

SquarePetals

Global Webzine

PEOPLE
IDEAS
CULTURE
LIFESTYLE
A BRIGHTER
TOMORROW

INSPIRE | CONNECT | EMPOWER

COVER STORY

Ms. Rachhana Joshii

Author, Art Manifestation
Coach & Healer

*Art as a Bridge
to a More
Conscious You*

PSYCHOLOGY

- Validation of Purpose
- Break the Shackles

SOCIETY

A Successful Session of Introduction

*Building New
Connections in the
Kayasth Community*

Ft. Indian Administrative Reforms & Public Grievances Council

Autonomous, Non-Political,
Non-Governmental
Social Organisation

SOCIETY

The Underpass outside AIIMS

*People, Problems
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Menace of Counterfeit Drugs

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From The Desk of **Editor-in-Chief**

Hello dear readers

This edition of SquarePetals is woven around the spirit of independence, resilience, and reflection—an echo of the values we celebrated this past Independence Day. Each article in this issue brings a unique perspective, reminding us that freedom is not only a national gift but also a personal responsibility.

We open with our Cover Story on Ms. Rachhana Joshii, a personality whose journey embodies talent, determination, and inspiration. Alongside, our Feature on the Indian PG Council introduces readers to an organization committed to empowering citizens with awareness of their constitutional rights, transparency, and civic responsibility.

In the Society section, we spotlight the Underpass outside AIIMS, a microcosm of urban challenges and resilience, and A Successful Session of Introduction, which reflects the importance of dialogue and community engagement.

The Medicine feature, “Menace of Counterfeit Drugs,” raises urgent concerns about public health and safety, while the Defence article on the Battles of Nathu La & Cha La revisits historic moments of valor that continue to inspire generations.

From the lens of psychology, “Validation of Purpose” and “Break the Shackles” explore the inner journey of self-discovery and liberation—echoing the essence of independence at a personal level. Poetry enriches this edition with “I Crave” and “Worth Becoming”, verses that capture longing, growth, and the beauty of transformation.

To balance thought with flavor, our Recipe Special: Shahi Paneer brings culinary delight to the table, while Top Trends captures the pulse of the moment, reflecting the evolving spirit of society.

This Independence-themed edition is a tribute to courage, awareness, and creativity. It reminds us that freedom is not static—it must be nurtured, protected, and lived every day.



Happy Reading

Dr. Sansriti Johri
Editor-in-Chief – SquarePetals Global
Webzine



Dr. Aruna Wadkar

CEO & Founder,
Harvest Educational Transformation Solutions

Founder and Chairperson, Arpit
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*Education is the most
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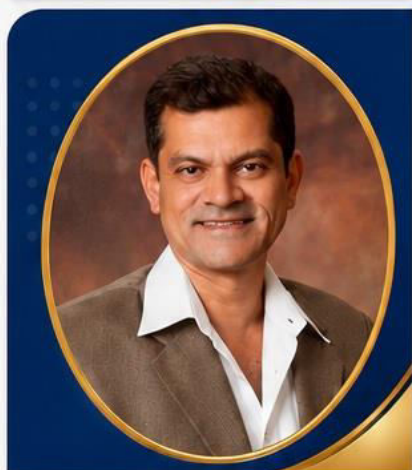
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Retd. as Principal Commissioner
Central Excise and Customs,
Insurance Ombudsman for North India,
A Medical Doctor by profession



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- ★ Army Veteran | Author of 8 Books |
- ★ International Award Winning Author |
- ★ 200+ Articles Published |



Col. Ajay Singh is a distinguished Army Veteran, historian, and author whose writings bring history to life with depth and perspective. His extensive work continues to educate, inspire, and ignite pride in our rich heritage.



DR. B. S. PARIMAL

Asstt. Professor

Dept. of Psychology
The Maharaja Sayajirao University of Baroda



Dr. B. S. Parimal is an academic and researcher with a passion for understanding the human mind and behavior. His contributions to psychology education and research inspire knowledge, compassion, and mental well-being.



LEADERSHIP



INTEGRITY



INSPIRATION

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Concept & Production Chief



COO EsquireVJ Multifaceted Company



Film Maker

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MS. KAVITA GUPTA

Asstt. Professor



Dept. of Psychology



The Maharaja Sayajirao University of Baroda



Ms. Kavita Gupta is an academician and researcher with a deep interest in understanding human behavior and promoting mental well-being.



MR. BADRISH SHRIVASTAVA

Author, Content Writer



Sr. Teacher & Mentor



Mt. Litera Zee School, Ghazipur



Mr. Badrish Shrivastava is an inspiring educator and writer who believes in the power of words to educate, motivate and transform lives.



INSPIRING MINDS. SHAPING TOMORROW.



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DR. SANSRITI JOHRI

Editor-in-Chief

- ★ Award Winning Author, Entrepreneur
- 👤 Ex CBIC Officer, India
- 🌐 National Vice President – World Human Rights Protection Commission.

Dr. Sansriti Johri is an award-winning author and entrepreneur with a distinguished career in public service. A passionate advocate of human rights and social justice, she leads with integrity, compassion and purpose.



DR. SHASHWAT JOHRI

CEO SquarePetals Global Media

- 🏆 Young Achiever 2020 Awardee
- 📖 Best Debut Indian Author 2019–20
- 📖 India Book of Records & World Record Holder

Dr. Shashwat Johri is a dynamic leader, author and changemaker. His achievements reflect his dedication to creativity, excellence and inspiring young minds worldwide.



DR. SUNEHRI JOHRI

Asstt. Editor – SquarePetals Global Webzine

- 👤 Member WHRPC, India
- 👑 Former Miss Teen India – United Nations
- 📖 Dr. Sunehri Johri is a passionate writer and youth advocate committed to positive change, leadership and the empowerment of the next generation.



