



SquarePetals

Global Webzine



Photography
San Click

Cover Story
Mrs. Shilpa Agrawal

War Story
Sudan – Civil War

Nutrition & Health
Pulses – Edible Seeds

Poem
Without You

Science
Gynac Talk

Flavor Special
Aam Panna

Society
Addiction – Tea, Talk or Him

Personality Development
Commit to Improvement

Literature
Book Review

Entertainment
Profile – Sumit Raina





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2023						
June						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



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CONTENT

COVER STORY

Mrs. Shilpa Agrawal

“For me success is not built on success, it is built on failure”. 08

CIVIL WAR – SUDAN

Sudan is no stranger to conflict 15

NUTRITION & HEALTH

Pulses are the edible seeds of leguminous plants 17

PERSONALITY DEVELOPMENT

Commit to constant & never Ending improvement 18

POEM

Without You 20

SOCIETY

Addiction: Tea, his talks or him 21

LITERATURE

Book Rievew – “Variety” 23

SCIENCE

An experiance of the Gynac talk that I had attended 24

FLAVOR SPECIAL

Aam Panna 25

ENTERTAINMENT

Profile – Sumit Raina 26

PHOTOGRAPHY

Sans Click – By Dr. Sansriti Johri 28



SquarePetals Podcast

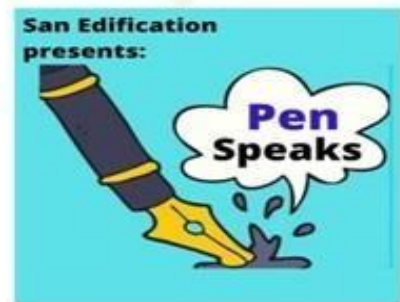
Pen Speaks



Available on Spotify, Google Podcast, Apple Podcast, Amazon Music Podcast, Overcast, Pocketcast & Radio Public

Personality Development Talk

Speaker: Dr. Sunehri Johri
Miss Teen India United Nations 2021



San Edification Presentation



**SquarePetals Global Webzine offers condolence
on the sad demise of our Member Editorial Board**

**Dr. Satish Verma
(1948 - 2023)**

on the 7th of May 2023.

**We acknowledge your valuable contribution in
the field of media and education with gratitude.
Your guidance will enlighten us always.**

FROM THE DESK OF CONCEPT & PRODUCTION CHIEF

Dear Readers,

First shower of rains is like celebration; and the June 2023 edition of SquarePetals Global Webzine will be adding to your enjoyment. We have it all for you, the advantages of Personality Development, Quality Food, mouthwatering recipes, Literature, Original Photography section etc.

On the other side, SquarePetals Global Webzine urges for peace worldwide. At home, we humbly suggest that it is wiser to build new masterpieces of greatness as being blessed with the resources now, rather than digging out hatred and crying over spilt milk.

So hope you will love this package of infotainment from SquarePetals. Do write to us & your feedback here: squaarepetalsmedia@gmail.com

Meet you soon with the next edition in July 2023. Till then keep smiling & keep shining.

Love & regards,



Dr. Virendra Johri
Concept & Production Chief

Cover Story



Mrs. Shilpa Agrawal

Harder you fall ... higher you bounce:

Amazing journey of Mrs. Shilpa Agrawal, from a 12th pass married woman at 18 to leading lady industrialist of Central India, and of course, Mrs. India winner. Mrs. Universe finalist! Mrs. Shilpa Agarwal was the same depressed woman who tried to commit suicide (was battling for life for one week in hospital), who rose to become a lady whose inspirational story was featured in a leading magazine of India.

The purpose of sharing her story is to motivate others to excel in their life, if she could do it inspite of her extremely difficult circumstances than anybody else can do it.

Shilpa Agarwal. Her story in her words:

I was born in a traditional Marwadi family with four sisters & a brother! Although my father was very loving & caring, but he never allowed us to wear western clothes & to go for a party, movie, mingling with friends especially of the opposite sex. Our daily routine used to be, going to school / junior college & back home. We enjoyed at home though, as we sisters were very close to each other & never felt any need for outside friendship. I was a good student & I always dreamt of becoming a doctor one day, but my family married me off very early, even before I turned nineteen! I was just 12th pass then.

Marriage was a new beginning but it came with a lot of responsibilities & expectations from all the members of my new family. Next few years were very difficult period of my life, I could not cope up with pressure of being a wife and daughter in law in a traditional conservative combined family! Although I was quite a friendly, bubbly,

cheerful girl but at times I was little inflexible, hot headed, impulsive, used to get angry & irritated at petty issues. My mother in law was very assertive & strong headed lady! She was able to manage our family business with just the primary school education she did. But over a time due to her illness & old age (my husband was her youngest born) she had also become unpredictable & had developed some psychological problems! We used to have a lot of fights over petty issues!!

At the age of 20, I delivered a baby boy (My hubby & I were young & had limited knowledge about family planning)! I was barely coping up with various pressures of married life & additional huge responsibility of motherhood without much support from my in laws and this proved too much for me!! At the age of 22, I tried to commit suicide by consuming a bottle of sleeping pills!!! I thought that was the easiest way of getting rid of all my problems. That day being Sunday, my hubby Akash was at home so he rushed me to hospital. My life was saved, but I was hospitalised for a week. Akash, who till now was mute spectator to all the happenings at home, was shattered!! He sensed that things have changed forever and something drastic changes could happen. During the week I was in hospital Akash had detailed discussion with me & told me not to run away from the situation like a coward. He asked me to do something creative in life and that I was born to excel. And, these lines from him were the turning point in my life. After that I never looked back and immediately I joined our family business, with the motivation & guidance of my husband. I



grew in leaps and bounds as we complemented each other and became one plus one eleven, our business scaled to new heights! Actually, my joining business was Akash's decision, as he understood that I being an enterprising woman, would be more successful as a

professional / business lady rather than being a housewife in combined Marwari family. I also realised that seated at home I was getting frustrated.

Although Akash was loving & protective as my father was, but specially after my suicide attempt he became more open minded & very supportive husband, unlike the traditional Marwari husband. He started taking me to JayCee club, rotary club, Vidharbha industries association, Vidharbha management association & many other association programs on self-development & business development. He was always a very social person & was member of many associations & clubs, like the Rotary club of Nagpur!!! It was an exposure for me to outside world, socially & professionally.

