

your home but journeys within as a glow of

goodness - via an ECO-FRIENDLY Diwali,

10 WAYS TO A CONSCIOUS DIWAL

EXPERT SPEAK

his is the time when most

neonle invest in new elec-

tronic goods - mostly as

an indulgence than as a need.

GO GREEN

First check if your

■ Look for a local

card it in a safe and

■ Buy from a company that

responsible manner

follows good practices

Always question your purchases. Do you really need

a new phone? Do you need a smartwatch just

device can be repaired

e-waste recycler to dis-

iwali involves a lot of house cleaning in

order to appease Goddess Laxmi. But

did you know that household cleaners

are the major cause of

indoor air pollution?

Most contain

some or the

TAPER OFF: If you're having difficulty letting go of crackers completely or it feels like a drastic change to you, create levels where you

GIFT HOMEMADE: Gift giving is a huge source of plastic trash during festivities. Keep things in reusable containers, or look for brands with better package

ing practices. Gifting homemade is the best. SHOP RIGHT: Buying and shopping brand new during Diwali was a tradition that made sense when we lived in an era where we only shopped 1-2 times a year. But in today's times of excess, there is no shame in skip-

Ling fabric buntings and

torans, flowers, soy candles,

traditional terracotta diyas

etc. Spend time with fami-

ping and using

something you

already have

"Diwali shopping as a tradition needs this day and age of over-consumption'

ith growing awareness, crackers and loud parties are out. If you have a stay-at-home Diwali this year (like most of

GO GREEN ■ Play board games. Some exciting new games to try

are Star Trek Scrabble, Farscape - The Unofficial Board Game, Doctor Who: Time of the Dalek, The Big Bang Theory: The Party Game

■ Try Dominoes that also earn you bragging rights on social media Go for green crackers that are designed to have only 30% less particulate matter pollution

POSE: Using ess plastic may seem unavoidable, so **Zero**smart

The pandemic has

taught us how we can be a conscious citizen of the world by taking care of everyone around can be planted. us, so why leave the

uring festivals, it is observed, there's a two-fold increase in the quantum of

Consume mindfully. You can halve your waste

A 2018 report

to make it easier for the garbage pickers to figure out disposal Compost what vou can

lights, keep for a shorter dura-

other form of alcohol, ammonia, chlo-

rine, petroleum-based solvents and when they go into the water stream it can create disruption in life forms in

GO GREEN

■ Use water, white vinegar, lemon to make your own

Trawl the net for an eco-

friendly recipe for cleaners ■ Use citrus waste to start your

Switch to cloth dusters and/or

are now easily available online

coconut coir scrubs to clean surfaces ■ Buy eco-friendly products that

multipurpose cleaner

BioEnzymes project

to Centra

Pollution Control

Board report 2019-20,

ndia generated 10lakh

ton of e-waste, third-

largest after China

and US

because your friend has?

tion. Don't buy new ones

id you know only 9 per cent of all the plastics ever created have been recycled? All the more reason to skip plastic decorations this Diwali.

GO GREEN Choose flowers ■ Instead of plastic lanterns, opt for bamboo or earthen ones Don't use any disposable decorations like tinsel bunting – neither

rations since it is made out of polyvinyl chloride (PVC) film ■ Choose paper or fabric buntings ■ Use an old silk dupatta as a table cloth or an interesting fabric as a

compostable nor recyclable, tinsel

is one of the most hazardous deco-

Colour capers

angoli has become par for course for Diwali. Most rangoli colours use structured polymers like acid, mica, and glass powder. These chemicals are nonbiodegradable and cannot be removed from waste water using traditional procedures.

