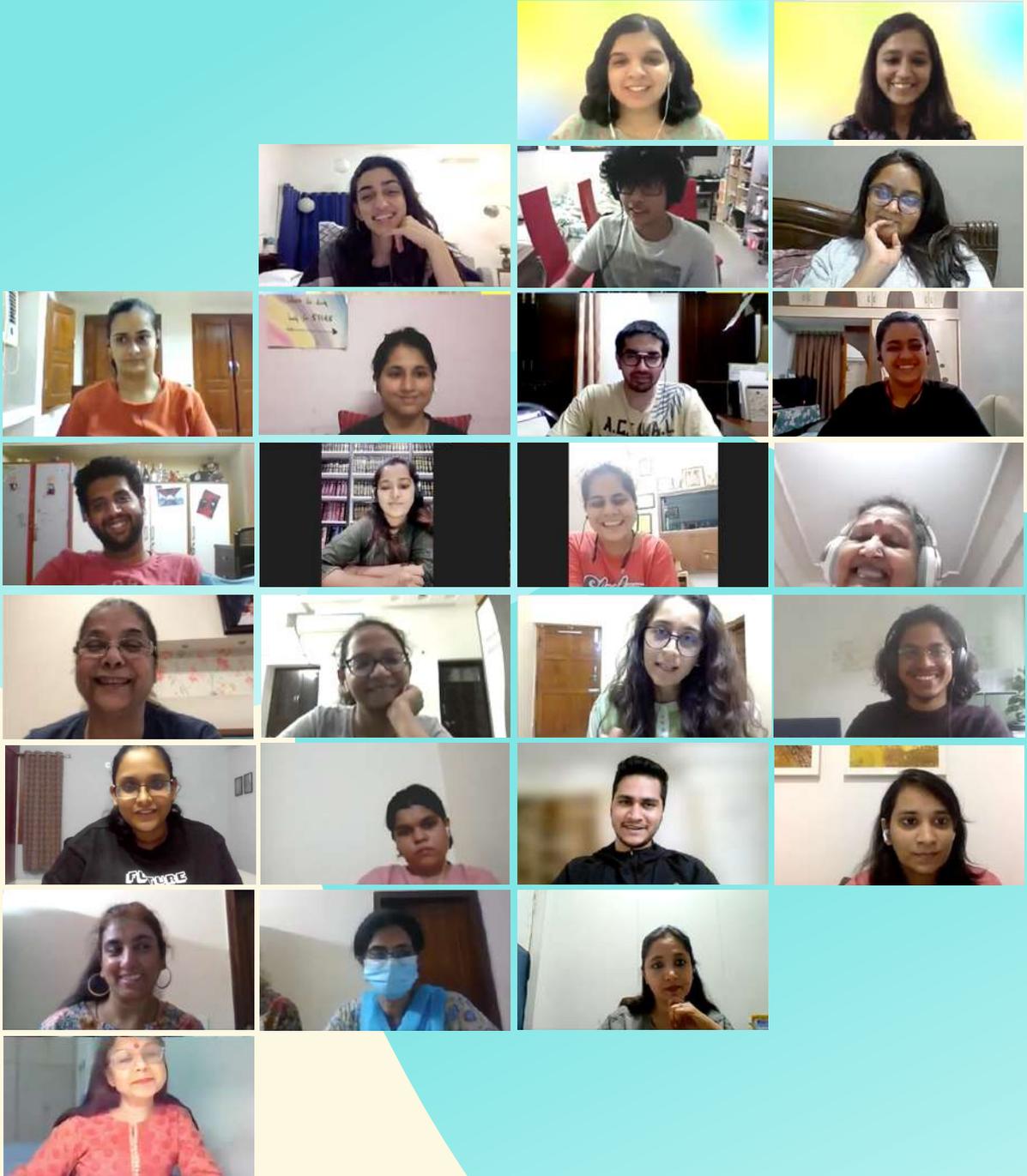


Seeds of Care

*RESOURCES AND RECIPES
FOR SELF-CARE*



Seeds of Care

Hi everyone,

Thank you for being a part of Seeds of Care. Immersing in the workshop series over 4 days in May with you all was a wonderful and meaningful experience for us.

We now present to you Seeds of Care: Resources and Recipes for Self Care. This is a compilation of the outcomes and learnings from our workshop series.

We hope that the contents of this book will be helpful for you all. That you will turn to these resources in times when you are seeking comfort and look back at these resources as a way towards self care.

**Sincerely Yours,
Ashmi and Sneha**

Email: ashmimridul@gmail.com, snehajoshi2093@gmail.com

notes of support

feeling supported is essential and we
have got you covered

DEAR MILAUNI,

THINGS ARE HARD, CONFUSING
& UNCLEAR IN THE PRESENT.

KEEP FAITH, TRUST THE UNIVERSE
& STAY CONNECTED WITH PEOPLE
AROUND YOU. THIS TOO SHALL PASS.

REGARDS,

VAIBHAV.

For the current situation,
I think digital media &
marketing is really
booming right now so I
hope you, Vaibhav get
good work and take
your career in a
positive, better graph
that goes up!
Wish you all the best!

Inhale Sabr } Arushi
Exhale Sukra }

Ashni — As you didn't share much. I'd like to ^{say} ~~give~~ ~~you~~ a ^{big} ~~big~~ ^{THANK YOU} for organising this and helping us ^{come address} ~~some~~ ~~of~~ some of our thoughts/emotions. 😊
Sheha — Thank you to you too!

Dear Nishita,
Firstly, it was so nice to see you today. I hear that you are struggling with a lot of things in your life but I must point out that you remain cheerful despite that. Remember that this is a sign of your resilience and I hope you could turn to this note in times of self doubt. Lots of love to you.

Dear Archana,

I felt very inspired by how you spoke that you felt 'yellow', full of positivity.

It's truly amazing!

Hi Maithili,

I know the times are uncertain and while staying confined and not having work or other distractions as much can be daunting, I hope you find hope and strength within yourself and from your loved ones to get through this. And I hope that this time let's you discover bigger, better and more beautiful things about yourself. This too shall pass.

Take care. Lots of love!

Shivani

Hi Shivani,

It's great to see you after so long. I understand you ~~have~~ ^{are} been going through mixed feelings and emotions. But I am really hopeful that the white colour/canvas will turn ~~into~~ very colourful pretty soon, ~~is like~~ like your usual cheerful self.

What I have realised in the last one hour is that sharing things help, so you can reach out to me whenever you want to talk and/or share anything. Love!♡

Hello Charvi,

It was very nice to hear from you. I particularly do not remember what you drew for the musical part of session I, but I think the color brown - that you chose as a feeling something in between was very relatable to me. I do feel that work can at times can leave you extremely restless when you would have rather wanted to be at peace. These are anxious time and extremely overwhelming times, but we sure will come out stronger.

Viva la Vida!

Ravi.

