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Vol. 23 June 2021



SQUAREPETALS

Global Webzine

Personal Development

Adversity to Victory

Human Psychology

Funniest Moments..
Silence the Self-Marital...

Book Review

Little Women

Poem

A Sunflower

Top Trend

Cola v/s Water

Art Work

Madhubani Art

Flavor Special
Sprouted Moong Burger
Rajasthan Special

Cover Story
Dr. Hiral Joshi

SquarePetals
Miss India T20-21



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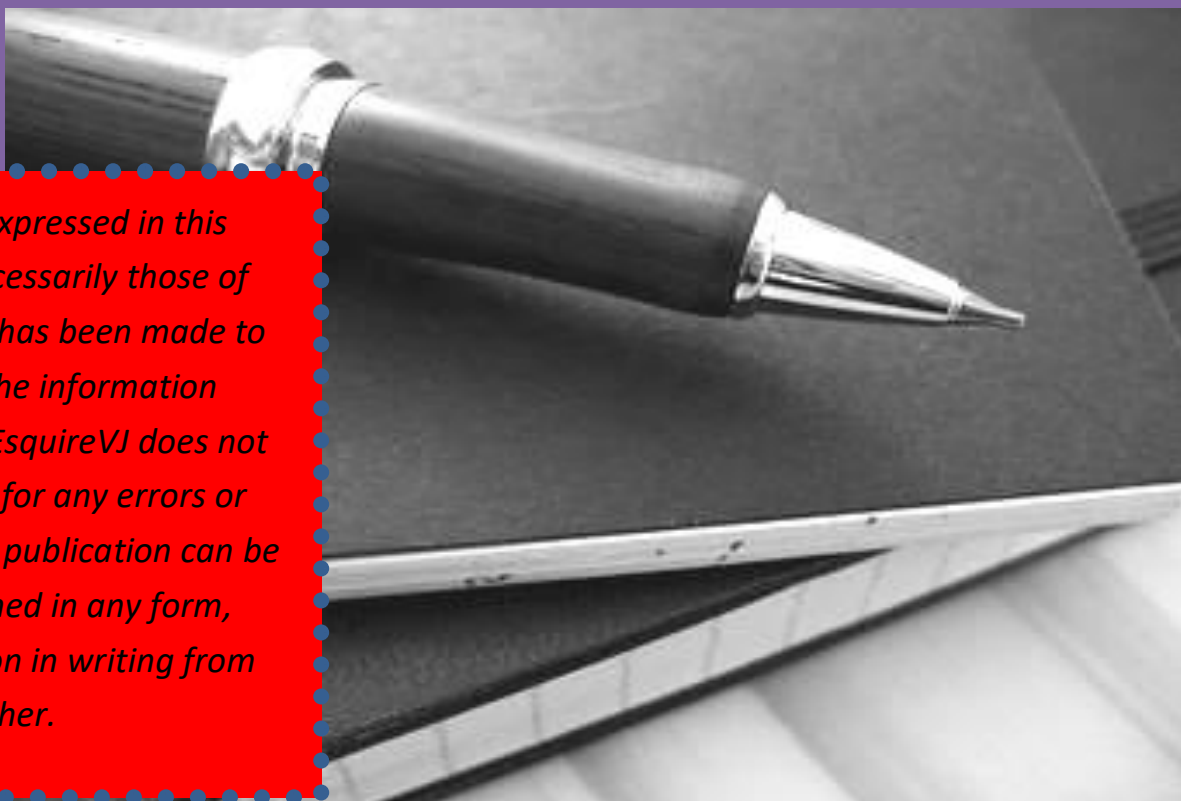
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IFRA SHARIFF

JUNE

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2021

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Top Trends: Art Work:

Sunehri Johri
Renu Jaiswal

FROM THE DESK OF Editor-in-Chief

Hello Dear Readers,

Summer Solstice , the International Yoga Day & World Music Day!
The June is quite happening one, and I am enjoying my coffee while it is raining outside. The Monsoon showers arrived early this year and weather has become so pleasant; it is best complimented by traditional Indian Cuisine and we have the recipe of Rajasthan special.

