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SquarePetals

Global Webzine

Innovation
Design Thinking

Life Style
Vastu Science

Literary Bytes
Award Winning poem
The Diary Life

Insight
Ex. Freedom Fighter & Achiever

Festzest: Diwali

Health: Mental Health

Top Trends

Flavor Special
Makuni

Fashion
Budding Models

Kamal Mongia
Mrs. India Empress of the Nation
Mrs. Popular - 2019
COVER STORY

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FROM THE DESK OF

EDITOR - IN - CHIEF

Winter blooms, biting breeze...
Whispers tunes; blush on cheeks!

Dear Readers,

Happy Diwali!

The beautiful November begins and we bring the relishing Makuni, a North Indian preparation which is a winter special.

Matching the beauty of November, we have on the cover & the cover story, Mrs. India Empress of the Nation, Mrs. Popular and the very lovely Mrs. Kamal Mongia.

The fashion world's future shining stars are showcased in the budding Models column.

SquarePetals Global Webzine aims to connect the likeminded, literary oriented people in the world, as the EsquireVJ Methodology is to shape life beautifully! Readers, Writers, Thinkers, and the Models & achiever's from the glam world together adding meaningful liveliness.... Isn't that the best scenario one can imagine?

Insight brings life story of ex freedom fighter & achiever Lt. Shri KLN SUBUDHI from Burhamgaon.

Literary Bytes contains prize winning poems and enjoyable write up.

We are coming up with Design Thinking in the Innovation section this month. On one hand there are emotional short stories to touch your soul while the sensitive mental issues and care is our concern in the Health & Fitness, thus making the November'19 edition a truly comprehensive Global Webzine, apt for all class of readers.

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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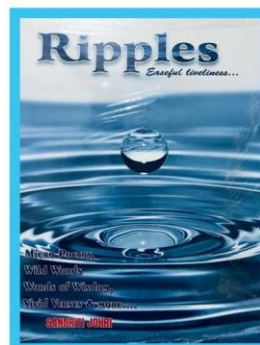
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Cover Story

15 years in Muscat, a loving husband and two beautiful daughters, life seemed a smooth sail and **Kamal Mongia** had never imagined that she would one day conquer a beauty pageant show! But that's exactly what happened when she won as the second runner-up at the recently concluded Mrs. India Empress of the Nation DIVA pageant in India. It was a show that featured multi-faceted Indian women across the globe.

Though, she was reluctant at first, and bit unsure to go ahead, her husband, daughters and friends gave her the faith that she has it in her, to participate and win the pageant. Kamal loves to compete as she has been part of several dance and sports competitions based in Muscat. She initially gave an online audition after which she was selected as one of the finalists, and this was delightful news for her friends and folks.

Getting selected was just the first hurdle. The preparation and training was grueling, demanding but extremely fulfilling as there was a lot of physical training and mental preparation that went into planning for the event. There were several rounds like introduction, talent, ramp walk and Q & A, which needed endless hours of preparation. Though, the show was about beauty, it was Kamal's breakthrough dance performance of a

devil or zombie that ticked things in her favor. The audience and the judges hailed it a daring act for a beauty pageant show.



It wasn't just fitness but also her diet regime, which was extremely critical for Kamal to get in shape for the event. Though, she credits all her success to the love and support shown to her by her family and her besties – Anchal Kapoor and Reena Kapur; Kamal calls them as her pillars of strength.

Kamal Mongia secured the second runner-up win out of the 45 finalists selected from thousands of entries. She

also found this pageant as a fantastic platform to build networks and meet women from all walks of life.

Kamal feels that the personality is more important than beauty and one must have traits like confidence, patience, politeness and positivity to stand out and reach the top in such Mega event shows. Kamal has this one message for all the budding and future pageant aspirants, 'be positive and go out and live your dreams.'

Follow at:

https://www.facebook.com/Kamal_Mongia

<https://instaram.com/kamalmongia?igshid=1oremn3es81k7>

Mrs. Kamal Mongia



Fashion



Mihit Patel from the small town of Nadiad got the first platform to flaunt cuteness and style at the Glam Kids Vadodara Fashion Show by Esquire VJ Showcase. He then reached the National Modeling at India Kids Fashion Week Season 7, looking absolutely fab in a classy Indian attire. Mihit is now rocking with confidence winning dance competitions also. We wish him a dazzling future and a superb modeling career.



In memory of **Late KLN Subudhi** on his **98 years Birth Anniversary**

Late Konchada Laxmi Narasimha Murty Subudhi was born on 29th August, 1921 at Brahmapur in the Ganjam District of Orissa (Now ODISHA). His father Late Konchada Chinna Krishna Murty Subudhi was a very kind hearted person and a good business dealer those days during the British Rule, he was in the business of spices he even used to have some business dealing with the British . And his father was very kind hearted person. His mother was an housewife. His Wife was Late Konchada Savitri. At the time of his marriage he was 16 years old and his wife was 13 years old .Both of them were blessed with 2 sons and 1 daughter .Elder Son is Late Konchada Satyanarayana Subudhi . Younger son is Konchada .GopalKrishna Subudhi, and his Daughter was Lt. Chinnari Ashalata Patro. She used to do money lending to the needy. She died in the year 1992.

He house at Gadivari Street was with a beautiful Garden where varieties of trees and plants were grown, some of them were (Sampangi, Lilly, Coconut tree, Jackfruit tree, etc). Besides, he was also a Social Worker in this society and he used to teach the poor and needy, used to supply free of cost food in the schools, used to arrange hostels for the students and would also arrange for the marriages of the poor and needy.

He also made available free medicines to the sick people. He even used to supply medicines in Gramdevati street , where there is a small beautiful society of Schedule caste people and there he was

famously know as "Sai Ram Tata " as he was also a great devotee of Sai Baba.

He became the Councilor of Mangalavaram Peta Ward for three consecutive years, winning the elections each time with big majority of votes. In fact, he became the uncontested winner also for one term..

He was from the Indian National Congress party. He had good Relationships with Mahatma Gandhi and Jawaharlal Nehru, V.V Giri , and many other great leaders .He also used to go to Indian Parliament (Delhi) to discuss and support his society and the nearby villages. He used to attend Official meetings at Municipal Corporation office for the purpose regularly. Besides all these, he was also a Freedom Fighter during the British Rule and the Lt. Jammula Srirangam, who was also a Freedom fighter, used to support him.