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(M) +91 77788 96891 / 137

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Article Writers:

- Col. Vineet Dev
- Col. Ajay Singh
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- Dr. Dinesh Verma
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*Thoughts
that
Inform...*



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Medicine

Menace of Counterfeit Drugs



Top Trend



Recipe

Shahi Paneer

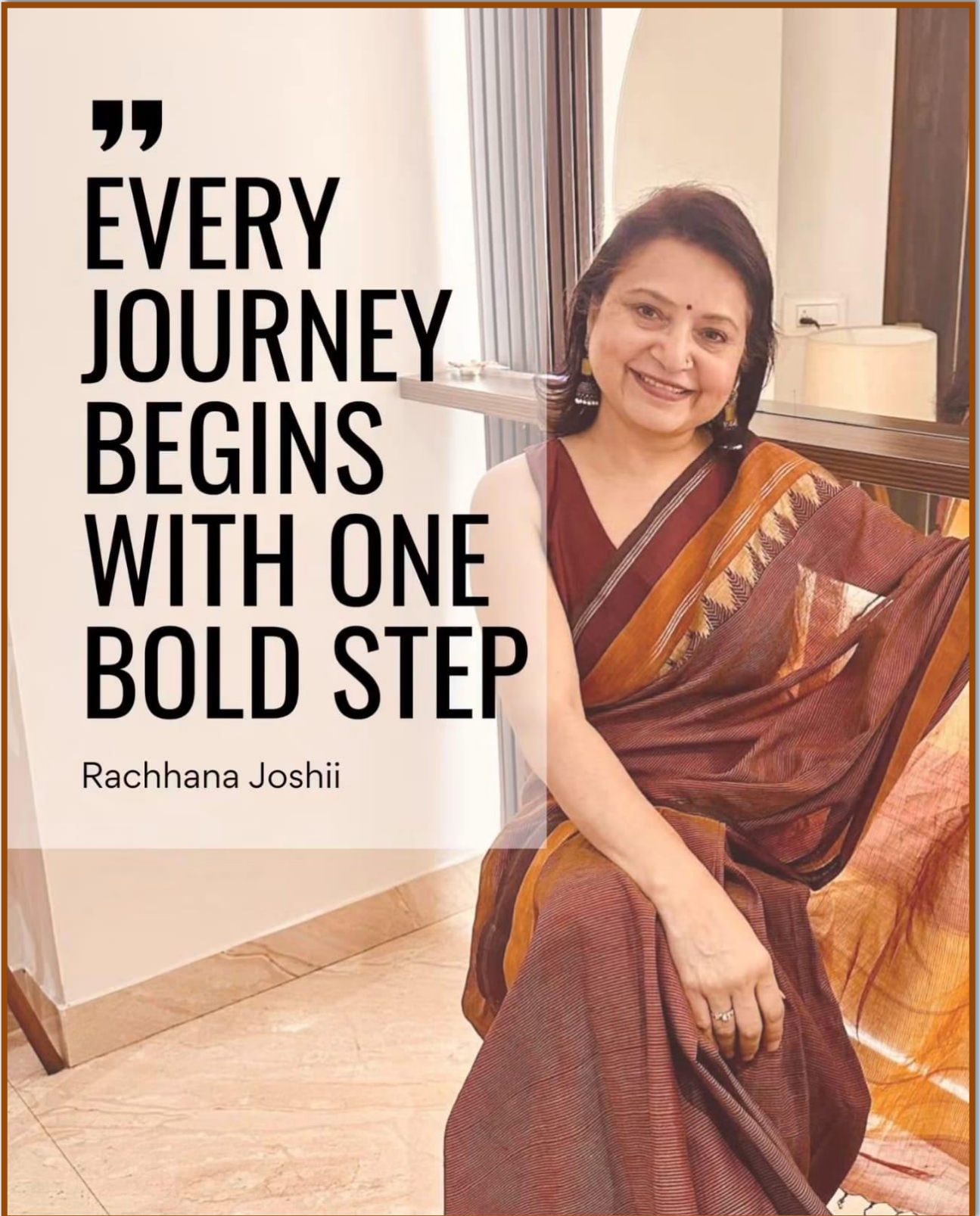


Cover Story

I Am Enough

“
EVERY
JOURNEY
BEGINS
WITH ONE
BOLD STEP

Rachhana Joshii



Whenever there was a Buddhist meeting, I would sit quietly and hope nobody would ask me to speak.

The moment someone looked in my direction, my heart would race. My mind would go blank. I would pray silently, "Please don't ask me."

When nobody did, I felt relieved.

But the relief never lasted. At home, I would replay the moment and wonder, "Why didn't I speak? Why did I let fear stop me again?"

I had so much to say, but fear had taught me to keep it inside.

For many years, speaking in front of people felt almost impossible. I could listen to others, support them and hold space for their struggles—but when it came to using my own voice, I would disappear.

Today, I am an author, transformational life coach, empathic healer and public-speaking trainer. I help people work through emotional blocks, overthinking and self-doubt.

But the woman who speaks, teaches and supports others today is very different from the girl who once prayed not to be noticed.

My journey began almost 20 years ago, when I started volunteering in my Buddhist organisation. I never planned to become a coach. I simply felt drawn to people who were struggling.

I wanted to sit with them, listen to them and help them feel less alone. When I was supporting someone else, I forgot about my own fears.

Looking back, I realize that was the first sign of my purpose.

But before I became a healer or coach, I went through a very difficult phase with my own health. I was diagnosed with an autoimmune illness and there was a time when I was physically very unwell and even bedridden. That experience taught me the value of hope, resilience and taking responsibility for my own wellbeing. Slowly, I recovered and began rebuilding my life with a much deeper appreciation for my health.



