disaster of stress.

K. Know that you are the best judge of yourself: People's criticism is the powerful source of creating stress but you believe in yourself.

L. Love your near and dear ones: selflessly and sky much without expectations.

M. Music therapy: It's a great meditation for mind management. Psychology has proved music creates miracles for remedies of many deadly diseases.

N. Nature: Go in the lap of nature and merge into the blissful ocean.

Wordsworth's words:

"Enough of science and of art;
Close up these barren leaves;
Come forth and bring with you a heart;
That watches and receives."

O. Own the responsibility: Because escapism from shouldering the responsibility is the road to valley of guilty conscience, it further leads to stressful situations.

P. Perpetuity: Never give up. Most of the people quit the game at the turning point when success is going to be entered into their life.

Q. Question yourself: Why him, but not me? Don't depend on others.

R. Rest but not Rust: Over sleeping and under sleeping both can have an adverse effect on mental and physical health. Keep balance.

S. Solitude: A joy to be alone has its own joy. Spare some time for yourself from busy schedule.

T. Tone of voice: 90% problems of life are due to tone of voice. It is not important WHAT you say, but it is HOW you say.

U. Universal truth is death – accept it: If you overcome the fear of death other fears will automatically disappear.

V. Vent your frustrations, don't let it explode: Don't bottle up your negative emotions but share with your best friends.

W. Walking: It is the best psychotherapy. I have resolved almost all my problems whenever I walk down long distance.

X. X-ray of mind: That is introspection. Introspect yourself and try to understand your thoughts and emotions.

Y. 'Yes – No dilemma': – a tug of war: Never say YES when you want to say NO.

Z. Zoom into your mistakes: It is human to err. Learn from your mistakes, analyze your mistakes and avoid stress.

It is expected that these techniques will fulfill the needs of people for stress management, but perpetuity and perseverance is condition precedent.



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FORGIVENESS

Nothing left over

With Humanity dying everywhere

Aware of being burnt to Ashes

Still holding onto EGO Clashes!

On Earth with mountain so high

Holding the clear visible blue sky

With deep blue sea shores

Man has become void of feelings!

Nature Taking revenge

For becoming so insane

God sent us to love

To respect and care for each other!!!

Now, we all are left alone

with a turbulent cyclone of revenge

O, Man!.. Forgive mistakes, don't hold on to grudges

Only FORGIVENESS can calm the inconsistent soul inside!!!



Ms. Kavita Gupta

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The reasons of GENDER DISCRIMINATION against women in Modern India

I have been thinking about the reasons why in modern India women are still facing discrimination at home, work, restaurants and basically... everywhere?

At home even if she is 28 years old successful girl, she is not allowed to go out with her

friends. At restaurants the waiter always gives the bill to the man accompanying the woman, at work no equal pay, works the whole day enduring the menstrual cramps. Women have to think about their clothes, the way they have to sit or to walk.

And if we say that it is mentioned in our “culture” that women have to follow all these rules, then we as Indians are so negligent about our culture,

because according to the philosophy of Bhagavad-Gita, upon which Krishna consciousness rests, a living being is not the material body, but is the spiritual soul within the body. The distinctions between men and women, however, are simple material; they have nothing to do with the spiritual soul within. A Krishna conscious person sees no difference between the spiritual soul in the body of a woman and that in the body of a man. In fact, he sees that even within animals the same type of spiritual soul is present. There are 8,400,000 species of life, according to the Vedic knowledge, but there is only one type of spiritual soul in all these different bodily forms.

Therefore, as stated in Bhagavad-Gita, Panditah Sama-Darsinah: “A

learned person sees all living entities equally.”

So, who told us to restrict women in every domain of our lives?