When I joined Akash furniture group, it was running in losses. Initially it took me few years to completely have a grasp of business. Initially I used to come for 2/3 hrs per day to office, but slowly business world started fascinating me. I

took keen interest in our business & slowly with my efforts & passion Akash Furniture Group became one of the most recognized & biggest furniture brand in central India. As I

started devoting more & more time, slowly Akash took a back seat. He was always a social person who loved to be actively involved as office bearer of many social & trade organizations', this consumed most of his time daily. Also since he was interested in shares trading & property investment, he used to devote lot of time in those activities. He was an avid reader so he used to give some hours a day reading about current affairs,



business, psychology etc. But he was always on my side whenever I needed his support, guidance, his vision, his strategies etc.

After few years in business I used to devote 4 to 5 hrs in office & used to feel that I am doing enough as a woman Entrepreneur, but my perspective changed entirely when I visited China, Malaysia, Singapore & Thailand in order to

study furniture industries. I saw woman entrepreneurs working very hard & rubbing shoulders with their male counterpart, I was further motivated to become full time woman industrialist. It also inspired me to excell & become one of the top lady industrialist of India, so that I could be a role model for other women & also inspire them to come into industry &

thus contribute towards India becoming business & industrial superpower. I am very proud & very humbly would like to say that now I am one of very few lady industrialist in whole of central India, who is full time into management & execution of hardcore business of manufacturing, wholesaling & retailing of consumer durable (A domain mostly managed by males). I am happy to share that recently I got *the Rotary Vocational Excellence Award from Rotary International through Rotary Club of Nagpur, a prestigious award given to top achievers in field of your chosen vocation (in my case entrepreneurship). And to top it, I got one of the biggest award in my life, received it from the then CM of Maharashtra Prithviraj Chavan ji, the best lady industrialist of the region honour. Recently I have been nominated by the Times of India for Nagpur Heroes Award, which will be given by the honorable Dep. CM of Maharashtra Shri

Devendra Fadnavis. I am nominated for my various achievements in field of business, beauty pageants, promotion of women entrepreneurship, promotion & guidance for beauty pageants & also for getting selected for Mrs Universe. Today I am CEO of Akash Furniture Group. Akash Furnitech Pvt Ltd (a 42000 sq feet state of art

furniture industry at Hingna Midc), Akash wholesale furniture mall (10000 sq feet furniture mall) & two showrooms at Nagpur!!! I look after the production, sales & general administration of our group. I am managing about 100 skilled, unskilled & staff members, mostly women, and I feel women are better managers than men as they are

multitaskers, more ethical, have more empathy towards others, have more patience & work harder than men. Also I want to promote women

entrepreneurship & I am very sure many of them in future will start their own industry, even though small to start with. Now we are in the process of expanding our production facility to two lakh sq feet in the next few years (construction of plant already started). & we plan to supply all types of furniture across India & also export.

My entrepreneurial journey was never easy, since furniture industry was totally male dominated industry, I was the only woman entrepreneur it had. Also it is highly unorganized industry

mostly managed by traditional very conservative male entrepreneurs. Most of the times I have to get work done from unskilled / nonprofessional male subordinates, which was at times was very difficult for a lady, as it used to bruise the male ego. Many of my



competitors, when they were not able to compete with me professionally, used to spread rumors in the market that I am trying get orders for furniture's from various institutions using undue / unethical means of being lady!! In fact when I won a major furniture order competing with my close relative who was also our business competitor, he accused me of getting this order by offering unethical favors a women can offer and that day was one of worst days in my life. I cried whole night and had decided to leave business once for all, forever. Also during same period some of my customers tried to take undue advantage of me & also most of my relative were not happy that bahu of their family is working in male dominated industry, but again my shining light, my pillar of strength, Akash convinced me that this is a male dominated society ! Any woman who will try to enter this male dominated field will have to initially face all such things!! He said that in this world most of the male are same, they will try to take advantage of you, try to demoralize you, considering you weak but it is upto you to show them real strength of Indian married women & stand up & be counted!! He also told me it was upto me how to make my own reputation so that no one could take me for granted. Akash stood behind me like a rock. He said all this was part & parcel of being in competition in a dog eat dog world where there is survival of the fittest.

That again re-energized & reassured me & I never looked back again.

Today a 12 pass lady is a visiting faculty to various MBA , BBA , Engg Colleges such IMT Katol , Tirpude college and many more professional organizations' like VIA , TIE , VMA etc. Regarding my participation in beauty Pageants, it all started in 2004 when Akash saw an advertisement in a newspaper & motivated me to participate in Mrs. Nagpur contest. I won Mrs. Nagpur 2004 & then also won Mr & Mrs Nagpur contest along with Akash in 2005. Then I participated in Gladrags Mrs. India & Mrs. India World contest but couldn't get selected for finals. Then for next 10 years I got busy with my fast growing business which demanded my full attention & time. Then in Sep 2015 Akash heard of Mrs. India Worldwide competition as one of his friends was participating in it. He again motivated me to participate. Initially I was very scared as it has been 10 yrs that I had participated in Gladrags Mrs India. Also I came to know that majority of contestants were from services (Army, Navy, Airforce). Their family background in services bestowed them with confidence, poise, grace, talent, risk taking since their childhood. Many

of them were trained for beauty pageants for months from reputed international beauty pageant institutes like TIARA training institute Pune (which conducts courses for beauty pageants)!! Many of them married recently & were participants of beauty pageants like Miss India before marriage. But still I somehow participated & managed to win Mrs India worldwide Mrs Inspirational title because of my performance in grooming, talent & other initial rounds. I was one of top contender & was expected to win the crown, but I couldn't. And was told after words that the top three positions was sold!! I took that in my stride & again tried for Mrs India Globe where I won Mrs India globe 1 st runner up title (

Indian



married women from all over globe were the participants). Again here all judges told me that they would have given me top position but organizer gave top position to somebody else due to commercial reason! It took it sportingly as by now I had understood the law of average. You lose some, you win some but you have to keep trying. I got selected to represent India in most prestigious beauty contest for married women in the world that is Mrs Universe 2016. Since many of my friends ask me why I participated in so many beauty Pageants, here I would like to tell them, participating in beauty pageants is not just about winning the title, name & fame. Infact it is much more!!!! It is about meeting talented, interesting people & making friends with them, learning from them. It is about the grooming you get, the exposure, the confidence you develop & much more. Infact I would like more & more women of tier 2/3 cities like Nagpur to

participate in pageants & show that they are equal, if not better than their Metro

counterparts. And with this in my mind I am already guiding / helping / mentoring more than 100 existing & would be participants of Mrs India / Miss India contests from not only all over India but also from countries like Nigeria , Nepal , USA , Europe etc. I am very happy that more than 25 to 30 of them would be participating in various contests in the next few months. I have already made a Whatsapp group of all interested women and am interacting & sharing my experience, learning, & knowledge with them. Also every member of group is sharing her own learning, knowledge & experience for the benefit of all.