I could hold space for others, but I could not yet find the courage to use my own voice.

That was the contradiction I lived with for years: I wanted to help people, but I was afraid to be seen. I had compassion for others, but very little confidence in myself.

During that time, I attended Tony Robbins' UPW, Unleash the Power Within, online. The experience opened me to a new way of learning and personal growth. It made me question the limits I had accepted as permanent.

Soon afterwards, I attended Success

Mastery, a public-speaking seminar with my mentor, Amandeep Thind.

There was a fire walk.

As I stood near the burning coals, a childhood memory came rushing back. I remembered being punished with a duster when I was in Class 6. In that moment, I understood that somewhere along the way, I had learnt that it was safer to stay quiet.

The fear I had carried into meetings and conversations was not simply about speaking. It was connected to an old belief that being visible could lead to pain.

I cried.

I felt overwhelmed.

But I kept walking.

Completing the fire walk was not just about crossing hot coals. For me, it was a physical expression of something deeper: I was ready to face the fear that had controlled me for years.

That day, something shifted.

I stopped seeing my fear as proof that I was incapable. I began to see it as something I could understand, work through and eventually move beyond.

I also began to understand that the struggles we face in the present can be connected to pain we have carried from the past. When we begin to heal what is holding us back, we create space for a different future.

After that, I stopped waiting for fear to disappear. I started working through it.

I learnt and practiced tools for emotional healing, self-love, mindset and personal transformation. I also completed a course in mental health, which deepened my understanding of emotional wellbeing and the importance of offering support with awareness, compassion and responsibility.

Slowly, my own life began to change.

I started speaking instead of staying silent.

I stepped beyond my comfort zone instead of allowing it to define me.

I began caring for my health through movement, exercise and nourishing food.

I learnt that self-love is not selfish; it shapes the way we relate to everyone around us.

I became more confident in my abilities and more financially independent.

Most importantly, I stopped blaming others for everything happening in my life and began looking within.

That did not mean that everything I had experienced was my fault. It meant that my healing was my responsibility.

That realization gave me courage.

It helped me become more compassionate towards myself and others. It helped me build my own identity and move towards my dreams with greater consistency.

The change was not instant. I still had moments of doubt. I still had to choose courage repeatedly. But each time I spoke, showed up or took one more step beyond fear, I proved to myself that I was no longer the same person.

The woman who once hoped nobody would call on her was learning to trust her own voice.

Today, I am grateful to be an author, transformational life coach and empathic healer. I have also been a Lead Trainer for Amandeep Thind's programs, including The Art of Becoming a Millionaire Speaker and Public Speaking Mastery.

Through my work, I help people understand what may be keeping them stuck. We explore the beliefs, fears and emotional patterns that influence the way they think, communicate and make decisions.

I use coaching, healing practices, reflective exercises, art and conscious techniques to help people release emotional heaviness and reconnect with themselves.

For one person, this may mean finding the confidence to speak up. For another, it may mean setting boundaries, letting go of guilt, managing overthinking or learning to trust themselves again.

I do not believe transformation means becoming someone else. I believe it means returning to the person we were before fear, pain and limiting beliefs made us forget our own worth.

My role is not to tell people who they should become. It is to help them recognise the strength and possibility that already exist within them.

I also believe it is important to recognise the limits of coaching and healing work. When someone is experiencing serious or ongoing mental-health difficulties, professional medical or psychological support may be needed. My mental-health training has helped me understand the importance of encouraging people to seek



the right support, when necessary, while offering compassionate guidance within my own area of work.

But becoming a speaker is not my greatest achievement.

My greatest achievement is becoming the woman who was once afraid to use her voice and eventually found the courage to use it.

That is why my work is so close to my heart.

I know what it feels like to overthink, doubt yourself and carry emotional heaviness without knowing how to release it. I know what it feels like to have a voice inside you but feel too afraid to let anyone hear it.

I also know that we are not broken.

Sometimes, we are simply carrying pain, beliefs and fears that we have never learnt how to let go of.

Because transformation does not always begin with a dramatic decision.

Sometimes, it begins in a quiet moment when we choose not to disappear.

Sometimes, it begins when we speak one honest sentence.

Maybe I am capable.

Maybe I can try again.

Maybe I can speak.

Maybe I can choose myself.

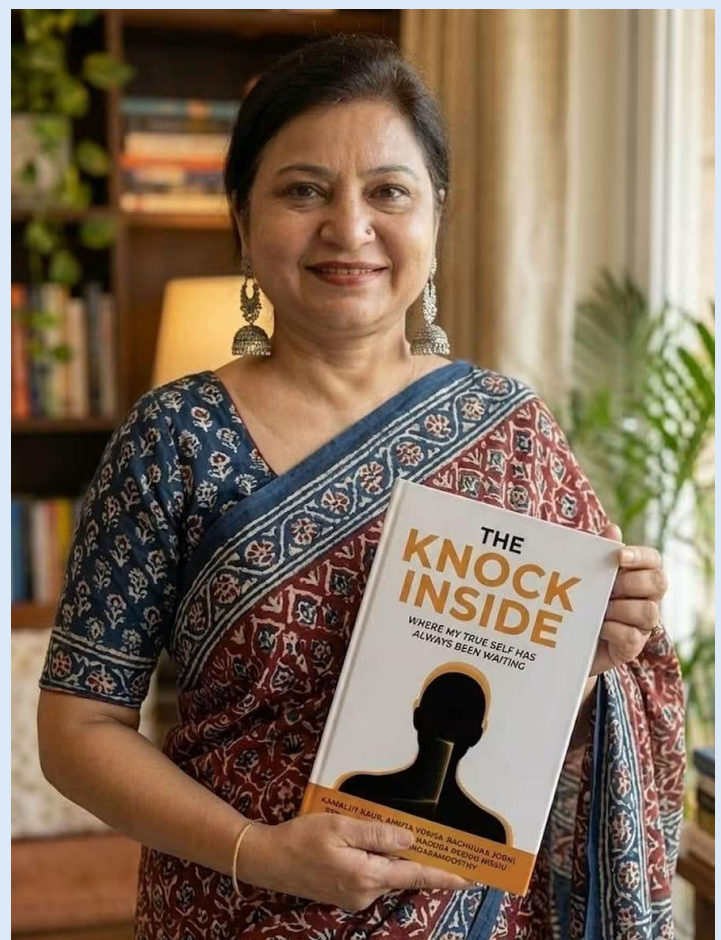
Maybe I am enough.