GO GREEN ■ Use natural colours and dyes like rice flour,

turmeric powder, kumkum, lime, flower petals and leaves which are biodegradable Avoid glitter in any form. It is made using plastic sheets and creates microplastics

Avoid stick-on rangoli as that uses plastic sheets

ly and friends 2 Using recycled and reusable decora-

tion elements are the key. Like Katran washable torans, washable

rugs, natural flower rangolis, which can be composted after use. 3 Wrap your gifts in reusable gift wrappers like fabric wraps, or recycled paper wraps, or single paper/fabric bags which could very easily be repurposed or reused for various applications. Soharia is a professional upcycle

"Whether it's the packaging, the ingredients or how it was sourced – we need to become

EXPERT SPEAK SAHAR MANSOOR, CEO,

BUY LOCAL: Support small those who are truly trying to help local communities or businesses attempting to make poscan all decrease our impact this Diwali. Tip: Buy jam/pickle GIFT A PLANT: Bringing na-DON'T HAVE A BLAST: If

ture into your home can bring you have to burst crackers, opt for less polluting ones and burst them in open areas away from residences. But we need to be

mindful to support

THINK REUSABLES: Greeniwith reusable cutlery and plates. Not only does it divert waste from our landfills, but SEGREGATE YOUR WASTE:

this wouldn't be possible with-

GO GREEN

any longer!

Use recycled wrapping paper and bags.

Use newspaper or cloth if you have to. People are not judging a gift by its cover

the other person will appreciate it

This is quite self-explanatory Visit sites like Daily Dump to understand more Diwali is about showing grati-



Shop smart

ays that clothing use is

ing 20% of their

■ Buy pre-loved. It's not second-

it is as legit as first-hand shop-

only worn 3-4 times a year and

Buying pre-loved saves 6

cousins and create a swap

pool for your Diwali dress

ga from last year and

Restyling old

crisp white shirt or a

■ Swap. Get with your

hand anymore. Pre-loved,

iwali is an endless cycle of buying – gifts, clothes, food, etc. While not all of it can be avoided, there's always a way to shop mindfully.

GO GREEN

Make a careful shopping list. Or set a challenge like only

Support local. It also cuts down on packaging

■ Make a list of 4-5 'green' brands to shop from Avoid last minute shopping. Unplanned shopping is wasteful shopping

Carry your own bags to carry the spoils home

10-item shopping lists

Noise concellation

us), we have got you covered.

ds above 85 dB es hearing protec According to a CPCB ort. noise levels dur

move would be to use like using earthern diyas in the plastic that can stead of glittery ones, find be repurposed for ingout and donating all the home utility or as a marigolds used in the puja SIMPLE SHIFTS: sticks and rangoli colours

to NGOs that make incense out of them; making home made mithai and passing them on in re-usable boxes Gift plants and write your wishes on seed paper that

garbage generated.

GO GREEN generation at the inception, so plan carefully.

■ Segregate carefully found that Diwal

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." — Martin Luther King Jr.



RAMESHWARAM

Rameshwaram inspires

me as I have many questions about the Ram

> Setu bridge, and I hope to find the

answers one day.

Boys High School,

Siddharth Kothari, class X, St Joseph's

ameshwaram is

the place where

Hanuman and his army built a stone bridge called Ram Setu.

According to legends,

after returning from

Lanka, Sita built a

Shiv Lingam here on which the temple of

Rameshwaram

standing today.



FOOT TRAIL....

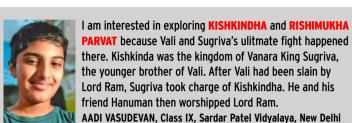
In a bid to enlighten people about India's deep-rooted culture, and to integrate mythology with science, President Ramnath Kovind inaugurated the Ramayana Circuit this year. This stretch comprises cities across the country — from Ayodhya to

Rameshwaram – that are believed to carry Lord Ram's footprints. This Diwali, let's revisit the places mentioned in scriptures

KISHKINDHA/ HAMPI

🖊 ishkindha,also known as 🏻 tales of Hanuman and Ram. Most Anegundi, witnessed ma-Aneguna, wanted jor events in the life of Lord Ram. It was said to be the **'KINGDOM OF MON-KEYS'**. They later helped Lord Ram in defeating Ravana. It is near Hampi, the birthplace of Hanuman. Temples here are adorned with

of the events mentioned in 'Ramayana' are believed to have happened around Hampi and Anegundi. Rishimukh Mountain is a significant place where Lord Ram met his devotee and friend, Hanuman, for the first time.