To answer this question, I would like to share some instances which I have experienced: In one ‘Bhagwad Katha’ the Kathakaar (one who is telling the story) told that a woman during pregnancy should not show their bellies, and the reason was that the child will become “junlgee” (wild) or like forest-dwellers (people who lives in forests) and will not have any manners, and the logic behind this is that forest-



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BOOK REVIEW

BOOK TITLE: *Gardening with Guns*

AUTHOR: *A J Wootton*

Gardening with Guns by AJ Wootton is an emotional and inspiring debut memoir based on author's traumatic experiences. She has described her childhood as well as her adulthood struggles, covering a wide range of impressions pertaining to women's real life in society. If you are suffering from moments of insecurity and qualm then you must read it once. Amber Wootton has successfully portrayed her experiences of intricate and exigent life situations and her ability to prevail over them. Her father committed suicide that distorted her mental state depressingly. When she was nine years old, she was sexually assaulted by her mother's boyfriend. Amber hesitatingly told about this incident to her mother after five years. However, her mother attempted to ignore the state of affairs. She also gives a picture of harassing mental state that can be caused by parent's divorce.

This book contains 344 pages and has been divided into fifty-one chapters. The orderly arrangement of the chapters attracted me the most. The systematic and chronological flow kept me occupied from starting to the end of book. In addition to this, I like the positive attitude of author to see the difficult situations of life and facing them with courage. For instance, when her husband was not able to find a job for himself, then she confidently took the responsibility of the family. Detailing of each incident is brilliantly illustrated by the author, which makes this memoir exclusive and fascinating for the readers.

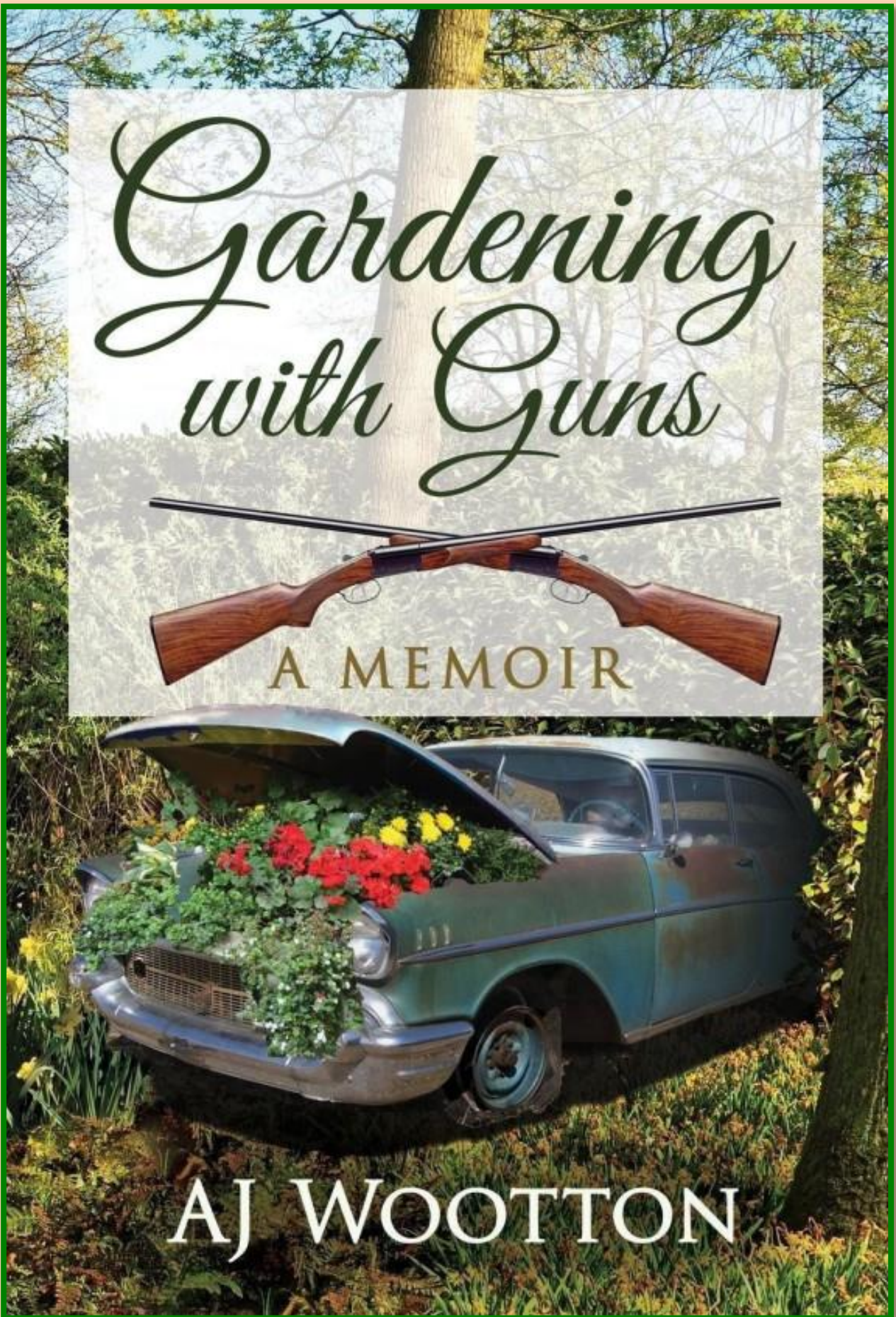
I could not find anything to dislike this book. However, this book includes some insightful descriptions regarding sexual assault that happened to her, which might be seen as a minor profanity by some people, especially for the growing children. This memoir is incredibly inspiring and motivating as it teaches us to be optimistic and navigates us to encouraging path.