For years, I believed I wasn't capable enough.

Today, I know better. I am the woman who once prayed not to be asked to speak.

I am also the woman who kept walking, found her voice and now helps others find theirs.

I am enough. And so are you.



Indian PG Council



The Indian Council for Administrative Reforms and Public Grievances is a registered organisation established with the objective of implementing administrative reforms to address irregularities, mismanagement and corruption prevalent in various government systems across the country. Resolving various issues and complaints related to government service delivery and providing all possible assistance to the citizens in times of need. This is one of our most important initiative to bring about change in India. Our organisation in collaboration with the Govt. of India, State Govt. and District Administration is striving to

create an effective and timely mechanism through which Indian citizens can enjoy their constitutional, fundamental and human rights without any hassle. Our organisation's primary goal is to provide a meaningful platform for resolving various issues and complaints related to constitutional, fundamental and human rights. The Indian Council for Administrative Reforms and Public Grievances was formed on November 6, 2011, with the aim of uniting all citizens to selflessly serve and assist our country and its citizens.

Vision & Mission:

- ✚ To independently investigate complaints received from citizens of the country and identify the culprits and ensure legal action against them.
- ✚ To collect evidence against irregularities, mismanagement and corruption prevalent in the Govt. system / Departments of the country & to make possible efforts to bring about improvement in it through various means.
- ✚ To make various Govt. services / schemes Centre & State accessible, better and effective to the citizens & to provide direct benefits to the needy.
- ✚ To perform / conduct all types of necessary tasks to provide all possible cooperation the Govt. of India and the State Govt. for the protection of the Indian Constitution / Law.
- ✚ To collect evidence in public interest and file petitions before the judiciary against public representatives, public servants, Govt. officials and employees etc. involved in various anti-social activities and take legal action against them.

Duty & Responsibility:

- ✚ To provide all possible support in making various schemes, projects or campaigns run by the Govt. of India / State successfully in their respective areas of work.
- ✚ In the interest of the country, file at least 3 Right to Information (RTI) applications every month and make citizens aware about the RTI act by organizing seminars in your area of work.
- ✚ For public interest, to investigate / act on at least 3 public complaints per month related to Govt. service at its own level and to get them properly resolved / disposed off.

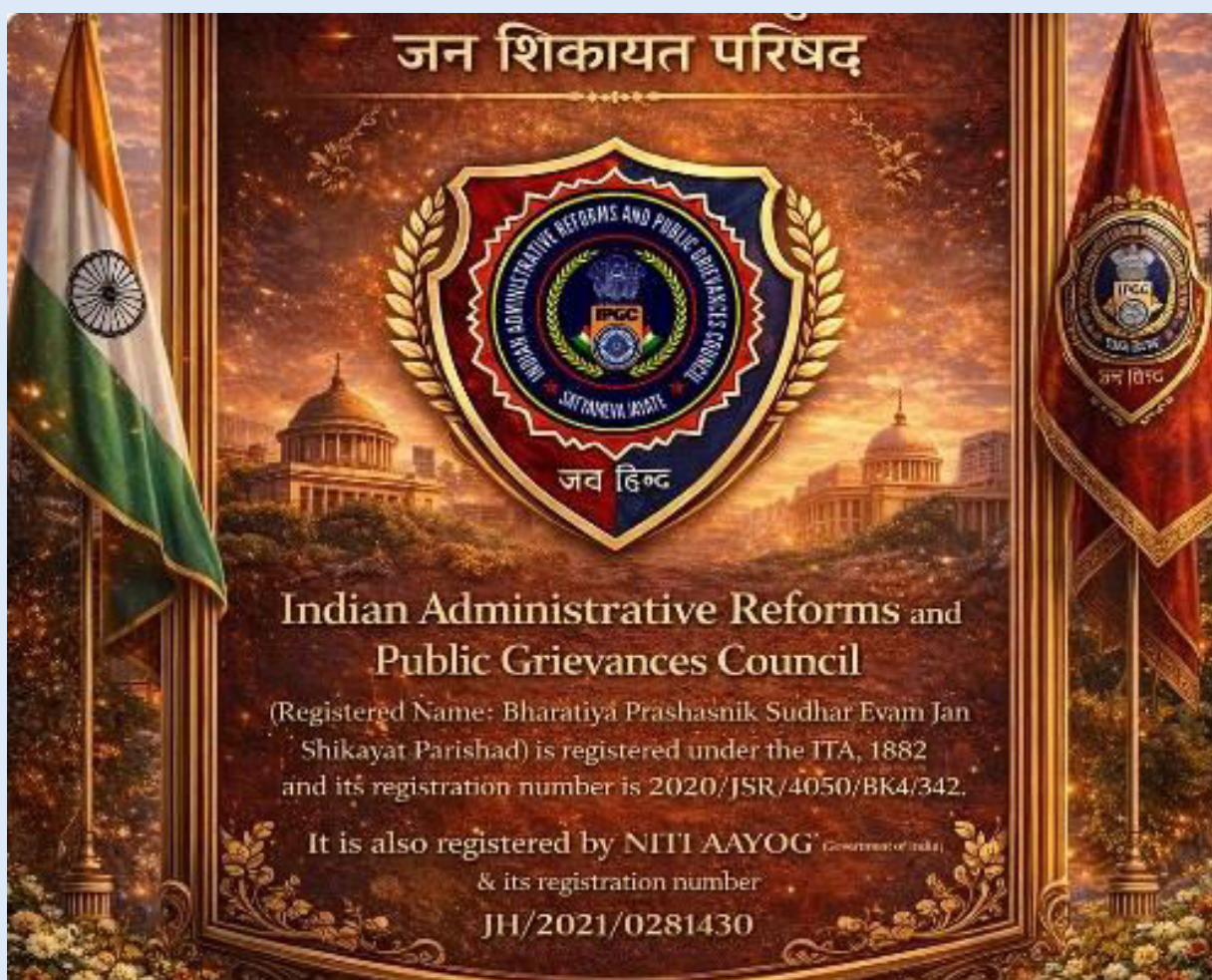
- ✚ Organizing seminars / meetings in the area of operation to create awareness about Indian Constitution, IPC, CRPC, Human Rights, RTI, RTE etc.
- ✚ To increase the confidence of citizens in the working style of Govt. officials / employees of the Govt. of India, State Govt. and District administration by publicizing their work in national interest / public interest and honoring them publicly.