Telangana

BHADRACHALAM

arnashala village, near Bhadrachalam, is said to be where RAM KILLED **DEMON MARECHA**, who came disguised as a golden deer to deceive Sita. As per mythology, Ravana abducted Sita from Paranashala and took her to Lanka in a Pushpaka Vahanam. Devotees visit Seethamma Vagu, where Sita used to bathe and dry her clothes

▲ Chhatlisgarh

JAGDALPUR/DANDAKARANYA

t is believed that this region used to be the ma-Lternal home of Lord Ram and the birthplace of Mata Kaushalya. According to mythology, Lord Ram, Sita and Lakshman, had spent 10 years of exile

in the Dandakaranya region of Bastar, the name of a forest mentioned in Ramayana. IT WAS RULED BY THE DANDA KINGDOM, A STRONGHOLD OF THE RAK-SHASA TRIBES. Apparently, it was a state of Lanka Kingdom, ruled by Ravana's man, Khar.

MAHENDRAGIRI

'ahendragiri is mentioned in the 'Puranas' and 'Ramayana' as Mahendra Parvata (mountain). It's said that Parashurama was mediating on Mahendragiri when Lord Ram broke the sacred bow of Shiva. Mahendragiri is situated in Gajapati district, Odisha. Mahendragiri is also considered as a 'Kula Parvata' (mountain associated with a certain tribe) along with Malaya, Sahyadri, Parijatra, Shuktiman, Vindhya and Malyavaan.

NANDŒRAM

uring the exile of Lord Ram, King Bharat ruled from Nandigram instead of the capital Ayodhya. According to 'Tulsi Ra-

gram and not Ayod hya, that first received

Lord Ram when he returned AKUMAR, Class XII, Ryan Int'i School, Kandivali, Mumba

mayana', it

was Nandi-

🌢 Maharashtra 🕽

PANCHVATI

known

before Ramayana pe-

riod. Legend states

'Nashik' is derived as

LAKSHMAN HERE.

Panchavati

the name

ccording to mythology, sage here. It is believed that here, the sage was disturbed during a yagna by the shasi Tadika was killed by Lord Ram.

DARBHANGA (AHALYA ASTHAN)

BUXAR

Vishwamitra the family guru of Lord Ram, had his ashram demons. Buxar is the place where Rak-

with Ram's ring.

near Janakpur, the disputed birthplace of

Sita, fascinates me. It is believed that fos-

silised fragments of lord Shiva's bow, which

was broken by Lord Ram during Swayamvar is worshipped

ATIKA in Sri Lanka is a place that fascinates me as it nar-

rates the story how Sita, after being captured by Ravana, waited anxiously for Lord Ram. Also, Hanuman visited the place ressuring Sita

here. Also, it's just a few kilometres away from Janaki

Mandir, where the Swayamvar took place.

SAI KRISHNA PRIYA R, class X, GTA VM,

halya Asthan, a temple in Ahiari village near Darbhanga city, is also known as Ahilya Gram. The tem-ple is dedicated to Ahalya, wife of Sage Gautam. According to 'Ramayana', Indra, the lord of the celestials, one day, entered Ahalya's cottage impersonating as sage and urged her for solicitation. As fate would have it, the untimely return of the sage Gautam led to Ahalya being cursed and turned into a stone. After years of penance, Lord Ram freed her and helped her reunite with the sage.

NAGPUR

SURPANAKHA'S NOSE (NASHIKA) WAS CUT OFF BY

n top of a mountain near Nagpur, sits Ramtek Temple. According to legend, Lord Ram resided on this mountain for a while. As per Ramayana, Lord Ram built a hut to rest at a place not far from present day Nagpur, and it was there that he took a vow to get rid of all demons. Years later, scholar Kalidas composed 'Meghduta' at

AYODHYA

e birthplace of Lord Ram, Ayodhya is said to be one of the oldest civilised cities in the world. According to scholars, AYODHYA WAS THE CAPITAL OF KINGDOM OF KOSALA. The capital city of Kosaldesh was ruled by various eminent kings such as Ikshvaku, Prithu, Mandhata, Harishchandra, Sagar, Bhagirath, Raghu, Dileep, Dashrath

The ghats on River Saryu was constructed by Raja Darshan Singh in the first part DID YOU of the 19th century. As recorded in the 'Ramayana', Manu, a mythic man, founded Ayodhya

I'd love to explore AYODHYA,

capital of the ancient Kosala

Kingdom. It fascinates me as I

am interested in knowing about

that era, and study

the town's complex

architecture replete

with cultural history.