Dance as my passion, I am happy to share that I have won many dance contests at various levels. I was selected after many auditions for final auditions of DID super mom organised by Zee TV at Mumbai but couldn't be selected for final show on Zee TV. But I assure you that I will try more. Many of my friends always ask me to open my own dance academy looking at my skill & enthusiasm in teaching dance to them, which I keep on doing during dance fellowship party at rotary club of Nagpur & also during various ladies sangeet functions during marriages of near & dear ones. One day I definitely would like to open my own dance academy.

As for my beauty & fitness regime, I think for every women of any age maintaining fitness & beauty regime is important. If we are physically & mentally fit then only, we will be able to fulfill our multiple responsibilities and at the same time pursue our various passions. Beauty is one of the very important essence of womanhood, God has created every

women beautiful so it our duty to maintain that virtue. I follow the fitness routine of alternating between running, gymming & yoga at least one hour per day. As I easily get bored by doing only one type of exercise, in order to get maximum results you have to keep on changing / alternating between various types of exercising. Yoga I do for flexibility, gym for toning, strengthening & running for losing fat. My beauty regime, to be very honest , I don't follow any beauty regime only during grooming sessions in various pageants I have learnt few make up tips which I follow while going to party & removing that make up before going to bed. Apart from this, I don't believe in doing much for beauty. I believe your inner beauty is much more important than external beauty. Also I believe, you are what you eat & exercise, so if you eat healthy & stay healthy, you will stay beautiful for your entire life!

**For me success is not built on success,
it is built on failure.**

Nagpur is very close to my heart. Although I was born in Kolkata, but it was Nagpur which has given me my identity. I won Mrs Nagpur title

which today has motivated me to take part in Mrs Universe. Nagpur because of its unique advantages of being peaceful city with less traffic time, has given me enough time to indulge in my various passions being industrialist , dancer , beauty pageant participant & also doing little bit of social work. It would not be possible if I would have been in other Metro cities. People here know each other & are very helpful as everybody has enough time, which again helps women like me who has come up from difficult times.

My stress buster: being professional married women I have to give equal justice to my industry, family & also my social commitments. And they all have their own time lines, which creates lot of stress!! But over a period of time I have learnt to take this stress as opportunity to improve my working by creating systems in my organisation so that I am not needed for small work & decisions, but all said and done you still have to go through stress occasionally! My love for yoga, running & dancing, where I get time to connect with inner me & have dialogue with oneself is a great stress buster for me. Guiding aspiring youngsters & women entrepreneurs is also a great stress buster for me. My son Aryan studies in a residential school in Panchgani & whenever he is on an I holiday we go for family vacation & that vacation is also a great stress buster for me. Managing personal & professional life is one of the biggest challenge every women has to face world over, but I believe God has given every women enough talent in the form of multitasking, empathy, patience etc. to overcome this challenge. They only need some support & motivation which I received from my husband. If

women are well supported by family or at least their hubby, then managing personal & professional life is not a big deal for them. In my case, my only son Aryan is in boarding school since he was in 5 th class, actually it was a conscious decision to make him independent & give him exposure to practical life. Since mostly he is in boarding school so I don't have to devote much time towards him. Since my joining of business, although my small problems with my in laws persists but now I am matured enough to manage those issue as now I don't react impulsively to those issue but try to manage with cool head & reasoning. Lot of people ask me how I am able to manage my business, where I have to manage accounts (both internal accounts & also various taxation issue), production, sales, marketing, transportation, human resources etc all by myself specially since ours is a SME industry where we cannot afford to hire professional for every function of management, I always tell them education is a must for everybody but your main learning starts when you enter this very competitive world. It is here you learn actual practical learnings, experience, and exposure to real competitive world. And I was fortunate to enter this best college of life at a very young age of 22 with a lot of training, exposure, experience which I got with my 3 years of my married life & 2 years of my motherhood. Also I learnt a lot through my failures & mistakes which were the stepping stones of whatever little success I could achieve in my life. Also I would say I am still learning & having value addition in myself by regularly attending business seminars, short term management & entrepreneurship courses , exposing myself to different way of working & this learning will go on till I die. I have to learn, unlearn & relearn!! So I would like to say in today's world we should have best education possible but we would learn actual lessons of life by making mistakes & failing many times before we could achieve success.

It has been mixed bag for me in terms of family support for me. I never got much of support from my in laws but was fortunate that in Akash I have world's most loving, caring, friendly but a strict hubby who is very passionate about his wife success. He is my motivation, inspiration, fear factor (because he is very hard task master and always after me whether it's my diet, my exercise, my social relationship & everything else). Actually it is he who is very ambitious but not for himself but for me. He always says ""I will be very proud if I am known as Shilpa Agrawal's husband rather than Akash Agrawal "He is my friend, philosopher, guide, coach, guru. He is everything to me since he is always firmly behind me.

For me success is not built on success, it is built on failure. A person who avoids failure also avoids success. My short life history till now totally support the above saying. We have examples like Abraham Lincoln who lost all the elections he

fought in his entire life before eventually winning the last but the biggest election in his life, the Presidential election of USA. I believe it is only failures which give you humility, hunger, determination, passion to achieve extra ordinary success. My philosophy in life is that people can guide you, motivate you but it is you who has to rise like Phoenix from ashes in order to be somebody in this world! I have mentioned earlier that my hubby Akash is my greatest strength & he is the one who inspired me to achieve my true potential, but I am also inspired by Kt. Smt. Indira Gandhi, I am inspired by the way she used to manage the country, in her leadership we fought several wars with Pakistan & won specially the Bangladesh liberation war!! Although I don't agree with all her policies but I admire & get inspired by her passion, determination, courage to lead this complex country.

Marriage & motherhood converts a girl (who is always protected, restricted) to an all-powerful woman. It is only after marriage & motherhood a girl is metamorphosed into a woman. My advice to all women, the most wonderful creation of God, you all are born to excel, to spread love, born to provide happiness, empathy, friendship. I firmly believe that all women specially Indian / Asian women because of their upbringing & also because of their training / exposure they go through when they are married & during motherhood. If more and more women take lead in business, politics, leadership, there will be no intolerance in society, world will be far more prosperous, loveable, peaceful, happy place then what it is today!!





This civil war threatens to go out of control and can spread to neighboring South Sudan, Chad, Libya and even Egypt.