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- ✚ To obtain Govt. cooperation in the investigation of any public complaint.
- ✚ To gain respect among the officials of the Govt./administration.
- ✚ To get cooperation from the administration to prevent any crime.
- ✚ To get help from Govt. officials for public service.

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गाली गलौज



बलवा



लड़की से छेड़छाड़



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अपराधी की श्रेणी में आता है।**

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- बलवा – धारा 191, 132
- अन्य अपराध – संबंधित धाराएं



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Col Madhur Goyal, SM

(Col Madhur Goyal, SM)

Some newspaper reports inform us. report holds up a mirror so Some disturb us. And occasionally, a uncomfortable that we wish we could simply look away. The recent NDTV report on poor patients and their families living in and around the underpasses, shelters and public spaces near AIIMS, Delhi, while waiting for treatment is one such report. These are the people who have come to Delhi for someone in their family is sick, because the treatment they need is not available where they live, and because AIIMS represents, often quite literally, their last hope. Among them was fifteen-year-old Tanvi from Kota, who had travelled to Delhi with a serious congenital heart condition. She died at AIIMS on September 1. Her story is deeply painful, but what should concern us even more is that there are many other Tanvi's and many other families still waiting outside hospitals, their lives suspended between a medical appointment and the next available bed, between hope and uncertainty, while the cost of simply remaining in the city steadily consumes whatever little they possess. AIIMS is one of India's premier medical institutions, and its medical personnel work under enormous pressure while dealing with a patient load that would challenge any healthcare system. The problem lies much deeper. If patients from Kota, Patna, Lucknow, Guwahati, Srinagar, Ranchi and countless other places have to converge on one institution in Delhi for specialised treatment, then the issue is not merely that AIIMS has too many patients. The issue is that our national healthcare architecture has not expanded at the same pace as the aspirations and needs of its citizens. And when they finally reach Delhi, their medical journey may be uncertain, but their expenses are immediate. Rich can find alternatives but the poor cannot. For such people, waiting for treatment

is not simply a medical inconvenience. It is an economic crisis unfolding one day at a time. This is where India's remarkable progress confronts an uncomfortable reality.

We are building expressways and airports, sending spacecraft beyond the Earth and speaking confidently about becoming a developed nation by 2047. We have created digital systems capable of moving money across the country in seconds and public platforms that can reach hundreds of millions of citizens. Yet a poor family travelling a thousand kilometres for life-saving medical treatment can still find itself without a dignified place to sleep while waiting for its turn. There is a contradiction here that we should not be afraid to acknowledge. **The tricolour represents the India we aspire to become; the underpass represents the India we must still have the courage to confront.**



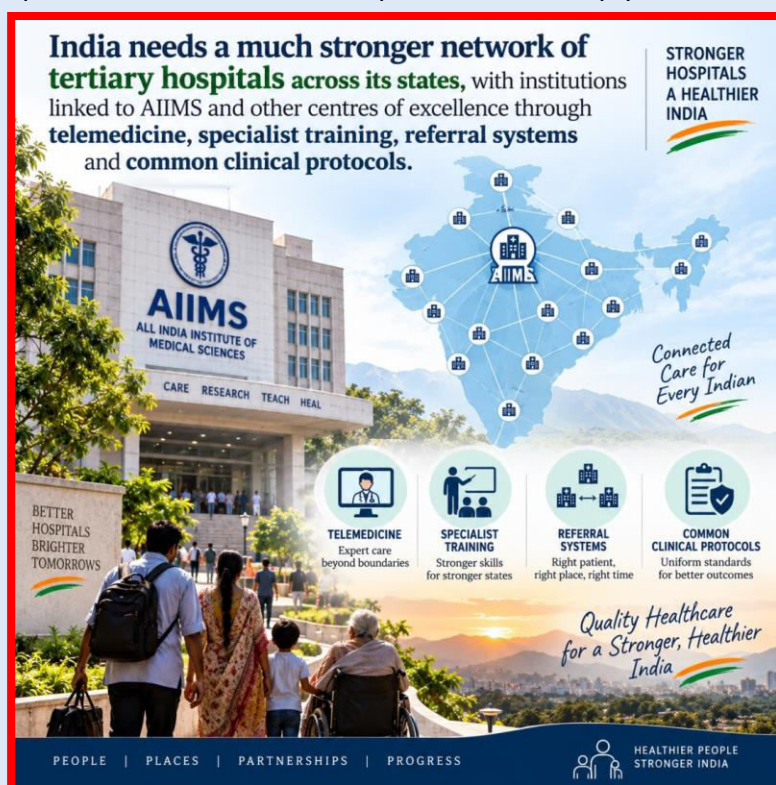
The answer, however, is not difficult to imagine.