He was very good in English Literature, the first person from his society to go London for higher studies but because of his health issues he couldn't go ahead with that. He was so brilliant that he remembered each and everything from the Willam Webster Encyclopedia. He used to say, "Books are the only friends which will always be with you, so never stop reading books" and he himself never stopped reading books untill his last breath. He used to have good knowledge about the Vedas and the Puranas.

As he was a Devotee of Sai Baba he used to sing Bhajans and Shloka's and he also used to teach shloka's to his grand children and great grand children as well. He loved children a lot. He died on 18th December, 2007 at the age of 86. He had donated his eyes to the Friends Helping Club, Brahmapur. It is because of his greatness that he is still alive in the hearts of many people and the family members. Brahmapur, Orissa's 1st Gold



Jewelry Shop running since British India Time was started by this great personality,

By Jammula Sai Sriteesh
(Great Grand son of Late KLN Subudhi)

There are Days...

There are days,
When you just want to give up,
The dragon inside you,
Does not fire upon your fear,
The butterflies in your stomach,
Do not get excited.

There are days,
When you feel the loneliest,
The accomplice in your head moves away,
The shell of hope does not open with time,
The bundle of passion gets faded,
And the trace of confidence cannot be found.

There are days,
When you just want to run away,
From everyone that surrounds you,
And just travel to the place,
Where no one is there to watch you,
And where you can dance with your happiness.

There are days,
When you just want to sit idle,
Seeing everyone growing and trying,
And having no hurry to succeed,
When you just want a sip of support,
And a lingering smells of petrichor.

There are days,
When you get entangled with trouble,
And do not know which path will lead to a
solution,
When you get confused with your story of life,
And just wait for the next character to meet,
When you want to tear some pages with a knife.

There are days,
When you find yourself in a graveyard,
Buried with guilt on shreds,
And failure providing you shed,
When your soul finds a nutshell,
With no aim and tranquility.

There are days,
When you want to see a sunrise,
To watch the gradual beginning of beauty,
And you want a sunset,
To believe that endings can be soothing,
And you can control your happenings.

There are days,
Which shatter you all around,
Leaving no evidence to rise,
And shake you with your mistakes,
Which break you by misfortune,
And make you weak from body and soul.



By Adrija Thakur

Winner Diary Life English Poetry Contest-3

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THE LONG NIGHT.....

As was walking up the stairs, my feet started turning cold. Knew what would find there. The lights were on, the cupboard was open and there were some letters on the floor. Saw a girl sitting in the blue striped top and a boy in the black sweater. The boy was reading a letter and they were crying. Didn't think they could see me, but as I moved closer, they came into life. Broke their spell. After 3 years, 9 months and 3 days, was in the presence of love again. Everything was silent. Beautiful silence. His voice echoed in my mind saying 'need you. When! Looked at them again, their lips have already touched each other and they wouldn't let go.

"You two wont last", murmured. At that moment, knew broke their love. It was pure love, and broke it by letting them see what happens to them after they go out of that room and see the world. She wouldn't stop denying that all this won't come true, that their love is forever and it's a magic that won't stop working, ever.

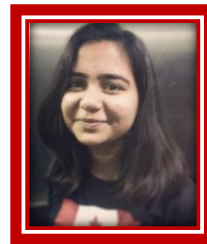
"You two wont last", kept on saying. "You two won't last". "You will love him with every tiny bit of yourself and he will think the world of you, but you two won't last".

"He will not love you anymore, but you will be his light. He will not be with you anymore, but you will be his side."

He turned to me and said, I will love her for all my life." And smiled and said," No you won't."

As started to get up, looked at the letters she had written for him and wondered if he still had them. Started going out of the room and as was closing the door, looked at them for one last time. They were in their spell again, not moving, not talking, only feeling the presence of their love.

They will always remain there. That girl in the blue striped top and the boy in the black sweater, they will last forever.



By Twinkle Dixit
CA, Writer & Blogger, Agra



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Enlightening Diwali

Diwali is the festival of lighting the diya or oil lamps, and decorating the dark world around with the lights. Looking at the twinkling little oil lamp and observing it keenly, I understand the lesson hidden there-in. The wick of the tiny lamp is to be kept immersed in the oil inside, but its tiny tip has to be popping out; if it goes inside completely, the flame will be extinguished. On the other hand, if the wick of the lamp stays out of the oil totally, then also the lamp will not light up in the absence of oil. Our life has to be balanced in the same manner. If we get completely engrossed in the materialistic world, then we will not be able to bring true bliss, at the same time we cannot isolate and keep the knowledge limited to our life only. We have to associate, still stand out and enlighten the world with knowledge, just like the diya spreading the light around.

In the ancient times, the saints used to incorporate purity in every celebration so that we did not lose our concentration or focus on

the different rituals. Customs and religious rituals are a symbol of gratitude towards the Almighty God. The tradition in “Diwali” is that we experience abundance by exhibiting whatever wealth we have earned. When we experience deprivation, deficiency increases but when we keep our focus on abundance, abundance increases. Chanakya, the greatest economist had said, “prosperity is the basis of religion.” We need to spread the light of knowledge in the life of every member of our family, and then in the life of every member of society, and then in the life of every person of this earth as far as possible.

India is a country called the land of festivals. Diwali, which is a mega festival, is in the month of October or November, 20 days after Dusehra. It is celebrated as the joy when Lord Ram returned home to his kingdom with his wife Sita ji and brother Laxman, after completing the 14 years of exile. To express happiness and welcome them, the people of Ayodhya lit lamps and celebrated with crackers. The tradition has continued year after year since ages and the true light of knowledge has made the fest stronger. Diwali is also known as the celebration of light which is a sign of Goddess Lakshmi coming in

the house and also for the victory of good over evil. Lord Shri Ram saved the earth from evil by killing the demon Ravana. It is believed that on this day, keeping cleanliness at your house, shop, and office etc. pleases Goddess Lakshmi. It is also customary to decorate the houses with lights, flowers and colors. People enjoy shopping on Diwali. In the evening on Diwali, people perform Laxmi puja at home with the family members. They then share gifts with each other, wishing for happiness and blessings in life from God. Celebration is fun with a variety of crackers.

Cleanliness is Godliness is the message on Diwali, to keep our body and soul, houses and the surroundings far away from all evil thoughts and dirty garbage as well. Let us celebrate the festival with unity and enthusiasm. Wishing you all a very Happy Diwali and a prosperous year ahead.