RAKSHIT DUBEY, class X,

hringverpur, near Alla-

Kingdom of Nishadraj

(boatmen). Ramchaura is

said to be the place where

Lord Ram stayed overnight

before heading to forests.

Nishadraj washed his feet

here before steering Ram

across the Ganga in his boat.

habad, is known as the

Zebar School, Ahmedabad

SHRINGVERPUR

PRAYAGRAJ

rayagraj, renowned as the greatest pil-

ceeding to Chitrakoot during their exile.

Mythology claims Lord Brahma performed 'ya-

grimage, is where Lord Ram, Sita and

Lakshman, spent some time before pro-

jna' to purify the

atmosphere

when he created universe.

Hence, the name

Prayag, the place

of 'purification'.



I am interested in exploring AYODHYA, as there are so Hanuman Garhi, the Saryu

River, Nageshwar Nath Temple, Kanak Bhawan (where Goddess Sita lived) and Sita Rasoi (where Goddess Sita

many stories unfolding

cooked food).

within the city - be it

UDISHA TIWARI, class XI, CMS GN2, Lucknow

JANAKPUR/SITAMARHI

dess Sita, who was the daughter of King Janak. **GODDESS SITA.** In the pres-

Janakpur.

anakpur is said to be Janakpur is in Nepal, the birthplace of God- around 20 km from the Indian border. Devotees visit Sitamarhi, in Bihar, Sita's JANAKPUR WAS WHERE native place, on the occa-

LORD RAM GOT MARRIED TO sion of Vivah Panchami, and then head towards

CHITRAKOOT

hitrakoot is mentioned in Ramayana as the place where **BHARAT** CAME TO INFORM LORD RAM ABOUT THE DEMISE OF KING DASHRATH AND TO ASK HIM TO RETURN TO AYODHYA. This sequence in 'Ramayana' was stated as Bharat Milap. In the present time, Chitrakoot lies between the states of Uttar Pradesh and Madhya Pradesh. This town is full of temples dedicated to



In the epic 'Ramayana', the Kingdom of Mithila fascinates me a lot. Mithila does not boast of grandeur or magnificence, but it has a charm of its own, his-

> that time. SHRIYAA GANGOLI, Class XII, The Heritage School,

> > Kolkata

torical value and arts of



"All darkness vanished, when I saw the lamp within my heart." — Kabir

CLICK HERE: PAGE 3 AND 4



SMILE & BRIGHTEN LIVES Light from within. How do you achieve that? Help

others, go the extra mile to make a difference in someone's life, smile and say hi to more people, lift up the energies of the room you walk into, crack a joke, be a listening ear, give benefit of doubt to everyone who errs, accept your mistake, thank everyone and fill your life with gratitude. Keep shining and brighten Diwali for everyone.

NITI TAKKAR, Creative Communication Head, The Shri

Ram Universal School

REBOOT POSITIVITY

For me, Diwali has always been synonymous with renewed positivity. With the cleaning and decking up the house with lights, you are reminded to ward off the negative aspects that have been quietly stacking up in your mind and replace it with good thoughts and energy. The festival also brings family and friends closer and serves as a reminder that we all have people we can count on.

POULAMI MUKHERJEE, Events Coordinator and English Facilitator, Vista School

FOR A BETTER TOMORROW

Diwali reminds us that all is not lost when humankind's hope in its own future is still strong. This was evident from the way almost all the nations collaborated with each other in the fight against Corona. Diwali spreads joy and happiness in children and adults alike. While thanking God for the mercy shown by him, we must take necessary measures to contain any further spread of the virus. Let's hope to build a better tomorrow.



KOSOORI, Facilitator, Edify World School, Balapur

CONNECT WITH INNER SELF

In today's hectic times, we all carry anxieties within. We can train ourselves to be cool and calm in adverse situations. This is possible only if we try to deeply connect ourselves with our inner self, we should learn about inner engineering. All human beings are unique. Acceptance of the consent of different people with a smile on our face should help us to grow emotionally, socially, mentally, and physically.