Every major government hospital, beginning with institutions such as AIIMS, should have dedicated patient-family accommodation for people travelling from outside the city. These should not be improvised night shelters or charity camps, but properly designed facilities with clean dormitories and family rooms, sanitation, bathing facilities, drinking water, subsidised meals, basic medical support, counselling and transport connectivity to the hospital. Such infrastructure should be regarded as part of the healthcare system itself, because for a poor family, a place to sleep and

eat while its child undergoes treatment is not an optional convenience; it is part of the cost of accessing healthcare.

The financing need not rest entirely with the government. India has an extraordinary corporate sector, a substantial CSR ecosystem, philanthropic trusts, religious and charitable institutions and countless organisations willing to help when a credible framework exists. If we can construct large public infrastructure through partnerships between government and private enterprise, surely, we can create humane patient accommodation around our major hospitals. The difference is that this infrastructure would not merely move people or goods; it would preserve human dignity. A patient travelling from another state should not have to make repeated journeys to Delhi. We already possess the technological capability to create a national patient-support system that records the diagnosis, urgency, investigations, appointment status and likely duration of treatment. Such a system would not require preferential treatment at the cost of medical urgency. It would require intelligent scheduling and better coordination. The objective should be to eliminate uncertainty where uncertainty is unnecessary.

But even the best appointment system will not solve the larger structural problem if specialised healthcare remains excessively concentrated in a few metropolitan centres. India needs a much stronger network of tertiary hospitals across its states, with institutions linked to AIIMS and other centres of excellence through telemedicine, specialist training, referral systems and common clinical protocols. The goal should not be to make every patient travel to Delhi; it should be to make Delhi unnecessary for as many patients as possible. A patient from Bihar should be able to receive advanced treatment in Bihar when the capability can be created there and likewise for all other states. And where a patient genuinely requires highly specialised intervention at AIIMS Delhi, that journey should be the result of a medical necessity, not the failure of infrastructure elsewhere. This would also help AIIMS itself. Expanding beds, operating theatres, diagnostic facilities, nursing capacity, specialist manpower and associated hospitals is not simply about improving one institution; it is about reducing the extraordinary pressure placed upon it by the entire country. However, nothing can substitute for something more fundamental than empathy. The experience of a poor patient in a large government hospital can become bewildering very quickly; tokens, counters, reports, referrals, queues and unfamiliar procedures, often in a city hundreds of kilometres from home. A professionally staffed patient-assistance centre, capable of guiding families through the system and connecting them with



accommodation, food, transport and medical information, could make an extraordinary difference at relatively modest cost. The larger point is that none of this is beyond India's capacity. What we sometimes lack is the ability to bring these capabilities together around the ordinary citizen. We have become remarkably good at building systems; we now need to become equally good at designing them around human beings. Perhaps AIIMS Delhi could become the starting point for a national model. Create a dignified patient-family facility, integrate it with a digital appointment and assistance system, bring government, CSR and philanthropy into a transparent partnership, evaluate the results and then replicate the model around major government hospitals across the country. What begins as a response to an underpass in Delhi could become a template for a more humane healthcare system across India.

Because ultimately, the measure of a developing nation is not only the size of its economy or the height of its infrastructure. It is also the security with which an ordinary citizen can face a crisis. ***And when a citizen travels a thousand kilometres seeking treatment, does the Republic receive him as a number in a database or as a fellow human being whose life matters?*** This is an uncomfortable question, but it is precisely the question a confident India should be willing to ask.

Tanvi's story should therefore not end with sympathy, nor should the families living around AIIMS become just another recurring image in the news cycle. Her story should become a trigger for action; a national conversation about patient accommodation, waiting times, decentralisation of specialised healthcare, expansion of medical capacity and, above all, the dignity with which the State treats its most vulnerable citizens. We often speak of India in terms of what it will become by 2047. That aspiration is worthy of our tricolour. But aspirations acquire meaning only when they reach the last citizen.

The underpass outside AIIMS is therefore more than a place where desperate families wait. It is a mirror. It reflects the distance we still have to travel between the India we celebrate and the India we promise to build. We have the resources to bridge that distance. We have the technology. We have the institutions. We have the human talent. What remains is the will to put them together. And perhaps that is the simplest test of all: **when a poor Indian comes to the doorstep of the Republic seeking treatment for his child, can we ensure that he finds not an underpass in which to wait, but a country that is ready to stand beside him?**

Col Madhur Goyal, SM is a decorated military veteran, author, essayist, and public affairs commentator. A recipient of Sena Medal (gallantry). He has authored five books and written extensively on geopolitics, governance, economics, leadership, and social transformation. Drawing upon decades of military service and a lifelong interest in history, public policy, and human behaviour, his writings explore the often-overlooked forces that shape nations, institutions, and societies. Through a blend of strategic insight, historical perspective, and philosophical reflection, he seeks to examine the intersection of power, prosperity, conflict, and the human experience. His work aims not merely to inform, but to encourage readers to question assumptions, challenge conventional narratives, and engage more deeply with the world around them.



