# ARBIT it happens here...

# **#ALL-TIME-FAVOURITE**

# Chocolate Milkshake Day

Go out for a chocolate milkshake, or make one of these delicious creamy treats yourself. Lactose intolerant? Try a substitute milkshake with soy, oat, or nut milk.



n 1885 a wonderful thing happened: the term "milkshake' was first recorded and introduced into the dessert world. While it is impor

tant to know that the milkshakes of that time were a much different creation than that which are commonly consumed today. they still served as the predecessor to the beloved modern chocolate milkshake.

At that time a milkshake referred to something fa more akin to what

is often now called "Eggnog" which was a mixture of eggs, whiskey, and a variety of spices and flavourings. It didn't take long for that to change as, in the 1900's, the word milkshake" became a term for a much more wholesome beverage. The ice cream was still not officially part of the mix yet, though it was commonly ordered along with the drink

While getting closer, it wasn't until the invention of the electric mixer that the milkshake as we know it came to pass. In fact, the histories of these two are intricately connected as both came about in

As may be fairly obvious by now, the chocolate milkshake actually predates the milkshake as we know it today, but it truly reached perfection once ice cream became a natural part of the drink. The story goes that a

Walgreens employee in Chicago got a little crazy and decided to put two scoops of ice cream in a chocolate malt which was made using an electric blender. After that the drink quickly became a hit all throughout the United States. The rest is milkshake history!

What is often unknown is that milkshakes were not always called milkshakes, in the 1950's they were called frosted drinks, cabinets, velvets, or frappes. But no matter what they are called, all around the world people should take this day to delight in everything to do with

Chocolate Milkshakes! Here is a super easy, quick and yummy recipe to make



Chocolate Shake with cocoa powder, milk, sugar and chocolate ice cream.

## For the cocoa syrup

- $\frac{1}{4}$  cup water warm • 3 tablespoons cocoa pow der • ¼ cup sugar or add as per
- taste Other ingredients
- 2.5 cups whole milk cold • 6 to 8 ice cubes – optional • 2 to 3 scoops chocolate ice
- cream optional • 2 to 3 tablespoon chocolate sauce – optional

## Preparation

- Making cocoa syrup 1. In a small bowl, take warm water.
- 2. Add 3 tablespoons cocoa powder. You can also opt to add 2 tablespoons cocoa
- powder Next add sugar. You can add sugar less or more according to your taste
- preferences. Mix very well so that the sugar as well as the cocoa powder is dissolved in the warm water.
- Making chocolate milkshake Now pour this cocoa syrup in a blender or mixer. 2. Add some ice cubes and
- 2.5 cups milk Blend till smooth. Drizzle some chocolate
- syrup at the sides of glasses. This is an optional Pour chocolate milkshake
- in glasses. 6. Then add a scoop of chocolate ice cream. 7. Serve immediately.
- VANILLA

CHIP

CHOCOLATE

**MILKSHAKE** 



My Ma gave me, her eldest boy, to a man, she said he will take care of you I have too many mouths to feed, maybe you earn something for us I beg at traffic lights, day and night I go to the car windows, I have learnt how to look helpless I like dancing in the rain

We milk coins from the cars owners My master keeps us in his sight The one who cannot beg enough coins goes without the only meal we get at night I like dancing in the rain





The first monsoon showers arrive The fragrance of the earth will waft up now On a whim, I saunter into the rain And walk at a pace my age will allow

I unfurl the umbrella, a gentle tapping of raindrops starts Where is the fragrance of the moist earth It is lost to roads and concrete jungles It is lost to development for all it's worth

The rain is heavy now, a faster pitter patter The drains brim with fast flowing water As children, we would float paper boats Now what floats are only plastic bags and plastic matter

I close the umbrella, let the rain drench me As children, we were shooed to the rooftop by our mother Remove your clothes and dance in the rain

Now I am ankle deep in water I am careful at every step An open manhole may lurk underwater somewhere

A fallen branch of a Peepal tree, I sidestep

One has to let go for once Shower water on yourself from dripping branches Let the child in you be out for once.