'The SquarePetals Online Contest T20-21 India' results were declared and Congratulations to the winners, each one of them is so impressive in their own unique way as you can see the feature in the Event Section.

The June 2021 edition is colourful like the flower bloom of June, with the ravishing personality Dr. Hiral Joshi, SquarePetals Miss India T20-21 on the Cover! Please send us your feedback and help us improve, for you dear readers. Stay safe & get vaccinated.

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



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Dr. Hiral Joshi

SquarePetals
Miss India T20-21



Dr. Hiral Y. Joshi the Title Winner of “SquarePetals Miss India 2021Pageant held online”. The qualities that have consistently been reflected in her as the title winners are their roots, elegance, demeanour, humility and empathy. She has a character, actions and words show that she is both willing to work hard towards community development and inspire confidence in the youth. She has Star Quality, can captivate an audience by her beauty, but importantly, also inspire trust

through her words and actions.

She has a talent to measure the scope of Intellect, knowledge, skill-set, personality & performance.

Dr. Hiral Joshi has been an overall hardworking person and her mantra for life is “Success is achieved by ordinary people with extraordinary determination”.

Dr. Hiral Joshi was raised in Kutchh, Gujarat. She did her Diploma in Civil Engineering and succesfully achieved B. Tech civil, and she did not stop here, the list is endless:

IGBC AP Indian Green Building Council Accredited Professional Youngest In India, Interior Designing and Styling from London School Of Trends (2019), Completed Interior Designing from INIFD (2018), Designed a school at Honorary basis with alternate material bamboos

U.S. SPACE ACADEMY WINGS

- In recognition of completing the intense curriculum in principles of AERO SPACE TECHNOLOGY SPACE EXPLORATIONAND ROCKETARY PROGRAMS – PRESENTED THIS AT HUNTSVILLE ALABAMA.

International Human Resources and Strategic Management with 2020. MBA (HR) from NMIMS Mumbai.

Received Best Student of the Year Award

by (ISTE) -Indian Society for Technical Education New Delhi- 2014-2015.

Certification by TRYST -IIT Delhi by ROBOSAPEINS Technologies Pvt.Ltd.

Appreciation by HJD Kera department of Mechanical Engineering for State level event SCAVENGER HUNT of technical symposium techvaganance – 2014.

Successfully completed a modular training program on Material Testing by Nodal Infrastructure sponsored by govt. of Gujarat.

Awarded by HJD Institute of Technical Education and research for workshop on EARTHQUAKE PHENOMENA BEHAVIOUR of building and its remedial measures

Honoured with Scholarship for 3 consecutive



years in Moral Science Subject Successfully cleared drawing Elementary and Intermediate exam with 82%

Awarded by Adani Foundation for Model making competition (Low cost dwelling units at Adani House Mundra)

Awarded by TFGP for completing modular training program on STRUDS by Nodal Institute Infrastructure sponsored by govt. of Gujarat. Honoured with certification of Graphology Honoured with RAJIV GANDHI UDAY SANMAN Honoured with Best NGO Girl Child award in Miss Gujarat peagent

onoured with East Kutch Police for Best Female of Kutch by former C.M. of Gujarat Smt. Anandi Ben Patel.

Honoured with 9 Gems by Saraswat Samaj of Gujarat Honoured for Social Service at SAMPARC – Anjar by SBSMM

Honoured by Kutch Vikas Trust for rendering services and contributing for noble cause

Honoured by Alaina International School in recognition for outstanding contribution and dedication towards the cause for promoting education in the society by designing the interior of school honorary

Honoured with volunteer appreciation for conducting seminar on "timemanagement" for parents at Ahmedabad.