Dear Niharika,

Think of the poem Invictus - the unbeatable
and the grays in your life will suddenly vanish. (It
is these trying times that bring the best of us.)
White & Black together - can there be any
& better explanation of life? Life is not one
thing against another. It is the coming together to
form a new color that is an imp. part
of life. ~~Take~~

I see a rainbow in the sky & I
am a die hard optimist & so should you
& the grays will take on fresh color
fresh meaning, blooming into ~~something~~ a miracle
which you and I had never thought of.

Best of luck dear one.

Love always.

Sudhi Raju

20/5/21

3. Sudhi Rajiv.

I feel really happy to see your hopes on the fact that we can put out our own feelings of happiness, ^{of} bright world, & beautiful rainbows & flowers that can overpower greed and negativity, ^{anxiety}. The fact that it's a white canvas and it's how we paint it, which is our life.

Dear Ayushi

I think one of the things you talked and that I really associated with is about the privilege we have of being safe and being able to socially distance — there are several others who don't. But I think at this point, it is absolutely fine to feel that — I realise that kind of makes one feel almost guilty — but I think it is okay to feel what you are feeling, and do what you can to help from the fringes.

- Kanika

Kanika

Hey Kanika,

When you said that you are tired & have a feeling of chaos, I think everyone could relate to it.

On one hand, we feel safe, but there is also this impending feeling of doom or nervousness. What I try to do when I am feeling confused or restless or when I don't know what I want to do, I do sth that gives me a feeling of calmness, sth that I like. Like I love to bake & cook, so I randomly ~~do~~ bake sth, or I ~~to~~ dance around or I ~~to~~ read articles or books. So just do whatever makes you feel calm & happy & makes you forget about the chaos within. Just embrace your thoughts.

malaya

Hi Pankhudi, It was a great experience to be a part of this group with you. You chose the colour Purple & purple represents Luxury & Royalty. Be a Queen, think like a Queen & don't be afraid of anything.

-Khushpreet :-)

Home is closer than it feels. It can be a bit overwhelming to not be in your own space especially at this time. when you can't meet many people & don't have any distractions.

I ~~have~~ gone through a similar thing when I was in London. I flew back to my hometown & it was like I never left. & now I miss London. Hang in there & enjoy where you are & it will soon be better.

When you feel anxious in the dark
Don't worry stay strong
Night is an incomplete sketch
Waiting for the colourful morning
to complete it
Dear friend.

Dear Namita

You are looking very
nice. You are making u
nice paintings today.

You are enjoying this
workshop. I am happy.

Abhinav,

I love how you have found something to get back to everytime, no matter how you are feeling. Something you ~~know~~ know would give you peace.

The times have been really tough.

But trying to find something pink in the greyest of situations is something I wish to learn from you.

Take care!

Kunjai

Staying away from home
can be tough
but I am sure your research
work has been going fantastic.

There is surely light at the
end of the tunnel
Keep getting motivated from the
music around you.

P.S. Your charcoals are
missing you :>

ways to destress

relaxing is the way to go

1



"I do a lot of art work and craft work... any type and every type. Making flowers, making rangolis or making cards... I make it at random. If someone wants, we can give it to them or just gift it. And I also do meditations, they help."

Archana Sethi
Art, Meditation



"Whenever I feel stressed, I feel like cleaning and settling things around, especially in your room... So I have this habit of just cleaning my almirah and setting the clothes and stuff and that has helped me just to keep things in order... I've also started watching a TV show on Netflix which I feel a lot of people will like. It's known as The Good Place...I used to not watch a lot of these light-hearted comedy shows but this one... gives you a lot of things about how life is and how things should be..."

Vaibhav Bhasin
Grounding, Reflection



"When I am stressed about something, I try to separate myself from that problem emotionally by writing things down about it. Then I go through an analytical process to somehow reach the solution. What is the base of the problem? What can be the consequences of the problem? How can we solve the problem? What's the essential and the most useful idea to solve it? That helps me let go off the stress."

Arushi Bhargav
Journaling



"A guided audio meditation... It takes you through each part of your body and tries to make you feel like each part needs to relax and by the end there is music. And a lot of times before going to sleep I hear it and I don't even remember hearing the last bit because it helps me fall asleep faster... It helps me relax, change my line of thought... before sleeping there are so many thoughts in your head. So basically this changes your line of thought."

Milauni Shodhan
Meditation, Relaxing

2



"Something that I use to do is sharpening pencils with knives because I sketch. Whenever I sharpen I think of stressful things and it is really relaxing. I am at a very calm state at that point."

Arnav Vinod

Grounding, Relaxing



"I start cooking is because it is a great way to really focus on what is happening in front of you. As I become more grounded in the present, I gradually start thinking about my present from a very calm position to move forward."

Ravi Prabha Shankar

Grounding, Relaxing



"I sit in one place and think of the thoughts while I'm overthinking or stressed, and categorise them. On my left I categorise all the situations that happened in the past, on the right whatever is in the future, and in front of me whatever is in the present. Then I close my eyes and I think...for example, right now I am stressed about work, so maybe it's related to the future. I take that memory put it in the future bucket. If I am thinking about the past, then I take that memory and put it in my past on the left. Arranging things in these virtual buckets is very calming for me. At times there are points where even after a lot of overthinking, I am completely blank at least for a few moments, I don't think there is anything which I am stressing about. This is one trick which helps me."

Charvi Maheswari

Diassociation, Objective outlook

3



"This session reminded me of a time when the stress level in my life was so much that I had to literally write on a piece of paper "Take no stress" and stick it on my table. Where I can look at it everyday and make myself believe it. It might sound funny but it helped me at that time."

Kunjai Dhariwal

Affirmation

4



"Meditating 5-10 mins before sleeping works. I use this app, *Insight Timer*. There are certain free meditations that you can choose from. I pick and choose a meditation as per what I am feeling. Sometimes I pick gratitude meditation, sometimes I feel I need something positive so I choose positive affirmations, sometimes visualisations, sometimes sound-based. It really helps to figure out what our brain needs and just pick the meditation that you think would help you."

Link to Insight Timer: <https://insighttimer.com/en-in>

Pankhudi Kandelwal

Meditation, Affirmation, Gratitude



"Sleep it off. Feels better after sleep."

Namita Vasudeo

Relaxing



"There is an app... *Magichive Podcast*... Though I have attended Art of Living and Sadguru's meditation... but sometimes due to paucity of time, it is very difficult to stay for a long period... unless you have been practicing for months or years. So it's called *Magichive Podcast*, where there is meditations for just 2 mins or 4 mins and after hearing that meditation, it really... radiates a lot of energy inside you."

Link to the *Magichive Podcast*: <https://bit.ly/33Da0qe>

Somita Seth
Meditation



"I really get into cleaning the house. So when my house is looking particularly clean, that means I am really angry or upset about something. I end up cooking some extra. I think it's a good bargain for my family."

Bindu Gurtoo
Grounding



"A calendar in which... on each day there will be an activity that you will have to do. For example, today is the 28th, it says, 'focus on how some of your actions can make a difference to others'...It hardly takes a couple of minutes to think about these things. You don't have to literally write down, maybe you can just think about it."