Sudan is no stranger to conflict. Since independence in 1956, it has seen a spate of ethnic violence, 15 military coups, two civil wars—one that killed over two million and saw the creation of South Sudan. Another in the Darfur region saw over half a million killed and over three million displaced with unimaginable atrocities on both sides. And just as the nation appeared to be making some sort of transition to democracy, a raging internal strife between two power-crazy strongmen threatens to plunge it into another cycle of war. The seeds of the present conflict go back to the Darfur Civil War of 2011. Sudan was then ruled by President Omar al-Bashir, who enlisted the services of Mohammed Hamdan Dagalo—a warlord also known as Hemedti—to quell the Darfur uprising. Hemedti used his Rapid Support Forces (RSF) an Arab militia called janjaweed that conducted widespread murders, rapes and atrocities in a two-year campaign of terror that brought the area under control. In return, he was made a lieutenant general and given control of gold and copper mines, and lucrative businesses to finance his operations. His RSF was also formalised into a paramilitary force. This was a way of keeping the army and its ambitious chief, General Abdel Fattah-al Burhan, in check. The

arrangement worked for a while, till April 21, when the two strongmen got together and ousted President Bashir, ending three decades of autocratic rule. Yet, the military coup was not well received and a people’s movement soon erupted for return to civilian rule. In the protests that followed, the RSF perpetuated the infamous Khartoum massacre, killing and raping demonstrators wantonly. Eventually a joint civil-military government, headed by a civilian Prime Minister was put in place, with a promise of elections to be held in June. And then, as so often in Sudan, Burhan and Dagalo got together and engineered another coup that upended the civil government and ended Sudan’s brief tryst with democracy.

But when two unscrupulous power-hungry men get together, they usually fall out. This is exactly what happened. Dagalo’s RSF, with around 70-80,000 fighters is much smaller than the Sudan Armed Forces with around 200,000 personnel, but is far better armed, equipped and trained. The RSF was to be integrated in to the Sudan Armed Forces, an act which would make it directly under the army, and put Dagalo as subordinate to the army chief. He was loath to give up his power and the empire of mines and lucrative businesses that he had built up. Calls were also rising for probes into the numerous atrocities conducted by the RSF and the army. Dagalo resisted the move, demanding a greater power-sharing arrangement, and tensions rose to a

point where Dagalo and Burhan were not even on talking terms with each other. The simmering tensions between the two finally erupted last month.

(L-R) Army Chief General Burhan and Mohammed Dagalo (Hemedti).

On 15 April, RSF fighters tried to take control of the Soha military base in Khartoum. They also launched multiple strikes across the country, including at Khartoum International Airport that damaged three airliners on ground. Other military bases, the Presidential Palace and key locations were also attacked and the violence spread all the way to Darfur. The army reacted violently, sending tanks into the streets of Khartoum, as jet fighters strafed targets beneath. In the fighting, as always, most of the victims were innocent civilians caught in the crossfire. And in the chaos, the looting and ransacking of property began. Sudan slipped into the familiar cycle of internal fighting, killings, rape, loot, internal displacement and the threat of a looming civil war. Even as we go to print, the violence has claimed an estimated 600 lives, and started a stream of over 300,000 refugees. Three ceasefires have broken down, and the latest Eid ceasefire holds tenuously, which has given foreign nations time to evacuate their nationals. India's Operation Kaveri successfully evacuated 4,000 Indians using aircraft that landed at Khartoum in virtual pitch darkness, and naval vessels that carried the remainder from Port Sudan. Coming in the wake of the successful evacuation of Indians from Ukraine, Yemen and other war zones, it is a measure of the clout we now possess to safeguard our diaspora. The US, UK, France, Germany and others have also followed suit. But once the foreigners leave, the opposing sides will be free to intensify their fight.

Pressure has built up from the international community, especially neighboring Egypt and Libya, for some kind of negotiations, with both sides refusing. Ironically, in this power-struggle, Burhan calls himself the "saviour of democracy", while Hemedti paints himself as the bulwark against Islamists. Neither is true. Both are self-serving men fighting for control of Sudan and its vast resources.

But this civil war—like the ones that preceded it—threatens to go out of control and can spread to neighboring South Sudan, Chad, Libya and even Egypt. Sudan is the third largest nation in Africa with a population of over 45 million, and the fighting can cause an immense humanitarian disaster. Starvation and disease, and the other scourges that come with conflict, could soon appear. As it is, there are fears of a bio hazard when one of the biological laboratories holding stocks of cholera pathogens was seized by rebels during the fighting. The conflict could also take on ethnic and tribal lines, and the resultant rift can spread across the country. It will also draw Islamic fundamentalists groups like Al Qaeda, Al Shabab, Boko Haram and others into the fray. They will join the hotchpotch of groups fighting there, and then use

the resultant turmoil to spread their own fundamentalist ideology. It could lead to a long-protracted war, on the lines of Syria and Yemen and add to the arc of instability that now extends from African Sahel, Libya, Yemen, Syria and beyond. One can only hope that groups like the African Union manage to get both sides to the negotiating table for some kind of agreement. But the damage has been done. The fighting has now hit the main cities of Khartoum and Port Sudan, which were spared the carnage of the earlier civil wars. Sudan's hopes of transiting to democracy, which sparked briefly, has been doused once again. Although Burhan pledges to hold elections and restore civilian rule, the current climate will not permit it—till the RCF is defanged at least. The conflict will also draw outside forces into the fray. Russia and China have interest in Sudan's vast natural resources—especially its oil and gold. Sudan is also the world's sole supplier of gum Arabic—a product from its acacia trees that is essential to the food industry. Sudan's vital position in North Africa, astride the crossroads of the Sahel, the Horn of Africa and the Red Sea also offers huge strategic advantages. Beijing has investments of over \$200 billion in the country and Russia plans to build a major naval base in Port Sudan. The RSF has ties with the Wagner Group as well as groups fighting in Syria, UAE and Yemen. They could well enter the fray to support its ally and draw it into a protracted war with the Army. All in all, it seems that Sudan is headed for another long spell of instability.

With the world's eyes focused on Ukraine, we have lost sight of even deadlier conflicts raging elsewhere. Sudan has seen over half a million deaths in the past decade. The Yemen civil war has claimed over 400,000 lives; and the war in Ethiopia has resulted in a staggering 2.5 million deaths. In all this, one has not even mentioned Afghanistan, Central Africa, Syria and others—32 different conflicts raging across the world that have claimed an estimated 2 million lives in the past year alone. These internal wars seem to go on with extended timelines for years if not decades. And their deadly toll is often that of innocent civilians, who are exploited by both sides, displaced, and fall prey to starvation and disease that these wars bring in their wake. The civil war in Sudan, unfortunately, seems to be headed the same way.

Col. Ajay Singh is the international award-winning author of six books and over 200 articles. He is a regular contributor to The SquarePetals Global Webzine..