I'm pleased to rate this beautifully written memoir 4 out of 4 stars because of its smooth and impartial tone. I did not locate any major errors in the text; thus, the book is professionally edited. Besides, there is no anticipated profanity or erotic panorama. The author has done a remarkable job by writing her thoughts and experiences so honestly and vividly, as if she is making a conversation with the reader. This writing style makes the reader emotionally attached to the prose and at the same time inspires them to deal with the tough situations.

I highly recommend this book to all the people who love to read inspirational real life memoir. Additionally, if there is anyone who are currently in an unfavorable situation and want to have a better approach to deal with it, this book is indeed an encouraging read.



AKSHAY KUMAR SINGH
Student of "THE MAHARAJA SAYAJIRAO
UNIVERSITY OF BARODA"



Men v/s Women

We live in a society where **Gender Equality** has become an important topic to be considered. But only few people implement it. Gender equality is one of the goals included in Sustainable Development. First of all, why it has to be included in one of the development goals? Why can't people understand that treating everyone with equal responsibilities and respect is not something which is said, rather something which is understood. Someone, somewhere is not getting paid enough for the job they are eligible for; and this doesn't only apply to women, but also to male. This is just to show how equality in every field should work.

If we take an instance of a lower middle class

family earning daily wages, having no savings, and a large family, they prefer a boy going to school over a girl going to school. This is because they think that a girl will eventually get married as she is a "liability", and a boy will go to school, study hard and make money, as he is an "asset". This just shows that inequality starts from very basic level and eventually takes the large space.

People consider a female as weak because she has to bear menstruation and her biological system is weak. But little do they know there's a fact that woman delivering a baby is equivalent 10 times to man having a heart attack.

Gender inequality in education and restricted social autonomy among women is directly linked to lower access to sexual health



services, including HIV testing and treatment. Mental and physical health of person has to be taken care of, because at the end, that will be the key aspect to work on.

10 Causes of Gender Inequality:

- Education- uneven
- No employment equality
- Job separation
- Lack of legal protection
- Lack of bodily autonomy
- Poor medical facilities
- Lack of religious representation
- Racism
- Poor social mindsets

Still in many parts of country, the birth of girl child is not welcomed. It is a known fact that discrimination starts even before the girl child is born and sometimes she is killed in the uterus, and if she manages to see the light of the day, she is killed as an infant, which makes up the highly skewed child sex ratio where for every 1000 boys in India, there are only 908 girls. In such a scenario, it is but obvious that for myriad reasons, girls across the country are forced to drop out of school.

Patriarchy has been continued even today. Even if a woman, a married woman, doesn't want to change her middle name and/or surname, then she is supposed to get the validation, an affidavit stating that her husband "allows" her to keep her old middle name and surname after their marriage. This just shows that how a woman, willing to move forward, is always pushed back on the ground by the wrecking ball named

patriarchy.

The need of the hour is to make a change in the mindset of the society and destroy the prejudices that damage the future of the girl child. What is required is a concerted effort to sensitize the society in eradicating this issue of gender inequality. It is high time that every person is treated equally and given every opportunity required to grow her/his full potential.