Link to calendar:

<https://www.actionforhappiness.org/meaningful-may>

Link to podcast:

<https://actionforhappiness.podbean.com/e/josies-guide-to-joyful-june-2021/>

Khushpreet S. Kachhwaha

Reflection



"Painting helps me release stress. For me it's any physical exercise, running, jogging, walking, painting, theatre all this should really help."

Shilpa Mridul

Art, Grounding

*comfort
food
cookbook*

wholesome goodness ahead



A hug in a bowl
Sneha Joshi

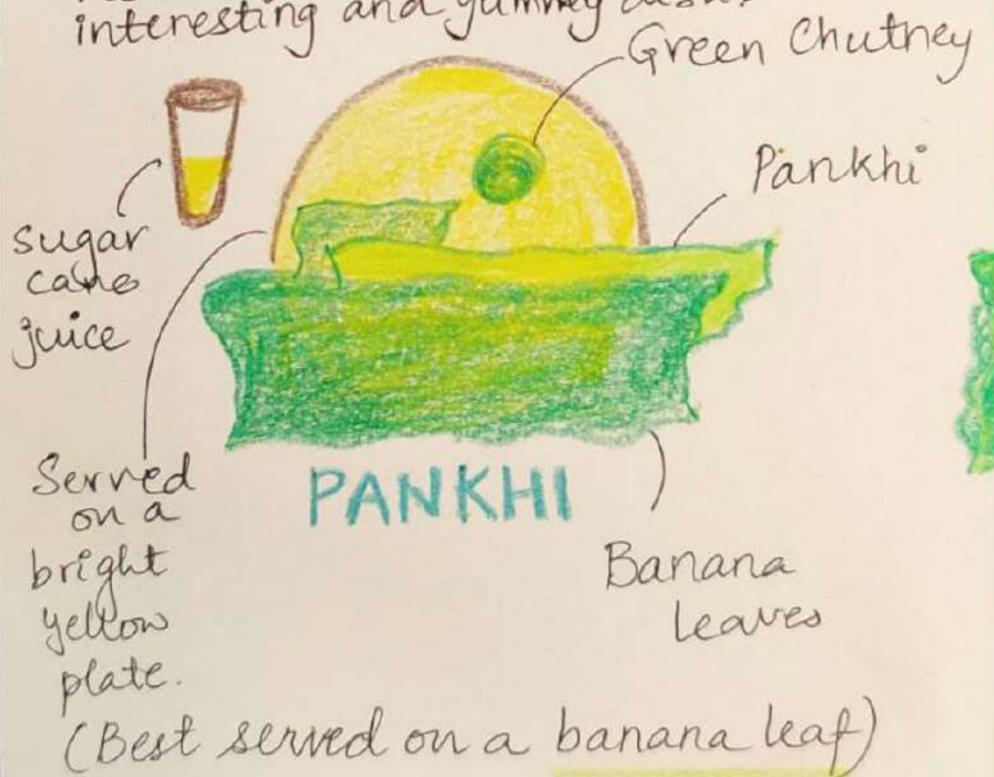
PANKHI

This is a dish called 'Pankhi'.
A speciality from 'Swati Snacks'.

Elements: Banana leaves,
Rice based layers
Green Chutney.

Served with sugarcane juice.

This dish takes me back to my
childhood when I went to this
restaurant with my family. An
interesting and yummy dish.



Pankhi

Milauni Shodhan

Kulche/Bhature - Chole

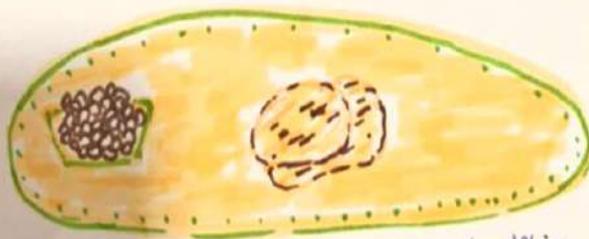
Recipe -

- Ingredients -
- 1) Maida - All Purpose Flour
 - 2) Potato
 - 3) white Vataana/Matar
 - 4) Onions
 - 5) Tomato
 - 6) Chole Masala (From Chaaha Di Hatti Behind Kiroori Mal College, N Delhi)

Procedure -

- 1) Take 2 cups of all purpose flour & add 1 tsp salt to it. Now make a dough of this with mashed/boiled potatoes till it is smooth. Rest for $\frac{1}{2}$ an hour or more & roll out into round or any shape & fry.
- 2) Take 2 cups of Vataana, soak it overnight. Boil in a cooker till soft. Cut onions thin & long. Make puree of tomatoes. In a Kadai take little oil, add onions, wait till they are brown. Add tomatoes (Puree) keep stirring till cooked. Add salt and chole masala as per your taste.

Eat chole - Bhature with raw onions & tomatoes & Ginger. Yummy..... ^{come &}
Everyone is welcome to ^{eat} it at my place in MUMBAI.