Honoured with volunteer appreciation for conducting seminar on "timemanagement" for teachers at St. Xavier's and St. Marry's Rajkot Gujarat

Honoured with special Mahila Sanman by SBST Ahmedabad Gujarat

Honoured as a jury for Bollywood Mega Navratri by Rotary Wall City Bhuj Kutch for consecutive 3 years

Honoured as youngest jury member for Interschool Garba competition by St. Thomas School.

WORLD HUMAN RIGHTS COMMISSION INTERNATIONAL ORGANIZATION, Have conferred on Dr. HIRAL YOGESH JOSHI and awarded the DOCTOR OF SOCIAL WORK (HONORIS CAUSE) on 29th November 2020.

Fashion and Styling Accolades: Honoured as Best Child Model by NIFD, Honoured as Miss Fresher by INIFD, Awarded and won at district level for Basketball. Successfully completed 3 launches of Parasailing with Kaushik Aero Sports - FLY HIGHSKY HIGH

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ADVERSITY TO VICTORY

In life there are many obstacles to overcome. There is no life that is free from obstacles. Obstacles will always be on our way to greatness. Obstacles are inevitable and they are part of life.

High archiver's weapon of overturning obstacles is their right mental attitude towards it.

A wise philosopher once commented that an eagle's only obstacle to overcome for flying with greater speed and ease is the air. Yet, if the air was withdrawn, and the proud bird were to fly in a vacuum, it would fall instantly to the ground, unable to fly at all. The very element that offers resistance to flying is at the same time the condition for flight.

The main obstacle that a power boat has to overcome is the water against the propeller, yet, if it were not for this same resistance, the boat would not move at all. The same law, that obstacles are conditions of success, holds true in human life. A life free of all obstacles and difficulties would reduce all possibilities and power to zero. Eliminate problems and life loses its creative tension. Problems create new opportunities.

High archivers embrace problems while low archivers avoid problems. Problem solving is the most productive weapon of high archivers. The problem of mass ignorance gives meaning to education. The problem of ill health gives meaning to medicines. The problem of social disorder gives meaning to Government.

In the South, when cotton was an essential commodity, the boll weevil crossed over from Mexico to the United States and destroyed the cotton plants. Farmers were forced to grow a

variety of crops, such as soya beans and peanuts. They learned to use their lands to raise cattle, hogs and chickens. As a result, many more farmers became prosperous than in the days when the only crop grown was cotton. Obstacles are not meant to stop you rather, they are meant to push you further.

By learning to turn adversity to victory you must adopt a positive mental attitude in life. Adversity is our partner in progress. Adversity is meant to propel us to higher heights.

Adversity builds your character. Character is required to weather life's storms. Helen Keller an author and activist who could not hear or see said, "Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved. "

The irony is that if you have never experienced the resistance of the rushing stream, then whatever you achieved in tranquility may not survive. If you want a long lasting success, then be ready for adversity. Don't quit under distress. Don't give up in the midst of a storm. Don't bail out in the middle of challenges. Wait until the crisis is behind you before assessing whether to change or stop.



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Funniest incidents at my work place



It didn't sound funny when I first heard about it. I was then posted in our High Commission in London. One of my assignments was working as Special Assistant to the High Commissioner. This assignment meant that I could be given just about any task. As a result, many fire-fighting tasks ended up in my lap.

It was a Friday evening. I was at a colleague's place with my family over a friendly dinner. There were several friends and acquaintances and the atmosphere was lively. As the evening progressed, I thought I was having a wonderful time - a good beginning to the weekend.

It was past ten when I saw my mobile ringing. It was the High Commissioner. He wouldn't call me at this hour to check if I was fine. He

seemed apologetic that he was disturbing me at this hour but he had received a message that a Member of Parliament (MP), who was in London on a private visit, had been rushed to a hospital from his hotel. It was possibly a case of heart attack, he said.

I quickly said goodbye to everyone, dropped my family home and rushed to the hospital in my car. I had no clue where to search for the MP in the large hospital. I went to the emergency ward and was

relieved to find that I had come to the right place. I was told that the MP was under investigation. I feared the worst.