> ANUNIDHI SHARMA, NIE Coordinator, Jain Heritage A Cambridge School, Kondapur

HAPPINESS QUOTIENT

Diwali is a festival of lights and it becomes real only when the light of happiness is spread across the country. True happiness depends on how happy we are mentally, socially, physically and spiritually and not the materialistic riches. This Diwali, commit yourself to spend time with loved ones, involve in kind deeds, help small business people, follow safety measures, become a guiding light for those who are less privileged and celebrate eco-friendly Diwali bringing harmony in the community.

JYOTHI REDDY GHANTA, Founder Principal, Director of Education, The Shri Ram Universal School

STAY HAPPY

Diwali is a festival of light, hope and positivity. We need to believe in ourselves to stay hopeful and happy. To become mentally prosperous, we need to be physically prosperous first by being calm and happy all the time.

G ABHIRAM, class VIII, Sister Nivedita School, Ameerpet



Bob Marley's words "You never know how strong you are until being strong is the only choice you have" have become the gospel truth of present times. Diwali marks new beginnings and also the triumph of good over evil. The biggest evil looming over us today is the depreciation of our mental health due to the pandemic. Accepting reality is the first step towards maintaining composure. Asking for help, when needed, and offering it whenever possible are the tools for achieving mental prosperity. Being mindful is the key to being joyful!

> SULAGNA DAS GUPTA, Sr. Sec. Faculty of nglish, Birla Open Minds International

LIGHT UP HEARTS

On Diwali, when everyone decorates their houses with lights, it brings hope, just like it did for the people of Ayodhya. So let us grab this opportunity to rejuvenate ourselves, to reflect over how much we have grown in these past years and reminiscence about

all the good memories. Let us hold on to that very hope that things will improve despite the pandemic, and remember that come what may, we are in this together. Let's brighten up our houses and light up our hearts.

NIMISHA T, class XI, Fiitiee Naravanaguda

Let the bright lights of Diwali dispel all the despair surrounding the pandemic, let the festivities ring in a renewed sense of hope, happiness and joy around us. Let the world rejoice once again in a burst of rangoli

colours and the sparkling lights of the diyas. Let this Diwali....



POSITIVE AURA

Self awareness is the first thing which can keep a person mentally healthy. Knowing your self worth, always trying to make yourself better are something which result in personality development. Having true friends who spread a positive aura is always very helpful to cheer oneself up whenever needed. This Diwali, let's make ourselves and people around us happy.

TRISHA BOORUGU, Delhi Public School, Nacharam

HAPPINESS ALWAYS



with sugar, spice and everything nice. The most important thing is to focus on the moment and be joyful. We shouldn't forget to be mindful. We should focus on thoughts, emotions and people that make us truly happy and content. We should surround ourselves with people we love this Diwali to stay positive and happy.

MANJARI PARUCHURI, class X. Delhi School of Excellence, Attapur

KINDLING HOPE

Diwali is a festival of togetherness, a festival which lights up the smiles of people around the world. We are in the midst of the Covid pandemic, we are in this together. We need to become strong; mentally and physically. Just as a ray of light brightens up a dark space, we should also brighten up our path and times to come with the flame

of hope and a positive approach. Let us play a role of kindling flame, not only in our lives, but in others life too and help each other in tough times.

Madhapur

EMBRACING DIVERSITIES

May this Diwali bring the much desired calmness and peace in our societies and hope we learn to appreciate our differences. Let our diversities lay the footprints of a more tolerant India. May the multicoloured rainbow painted flowers of our beautiful garden, each colour symbolising uniqueness and positivity, blend into the most colourful piece of art that our country is, making our nation the most fragrant one in the universe. We owe it to our future generations a great festival exemplar.

DIPTI JOSHNA, Principal, Edify World School, Balapur

LIGHT UP SMILES

Diwali lights our lives with happiness. I personally believe this festival gives a lot of mental relief because it brings with it a fresh vibe, it gives us the courage to believe in ourselves, it brings a smile on faces and the sweets I share with my neighbours are an a sign that I will make more sweet memories with them. Whenever I light the dias they are the indications that our lives will grow bright to the brightest.