# **Pawan Shorev** (Doctor naturalis

season in India evokes such myriad emotions as the monsoon season. It is at once an exhilaration to see dark clouds when sweltering in searing heat of the summer. It is a sign of hope and suste-

nance for the farmer. The earth wakes up, there are new germinating plants, new shoots on trees and a feast for birds as insects swarm the air. This time of plenty is also the breeding season of the birds. It is a time of outdoor forays for us, a time for picnics, 'Goths', etc. It is also a time of calamities, of floods, of destruction Some have likened the mon-

Watching the rain from my window



I wake up to thunder at dawn I look out of the window Everything is cloaked in blue light It has not rained though

I look around me My small room, my special stroke bed I ring the bedside bell A person comes and elevates the head

A light shower commences It's exhilarating to see the raindrops fall Raindrops cling to the overhead wires and travel ahead Till they merge into a big raindrop and fall

I suffered from stroke, I live alone I am in an old peoples' home now My son lives in US, he arranged everything on phone Don't worry Ma, you are stable as of now

A spider web has caught the raindrops They shimmer like pearls in morning light The trees sway to the rhythm of the rain Their washed leaves so green and bright

Raindrops tiptoe on the leaves A gentle patter comes through Memories tiptoe in my being, My son says, I am in US, I still take care of you

Wind picks up and there is a raging storm Thunderbolts light up the lawn Broken branches and uprooted trees everywhere I have never seen such a stormy dawn

I don't need vour money. I can live by But now. I want you by my side Alas, vou are always very busy My life is now an ebbing tide

I don't want to live here anymore I want to breathe my last on my bed at home I ring up my son in US am in a meeting, he says Anything important Ma? He hangs up I look out of the window The rain has turned gentle now

soon to a women. She is a demure girl with downcast eyes when the soon arrives. She is a full blooded, fecund woman ready to take on the world when the monsoon is at its peak. She is Durga, eager to destroy and decimate when excessive rainfall is unleashed as floods. She is a frail old woman, tottering in her steps when the monsoon is weak and

## I like dancing in the rain



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We milk coins from the cars owners My master keeps us in his sight The one who cannot beg enough coins goes without the only meal we get at night I like dancing in the rain

Some car owners feel for us A Madam brings us biscuits and clothes They are snatched away by our master Or by a policeman in plain clothes I like dancing in the rain

The madam from child shelter homes Comes to us, we will help you, your life is so hard We flee at the sight of their wagon We have heard stories of bullying and beatings by their guards

At night, my master invites the girls to his bed Our eyes half closed, we pretend we are sleeping There are shrieks, there are cries in pain Till they come to the floor weeping

I like dancing in the rain I like dancing in the rain I imagine I am going to school My stomach is full I am kicking football I am living in a house, not a chawl

As the rain pours down on me I forget for a moment who I am I keep dancing in the rain

# **BABY BLUES**





The heat rashes on your back will disappear The fun of walking in the rain is still there

# THE WALL





## **Gym Dav**

or those who are already loving going to the gym or for those who know they want to, Gym Day is the ideal time to show some celebration and appreciation for the motivation and community spirit that comes from working out at a local gym. The whole point of the day is to inspire people to move! The purpose of observing Gym Day is to encourage people to take care of their health. Being active not only helps with physical health, but also mental health, confidence and even social connections.

# **#MONSOON**



retreating. All in a poet's imagination. The following five poems represent different societal strata and the way monsoon evokes emotions in them. There is a street child, there is a prostitute and there is a lonely, ailing mother waiting for her son to be by her side. These poems may evoke different emotions in different people but they all celebrate the monsoon season.

I like dancing in the rain



Whispers of a fallen flower



A pink flower falls on the wet ground, forsaken It looks up at the mother tree You used me to meet your ends Now I am of no use to you, you shed me

I lie on the cold floor of an unlit room Ravaged by customers through the night Ma. I was vour first born, your love of life You sold me to a pimp and said everything will be alright

Ma said I am a widow I have three mouths to feed Do this sacrifice for your sisters and broth-Marry this old man and we will remember your pious deed

I was just fifteen then, a child How could I be given in marriage I cried. I fought, I ran away from home But they brought me back, married me to a man thrice my age

He ravished my body for months, sold me to a brothel I was helpless, had to learn their ways Adjust! Adjust! Madame would say

I just live my life from day to day

It is monsoon now, the street outside is covered with rain and sludge It would be monsoon in my village Swings would be strung on Mango trees

I remember the light shower,

the gentle breeze

The flower looks at the mother tree You abandoned me and I will die I look at the empty darkness of the room Ma, I was your tender flower You abandoned me, I want to die





The killing heat from the heartless sun carved fissures on the bosom of earth Half dead drooping trees look at the merciless sky When will you pour your manna and give us a rebirth

My heartscape is as barren and parched Memories roar through like a dust storm Ruffling me from my patch of solace Abuses, misdeeds, recriminations, they all come along

A few drops are enough, the trees say We will straighten ourselves and wait Will the showers drench us It is life and death for us, hurry before it is too late

A few drops of celestial love are enough for me Unburden me from the past and future Let me exult in this moment Where my mind is still and no thoughts to nurture

The rain comes in torrents The thunderstorm unleashes its power The trees are grateful, the parched earth gulps All beings welcome this life sustaining water