S. C. Verma
Award Winning Author & Editor

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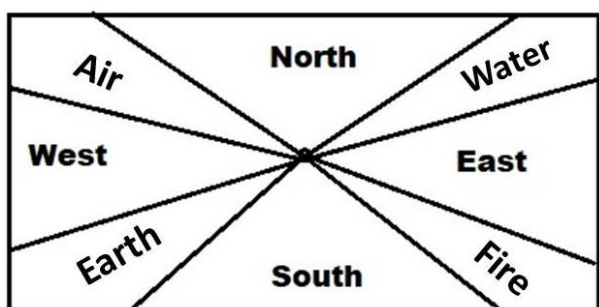
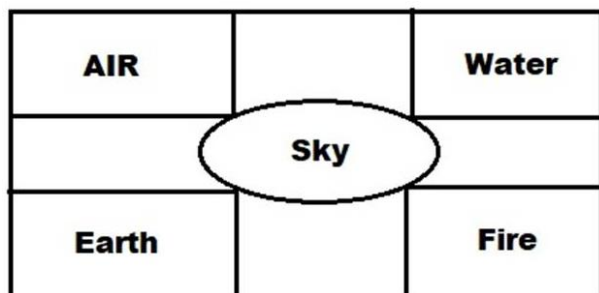
**The
Bedside Book** 💕



Vastu & Panchtatva

The composition of all living beings and also this world is based on the panch maha bhoota elements. They are: Sky, Earth, Fire, Water and Air.

Panchtatva (5 Elements)



Eight Locations

The human body is also made up of these 5 elements. And so, the effective results of these 5 elements can be seen on human lives. The awakening of any building happens after 21 months 3 ½ years, 7 years, 9, 12 or 15 years. After these periods either positive or negative energy arises. The energy of the 5 basic elements have direct effect on being who lives in the house. This is unfailing science which means that here there will be 1+1=2. The rule of Vastu Shastra are not meant for a house only. They affect Office, Factory, shop etc. hence even these should be based on Vastu. There has to be separate space for cooking, sleeping, sitting, worship, toilet; there has to be an entry gate, a bore-well for drawing water, a compound wall, as well, all these should be at a proper place as per Vastu Shastra.

The energy that arises from the corners of a

building also affects the person directly. But when the system of the house is not as per rules the energy loses direction. Its effects could be either +ve or -ve and it affects directly. There are problems arising in everybody's life and 60 to 70 percent of the problems be it Mental, Physical, social or Economical are the cause of Vastu faults.

There are so many problems which we consider as an outcome of a previous birth or a misfortune. But many of these problems can arise out of Vastu faults. If you can get rid of those faults, you can get rid of the most difficulties in life.

On this earth, the God, the Demons all live together. Humans and Demons both are devotees of Lord Mahadev. So, they are both blessed, however, the demon also needs space to live on this earth. As per the Shastras God lives in buildings which have entry from north-east corner. And demons find their living space in the building where the entrance is in the direction of the earth element. In Vastu Shastra the stress is more on corners than on directions.

North-West Moon, Mind, Relations, Court, Travel Abroad	North Mercury Wealth Progress	North-East Jupiter Water, Weak
Saturn Ethics, Store Room, Dining Room	The Sky	East, Sun, Fame, Reputation, Study Room
South-West Rahu, Steadiness, Main Bedroom	God of Death Mars	Fire, Venus. Craft, Wealth, Female health, Marital Relations, Kitchen

The Sky in our house we can get the advantage of the element Sky by leaving the courtyard open.

Fire is represented by Sun. Sun gives us warmth as well as energy. To get the benefits of the sun rays, we should leave open space in east and flooring with a slope towards east. In front of the building there should be no tall trees as they block sun rays.

Air coming in from East contains solar energy. Also, the northern side should be more open. And there has to be more doors and windows. On the southern side there has to be minimum number of doors and windows.

Water element is to maintain the gravitational contacts watery portions have to be on the north north-east direction. If all your water sources are in this direction, it is the best Vastu arrangement.

Earth rotates in southern direction. So, more energy travels southwards. Hence, if the north-east corner is heavy and if the height of south-west corner is lower than the north-east corner,

than this creates hindrance to the flow of energy. So it is important to have north-east lower than south west for smooth flow of energy towards south.

Stay Tuned & Stay Blessed.

Nikesh Rajendra Soni, Niky Vastu Consultant

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Wedding Anniversary

- Surprise -

Opening the windows of her bedroom Dhara felt cool breeze coming from that window. She kept her eyes closed and felt that chilly atmosphere. Her ears noticed the chirping of the birds and her eyes noticed the wide sky. She was pleased with the view. She went to the balcony and observed the green trees some with yellow flowers, some with peach color, and some trees were Gymnosperms!

"What a beautiful morning!" she whispered.

Then while going down the stairs, she tied her hair with a blue coloured bow which was lying near her bed. She kept the milk for boiling in a vessel, and went to take a shower.

She wore a sari which had a slivery shining on it, then clipped her hair from the side and left it open, wore 4 silver bangles in each hand. The red bindi on her forehead made her even more beautiful. She had double dimpled chubby cheeks with attractive big eyes.

She realized that she had kept milk for boiling; she ran down to the kitchen to put the stove off. She then made a coffee for herself and sat on the dining table, reading the newspaper. Just then, her phone rang. She picked it up and saw, it was the reminder of her 2nd wedding anniversary. She suddenly got still, like lifeless!! Tears started rolling down her eyes. She ran to her room upstairs and lying on the bed she cried a lot, recalling all the memories of her 1st anniversary a year ago...

That day Dhara had woken up early in the morning and was very happy as it was her first wedding anniversary. She was going down stairs murmuring a love song the song. She was wearing a red sari which was a gift from her husband on her birthday and she wore red bangles, a red bindi on her forehead, black shining beautiful earrings, and she kept her hair open and then went to the kitchen for making tea for her husband, Dharmesh. She was very excited and was making lots of plans, thinking what special will Dharmesh do on that day for her? But she was shocked, when Dharmesh woke up as he behaved that he didn't knew at all that it was their wedding anniversary!!

He was in a hurry as always, he did his half breakfast and went to office as he was getting late. Disheartened though, but still she told him to come home early. She thought that he must be only pretending to forget the important day. 'But what is the reality is only God knows' she thought.