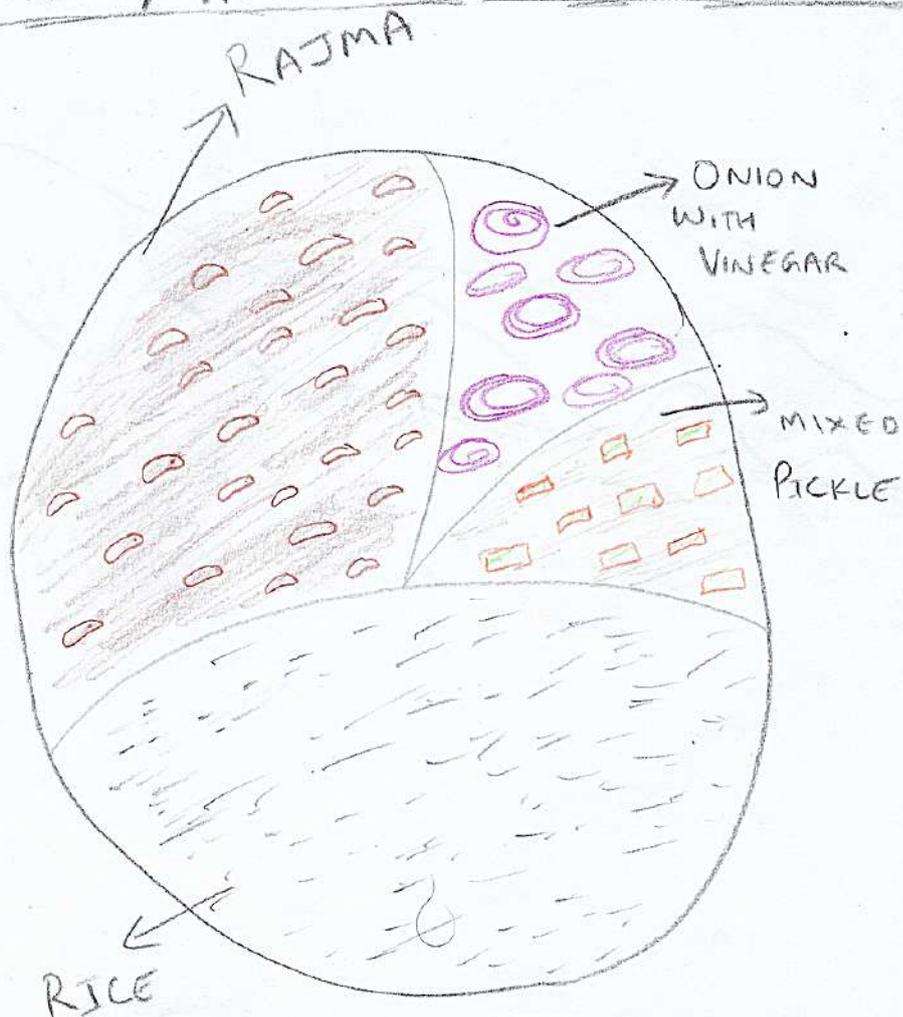


Kulche / Chole
or Bhature

Also / Plain
Kulcha
Chole.

In my childhood I used to eat this very often from a hawker visiting our lane in the evening. He used to make it very ~~de~~ Yum... which has probably led me to be fond of it.

THE RAJMA-CHAWAL COMFORT KIT



A Regular Weekly Home Food, this brings back many fond memories right from my childhood to adult life. Best had hot & steaming along with family, friends & your loved ones.

The Rajma - Chawal Comfort Kit
Vaibhav Bhasin

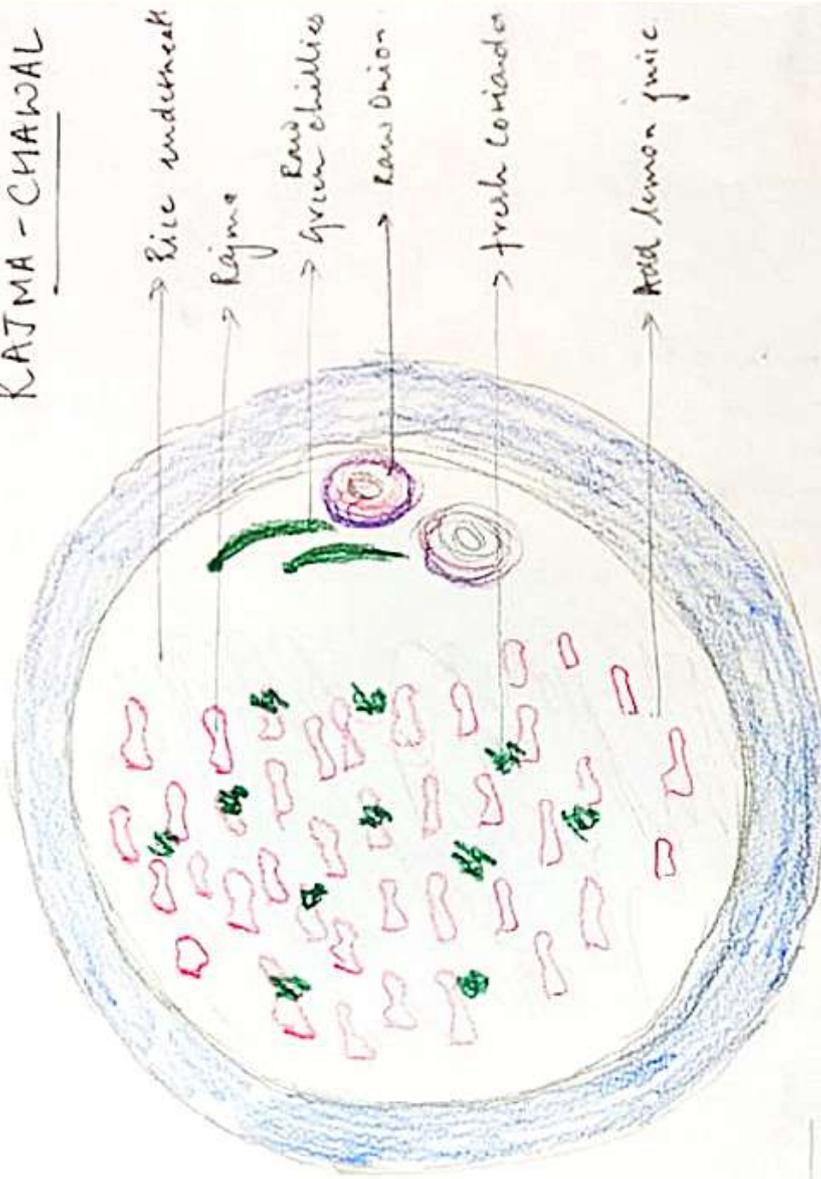


A simple yet powerful dish that takes me back to the time that I didn't want to try the dish and now has become one of my most desired foods. The simplicity of the food reminds me to just be simple and grounded - the basic requirements of life.

RAJMA GHAWAL

Rajma Chawal
Nishita Jain

RAJMA - CHAWAL



Steaming hot
in a deep dish
with a group
of people you
love, or, if
alone. I hope
you notice and
observe your
food.

COMFORT - FOOD

The most evident memory of Rajma Chawal is when my Tajji cooked for me when I was leaving for Ahmedabad for my internship. The moment that made me realise I am leaving home.

RAJMA- CHAWAL by NIHARIKA

1. Soak RAJMA overnight.



2. On the COOKING DAY.



PREPARE PASTE

1. Garlic
2. Onion
3. Hasi Mirch
4. Tomatoes
5. Adrak

with spices like salt, mirch, haldi, garama masala, Tej patta, khada masala, amchur

RECIPE

1. Heat oil in a pan, add raw dal mirch, Tej pata and a pinch of Haldi & dal mirch powder
2. Add paste of onion & garlic. Cook till light brown.
3. Add past of tomatoes + Hasi mirch & Adrak
4. Add garlic spices.

meanwhile pressure cook Rajma till 3 whistles.

Mix these and boil and let them cook and get juicy.