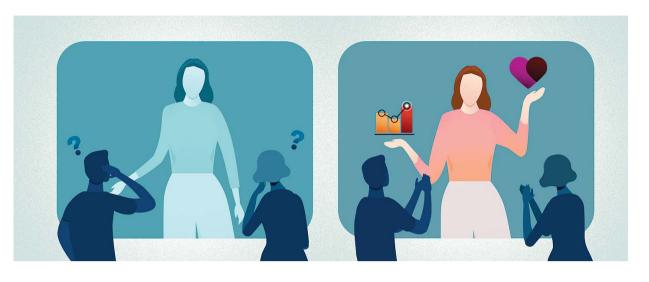
The love of the Lord permeates my heart Inundating me with pure bliss There is silence in my being And I travel to my inner core in peace

rajeshsharma1049@gmail.com

# **#LEADERSHIP**

# Communicating "WHY"

When someone asks you to alter a current behaviour, your first question is usually..."Why?"



n an ongoing crisis, clear communication is more important and more difficult than when things seem normal. Employees and customers are hungry for information, so we're tempted to pull together presentations and communicate with urgency instead of with careful planning. But if we present without addressing our audience's core questions of what, how, and why, we'll sow more confusion than we bring clarity.

At any company, we rework thousands of talks each year for large brands and high-powered executives. When their communications are high-stakes, most of the clients come prepared with what needs to happen and how. but they've rarely answered the question 'why'

## So, why answer why?

Let's put it this way: If your boss comes to you and says, "I need you take on this additional project on top of your current work load," what is your first question going to be? It probably has nothing to do with setting your alarm, re-arranging your schedule, or any other version of how you're going to get the extra work done. When someone asks you to alter a current behaviour, your first question is usually why? Because you're not going to try something new or hard unless you're motivated to do so.

Your audience is no different. If they don't know why a new action is necessary, they won't be motivated to help you. They'll continue with their current comfortable behave iours, thank you very much.

- Communicators often overlook answering why for two key reasons: They assume explaining what and how is the fastest way to
- influence their audience • They think the answer to why is so self-evident it doesn't need
- unpacking.



Let's dissect this example a bit more.

Leaders explain the 'what' of their insights and the how of applying the findings. This is how most leaders approach their talks, espe cially professionals who are deep subject matter experts. They focus on the content they want to share. Many leaders don't even consider the why from the audience perspective because it seems so self-evident to them, they think it's obvious to evervone.

On the other hand, let's say you inject your talk with a compelling why — "We can reduce secondary infection rates by 40%, saving thousands of lives" or "We can reach more people and help them advance their careers if we release our content for free." Answering "why" often leads to a human, who will benefit from the action you're asking people to take. It suddenly mat-

There's a good chance your 'why' won't be as clear cut as the example above So here are three strategies to help you get to the heart of the why in your next presentation.

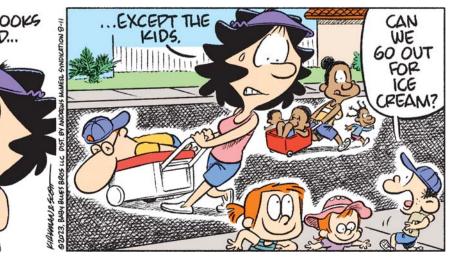
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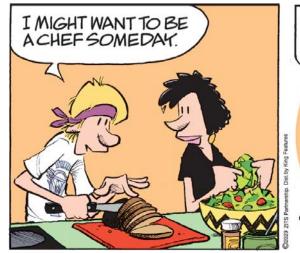
By Jerry Scott & Jim Borgman







# ZITS





I THINK THAT WOULD

BE WONDERFUL

JEREMY.



राष्ट्रदुत

## Ask some good what

The answers to why often hide in our subconscious, and you may have to coax them out. Sometimes you can get to 'why' by asking ourself a few good "what" ques ions such as: What is at stake if we do or do not do this? What will the future look like if we get this lone? What would the state of the human condition be if we did or lidn't do this? Another way to get to 'why' is to have someone else ask you "so what" until you can't answer it anymore. That'll get you to the root of "why."

## Follow up with because.

Just considering the why isn't enough — you have to clearly articulate the why. Think about what action you're asking your audience to take, and then follow it with 'because."For example, "We need to improve our process, because Whatever reason follows a "we need \_\_, because Whatever that second blank is, will

### answer the question of "why." State alternate perspectives

Address skeptics and resistance by addressing potential perspectives vou've eliminated. It might sound counterintuitive to reveal anything other than the action you're influ encing them to take, but you can bet ter persuade an audience by sharing ideas you abandoned and, you guessed it. "why" you've eliminated them. By sharing the ideas that you considered, explored, tested, and then abandoned. vou'll demonstrate that you've thought through all the possibilities.

Answering 'why' is an act of empathy and adds a layer of persua sion to your communications. When people know why they're being asked to do something, they're much more likely to do it.