Whole day she kept dreaming that her husband would give her a pleasant surprise; she also planned a surprise for him. She made his favorite chocolate cake with toppings of Cadbury over it and made chocolates in cute shapes to decorate the cake. She decorated the dining table with candles of yellow flame and the room with colourful balloons and then got ready herself. She tied her hair in black bun, wore anklets and painted her nails with red colour nail paint. Then she was making her hubby's favorite dish-Rajma chaval.

Meanwhile she heard the doorbell, and went to open the door. As she opened it, she found a man standing with lots of gifts, hiding his face with a bouquet of pink roses with white flowers! Surprise, Happy anniversary love, Darshan exclaimed. She was very glad to see him. He then came in and hugged her. Dharmesh got so happy seeing the decorations of the house. "Thank you love" he kissed her forehead. "It's all for you" She whispered in his ears.

"Jaanu, I have baked a special chocolate cake and your favorite dish for today's dinner" Dhara

told him with a smile. But Dharmesh had already planned to go out for a dinner and he had booked the restaurant also. Still for Dhara's happiness he cancelled the booking and he told her to get the dinner ready and after that he had another surprise for her.

Meanwhile he arranged the speakers and he was playing songs, in the bedroom. Dhara went to the room to call him for the dinner, but Dharmesh pulled her hand and he started to dance with her. She leaned her head on his shoulder and said "Thank you so much sweetheart for this lovely surprise. You love me so much I did not know. It is just one year of our journey and we have not understood each other completely, but I promise you Jaan that we will become the best couple in this world". Dharmesh said "Yes, it's true I have never showed my love to you, but I have always loved you. It is because of my office work schedule that I have not been able to give you time but I also promise you that yes.. we will be the best couple. I love you Dhara."

Dharmesh carried her in his arms and took her to the kitchen. He pulls the chair out and made her sit. She then serves the meal lovingly. Dharmesh smelled the aroma, "Wow, so yummy"

Dharmesh was feeding Dhara with his hand and Dhara fed him with hers. They both had their meal in one same plate that day.

After finishing the dinner he asked her to join him for a walk outside and they went together. The atmosphere was so cool and his hand was on her shoulder and her head was on his shoulder. They were having their best time that day. While walking he kissed on her forehead and told her that he will never leave her. At that moment, suddenly a vehicle came from the front, whose breaks were not working properly! Seeing it approaching them in speed, Dhara got shocked!! She closed her eyes and screamed as the vehicle was coming near to them!!

Dharmesh pushed Dhara aside but....

Alas! Dharmesh got run over by the vehicle unfortunately.

Blood was flowing continuously from his head, and Dhara was lying unconscious!!

The next day when she opened her eyes, she saw that she was in her bedroom and her mother was sitting beside her. She asked her mother where Dharmesh was and ran downstairs. There she saw his body on the floor, covered with white cloth.

Dhara shivered at the horrible memories and was burst crying, "You promised me that day, you would never leave me alone.. Then why have you left me all alone in this world... Why why why jaan you ditched me??" she screamed in pain.

She hugged his photograph kept nearby in a frame and started screaming again, "Why you left me alone, Ain't you coming back to me ever? Please forgive me. Please come back. Please please please."



By:- Dhvani Jethwa
Writer of Gujarati
Web Series "Adhuro
Saath". Student at M.
S. University, Baroda.



The People in my Life (2)

Jayate. How does one treat an eccentric, a maverick; if you may... Well I believe 'normal' people don't understand a true eccentric. People either react unfavorably or keep distance from the unconventional. The unconventional... such a cool word nowadays. Hardly anybody grasps what the word entails. We think of being unconventional with conventional boundaries (because we are normal, of course). We believe it grants the label of uniqueness which is so celebrated today. We don't realize that being truly unconventional comes with a heavy price to pay.

We don't realize that the other synonyms for unconventional are also bizarre, abnormal, peculiar and outlandish, to name a few. Doesn't sound so cool now, does it? Well, these were the terms that described my aunt Jayate, my mother's younger sister. She always felt more like a mother and sometimes as a friend to my sister. Well, how do I describe her? She was this strongly opinionated personality, vociferous in her fights against things she felt unjust. She would stand up for the underdog, and also for strangers who didn't want her to fight their battles. She would buy chips, biscuits and fruits and freely distribute them to her colony

watchmen, sweepers. Sometimes she would salute them for doing thankless jobs that made our lives easier.

Jayate would sport the most outlandish outfits and hairdos, totally oblivious to the judgmental eyes of the people around her. Along with her official job, she took on a multitude of odd jobs ... sometimes she was a teacher or a nurse/aayah at a local hospital, a Hon. Secretary in her CHS or a Babysitter and even that of a compounder at the clinic of the local physician. She refused to act her age – she would be a kid with us kids. But she would be like an elder to adults who were older than her. In short, she would do things that people would least expect.

Jayate was our 'go-to-guy' for anything, and everything. She understood us so well. In fact, she became one with us children when she played with us and sometimes even played us. But we didn't mind that; all that mattered was she never chided us. She had this way of getting us to do what she felt was right without giving us the feeling that we were being patronized or talked down to.

I remember the vacations; my cousin, younger sister and I would be together at my maternal uncle's house at Marol, Mumbai. It was the epitome of a children's paradise where most rules could be broken by us for the simple fact that there existed none and it was a delightful time there. However, there was this one dreaded ritual that Jayate would make us go through like clockwork every Saturday – the "cleansing" of our stomachs!!

This involved the three of us standing in the descending order of our ages (which made me the first, unfortunately – being the eldest). We were to consume a foul smelling concoction called "PatankarKada". It was worse than castor oil!! Castor oil has no taste at least, but this one had a hideous taste. And Jayate would quickly place one glass in each of our hands. We held the glass of kashayam in our right hand and a cup of sugar in the left. We stood a moment contemplating like a prisoner before the gallows dreading what was to come. Then gulping the horrible

contents as fast as possible, we hurried to empty the sugar into our mouth before the taste hit our buds... one race - we never won!! We even tried mixing sugar in the kashayam but the foul thing tasted so foul that no amount of sweetening would work. So we opted for the earlier method. We at least had a brief moment when our mouths would be sweet before the bitterness hit us again, once the sugar dissolved.

Well in all this, what gratified me was what came later. Our maternal uncle had to go through the same rigmarole. Even he was not spared! He was although a genteel soul who wouldn't boo anybody; he was not somebody who could be told to do something he didn't want to do. But Jayate did it! She could make him drink the kashayam. It was fascinating to our young eyes; Jayate was truly our hero who could do anything. It was unspoken... the method we kids tried to ensure the least amount of bitterness stayed in our mouths was employed by him too!