I was taken to his room. I was expecting to see life support machines attached to the MP. But when I entered the room, the MP jumped from his bed and said, "I'm so glad you've come. I'm getting bored here. Take me back to the hotel."

I looked at the nurse. "I thought he had a heart attack," I said.

"No. He's fine. He had pain in the chest," the nurse replied.

"So, can he be discharged?" I asked.

"No. We need to complete the tests," the nurse said and left.

The MP said that he was getting a massage (am not sure what kind) in the hotel in the evening. The masseur (she/he?) pressed him hard in the chest and that's when the pain started. He thought it was a heart attack and therefore called the ambulance. He didn't have any more pain and was eager to get discharged quickly.

I went to the medical staff to check what could be done. I was informed that as per

standard practice, a few more tests had to be carried out. The results would be available by morning, when the MP could be discharged if the results were satisfactory.

I conveyed this to the MP. He asked me to give him company. It was already past midnight. He started talking about everything under the sun. After an hour, he again asked me to take him to the hotel.

I went to the head of emergency services and convinced her to cut short the tests. Finally, at 2 AM the MP was discharged. He was elated when he came out of the hospital. I dropped him to his hotel and went back home, hoping that the MP wouldn't have another 'heart attack' over the weekend.



Rahul Shrivastava

**Ambassador of India to Romania,
Moldova and Albania**

Ambassador of India to Romania, Moldova and Albania. Joined the Indian Foreign Service (IFS) in 1999. Ambassador to Venezuela (2015–18). Also served in India, Russia, UK and Kazakhstan.

Book - Little Women

Author - Louisa May Alcott

Rating ★★★★★

Louisa May Alcott is a renowned name among classical American writers. Her books present an essence of the past with learnings for the future. 'Little Women' by Louisa May Alcott is an American classic written in 1869. It was so popularised that Alcott came up with sequels later.

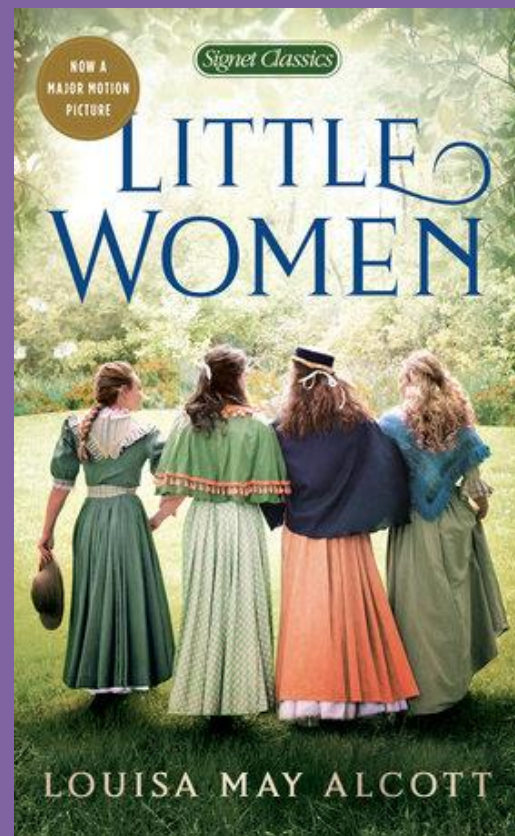
The book follows the life of four young girls Meg, Jo, Beth and Amy who live with their mother as their father has gone out for war. The book presents the background of American Civil War and their father was one of the soldiers fighting for the unity of their nation.