Pulses: The nutrient-dense food

Pulses are the edible seeds of leguminous plants and are among the most extensively used foods around the globe. Most of the pulses are short-duration crops and well-suited to different cropping systems. India is the world's biggest producer and consumer of pulses, producing 25% of the world's total supply. About twenty species of pulses including beans, peas, soybeans, peanuts, and lentils are used in appreciable amounts for human consumption. Recognizing the importance of pulses, 10th February is observed as 'World Pulses Day' every year. The day is celebrated to spread awareness about the nutritional as well as environmental benefits of pulses as part of sustainable food production.

Pulses are considered one of the cheapest and richest sources of dietary protein, which are used as a substitute or supplement for relatively expensive animal protein, which is high in fat and cholesterol and a carrier of lethal strains like Mad cow disease, Avian flu and Swine flu which was declared as an epidemic by WHO in 2009. The protein content of pulses ranges from 17% to 40%. Being a good source of protein, pulses are often referred to as poor man's meat. and are considered helpful in reducing protein-energy malnutrition (PEM). Pulses also provide complex carbohydrates, and several vitamins including thiamine, riboflavin, pyridoxine and folic acid. Vitamin E and K and minerals such as calcium, iron, magnesium, phosphorus, and zinc. Consuming half a cup of pulses per day can enhance the nutritional quality of the diet. Like other plants produce pulses do not contain cholesterol and are low in sodium. Pulses contain a substantial amount of dietary fiber as well. In spite of unlimited beneficial attributes, their consumption is limited due to the presence of anti-nutritional factors. The concentration of these anti-nutritional factors (ANFs) can however be reduced or removed through appropriate cooking or processing techniques.

Due to their diverse chemical and phytochemical features, pulses can lessen or prevent a number of chronic diseases. Pulses are categorized as low glycemic index foods and are considered beneficial in reducing postprandial blood glucose and insulin responses. The functional components of pulses are known to suppress early carcinogenesis. The perfect amino acid profile of pulses is actually helpful in improving

bone health. Pulse proteins not only promote and maintain the growth and repair of tissues but also help in the safeguarding of the liver a vital organ of the body. Horse gram (Kulattha) is known to have litholytic properties in Ayurvedic literature and can be used to reduce the recurrence of calcium oxalate stones in the kidney. Pulses have been proven to have a neuroprotective effect in a cell culture model of Parkinson's disease. Faba bean and velvet bean are natural sources of L dopa. L Dopa is responsible for reducing the general symptoms of Parkinson's disease. The natural antioxidants present in pulses attribute to lower incidences of cardio degenerative diseases. The association between the intake of leguminous foods and reduced risk of cardiovascular disease (CVD) and coronary heart disease (CHD) has been reported in several prospective cohort studies.



Pulses are used in many different ways both for nutritional and industrial purposes. They are mainly consumed as vegetables, soup and curries and in combination with cereal grains such as rice and wheat which make an excellent human diet for millions of people around the world. Certain pulses such as green moong, black gram and chickpea are used as sprouts and micro greens. Pulses are an integral part of many cultures around

the world. For instance, Kwati, a soup composed of nine different kinds of pulses, is consumed during important occasions and festivals and is a staple of pregnant women's diets in Nepal.

Pulses are not only valuable for human beings they provide nutritionally rich crop residues for animal feed too and are an integral part of animal feeds. Besides, they have immense value in farming systems as they conserve soil moisture, enrich the soil environment and, improve soil fertility and productivity through biological nitrogen fixation. This is accomplished through a symbiotic relationship between the legume plant and special bacteria that live in nodules on the roots of the plant. Some pulses are considered model crops for genetic and molecular studies. Gregor Mendel chose the Pea plant for his research and revealed the principles of genetics in the 20th century. Overall, pulses contribute to increasing food productivity, national security and sustainability of the food production system, especially in developing countries.

By Neeru Bhatt

COMMIT TO CONSTANT AND NEVER- ENDING IMPROVEMENT

Chuck Gallozzi said, "We have an innate desire to endlessly learn, grow and develop. We want to become more than what we already are. Once we yield to this inclination for continuous and never-ending improvement, we lead a life of endless accomplishments and satisfaction. "

In Japan, the word for constant and never ending improvement is Kaizen. It is not only the operating philosophy for modern Japanese business, it is also the age-old philosophy of warriors, too and it's become the personal mantra of successful people.

Achievers- whether in arts, sports and business are committed to continual improvement. If you want to be more successful, you need to learn to ask yourself. "HOW can I make this better? How can I do it more efficiently?" You need to seek improvement in everything you do.

In today's world, a certain amount of improvement is necessary just to keep up with the rapid pace of change. New technologies are invented every month. New manufacturing techniques are discovered more often. What we learn about ourselves, career, health and skill continuous in improving. Improving is therefore necessary simply to survive. But to thrive, as successful people do, a more dedicated approach to improvement is required.

We have three sets of people; the first set are those doing the things of yesterday. The second set are those doing the things of today and the third are those doing the things of tomorrow. Where do you belong?

Whenever you set out to improve your skills, change your behavior or better your family life or business, beginning in small and manageable steps gives you a greater chance of long-term success. Doing too much too fast not only overwhelms you, it can doom the effort to failure. Thereby reinforcing the belief that it's difficult, if not impossible, to succeed. When you start with small, achievable steps you can easily master, it reinforces your belief that you can easily improve.

You need to decide what to improve upon. You might need to improve your knowledge, skills and capacity. You could decide to improve your communication skills, health and fitness, financial management or your prayer life.

Whatever your goal may be, decide where you want to improve and what steps you'll need to achieve that improvement.

To keep yourself focused on constant and never-ending improvement, bombard your mind by asking this questions, "How can I improve today?" What can I do better than before? Where can I learn a new skill? If you do, you'll embark on a lifelong journey of improvement that will ensure your success.

Take to heart this inspiring words by Oliver Cromwell, "He who stops being better stops being good." Major improvement takes time. They don't happen overnight. There is no quick fixes to improvement. It takes time and consistency to improve. However, if you make a commitment to learn something new every day, getting just a little bit better every day then eventually -overtime - you will reach your goals. Mastery takes time. You have to practice, practice, and practice! You have to hone your skill through constant refinement. It takes years to the depth and breadth of wisdom. Every book you read every class you take, every experience you have is another building block in your career and your life. Improve yourself to be prepared when the big opportunity comes.

Successful basketball players learn to shoot with their opposite hand, improve the foul-throw shooting, and work on their three point shots. Air pilots train for every kind of emergency in a flight simulator. Doctors go back to school to learn new procedures and obtain advanced certifications. They are all engaged in the process of constant and never ending improvement.

Make a commitment to keep getting better and better every day in every way. If you do, you'll enjoy the feelings of increased self-esteem and self-confidence that comes from self-improvement, as well as the ultimate success that will inevitably follow.