Thanks to Jayate, the next day then, achieved the desired result. We would be a string of feet pattering our way to the single toilet of the house, running to be the first to do what "patankarkada" intended. Even today, penning down these words gets back the taste and smell of the kashayam. I am sure it's imprinted in our three memories forever ;). Now, however, I don't cringe, my lips move upwards in a smile. Just don't bring it anywhere near my mouth ever.

Though she made us go through this dreadful incident every week, it never stopped us from going there, or displacing her from my mile high pedestal of hero-worship. She was with us every step of the way, cajoling us, empathizing with us. Her wry expression said she was sorry but there was no other way. And we believed it, and do you know why? It was because she drank it too!

By **Vidya Krishnaraj**,
Editor @ **SquarePetals Webzine, Mumbai**



Recipe: Makuni

Ingredients:

- *Roasted Gram flour (Sattu) - 250 GMs
- *Wheat flour - 500 GMs
- *Spices - 5-6 Garlick cloves, 1/2 teaspoon Red pepper, 1 teaspoon pickle paste, 1 lemon juice, salt as per taste.

Method:

Mix the gram flour and spices well. Sprinkle little water and mix again.

Now knead the wheat flour with water. Make small balls for parantha and stuff the prepared filling inside. Now roll it into paranthas carefully on a pastry board.

Put the stuffed parantha on a hot pan or tawa and it cook golden brown in ghee.

Serve hot with curd and chutney.... it's yummy!



By **Annapurna Verma**
Cooking Expert & Mentor, Mumbai



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.

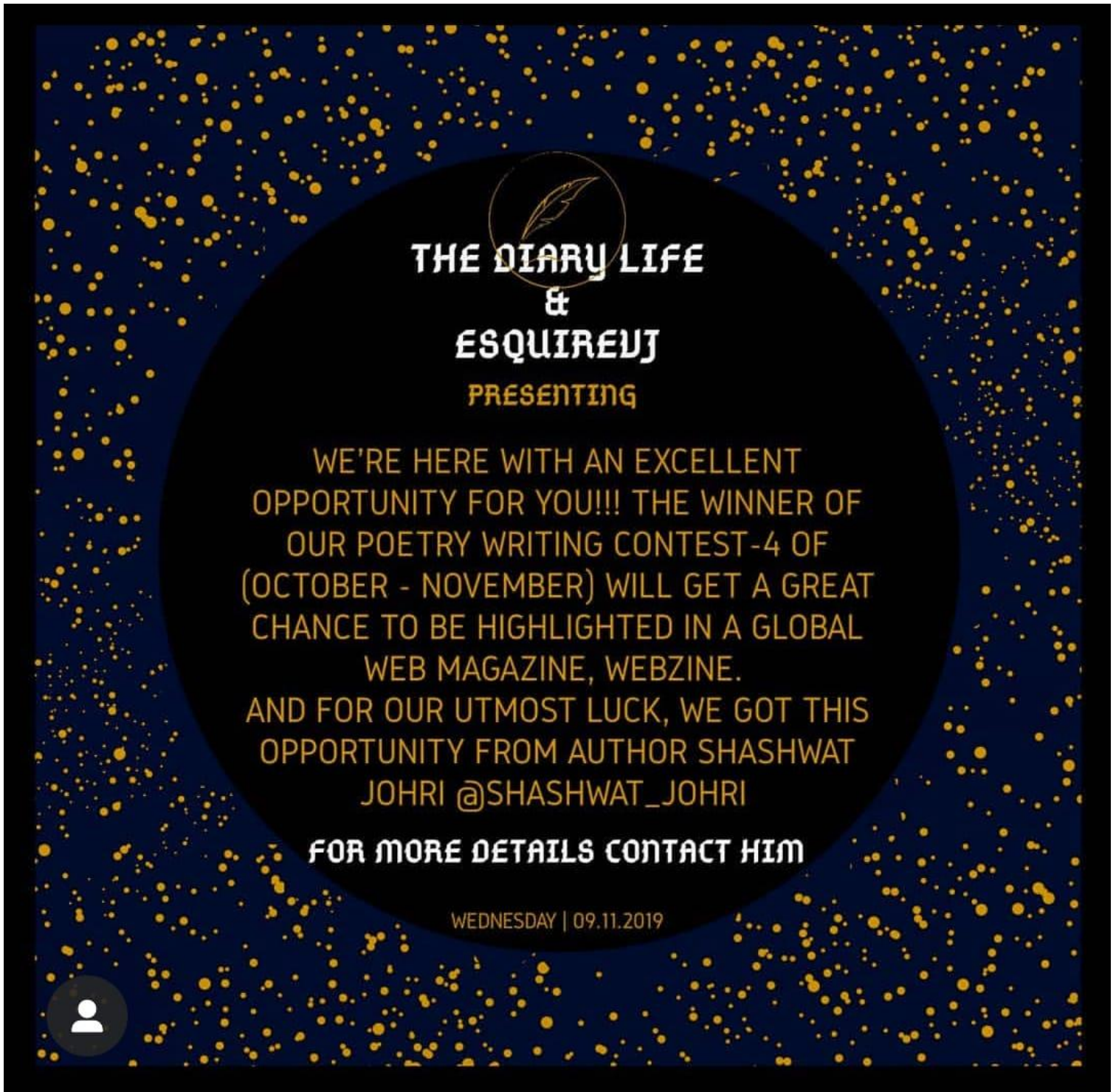
So this is all about the team **The Diary Life**. Yes, it's a "team" and not a mere account.


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



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WEDNESDAY | 09.11.2019

On Design Thinking

-Priya Narayanan

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In the extremely competitive world that we inhabit today, innovation and thinking out-of-the-box to understand the circumstances of people in different parts of the world and cater to their unique needs is the only way to sustain oneself in any field - be it finance, manufacturing, business, design, entertainment or education. Even larger entities such as political, social and healthcare institutions feel the need to constantly innovate, to address the ever-changing conditions and requirements of the world around us. But how do we innovate? The simple answer to this question is by 'thinking'.

Thinking is an act where we use information that we already possess in conjunction with our past experiences and future aspirations to reason out, deliberate or reflect upon whether that information is correct, relevant, and purposeful and so on. Clearly, it is an important component of innovation – without thinking and deliberating on what s and whys, innovation doesn't stand a chance.