Each chapter in the book comes up with a new life lesson that the girls encounter one by one. In a nutshell, it is a tale of four girls learning a set of wise ideas as their childhood and womanhood overlaps. All the girls are represented as owners of different personalities, so it becomes very easy for readers to relate with them. The lessons they learn are the teachings to be adopted at any age of life. But in the midst of teachings, the book presents an interesting tale of four sisters and their little neighbor Laurie. They play games, act in plays, sing songs and celebrate Christmas. The mother is beautifully portrayed as a guide, friend and mentor for girls in the age of stepping into womanhood. As the book was written in 1869, the age of fancy balls and piano comes up in front of the reader. Coming at the writing style, the book is written in classical American English and one of the best literary pieces ever. Although it has been categorised as Children's book yet it is highly recommended for grown ups as later

parts of the series deal with grown up life of girls. The book is influenced by the life of the author herself, as she was brought up with three other sisters. The book presents many social themes such as feminism and class conflict.

Most importantly, it talks about a story of an ordinary family in American society during the late 19th century.

Overall, it was a nice experience to read this book. It can serve as a good bedtime read. The characters and their relationship with each other seem quite realistic. The beauty of the novel is its simplicity, both in terms of setting and plot.



Mansi Singh Arora

Student of History Honors,
Literature enthusiast,
Published author of Webzine,
Anthology, Literary Journals

Silence the Self – Marital Satisfaction

Marriage is a beautiful interpersonal relationship between male and female that includes meaningful sharing, rationally, emotionally and sexually. Looking into the status and perception of the married couples towards this relationship, it is being observed that the couple are more likely to silence themselves when they perceive their marital relationship to be conflictual than when the relationship is a peaceful one. There are several research studies which endorse Women with more self-silencing who tend to have an 'externalized self-perception' and further tend to evaluate themselves based on the perception of others and external standards. Couples also tend to define and measure care in terms of the self-sacrifice that they make in a relationship.

Self-silencing theory explains the origin of dissatisfaction in intimate relationships. It exists in a Divided Self where a woman experiences a gap or 'divided self' from within, that is, a division between the external 'false self' (Which is externally portrayed self that complies to the partner's views and wishes) and an 'inner self' (the hidden one which wishes to revolt or experience anger). The external portrayal of self is an attempt to conform to the social norm of female goodness, whereas the authentic self grows in immense anger and frustration as a result of unfulfilled needs. As a consequence of this division in self, 'women experience a fundamental disconnection with themselves.' On the other hand, males in a marital relationship also tend to follow



divided self, in order to conform with the societal norms.

There is a dire need to unmute the Self silent spectators and mirror their voices and choices for establishing the healthy and harmonious relationship to achieve the ultimate goal of all the human beings – Happiness.



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Product Review by
Dr. Shashwat Johri
Influencer



dr.shashwat_johri_ Shaving has unseen hazards. The moment you take a sharp blade to your face, you run the risk of a seemingly endless list of possible problems: cuts, nicks, razor burn, ingrown hairs. I could go on, but you know what I'm talking about.

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Using a good razor ***Fusion 5 Mumbai Indians Limited Edition*** puts you light years ahead of the game. This is my personal preference. This razor make a case for the beauty of classics.

And let me tell you, the enticing hygiene case keeps you sure of your safety from microbes and the premium packaging tempts you to pick it up for a shave even if you are otherwise lazy about it.

And let me say this one is my personal favourite combo with Gillette @gilletteindia , Mumbai Indians @mumbaiindians & The God of Cricket Sachin Tendulkar @sachintendulkar 🙌💙💙💙💙

Sprouted Mung Bean Burger Recipe - Serving 6 Paxs



Ingredients For Patties:

Sprouted mung beans - 1½ cups
Boiled potato - 1 large
Finely chopped onion - 1 medium
Finely chopped coriander - 3 tablespoon
Rolled oats -3 tablespoon
Green Chili -3 nos
Ginger - 1 inch piece
Salt to taste
Red chili Powder - ½ teaspoon
Coriander powder - 1½ teaspoon
Amchur (dry mango powder) - 1 teaspoon
Cheese cube -60 gms
Oil/butter - 5-6 tablespoon for shallow frying

For Burger Toppings:

Onion - 1 large, thinly sliced
Tomato -1 large, thinly sliced
Lettuce Leaves - 5-6nos
Cheese slice - 6 nos
Mayonnaise as required (optional)
Tomato ketchup as required
Oil/Butter for toasting the buns
Burger buns - 6nos(whole wheat or plain or multigrain)

Sprouted Mung Patties Preparation:

1. Take rolled oats in a mixer jar and make a fine powder from it, keep it aside. In the same jar, take sprouted mung, green chilies, ginger, and grind coarsely. Transfer into a bowl.
2. Add boiled and mashed potato, finely chopped onion and coriander into it. Season the mixture with salt, red chili powder, coriander powder, and amchur(dry mango powder).
3. Add rolled oats powder for binding (adjust the quantity as required. Bread crumbs or roasted chickpea flour can also be used as binding agent).
4. Take handful of this mixture in your palm and roll it like a ball. Flatten this ball and put 1 teaspoon of grated cheese (of your choice) in the center. Bring all the sides together and secure the ball, gently flatten the ball and make a patty. Repeat the process with rest of the mixture.
5. Heat and grease a pan with oil/butter and shallow fry the patties till they are crisp and brown.
6. Once you are done with shallow frying the patties, slice each bun to 2 parts and spread some butter on it if you prefer. Toast them in the same pan, and set aside.

Assembling Sprouted Mung bean Burger:

Before you go ahead with the assembling, ensure your lettuce is not dripping water and patties are not too hot. Assembling very hot patties in the burger will make them sweat and lose crispness.

1. Place toasted bun, apply mayonnaise (optional) and tomato ketchup. Place the patty, then cheese slices.
2. Next place the lettuce, onion and tomatoes. Then drizzle some mayonnaise and ketchup over the toppings (optional). Spread the ketchup on the top slice of bun and place it on the toppings.

Your deliciously nutritious sprouted mung bean burger is ready to serve.



Anjali Vyas

PG & Pursuing PhD in
"Psychology"
A strong advocate for 'Culinary
Therapy'
to help people improve their
psychological wellbeing &
functioning.

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Written by
Michael Ediale

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Traditional Recipe of Rajasthan

Daal- Baati
Gatte ki sabji
Bajra Roti

Rice

Salad-Onion, lemon, green chilly,

Mango sweet tangy Pickle,

Chaas

Mohan Thaal / Besan Barfi as Dessert

Method and Ingredients:

Dal:

***1cup Tuvar dal (lentil) + 1 tomato +1 onion boiled together**

***1tsp Cummins seeds**

***1 dry red chilly and bay leaf**

***1tsp oil and 1tsp ghee**

***Salt to taste**

***1/4tsp turmeric powder**

***1 tsp red chilli powder**

***1/2 tsp garam masala optional**

***1/2 lemon juice**

***Garlic cloves optional**

***Sugar optional**

Heat a pan, add oil, Cummins seeds and bay leaf and red dry chilly and mix them well. Add the spices to them and nicely boil the dal, and then add lemon juice and coriander leaves to the dal.

Baati:

***1cup whole wheat flour**

***Salt to taste**

***Lukewarm water as required**

***2tbsp oil**

Take the flour add oil and salt now add little water and bind medium soft dough. Rest the dough for 15-20mins minimum, now knead the dough again and make small balls of the dough and bake them in Microwave to golden colour and till it turns crisp.

Gatte ki sabji:

***1 small cup of besan**

***1cup curd**

***Salt to taste**

***1/4tsp turmeric powder**

***1 tsp coriander powder**

***1 tsp red chilli powder**

***3 tsp oil/ghee-i prefer half each oil and ghee.**

***5-7 garlic cloves**

***1 small onion**

***chopped coriander leaves**

Take a wide vessel add besan (gram flour), oil and all the spices, add a little water and bind semi soft dough and knead nicely. Take small portion from the dough and roll oval small finger size thin shapes and prepare all 3-5 pieces. Now take a steamer or kadhai, add water and keep at medium low flame and, as the water starts boiling add these oblonged rolls in the water and cook for around 15-20mins. You can prick with toothpick and check if it is cooked properly.