① Rajma Rice

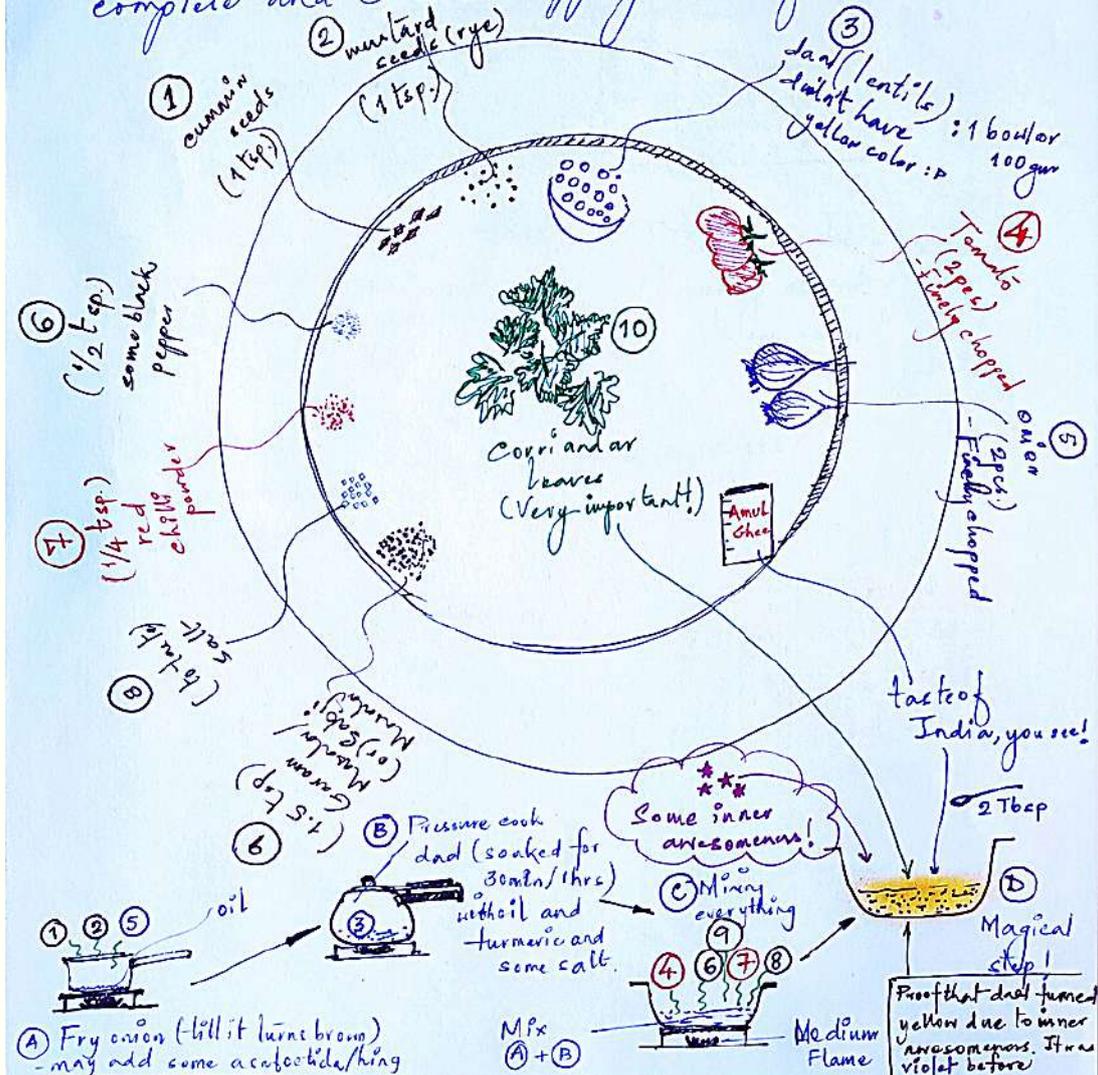
- Soak Rajma overnight.
- Next day, put it in the cooker & take 3-4 whistler.
- In a kadhai, add some ghee, jeera, tejpatta (bay leaf), ginger-green chilli paste, onion-garlic paste and cook it properly.
- Add salt, haldi powder, coriander powder, red chilli powder, ~~garam~~ garam
- Add tomato puree. Let it cook till the oil leaves sides.
- Add garam masala.
- Now add cooked Rajma & let it simmer for around 15-20 mins so that all the flavours are incorporated.
- Serve with fresh coriander.
- Eat with steamed rice.

Rajma Rice

Ayushi Joshi

My love for Dal was due to my hatred for vegetables as a kid.

Over the years, my love for dal kept becoming more profound and in some ways my hatred for vegetables subsided. The meal was complete and I lived happily ever after. :P



Daal

Ravi Prabha Shankar



Bread Polenta
Abhinav Pareek

My offering of wholesomeness



My offering of wholesomeness
Bindu Gurtoo

PAN SEARED TOMATOES & BASIL



Recipe:

- Cut tomatoes into slices. Get some fresh basil leaves and some garlic.
- Put olive oil in the pan, add the garlic. Once brown, add ~~the~~ half of the basil leaves. Add tomato slice. sear them till roasted.
- Garnish with remaining basil leaves.
- Viola! Done! Eat it with bread/pasta/rice

Pan Fried Tomatoes and Basil
Kanika Jamwal

MACARONI (MUMMY STYLE)



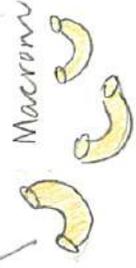
Tomato / टमाटर
(sliced) टमाटर



Onion / टाटा
(sliced) टाटा

When I was being away, I used to crave this food a lot. I asked my mom why mine doesn't taste like hers. She told me of the magic ingredient her mom would put in it.

This is a very Indianised macaroni that my mom cooked very often while we were growing up. It has a mild taste and distinct smell of pepper mixing with tomatoes.



Macaroni



Pepper



Salt

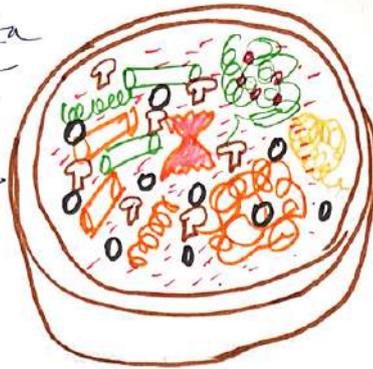


Garam Masala
गरम मसाला

And that made all the difference that made it Indian. name!

Macaroni (Mummy Style)
Ashmi Mridul

Making pasta
in Sonipat
for me &
my flatmate



Pasta comes in
• all shapes
• all sizes &
• all colours &
• all choices

Ingredients

Sauce (Red)
4 Tomatoes [Basil for pasta]
4 Red chillies (dried)
6-7 garlic cloves
2 onions
Salt (as per taste)

Recipe

- Add olive oil into pan.
- Add the sauce & let it cook.
- Add any vegetables you like or chicken pieces can be added too.
- Let it cook for some time
- ~~Add~~ Add the boiled pasta
- Add cheese (optional)

Making Pasta in Sonipat for me and my flatmate
Pankhudi Khandelwal

PIZZA

① BASE

⇒ THICK BASE

- TAKE 1 cup flour, add salt, and $\frac{1}{4}$ tsp baking powder
- Take $\frac{1}{4}$ cup warm milk, add 1 tsp sugar & 1 tsp dry yeast. Cover and let the yeast activate for 10 mins.
- Once the yeast is activated, mix it in the flour and knead, add warm water if required.
- The dough should be slightly wet. ~~to~~ cover and keep in a warm place for an hour.
- The dough will rise. Punch & knock the air out. ~~Make to~~ knead again & dust with some flour.
- ~~Make~~ Take a small portion & make a thick roti. Make tiny holes with a fork.

THIN CRUST BASE

- TAKE some flour. Add ~~to~~ 1 tsp sugar, 1 tsp salt, ~~to~~ $\frac{1}{4}$ tsp baking powder.
- Put some sour curd & knead it.
- Put it in a warm place for an hour.