Thinking can be of several types, Concrete, Abstract, Critical, Creative, Divergent, Sequential, and Holistic and so on. While each can be elaborated to several pages of discussion, it is possible to combine some of them and create few broad categories. These are:

Scientific thinking: Scientific Thinking is all about systematically testing and evaluating known information using processes like induction, deduction, hypothesis etc before accepting or rejecting it or using it to arrive at a solution for a problem. It largely avoids subjective issues that require empathy; subjects

that might be better addressed by religion and society, and take a rather impassionate look at the end user who would be the beneficiary of the outcome of the thinking.

Emotional Thinking: Emotional Thinking is the opposite of Scientific Thinking. It involves empathizing with the users and their circumstances, shunning all rational thoughts and empirical tests. So, while you get to know the user closely, you do not know how to tackle the issues surrounding them to deliver a beneficial outcome.

Clearly, the above categories are two extremes. And since they seem either complex or are weak on solution delivery, we try not to incorporate them into our routine unless it is an integral part of our profession. When going about our day-to-day chores, we seldom pause to think about what we do and why or how we do it... we just do it because we have been told to, or because we are habituated of doing it. Conventional wisdom comes in the way of our questioning mind and shuts it down.

But as designers are forever engaged in the process of either innovation or reimagining the application of concepts/things that already exist, and because whatever they design will ultimately be used by a 'user' (any user anywhere in the world) so their minds work differently. Their strategy has to incorporate the need of the user right from the word 'go' and although the user takes the centre-stage, there is also a commitment to deliver something that will benefit the user, change the user's life in a positive manner.

*This approach, known as **Design Thinking**, marries empathy to rationality, human needs to technological feasibility and economic viability.*

And while it might seem a daunting task, the way designers think is actually very simple and systematic, so much so that it can be easily applied to transform the way institutions and organizations develop services, processes, products, and strategies.

Image source: Wikimedia Commons

Here, let me introduce a new term – **Problem Solving**, which is inseparable from Design Thinking simply because designers are almost all the time working towards

solving some problem or the other – be it the problem of something not existing at all and hence identifying the need for it and designing it or be it redefining an existing concept / service / product for a new context and redesigning it. By its very nature, Design Thinking provides a user-centric and solution-based approach to solving problems.

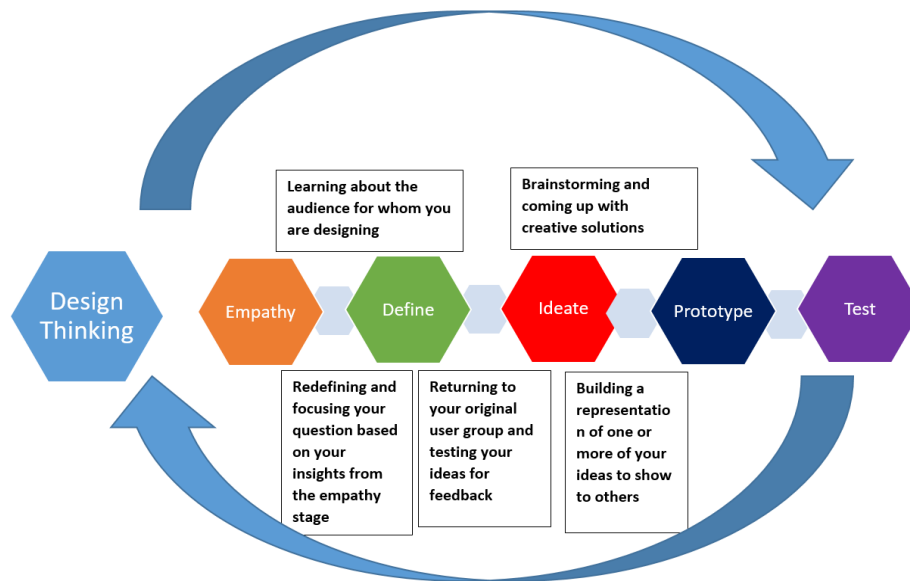
But what exactly do we mean by ‘Problem’? The Oxford dictionary defines a problem as ‘a matter or situation regarded as unwelcome or harmful and needing to be dealt with and overcome.’ While this is true for problems in general, the definition makes an assumption that there is already an awareness of the desired outcome or solution. Take, for example, a math problem or

a crying baby problem. They are straightforward problems which have a ready solution/set of solutions and clearly, these aren’t the kind of Problems we are discussing.

For designers, the dictionary definition misses an important aspect: the unconscious desires or aspirations of the user. And so, we have the term **Design Problem** which isn’t simply an

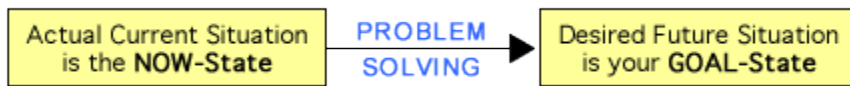
unwanted situation or a matter, it is an unmet need, that if met through an informed design intervention, can satisfy the user’s purpose.

Henry Ford, who invented the automobile, knew about this



layer of desire when he famously said, “If I had asked people what they wanted, they would have said faster horses.” He knew that the problem at hand was that horses were too slow. But this wasn’t really the problem that needed solving. There was a deeper need that his customers couldn’t articulate.

Now that we know what a Design Problem is, it becomes easier to understand Problem Solving in the right context. For a designer, a problem is an opportunity - of any kind and in any area of life- to make things better for the user/s and the problem-solving approach is used to convert an actual current situation or a NOW state into a better future situation or the GOAL state.



source:

<https://educationforproblemsolving.net/design-thinking/ws.htm#ps>

That said, the most important step in Problem Solving is **Defining or Stating the Problem**. At times, we tend to get overwhelmed or confused when studying the complexities of a project's requirements. Consequently, the core or root problem gets lost, and the resulting solution misses its opportunity to solve a real and important problem. So, it becomes necessary for us to delve into the core problem of any project. By finding and solving for this core problem, we will be strengthening the entire system. Conversely, if we only solve for a peripheral/superficial problem, then the system will suffer because the root problem (which is the weakest point) will remain and prevent the rest of the system from functioning effectively.

Framing a problem statement is the first step in a human-centered design thinking process that prioritizes the users and the purpose they desire to accomplish. This means an initial round of user research can help in uncovering deep-rooted desires.