Now take thick curd, beat nicely and add the spices and mix them well.

Take the pan, add 3tsp oil/ghee. Add mustard seeds and cumin seeds. Next add finely chopped onion and garlic cloves and saute for 1-2 minutes, next add the beaten curd and stir well continuously for 2-3 minutes until it oil or ghee separates out. Now add the Gatte in the curd gravy and let it cook nicely. Add a little water if required, you can see it mixes well and lastly *add chopped coriander leaves to the sabji.*

Bajra Roti

Take Bajra flour and salt to taste, and add water as per the binding Dough to semi soft. Knead the dough very well.

Now dust the flour over the top of the thali or rolling pad and now starting tapping slowly with your hands and fingers turning it round. Take a pan or mithi ka pan whichever is available, put the roti and roast it well by flipping the roti. Add ghee on the top of the roti.

Mohan Thaal/Besan Barfi

***1cup besan**

***1cup ghee**

- *3/4 cup sugar syrup**
- *1/2cup milk +cream**
- *chopped dry fruits like raisins, almond, cashew, pistachio, cardamom.**

Heat gently a non stick pan and put the flour, milk+cream and half amount of ghee in it. Start stirring the flour at a very low flame, stir the ladder continuously until the flour seems golden in colour and nice aroma is observed. Add the remaining amount of ghee and stir continuously. As you see the flour is roasted nicely, now its time to add the sugar syrup to the flour and mix well till the ghee separates.

The sugar syrup should be almost 1string consistency.

Stir the mixture continuously till everything is mixed well. At the same time add pinch of cardamon powder and raisins. Now pour the mixture into a greased plate and spread it evenly. Add chopped dry fruits over them. Let it cool down and next cut diamond or square shape pieces from it as per your choice.

Dry Mango Pickle:

- *1 small finely chopped mango**
- * 3 tsp jaggery**
- *1/2 tsp red chilli powder**
- *1/2 tsp coriander powder**
- *1 pinch turmeric powder**

Heat it all nicely till the jaggery melts, then remove from the flame.

Rice is cooled by adding salt while boiling.

Chaas:

3 tbsp curd beaten and add 1/2glass of water, add salt to taste and roasted Cummins powder.

Enjoy your delicious meal with salads, pickle, chaas and dessert!



Falguni Thakkar
Award Winner Chef
& Author of Hand to Heart



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A Sunflower

In a beautiful garden there lived a flower.
He danced and glanced under sun shower.
Sunflower was charming, sweet and gay;
The butterflies and bees made his day.
One morning, there was no shower;
He lost his luster and power.
The rain did no good to his mood;
gloomy, despondent, bedraggled he stood.
After the rain, woodland bloomed with joy.
Leaves be sparkled and up flew a Viceroy!
Sunflower danced with joy when the sun shone,
A sunflower can never be alone.

By Moin Khan Pathan





**SquarePetals
Online Contest
T20-21**

SquarePetals Princess India T20-21

PRAPTI SARBALIYA



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**SquarePetals
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T20-21**

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'Miss India' T20-21

DR. HIRAL JOSHI



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'Style Icon' Prince

T20-21

MIHIT PATEL



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Cool 'n' Confident Princess

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JHANVI SUGWANI



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Ms. Cute Princess

T20-21

VIHANA BHATIA



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'Miss Lovely' T20-21

AKANKSHA BISWAS



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'Miss Proficient' T20-21

KHUSHBU NAGLE



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'Miss Confident'