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SAFE MEDICINES STRONGER HEALTHIER TOMORROWS

AWARENESS | VIGILANCE | STRONGER HEALTH SYSTEMS | A SAFER TOMORROW

The growing menace of counterfeit drugs that are so made to look like a real product not only undermines severely the healthcare systems but also poses the grave risks to human health with treatment failure, drug resistance, adverse side effects and hundreds and thousands of annual deaths worldwide. Counterfeit drugs are drugs made by a person or a manufacturer other than the genuine approved manufacturer imitating the genuine product without any authority and in violation of trademark rules and regulations. It is a thriving industry growing rapidly due to nonexistent and weak regulatory mechanisms and systemic corruption at various levels. Moreover with the advancements over the years the counterfeiting has become so sophisticated that it is virtually impossible to distinguish a fake drug from a genuine product. As per WHO about 10% of

drugs being sold in developing countries are counterfeited with no active ingredient or insufficient ingredient or toxic and wrong ingredient that pose a much greater risk than the disease for which they are being used. India being the pharmacy of the world because of huge population is grappling with the growing menace of counterfeit drugs due to huge demand and lower prices as compared to authentic genuine products. The fake drug industry is not only generating huge profits by evading government revenues but also hits the genuine manufacturers by using names similar to their brand names.

Identification of fake drugs though is not so easy but a careful physical examination at times can reveal the difference in as much as that some of the formulations/tablets in the strip may be distorted, broken, some may have spelling errors and may not bear any expiry date. In some of the cases product name and its ingredients may be entirely different. Some of the fakes may not have any active or insufficient ingredient. It is the higher and prohibitive price of genuine product that makes gullible people go in for cheaper versions believing the same to be equally effective. Some of the antibiotics like amoxycillin due to higher prices are more prone to counterfeiting. Other drugs being commonly counterfeited are Viagra, Levitra used for sexual dysfunction and certain life saving drugs due to high prices and those used for treatment of HIV infection. Hidden Costs-The flourishing fake drug manufacturing industry surviving on an unethical manufacturing of fake drugs is a growing public health concern resulting in severe health issues like failure of treatment , damage to various vital organs of the body, severe allergic reactions and increased morbidity and mortality at times that can drain the entire life savings of an individual and financial problems for the entire family. The need of the hour and what is required is strengthening of the regulatory mechanisms, regulating online sales, creating awareness by educating people and strict deterrent action against unscrupulous manufacturers engaged in such unlawful activities



DR. DINESH VERMA
Member Director – SOSVA,
Retd. Principal Commissioner Central Excise
and Customs, Insurance Ombudsman for
North India, A Medical Doctor by profession

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7 September 1967 - GIVING THE CHINESE A BLOODY NOSE AT NATHU LA ***-Battles of Nathu La and Cho La – by Col. Ajay Singh (Retd.)***

The Chinese are fond of recalling the ‘lessons’ of the 1962 Indo-China War. Perhaps they themselves have forgotten the lessons of 1967 when they were given a bloody nose at Nathu La.

You can hear an eye-witness account of the battle at
<https://www.youtube.com/watch?v=yiz4i5nfHlo>



In Sep1967, Indian and Chinese troops stood at heights of 14,200 feet at Nathu La, a strategic pass on the old Gangtok – Lhasa trade route on the Sikkim-Tibet border. Here the opposing troops were just 30 meters away from each other – the closest at any point along the entire 3488kms long disputed border. This area had seen no fighting during the 1962 war but would erupt in the most violent confrontation between Indian and Chinese troops since the war.



Nathu La

The story actually began in 1965 when at the height of the 1965 Indo-Pak, China issued an ultimatum to India to vacate the posts at Nathu La and Jalep La in the Sikkim sector. Inexplicably, Jalep La was vacated, but at Nathu La, General Sagat Singh, commanding 17 Infantry Division, (The Black Cat Division) refused to budge, stating that the post was strategically important. He was supported in his decision, by his Corps Commander Lt Gen J S Aurora and the Eastern Command Commander Gen Sam Manekshaw. The triumvirate would go on to become the architects of the 1971 Indo-Pak War just a few years later. In 1965, after India refused to vacate the post, the Chinese made their usual threatening noises and even advanced up to the border line with fixed bayonets. But the Indians refused to back down and the Chinese withdrew. Their bluff had been called.

Throughout the next two years, the Chinese continued their ploys. Intrusions across the border became frequent, incursions and skirmishes increased. The Chinese installed 27 loudspeakers which sent a non-stop barrage of propaganda across the border and the Indians responded in kind. In August 67, Gen Sagat decided to mark the border with a three layer barbed wire fence. Work began on 20 August and though the Chinese protested the laying of the wire and made threatening actions, they did not cross.

On 07 Sep the first scuffle took place. The engineers of 70 Field Company were upgrading the fence to a concertina coil, when around 100 Chinese came across asking them to stop. 2 GRENADIERS

was deployed in the area of Nathu La and their troops came out. A scuffle broke out in which the tough Jats got the better of their Chinese opponents. The Chinese withdrew and began belting stones, to which the Indians responded in kind. Gen Sagat now passed instructions that the fence was to be completed by 11 September, a day before he was to depart on leave.

That morning of 11 September was bright and sunny, without the fog that usually enveloped the high mountain pass. 70 Field Platoon had commenced work at 0500 am as usual. With them was a company of 18 RAJPUT who had been tasked for their protection. 2 GRENADIERS held the positions along the pass. Artillery officers were also deployed on the high dominating positions of Sebu La and Camels Back. From their positions the Indians had excellent observation and fields of fire; an advantage denied to their adversaries, and that would prove crucial. True to form, around 0800 am as work was in progress, a Chinese party accompanied by the Political Commissar approached and ordered them to stop work. Lt Col Rai, the Commanding Officer of 2 GRENADIERS came down himself along with his commando platoon and refused. In the altercation that followed, the political Commissar was roughed up and hurled to the ground. The Chinese withdrew threatening revenge and after a while wire laying resumed.