Coming back to Henry Ford, his customers clearly thought they needed a faster version of what they already had. When he started to work on the problem, Ford could have written down few different problem statements:

1. There is a need for faster horses since people have this overwhelming need to reach their destination in the shortest possible time.

2. There is a need for a mode of transport to get people from one point to the other faster.

3. There is a need for a mode of transport to get people from one point to another.

Which statement do you think allows an actionable response? The first one addresses the problem, but is too narrow a statement that will cause a lot of ideating, but in the wrong direction. The third statement is too broad and doesn't help in pin-pointing the exact problem the people are facing. They already have horses that take them from one place to another; so how does this statement help? By framing the problem with a statement which is broad enough for creativity yet narrow enough to bring focus, the second statement allows the thinker (Ford, in this case) to stay focused on solving the **root problem: to get from one place to another faster**, while also being open enough to innovative possibilities.

Once you take a step back and realise that horses are but one mode of transportation, not the only mode, you can start imagining, ideating and innovating – you can redefine the very idea of transportation and bring along a revolution, just as Ford did with the invention of the automobile!

As you can see, **outlining the problem statement allows us to filter out superfluous or irrelevant ideas and retain only the ones that meet the need while also showing us the barriers that lie on the path of reaching the end goal**. As the thinking process progresses, you might have to keep going back to the initial problem statement and ensure that the decisions being taken still address the core problem.

Coming back to where we started, Design Thinking is not restricted to designers alone; it is a valuable tool for anyone - individuals or organizations- looking to innovate and bring about a positive change in their lives or surroundings.

It can be applied to a wide range of fields such as engineering, architecture, mathematics, music, art, fashion, literature, education, philosophy, history, science, law, business, athletics and medicine — when the objective is to *design* (to *find, innovate, or improve*) a better product, strategy, activity, relationship and/or an explanatory theory. It can be a strategic tool for creative employees, freelancers, and leaders who seek to infuse design thinking into every level of an organization, product or service in order to drive new alternatives for business and society.

These objectives include almost everything we do in life. For instance, Design Thinking can be applied to the problem of water scarcity in the remote villages of Africa as effectively as to the problem of increasing the voter turnout in an upcoming election. The trick to using Design Thinking successfully is in asking the right question and framing the appropriate problem statement.

Finally, although Design Thinking doesn't automatically make everyone a designer, it does draw on the mindset that skilled designers cultivate—strategies for unlocking creativity, approaching the unknown with curious confidence, and being unafraid to try new approaches.

References/ Further Reading:

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Priya Narayanan is an interior and furniture designer with her own design practice under the twin banners of **TATVA** and **SOMA**. She is also professor at the **CEPT University**, Ahmedabad. When not practicing and teaching design, she reads, writes and travels. She is a published children's author with three books under her belt and two forthcoming books with Tulika and Rupa Publications. Her short stories and poems have appeared in various online and print anthologies and literary magazines. Her latest book, **Altitudinis: seekers, sinners & secrets**, are a one-of-its-kind collaborative effort with ten authors contributing to create not an anthology of stories but a single novel -a romantic thriller.

To know more about Priya, visit www.priyanarayanan.com

To know more about the unique collaborative novel, visit www.altitudinis.com or <https://www.facebook.com/Altitudinis/>

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HEALTHY LIFESTYLE – IV

“Mental Health”

(Help a broken with a breakthrough...)

Hey friends, this month I am taking up a very sensitive issue, that is, Mental Health. Mental health has direct impact on thinking and reasoning, therefore it's about the brain. We all know that the master organ commands control over functioning of all other organs. Our creator, the Almighty has therefore placed it on the top, and the VIP, if I may say so, is provided with the security of a bony skull. We are repeatedly advised to wear a helmet when riding a two wheeler, for safeguarding our skull and of course the brain also; but this is only a physical protection. There is more to it which is abstract in nature, it is the mind. A physical injury may hurt and damage any body organ causing pain and hindrance in its functioning but a person gets hurt mentally due to emotional set-backs and this hinders wisdom and reasoning capability resulting in irrational activities.

Unfortunately, many taboos shadow mental illness cases in our social system, multiplying the misery of those who suffer. We humans are gregarious and the purpose is being humane, so any discriminatory attitude towards fellow men that unfortunately go insane is inhuman. It is ironical that mental care has not been emphasized much in our education system, although there are regular specific lessons about physical fitness. I will therefore try to explain from the very basic level.

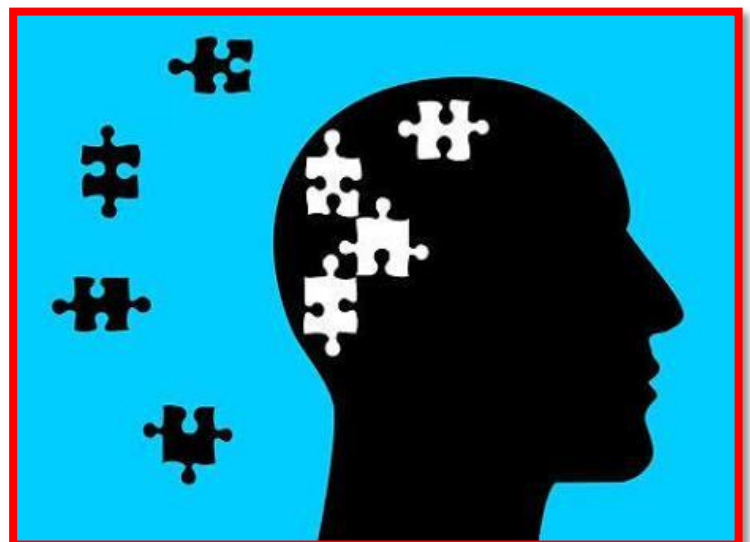
Mental health is influenced by emotional well being mostly. There is nothing embarrassing in being emotional as emotions are the essence of humanity, but a lack of understanding and awareness in handling emotional injury needs much improvement. The intensity of pain is

traumatic whether a bone cracks or a heart breaks. It is similar in the sense that accidents do occur unfortunately, but the patient should not be left to bleed till death or to suffer within till he goes mad. I would like to add here that the heart has nothing to do with emotions actually, but then this is the common phrase. Emotions are linked to our thoughts, and therefore to the brain or the mind, to be precise.