By Michael Ediale

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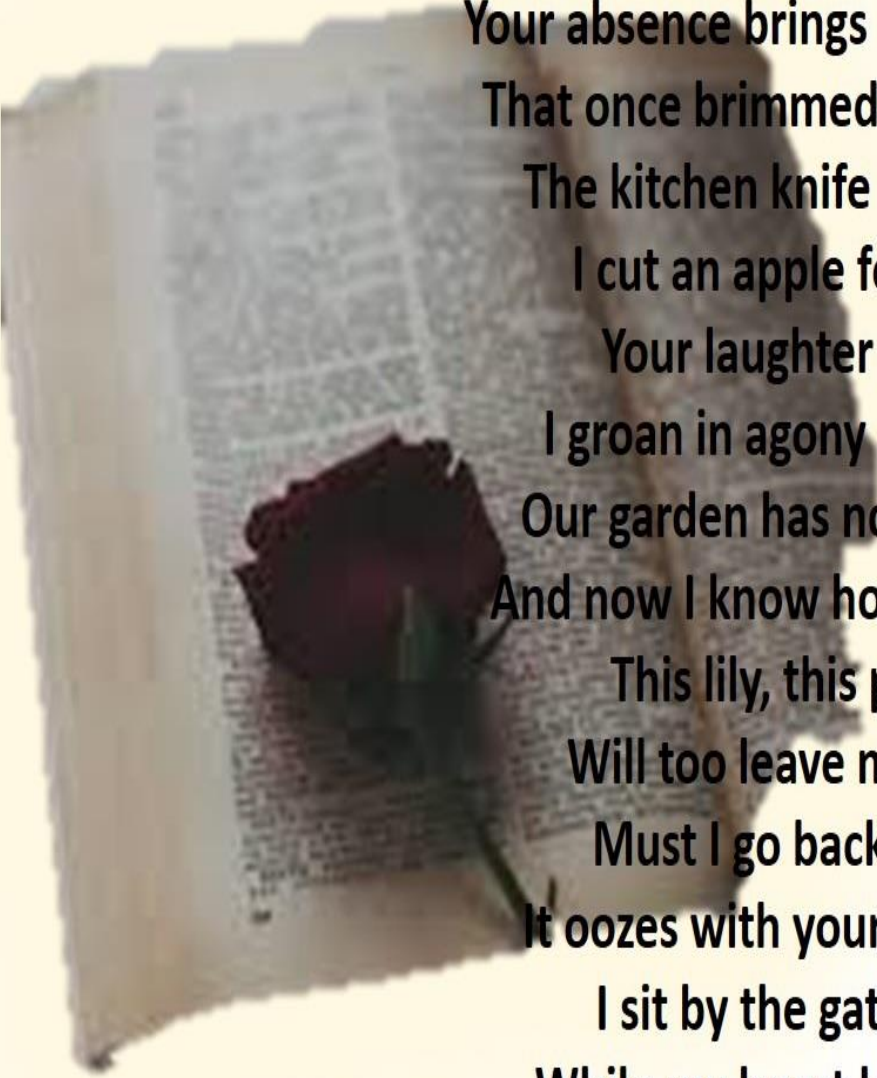


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WITHOUT YOU



The rose has blackened in my book,
And there is no wisp of you.
Your absence brings back that one brook
That once brimmed with love and hue.
The kitchen knife lies lifeless, lone;
I cut an apple for you and me.
Your laughter rings in here,
I groan in agony of that memory.
Our garden has now become mine,
And now I know how silence screams.
This lily, this peony of thin
Will too leave me like a dream.
Must I go back to a 'house'?
It oozes with your happy thoughts.
I sit by the gate and drowse
While my heart homes distraught.

By Moin Khan Pathan

Addiction: Tea, his talks or him?

Suhani always wondered if love was something that could make us, the humans feel helpless like the way it was making her feel now. She looked at herself in the mirror with all the negativity filled in her head about how she looked and felt. Dreading the fact that she could never be that person that the world wanted her to be, she struggled her way through life. Love is a simple four lettered word but for her it was everything which turned into her worst nightmare- the one she was destined to live each day.

"I am leaving." She said to her mom as she grabbed her keys from the key stand.

"What time will you be back?" asked her mom.

"IDK" she replied.

"I really think you should talk to him once!" Her mom reciprocated with sad eyes, knowing what her daughter was feeling. Suhani gave her a look and left for her fencing lesson.

This was her new addiction where she would vent out her wild thoughts in an abyss of a vacuum, a place where she would not be judged for what she was and what she did.

It had barely been a few days since she found her new found addiction to fencing.

Thinking about the ways to remove her anger she got ready for her class.

"Good evening class!" said Vishnu.

"Good evening", everybody responded. Looking at the crowd Suhani wondered if she will be able to get through a class without having an anxiety attack or a mental breakdown. Considering her current situation she always felt like staying alone and away from peoples prying and judgmental eyes.

"Suhani guards up!" shouted Vishnu.

Paving her way through the class it finally came to an end. She wondered to herself if she was ready to face another dreadful fight with her destiny. By each passing day life seemed to throw new challenges at her the one where she was unable to battle. Her emotions overwhelmed her and her heart strived hard to forget about the hurtful events.

"Do you ever smile or talk?" Vishnu suddenly asked. His question startled her from her vague but true thoughts.

"Yes!" she replied curtly.

Vishnu looked at her with a sly smile and thought something. Suhani wondered if she could punch him in the face and run away!

"What?", she asked a bit curious about what he thought.

"Why don't you talk??" he asked.

"I do." she reciprocated.

"What do you do?" He probed.

Wondering to herself what makes him so curious she said "I am a teacher"

"And you still don't talk as much!" he smiled to himself.

"I don't, Thank you, Bye!"

On her way back to home she wondered if she really did talk that less! And why did bother Vishnu so much.

"Do hell with

people" she thought to herself before she could obsess over a comment from her brown eyed trainer. She plugged into her earphones, turned up to the maximum volume and walked out in rain towards her house. She was not sure if that's where she wanted to go. But then again what has she been so sure about since the past few months. She reached her house and went straight to her room and locked herself up into the fiction world where things seemed a bit normal. This was her route to escape her emotions and weary thoughts.

Suddenly a knock jolted her back to reality.

"What???" she asked, irritated.

"We are here to just talk to you!" said Suhani's mom.



“What is there to talk about?” Suhani asked.

“Lose that attitude of yours! With this we will have to look down upon you!” her father told her angrily and walked out of the door.

“Why do you even have to talk to me if you always think that you will have to look down on me?” She screamed at him and went back to reading.

“You need to get your act together!” said her mom who was now clearly angry with her ruthless behavior.

“What makes you want to act out so much? We want to see you happy!” said her mom and waited for Suhani’s response.