> MAHITHI REDDY, class X, Edify World School, Hyderabad

ILLUMINATING SOULS

Diwali is a festival that illuminates the earth, skies as well as our mind and soul. It spreads happiness everywhere. The entire country transcends into a land of myriad lamps. During these pandemic times it becomes more important that we help those who are going through a rough patch by touching their soul and lend an ear to their problems. Let's celebrate this Diwali as a reminder of spreading the light of love, family and positivity for all.

ARCHANA THAKUR, Teacher- ELA, Birla Open Minds International School, Kollur

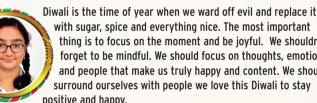
DISPELLING EVIL FORCES

One of the legends associated with Diwali that Lord Krishna killed demon Narakasura to free the Gopikas, in a way signifies that we have to fight the evil forces within us by following the path of righteousness. It is all about discovering the knowledge of our infinite potential and dispelling ignorance. We need to cope with disappointments and focus on the good which can boost our mental wellbeing. Appreciating the joyful little moments which will reflect on all we have to be grateful for can really lift our mood.

DHANASHREE, Teacher, Niraj Public School, Hyderabad

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BRIGHTEN LIVES

In these tough times the festival of happiness and prosperity enriches our minds. As Diwali spreads light over darkness, the zeal and togetherness will spread over and overturn the tough pandemic time we are facing. The lights, gifts and sweets will usher the positive vibes around us, giving mental embellishment and peace to our stressful lives. The lamps and diyas will brighten our lives, the rangoli will add more hues, and our hearts will become free of darkness and be abundant with liaht. SARA JOSHI, class XI, Fiitjee,

Dilsukhnagar



debaters and experts



GRADES 3-12

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DIY DIWALI



great DIY hack to jazz up your festive parties. Your friend will relish this handmade gift going from one kitchen to another. Infuse a good quality olive oil with dried herbs and spices. Use Italian spices like oregano, rosemary, basil, and add to that assorted peppercorns or red pepper flakes. Pour in a bottle, cap it, and place in a dark cupboard to infuse for 3-4 weeks to let the flavours develop. Strain and refill and you're set. The oil will last at least a year.



HERBY HONEY

itch the overtly sweet mithai for home-infused honey jar for gifting. Filling jars with beautifully scented herbs and then topping them with golden, gooey honey is super fun. Use dried lavender, peppermint, chamomile or thyme leaves to over the base of the jar and pour organic honey on top.

BREAD

veryone knows a good bread today, thanks to the pandemic. And most even know how to bake one. The showstopper in recent times has been the garden focaccia. This no-knead bread is a snap to put together and no matter how you arrange your produce on top, it'll be a work of art. All you need to do is pick a few herbs from the garden and grab some fresh sundried tomatoes, rosemary and olives. You could bake one and gift it or be a little more creative and put together a garden focac-

cia art kit with a manual.

o your loved ones a big favour - gift them a jar full of super nutritious trail mix. They will remember you and thank you every time they are on a hike, on a long road trip, at their breakfast table or prepping for an exam late at night. Almonds and dark chocolate give a seasonal sweetness, balanced out perfectly with salty, crunchy pumpkin and sunflower seeds. You could also use oats, raisins, black currants, dried cranberries and walnuts.

from your herbarium at home. Don't stress, it's a lot of fun and doable too!

FLAVOURED

best seasonings for salts. Spread the grated zest on a parchment-lined baking sheet, then dry in an oven set to 170F for about 10-15 minutes. Once the zest is dry, gently crumble it with your fingers. Transfer it to small mason jars, tie with a ribbon and attach a card that includes some ideas for using the salts.

Recycle used wooden crates or wicker boxes kept at home to serve as your gift hampers

FRUITY VINEGARS

omemade fruit-flavoured or herbal vinegars are the hottest healthy item on gifting list this season. Frozen fruit works better than fresh fruit since it breaks down and releases juice more readily. Put frozen fruit in a non-reactive bowl and pour vinegar over the fruit. Let it set a couple of weeks to steep. Then, filter it through cheesecloth.