Some General Knowledge facts are that prolonged exposure to ultraviolet rays may cause skin cancer, consuming excess pepper causes intestinal ulcers, junk food creates indigestion and that cholesterol leads to a heart attack. We all know about it, though the extent of care taken may vary from person to person; but do we know what all things can be harmful for mental health?

The brain is a very delicate organ. This delicacy is actually its overall sensitivity. We should accept the responsibility of protecting the sustenance of our own mental well being and that of our dear ones as well. The mind is really important and needs absolute care. In addition to food, clothing, education and shelter, the upkeep of mental health is vital in life.

Before proceeding ahead on how to take care of



mental health, I would like to speak out the antagonism in our society towards mental illness. A mentally sick person is teased and rejected by people, with apathy to their desperate need for kindness and goodwill. Second thing, while other disease symptoms like fever or even common cold are taken seriously and treated, the symptoms of a mental illness are seldom noted in the preliminary stage when it can be cured with much ease. And worst thing is that the patient gets labeled as mad forever. Due to such fears, the worried family of a patient many times prefers to hide facts instead of discussing it out and trying for a remedy. This, I'm afraid, can ruin the patient's life drastically.

We have to get educated that the mind though abstract, it is just like the other organs, like the heart, lungs etc, and so it is okay if it may get diseased sometimes, and it can be cured with the right treatment. The heart, if not beating properly is made to function using a pacemaker, even cancer gets cured if detected in the early stage. Timely detection followed by the correct healing process can cure mental illness also. 'After treatment care' applies to all the ailments as in these cases also.

Let us begin with tuning our minds to be observant about the seemliness of our dear ones, and if slightest aberration is noticed, we have to administer the first aid. The first aid for a burn is Burnol, for a cut it is Dettol and the first aid for depression is Expert Counseling.

Consulting a counselor should be practiced at least once a year by everybody, just like a routine health check up. This is like a mental tonic and also a precaution. Prevention is always better than cure, so parents should not shy away from taking their children for

counseling. This way the hidden ambitions, inclinations and inhibitions, will all surface out, and this information will support in better upbringing. In those cases where there is any unfortunate depression, guilt or embarrassment etc seeded within, then such toxicity can be removed through counseling, even without the use of drugs, if there is enough time in hand. This will help in saving many, from becoming mental patients.

The belief that going to a counselor means the concerned individual has gone mad or mentally sick is totally incorrect. In fact seeing a counselor is a wise step for dealing with emotions rightly. Like having the security of medical insurance and free health checkup doesn't mean that individual is suffering from all the diseases, it is only a precautionary measure. Emotions are inseparable from our lives and so they should be provided due care. In this complex life there are emotional issues, which is quite normal, and things like falling in love, handling a break up, stress at the job, financial crisis, loneliness etc, are faced by everyone, sometime or the other. So at the very onset one must rush for the counseling aid; just as we rush for tuition classes to help out a child from failing in Maths; well it is all the more important to help someone out from failing in life and becoming a mental patient.

Let's have a look at the symptoms which actually ring the alarm. It could be weeping hopelessly on little issues, talking to self, staying aloof, a secretive attitude, burning matchsticks unnecessarily, tearing clothes or newspapers, or any other psychotic or a striking change of behavior in day-to-day life. If you notice any of these in anybody, please don't ignore it. Keep observing quietly for a few days, and if you find this is contained, then don't hide it from other

family members. Discuss it together and make efforts to take the person for counseling before it is too late. Be careful to choose the right professional; second opinion can also be sought. Alternatively a counselor can be asked to visit at home in disguise of a known person or somebody's friend, if situation demands it. The best way though is to convince the affected individual so that the aid is accepted willingly.

In a severe case where a psychological counseling is not much helpful, people should not hesitate in consulting a psychiatrist. We go to a specialist when a general physician doesn't seem effective; it's the same way. Any ailment is unpleasant but we have to deal with it. Mental illness is similarly an ailment, it's a human thing. Just like some of us suffer due to diabetes, blood pressure, another can have issues with the mind.

A depressed person may say or do things to intentionally irritate the people around but please don't let such a person to be left alone as far as possible. Tackle it together and seek outside help if necessary. It is also important not to panic and stay strong while handling the case, keeping faith that it could be a temporary phase.

Mental Care:

- 1) A dream or a purpose in life is important. Keep the minds busy in something constructive.
- 2) Make sure that your dear ones are not isolated and lonely. Keep them connected with people around or else on the social media. Friends and relatives give a sense of security. Jokes, motivational quotes, pleasant posts, good morning messages etc keep the morale boosted.

3) Animal lovers can have a pet to play with, to stay cheerful and hearty.

4) Do not impose any stress over children. Allow kids to interact with their friends, within time limits.

5) Maintain a cheerful environment at home. Be fair to all family members. Bullying someone may adversely affect the mental health of another dear one, who keeps silence out of fear or respect but gets upset within.

6) Chocolates bring smiles and coffee is a booster always. Soft music is magical; also don't miss family outings occasionally, like sightseeing, long drives, party or a movie. Bring in positivity.

7) If anybody is having stress or anxiety, burn 3-4 bay leaves closing windows for a while, for instant soothing effect.

8) People suffering from depression must be made to practice some yoga compulsorily.

9) Consult a counselor when necessary.

Hope I have been able to convey my concern, because I care. Do read my article on "Home Ambiance and Arrangements" next month, till then keep smiling!



Sansriti Johri
Author, Columnist & Social Worker,
Healthy Lifestyle Mentor

NEW VISIONS OF LIFE

Life is full of uncertainties,
Never be gonna down from it.
I have a dream to bring a smile on other face,
I have a vision of positive attitude which can
really make dreams come true.
I have a dream to see a great bond between
human,
I have a dream to see women on fire.
I would close my eyes forever,
Rather than to see India and Pakistan
Wars like an eternal darkness.
I have a dream to see all countries be developed
countries,
No matters, how difficult it is, I have a vision to
make India an awesome country
I have a vision to cure all diseases of universe,
No matters what it is - mental or physical.
I have a dream to see a new creative mind,
I have a dream to bleeds creativity from the
pen of imagination.
I have a desire to free from all desires,
Which can stop us to achieve the new
visions of life?



Teesha Mehta is a 15 year old writer from Indore, Madhya Pradesh , India, Published Co-author of 5 books. Vajra World record holder, Writer of Hindi and English and a part of various writing platforms like Hindi Sahitya.

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TOP

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on Sparkling Diwali ★

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