After not getting one she silently walked out of the door.

Seeing her mom sad made her want to cry but again she had sacrificed enough for the happiness of others. She pondered to herself if this is how her future is going to be. Sad and Melancholy the one where she could not feel a thing.

That night she sat all to herself wondering if her life will always be like this and where had she gone wrong. Deep down she knew that she had always been a person who never wanted to let anyone down. The pressure of letting people down by her decisions always made her sick and depressed.

“You are the strongest person I have ever met!” is what she had been hearing since ages but in this moment all she could feel was unbearable pain and remorse. The regret of her decisions, the regret of giving in and the regret of living on others terms. Anxiety evaded her thoughts while she was sitting by the window at 12 in the midnight she scrolled through her instagram mindlessly. She came across a story where Vishnu was tagged in. Suddenly her mind took her back to his words! “Do you smile or talk?” Curious she clicked on to his profile and stalked him out looking at his posts and captions! Wondering if pressing the follow button would look too desperate for her.

The following day at fencing class she caught Vishnu looking at her. He smiled and waved at her! She smiled back a little confused wondering if she accidentally pressed the follow button or hit a like at one of his six pack abs picture. She avoided the eye contact with him for the rest of the class and went straight back at her instagram to check the dreadful things she imagined over the class. That night taking a stroll at the terrace she wondered about a time where she could freely be who she was. Looking at Vishnu’s profile that day she decided to press the follow button unsure of what would happen.

The following morning seemed like a hell hole from continuously being awake for four days in a row.

“Finally it’s the weekend”, Suhani thought to herself while heading down to work.

Suddenly her phone vibrated! Looking at the notification she wondered why he must follow me back the notification followed another one where he had reacted to one of her stories!

“Would talking really help?” she typed being her typical self to avoid any face to face conversation.

“In what context?” he replied hours later.

Suhani replied, “Nvm, just asking!”

“Do you drink tea?” he asked.

“I certainly do!” she responded back wondering what tea had to do with all of this.

“Come over for a cup of tea!?” he said or asked. Unsure about what to respond she went back to her typical self-responding, “Hahah, sure! Whenever you are free.” secretly hoping he wouldn’t ask her again.

Days passed by with small talks. Vishnu with his persistent talks and a strong opinions about how people feel and how the same people can control those things drove her a little inquisitive about the life that he led.

Later one day after a fencing class. Vishnu asked again, “What about that cup of Chai?”

“I am spoken for!” Suhani reciprocated.

Taken aback by her answer he maintained his composure and said, “It’s not a Date, Don’t worry!”

“Sure!” Suhani replied. “Tomorrow at 3pm?” inquired Vishnu.

Suhani wondered all day long if she should go to meet someone who she knew for such little time. She thought to herself if this was a bad idea and led him on even after his clarification. She decided to call off her plan and slept on it for a few hours.

“Where should I meet you?” she texted Vishnu who texted her back with his address.

Sometimes we do things that our heart wants us to do and we often fail to consider reality, our destiny and our truth. We often tend to seek what our soul asks for. Suhani’s soul seeked for peace the one she got over cup of tea with Vishnu over time. That day she discovered her new profound addiction, a heartfelt conversation with Vishnu over a cup of tea or just him.

By Jahnuv Doshi

Jeremy Crawford, husband of the sensational bestselling author Verity Crawford, hired Lowen to complete the remaining books in a successful series his injured wife is unable to finish. Lowen arrives at the Crawford mansion to find enough material to get started on the book, but what she doesn't expect, is to find a manuscript of autobiography which was not meant to be read by anyone, an unfinished autobiography, page after page bone-chilling admissions, including Verity's recollection of the night her family was forever altered.

Lowen decides to keep the manuscript hidden from Jeremy, knowing its contents could devastate the already-grieving father. After all, no matter how devoted Jeremy is to his injured wife, this horrifying truth would make it impossible for him to continue being

devoted to her...

The book is a thriller and drama; the surprising twist in the story keep your focus grabbed as if you're a part of that world. One message is clear through the book, that is, the world is not black and white, but it's grey. Anything can happen, one wrong move, and it'll all be over.

Dr. Sunehri Johri

Miss Teen India United Nations 2021
Student of Arts & Humanities.

Book Review "Verity"

by Colleen Hoover, #1 New York Times Bestselling Author

Colleen Hoover has written many books and series including, It starts with us, it ends with us, All your Perfects, Ugly Love, and so on. The storyline of her book 'Verity' is about a struggling writer named Lowen Ashleigh, who is on the brink of financial ruin when she accepts the job offer of a lifetime.





Hi Friends,

I would like to share an experience of the Gynac talk that I had attended. The guest speaker Dr.Matkar gave a speech on the topic Menopause. She explained us very beautifully that how a Lady is an important pillar in a family. A Lady takes care of everyone and everything except of her health. Around the age 40 most of the ladies face Menopause but they don't even make their family know that they are undergoing a lot of pains and difficulties at that period of time. Dr.Matkar suggested us to "Ask For Help" whenever we require it. She also made us understand that "Pap Smeur Test" and "Sonomammography" should be done by the ladies who are 40 years and above every year. She suggested not to ignore any pain occurring in our body, it could be harmful for our body. Dr.Matkar made us realised the importance of Cervical Cancer Vaccination by sharing some cases of her patients. One of her patients who was an 85

years old lady, she was undergoing a lot of pain. She was complaining that she felt like urinating every time. She was also unaware that she was having a vaginal bleeding, but her daughter-in-law noticed a spotting in her clothes.

So she immediately took her to a Gynac and the old lady was diagnosed with vaginal cancer. So, I insist all the girls and ladies who are between the age gaps of 10-45 to please take Cervical Cancer Vaccination. So, I hereby end my article with some golden words "ASK FOR HELP NOT

BECAUSE YOU ARE WEAK, BUT BECAUSE YOU WANT TO

REMAIN STRONG"

By Supriya Sawant



1. Peel the mangoes nicely until the green coat is completely removed.
2. Then wash nicely and cut into pieces.
3. Now in a pressure cooker put together mango pieces, sugar and water, then close the lid.
4. Boil on high flame till first whistle of the cooker, then make it low and cook further for 5 minutes.
5. On cooling, take out the pulp in a strainer, collect liquid in a bowl under it.
7. Now with the help of spoons strain the pulp out nicely so that only the threads will remain in the strainer.
8. Now the concentrate is ready, let it

completely cool and then pour in a sterilized bottle.