Pizza

Ayushi Joshi

→ Take a small portion & make a thin roti.

II SAUCE

→ In a kadhai, put some olive oil, add roughly chopped up ginger, garlic, chillies, onion & tomato

→ Add salt, black pepper, red chilli powder and a pinch of sugar.

→ Let it soften. Blend it.

→ Once blended, add some mayo to the sauce

TOPPING

→ Any veggies of your choice - onions, bell peppers, broccoli - tomatoes, slices, jalapenos, sweet corn etc.

→ Take the roti, ~~so~~ put a generous amount of prepared sauce. Add all the veggies

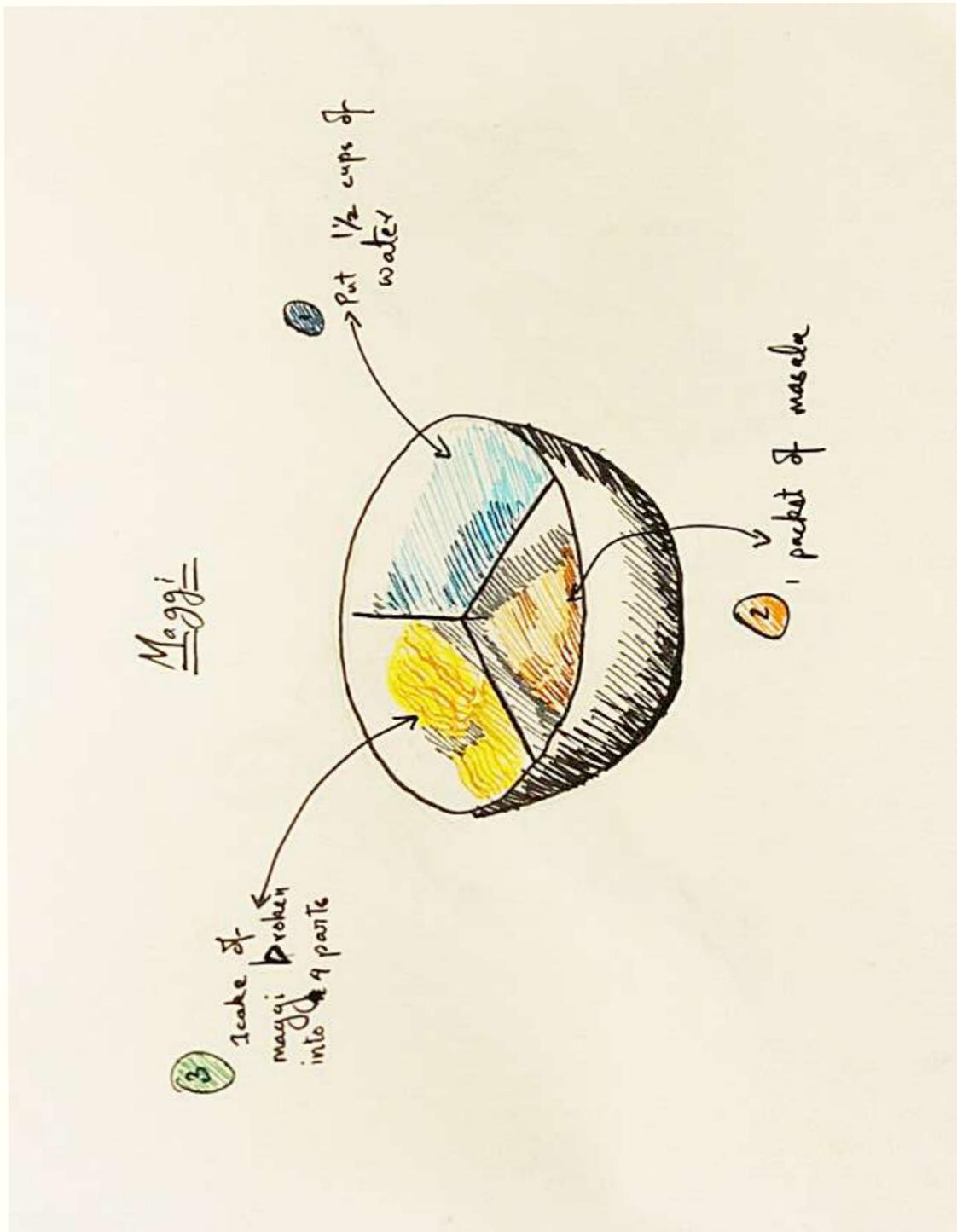
→ Cover with shredded mozzarella cheese

→ Sprinkle oregano & cheese flakes and bake in the oven.

P.S. → You could get pizza base from the market.

Pizza

Ayushi Joshi

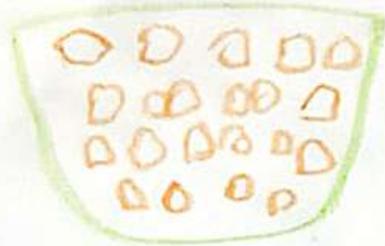


Maggi
Arnav Vinod

COMFORT FOOD



Comfort Food (Assorted)
Maithili Moondra



I had gone to Mumbai with my sister-in-law and purchased mango cream from Hajji Ali juice centre. We took it ~~with us~~ on the train. As we were leaving we saw an Aarey milk booth and my sis-in-law asked the cab to stop as she saw pineapple milk there which I love. We took it on board & ate to our hearts content. Never enjoyed anything more!

Mango cream and Aarey Milk
Sudhi Rajiv



I remember in the US in 1993-4, we went to New Jersey and a v. dear friend took us to pick strawberries in the farm. We picked up loads of the same, returned home & ate ~~them~~ with short cakes and topped it with ~~best~~ whipped cream + powdered sugar. Of course, we forgot to put the picked strawberries in the trunk of our car but we had eaten to our hearts content.

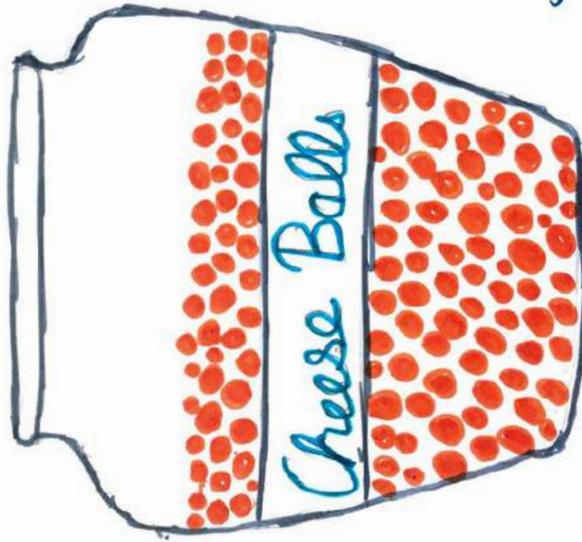
Strawberries with whipped cream
Sudhi Rajiv

Hershy Rathore

RECIPE :-

~~1) Knead~~

- 1) Mix all purpose flour, water and salt and knead to make the dough ...
- 2) Roll the dough into circular sheets ... put the cheese in the middle
- 3) Deep fry ...