EASY MITHAI RECIPES BY CHEF DHRUV NIJHAWAN

Kala Khatta Motichoor

INGREDIENTS

■4 motichoor ladoos (from market); ■ 1/2 tsp chaat masala; ■1 tbsp kokum puree (order online); ■ 1/2 cup chopped pista for coating = 1/4 tsp black salt

METHOD

Crumble a ladoo in a bowl and add in the kokum puree, chat masala and blac salt. Mix well.

Once mixed togeth er, roll the mixture back in a ladoo shape, and toss it in chopped pista to coat the ladoo properly.

Khoya Coconut Barfi

INGREDIENTS:

- 1/2 cup desiccated coconut
- 1/4 cup khoya
- 1/4 cup condensed milk

Grate khoya in

a bowl.

Heat a non-stick pan and add in the khoya till it's soft followed by adding in the desiccated coconut and condensed milk. Let it cool down for 5 minutes.

Once cool, add honey and mix well. Line a square tin or a glass square pan with butter paper and add in the mixture. Keep these in the fridge for 30 minutes before cutting in desired shape and size.

> (This recipe should be attempted under the supervision of an adult)

Dig into ancient skincare secrets

estivals are a great time to indulge in some pampering skin and haircare rituals. Experts promise you beautiful skin and lustrous hair with their very special yet

Exfoliate for a new you

easy DIY tips...

"Exfoliation or removal of dead cells is a powerful body cleansing procedure," says wellness and beauty expert Shahnaz Hussain. Before winter arrives, indulge in some wholesome body skin renewal with 'Luxury Body Scrub' recipe.

seeds, 6 tbsp ground mint leaves, 1 tsp olive oil, some honey, and curd. Add honey, curd, olive oil to sesame seeds and mint to make a hydrating scrub for your arms, legs and feet.

moisturising properties.

Take 3 cups of crushed sesame

good,

because... ■ Sesame seeds soothes sundamaged skin. ■ Mint refreshes skin, and honey, curd, and olive oil have deep

FLOWER POWER TO BAN BLEMISHES

■ When you buy marigold flowers for Diwali decor, save one to make an exotic face pack. Here's herbal expert Marigold Suparna Trikha's luxe marigold has natural recipe: "Grind petals of 1 marigold agents that help in flower with some milk and 1 teaeducing blemishes. spoon oatmeal. Apply on your face It's also great for for 10 minutes and wash off." emoving dry/rough

TOP TIP FOR HAIR

"Mix some water with creamy hair condi tioner and put it in a hairspray bottle. Spray the mixture on your hair and comb well (so it spreads through the hair). The result will be shiny hair, minus flyaway strands," advises Hussain



Handcrafted decor over

store bought

You don't have to burn a hole in your

pocket to brighten your home with interesting diyas and lamps. Interior decor expert Barsha Sharma's guide for fun Diwali special decor will 'light up' your space with just a little effort...

WHEATFLOUR DIYAS

bowl.

Material required: Wheat dough and shape it like a flour (atta) and water ■ Knead wheat flour dough like you would for rotis but with

wick. Make sure the consistency is solid, not much thicker consisis a one-ingredient diya, and all you tency. need is some wheat ■Take a flour. You can, of small

■Let it dry in sun for 3-5 hours. Once dry, paint them course, jazz them up in bright

■Pinch one side into a

small lip to hold the



PAPER LANTERN

Material required: Coloured paper of A4 size, a thin cardboard, paints, scissor, a pencil, glue, doublesided tape, regular tape, old artwork (optional)

How to make: ■ Starting from one

corner of the old newspaper or leftover gift wrapping paper, make diagonal folds till the end. ■ Unfold the paper and repeat the same from the opposite corner (there will be diamond-shaped formations in the paper). Roll the paper and paste the sides with doublesided tape. ■ Using the circle of the base of the lantern, cut out a circle from the cardboard.



Fix this circular cardboard at the bottom, with double sided tape. ■ Put a regular tape on two opposite sides of the opening and punch a hole, so that the paper does not tear. Insert a string through the holes and tie the ends. Decorate the outer side of the lamp by sticking artwork or painting it. Your lantern is ready to be used on Diwali.