AAM PANNA GINGER APPLE MOCKTAIL

INGREDIENTS

1. 2 tbsp. aam panna concentrate
2. 1/2 lemon, finely chopped
3. 2 tbsp fresh mint leaves
4. 1 tbsp grated ginger
5. 1/4 tsp rock salt powder
6. 1/4 tsp cumin seeds powder
7. 1/4 tsp salt
8. 1 tbsp grenadine syrup
9. 1 tbsp lemon juice
10. 2 tbsp finely chopped apple
11. Mint spring, lemon slice and apple slices for garnishing
12. Some ice cubes
13. 1 glass chilled water

FOR AAM PANNA CONCENTRATE

INGREDIENTS

1. 2 medium size raw mangoes
2. 1 cup sugar
3. 2-3 tbsp water

METHOD

FOR MAKING THE MOCKTAIL

1. In a mortar and pestle combine together chopped lemon pieces, ginger, rock salt, cumin powder and salt, muddle them.
2. Now take a tall glass, first put some ice cubes in the bottom.
3. Add little water to the aam panna concentrate and mix well.
4. Now add this mixture to the glass.
5. Then add the crushed mixture, then grenadine syrup and then chilled water.
6. Now mix it slightly with a spoon.
7. Now add chopped apple, some mint leaves.
8. Garnish with a lemon slice, apple slices and fresh mint sprig.
9. The mock tail is ready to serve, serve it chilled.
10. In place of chilled water you can also add chilled soda water, apple juice or any lemon fizzy drink.
11. You can also add some sugar syrup if you want more sweetness. Enjoy.

By Falguni Thakkar



Profile



Katra Vaishno Devi - Jammu and Kashmir

Bachelor in arts in Psychology

Contact: +91-9419197218

Email Id: sumitrofficial@gmail.com

Trainings

1 Year acting and Dance training by Gobardanga Sanskriti Kendra.

2 Kolkata Acting Workshop with National School of Drama

2 months workshop with Sangeet Natak Academy

2 years training in acting from Natrang theatre.

Experience

1. Act in 50+ theatre plays with reputed groups of Jammu and Kashmir

2. Act in 3 National theatre festivals in Chennai, Bhubneshwar and New Delhi

3. Act in DD kashir Serial

4. Act in 1 webseries

5. Eight theatre plays and 1 webseries written by me and also translate 1 play Hindi from English.

Key Skills:

Quick learner, Keen observer, Team player, Have patience, Can capture the things very easily.

Extra-Curricular Activities

Kalaripayttu Martial Art Training

Bharatanatyam basic dance training

Screenwriting.

Experience in Assistant in Direction

Experience in production control and set management

Hobbies:

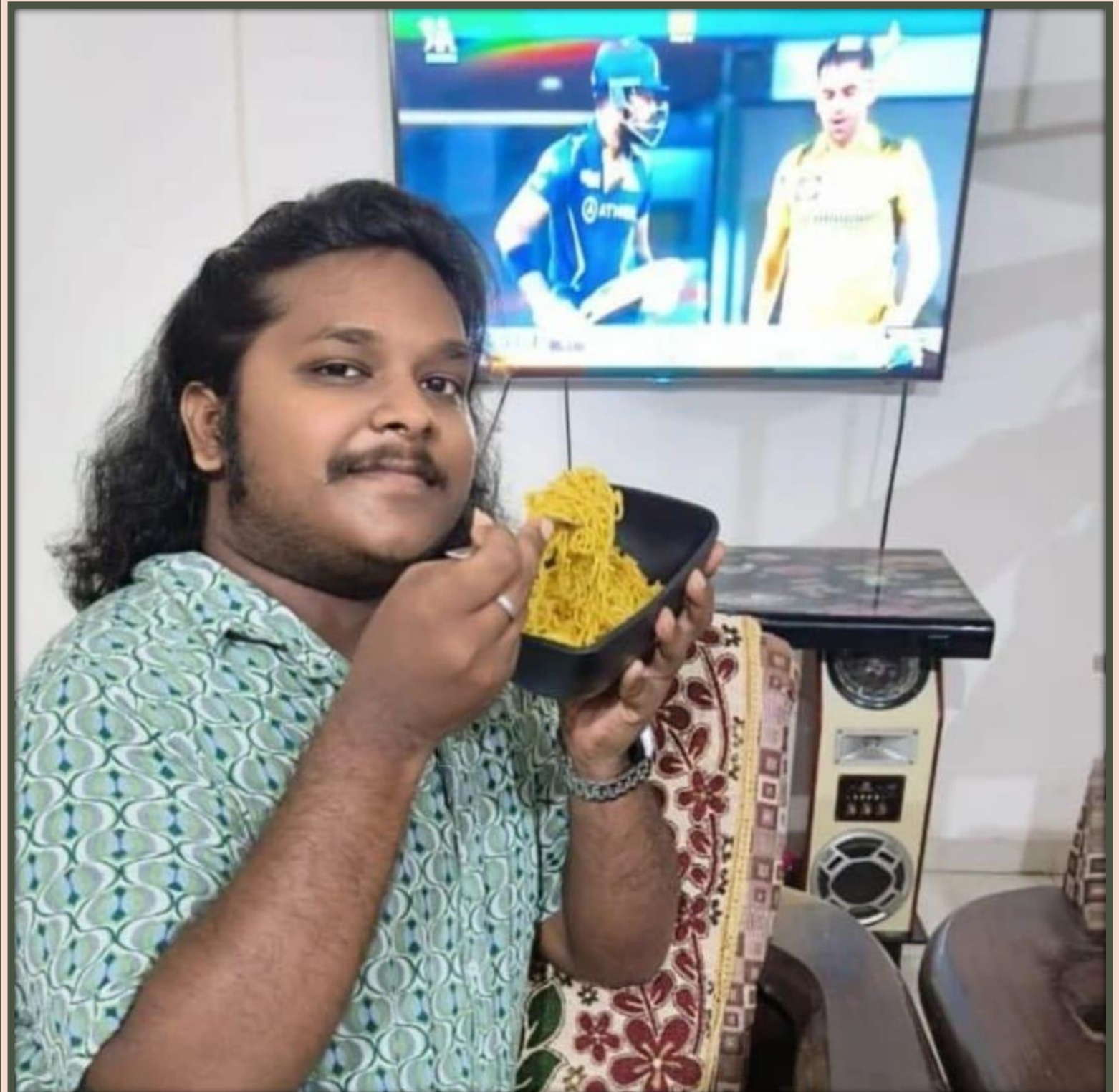
Singing, Dancing, Horse Riding, Traveling

Language known:

English, Hindi, Bengali and Dogri,

"What makes a match masaledar is a hot steaming bowl of Maggi.. Instant fulfilling food!"

Dr. Shashwat Johri –Maggi India Ltd. Influencer





River Narmada view at Shoolpaneshwar Temple, Gujarat India

Photography

BY DR. SANSRITI JOHRI – SAN CLICK



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