It's a shared meal with all my friends especially when they come to my house with chocolate cake ...

Cheese Balls

Hershy Rathore

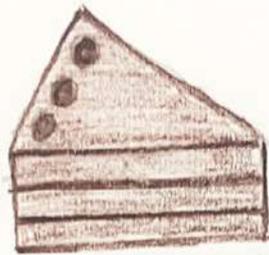
BE HAPPY!

NAMITA

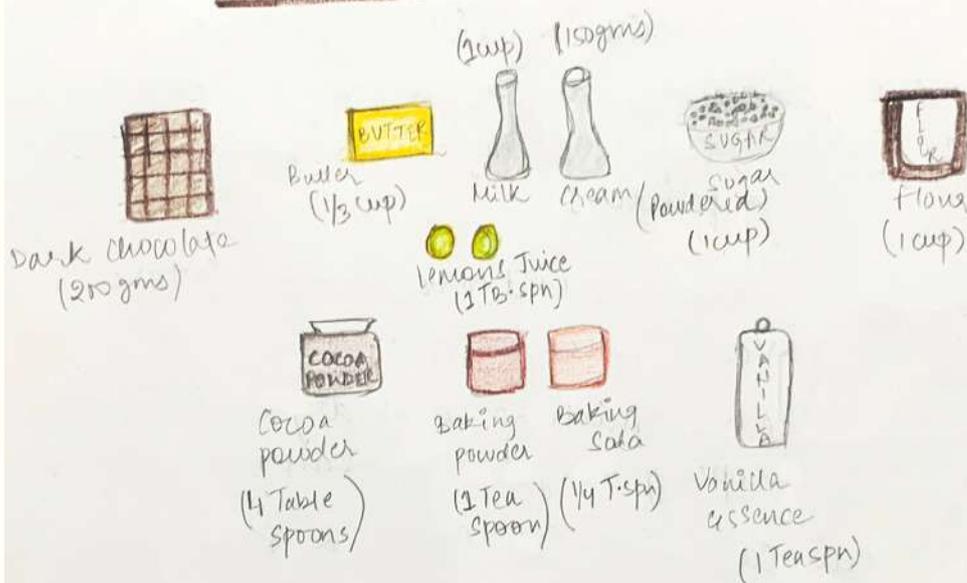


Be Happy
Namita

CHOCOLATE CAKE by Kunjal



A slice of cake makes my day + hope it makes yours too!



(Make sure all your ingredients are at room temperature.)

Chocolate Cake by Kunjal
Kunjal Dhariwal

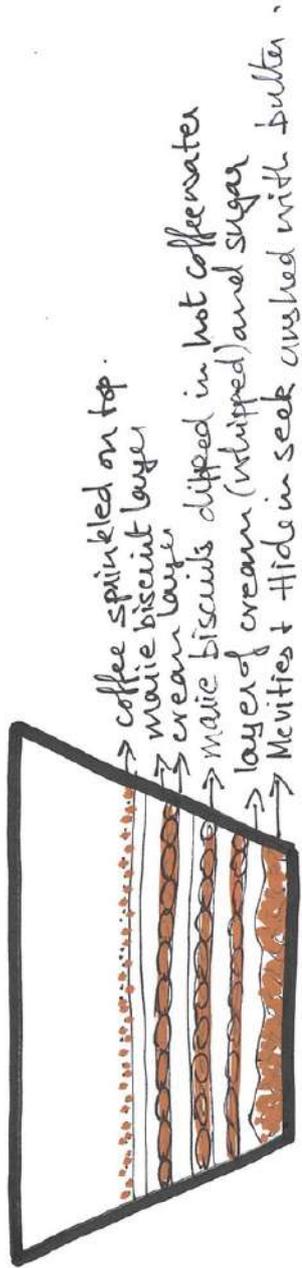
STEPS:

- ① Add lemon Juice to Milk & let it aside to Cuddle
- ② Meanwhile, Add all the dry ingredients in a clean bowl. [Flour, Sugar, Baking powder, Baking Soda & Cocoa powder]
- ③ Now melt the butter & add it to the milk mixture. Mix it. Add Vanilla essence to it.
- ④ Pour the entire wet mixture to the dry & mix in 2 batches. Mix properly to get a ~~smooth~~ smooth batter.
- ⑤ Dust your cake tin with butter & flour & pour the batter to it.
- ⑥ Bake this at 180°C for 35-40 mins. Or till a skewer inserted ~~into~~ in the middle comes out clean.

For the topping.

- ① Melt your dark chocolate. Mix warm cream to it.
 - ② ~~Mix~~ Microwave it for a couple minutes. Mix to get a smooth sauce.
- once the cake is cooled down, pour warm sauce over it and enjoy!

BISCUIT PUDDING



For the crazy taste -
add in a layer of chocolate
and some chocochips.
Eat it cold and chill.

Ras Malai

from a sweets shop inside
the old city

5 star
restaurant



* served cold

Ras Malai

Khushpreet S. Kachhwaha

Thank you for participating and being on this journey with us. We hope you nurture the seeds of care and continue to reap their benefits.

Week 1:

Archana Sethi
Arushi Bhargava
Milauni Shoudhan
Nishita Jain
Vaibhav Bhasin

Week 2:

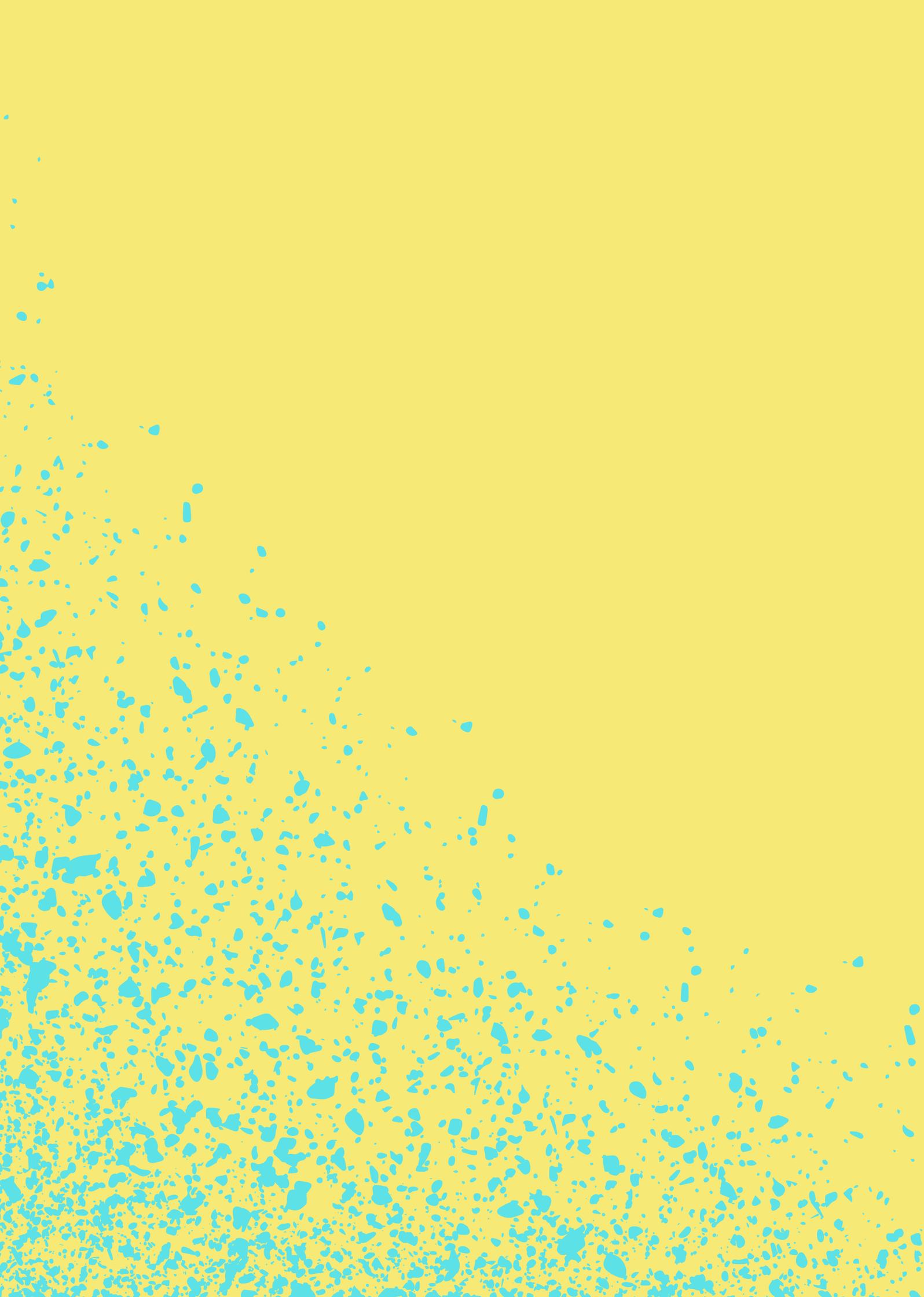
Arnav Vinod
Charvi Maheshwari
Hershy Rathore
Maithili Moondra
Ravi Prabha Shankar
Shivani Bohra

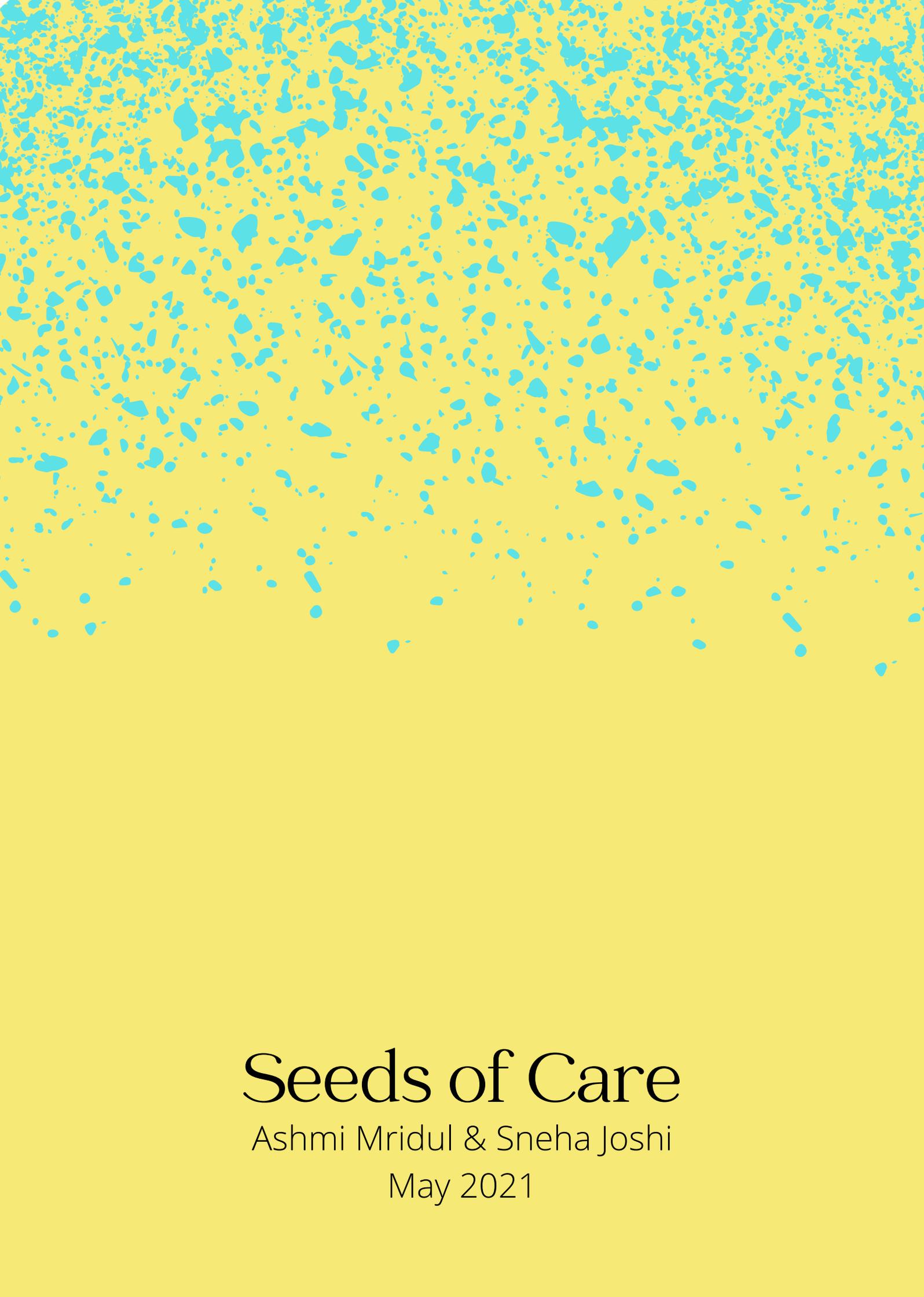
Week 3:

Abhinav Pareek
Ayushi Joshi
Kanika Jamwal
Kunjai Dhariwal
Niharika Pareek
Sudhi Rajiv

Week 4:

Bindu Gurtoo
Khushpreet Kachhwaha
Namita Vasudeo
Pankhudi Khandelwal
Shilpa Mridul
Somita Seth



The background of the entire page is a bright yellow color. It is covered with a dense pattern of small, irregular blue speckles and spots of varying sizes, creating a textured, starry effect. The speckles are more concentrated in the upper half of the page and become sparser towards the bottom.

Seeds of Care

Ashmi Mridul & Sneha Joshi

May 2021