T20-21

KAJAL GEWANI



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'Mrs Super Talented' T20-21

SHAILJA CHANDER



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'Mrs. Charming' T20-21

SAMPRITI THAKUR



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'Mrs. Dynamic' T20-21

SEJAL RAY



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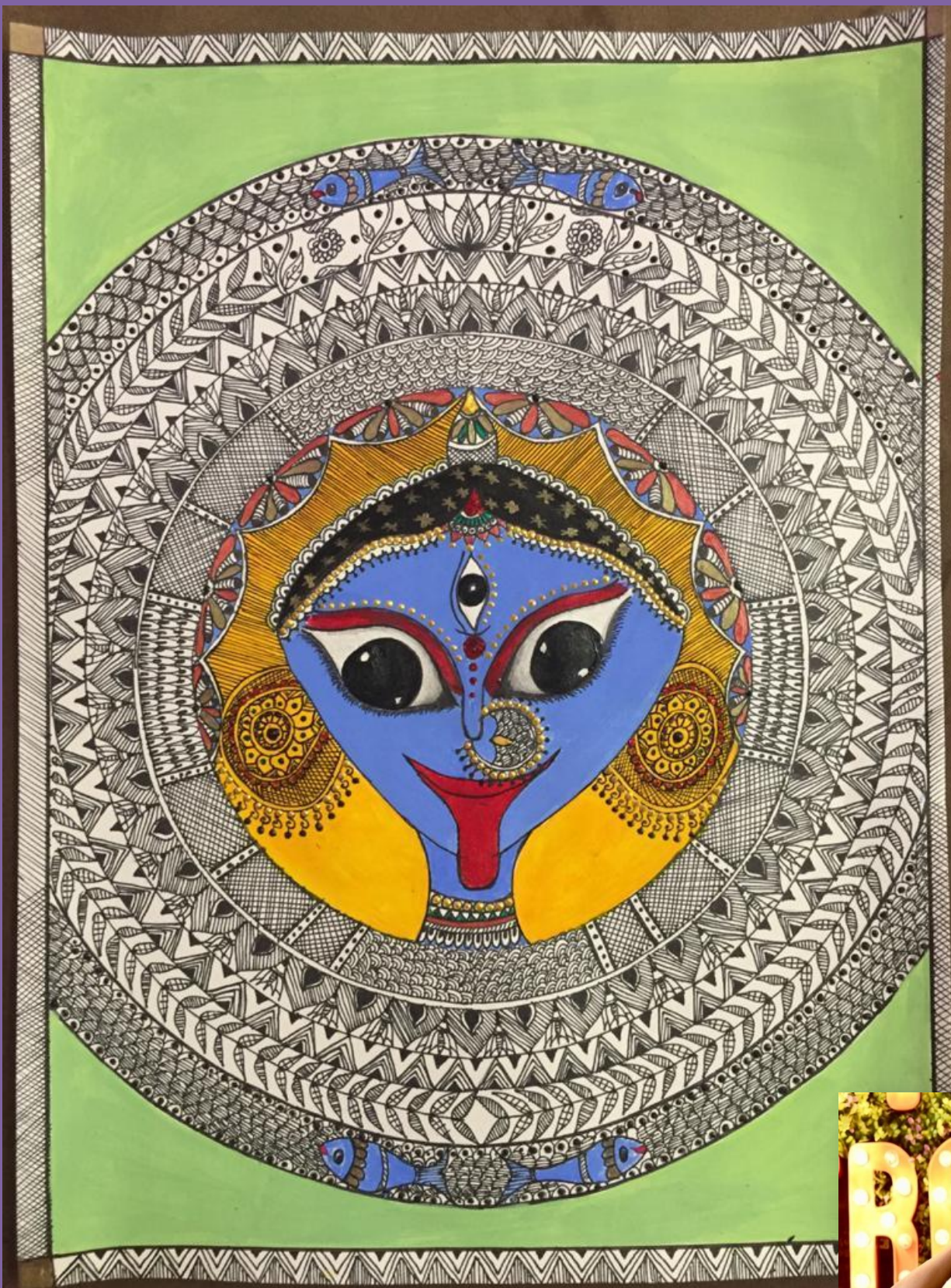
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TOP TREND



Cola versus Water



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MONIKA MEENA

Mrs. India Worldwide Popular
Haute Monde 2018

June

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