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EVOCATION

By
Madhumita Bhowmick

*When the cacophony of
pain & desires disturbed
my peace.....*



IN LOVING MEMORY OF
Sh. M. Bhowmick
Jan 1966- Feb 2018
A GREAT FATHER

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Sweet Gourd with Rabri Dip

For Sweet Gourd

Ingredients:

2 cups of white flour (250 gm)
2 tbsp of semolina
3 tbsp of moyan oil for kneading
Oil for deep frying
Luke warm water

For sugar syrup

Ingredients:

125 gm of sugar
1 cup of water
1/2 tsp cardamom powder
1 pinch of green food color
1 tsp of lemon juice

Method:

1. Take a mixing bowl. Sieve white flour and semolina, add moyan. Mix well until it becomes crumbly.
2. Now add a little amount of lukewarm water in it gradually and knead tight dough.
3. Knead it nicely for at least 5 minutes. Keep it aside for 15 minutes.
4. After 15 minutes, mix 1 tsp oil and again knead the dough.

5. Now make small balls from the dough and roll it into a small round shape.
6. Now cut the round shape into broad strips, leaving 1/2 edges all the sides with cutter or knife.
7. Now apply little amount of water on all sides of gourd and fold it length wise & seal the edges with your fingers. Apply same method to make all gourds.
8. On medium flame, heat oil for deep frying.
9. Now slowly slide 8-10 gourds in the hot oil, frying on simmer by turning at regular intervals until becomes golden.
10. Now take it out on an absorbent sheet. Use the same process to make all gourds.

For Sugar Syrup:

Method:

On high flame, heat water and add sugar. On simmer stir continuously. When sugar dissolves, add food color and cardamom powder. Mix well now and add lemon juice. Stir occasionally until it becomes 2-3 string syrup. Turn off the flame. Add all gourds in it, sauté until sugar syrup is coated evenly on all sides.
Ready to serve or store in an airtight container for 20-25 days when it's completely cooled down.

For Rabri

Ingredients

- 1 full cream milk
- 1.5 tbsp of cashews powder
- 2 tbsp of sugar or as per taste
- 1 tbsp of chopped pistachios
- 5 chopped almonds
- 1/2 tsp of cardamom powder
- 10-12 saffron string

Method:

1. Heat the milk till it comes to boil.
2. On medium flame, add saffron and keep stirring the milk at regular intervals. On medium to low flame, stir at every 2 minutes. Milk shouldn't stick to the bottom.
3. Thicken the milk till 1/2 of quantity remains. Add sugar and mix well. Stir continuously.
4. Now add cashews powder, cardamom powder, 1/2 pistachios and almonds. Mix it well.
5. Stir continuously and let the milk turn dense. Turn off the flame.
6. Keep it aside for cooling on room temperature. Pour in the serving bowl and garnish with rest of pistachios. Enjoy!!

Now Sweet Gourd and Rabri are ready to serve. Enjoy!!



Falguni Thakkar
Award Winner Chef
& Author of Hand to Heart

Cloud King



I glide from town to town
atop my friend Fluffy.
I wear a cloudy crown
And eat some cloudy toffee.
The Wind kisses my lonely face,
my cheeks then turn so red.
I fall and rise for an embrace,
although she's winter-fed.
I peep through Fluffy to look at
The tiny birds who smile at me.
The hasty stream is growing fat
And still trying to outrun me.
It's so great to ride the sky,
so nice to fly and stand
that you can say goodbye
to children of the land.



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

Artist: Megha Mocherla

Ramayan ki Kahani

@magnificart_meg



Rama and Lakshmana travel far and wide searching for Sita but to no avail. Finally, they come upon a band of vanaras or monkey-men who pledge to help him. One of the might warriors of the vanaras, Hanuman becomes Rama's staunch devotee. The vanaras seek out traces of Sita and find she has been taken to Lanka. Hanuman flies to Lanka and confirms she is imprisoned there. He contacts Sita and informs her of Rama's whereabouts, promising that they will be back to rescue her. Before returning to the mainland, Hanuman sets fire to the whole city of Lanka. Rama, Lakshmana and the vanar army build a causeway from the tip of India to Lanka. They travel to Lanka, where an epic battle follows between the armies.



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