Minutes later, a shrill whistle from the Chinese positions, broke the sounds of hammering pickets. It was followed almost immediately by the staccato of machine gun fire, and murderous fire raked the ground. The jawans of 70 Field Company and 18 RAJPUT were exposed with no cover and mowed down with heavy casualties. Lt Col Rai who was out in the open, was wounded as well. (He would later be awarded a Mahavir Chakra for his role). Seeing their Commanding Officer fall, two officers, Capt Dagar of 2 GRENADIERS and Major Harbhajan of 18 RAJPUT, rallied their men and charged the Chinese positions. They succeeded in closing in with the enemy and even bayoneted a few, but were caught in a hail of fire and killed. Major Harbhajan would receive a MVC and Capt Dagar a Vir Chakra – both posthumously.

Indian troops now began fire from their positions, but the Chinese were in well-fortified bunkers and small arms fire had little effect. Chinese artillery commenced firing as well, but at Nathu La they were deployed in lower positions and lacked observation. Their fire proved ineffective. Indian artillery observers on the high grounds of Sebu La and Camel's Back now directed effective artillery fire on Chinese positions. We had the advantage of dominating them from high ground and had clear observation of their positions. Accurate artillery fire could thus be brought down on their

positions, which continued for over three nights and days, destroying virtually every Chinese bunker and killing over 300 of their troops.

Perhaps the Chinese did not expect this kind of response. On 14 September they threatened to call in the Air Force, but it was an idle bluff. On 15 Sep, an uneasy cease fire was declared and dead of both sides were retrieved. General Manekshaw, Gen Aurora and Gen Sagat were present during this grim exchange. A wounded soldier, still alive after being exposed for four days in the open was also recovered, in what was nothing short of a miracle.

War Memorial at Nathu La

Nathu La was a bloody nose for the Chinese and an indicator that the Indian Army they faced now, was different from the Army of 1962. But just 20 days later, on 01 October, another face off took place at Cho La, a pass just nine kilometers to the north. A newly formed unit 7/11 Gurkha Rifles had been inducted in the area and was deployed opposite the Chinese positions just 200 meters across. As the unit was commencing its deployment, the Chinese commander of the post opposite approached the forward platoon and asked them to withdraw. Tensions were still high after Nathu La and as the Commanders got engaged in a heated altercation, the Chinese bayoneted Naib Subedar Gyan Bahadur Limbu, the Indian platoon commander. Seeing their Commander fall, the Gorkhas attacked with open kukris, chopping off the arms of the attacker. The situation escalated into a shooting match, and as it escalated, the Indians did not back down. Rather, they attacked the Chinese positions with two battalions 7/11 Gurkha and 10 JAK RIF pushing them almost three kilometers back to a feature called Kam Barracks. The situation stabilized after three days, but the Indians did not withdraw from the positions they



occupied and even today, that is the line of the defensive positions.

Area of Operations of Cho La and Nathu La

After the two bloody skirmishes at Nathu La and Cho la, the border in that sector has remained peaceful thereafter, till the Doklam stand-off in 2017. That encounter claimed over 300 Chinese soldiers and 65 Indian lives. In comparison 722 Chinese and over 3500 Indians were killed in the 1962 War. To some extent the ghosts of 1962, if not fully exorcised, were at least put to rest and the spectre of Chinese superiority, finally expelled.



Col. Ajay Singh

Renowned writer & Historian |

Army Veteran | Author of 8 Books |

International Award Winning Author |

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Validation or Purpose

Who Decides What You Are Worth?

By Col Vineet Dev, SM



There is nothing wrong with wanting to be appreciated.

A compliment feels good. Recognition motivates us. A few words of encouragement can sometimes sustain us through a difficult period. We are social beings, and wanting to know that we matter to others is deeply human.

The problem begins when **appreciation changes from something we enjoy into something we need.**

Psychologist Mark Leary's sociometer theory offers an interesting explanation. It suggests that our self-esteem functions, at least partly, as an internal gauge of social acceptance. For most of human history, belonging to a group was not merely emotionally comforting; it was important for survival. Approval therefore came to signal acceptance, while rejection signalled danger.

Perhaps the environment has changed faster than that instinct.

Today, approval has become measurable. Likes. Followers. Views. Comments. Shares. Promotions. Awards. Invitations. Even the number of people who respond to something we write.

And slowly, without realising it, we can begin outsourcing our sense of worth. We post something and return ten minutes later to see who has reacted. We say something in a group and notice how acknowledged it. We accomplish something and feel vaguely disappointed if others don't seem sufficiently impressed.

Nothing abnormal about any of this. Until the response begins determining how we feel about the accomplishment itself.

That is where I find the distinction between **validation and purpose** particularly interesting.

Validation says:

"Tell me that what I am doing is worthwhile."

Purpose says:

"I know why I am doing it. Your appreciation is welcome, but it is not necessary."

The difference is subtle, but profound.

A person driven primarily by validation gradually begins looking outward. What will people think? Will they approve? Will this be appreciated? How many people noticed?

A person anchored in purpose asks a different set of questions. Does this matter to me? Is it useful? Is it consistent with what I believe? Is it worth doing even if nobody applauds?

There is some fascinating research behind this distinction. Studies of social-media behaviour have found that receiving positive feedback can indeed improve self-esteem. But researchers have also found that people with a stronger sense of purpose tend to be less affected by how much social approval they receive.

That makes intuitive sense.

When the reason for doing something comes from within, the reward does not have to come entirely from outside.

This does not mean we should become indifferent to others. Feedback matters. Criticism can correct us. Appreciation can encourage us. And sometimes other people see strengths and weaknesses in us that we cannot see ourselves.

Purpose should not become arrogance disguised as self-confidence: "I know I am right, therefore I don't care what anybody thinks."

There is an important difference between **not needing validation and refusing feedback**.

One gives you emotional independence. The other can make you intellectually closed.

Perhaps the real challenge is learning to listen without becoming dependent upon what we hear.

As we grow older, I think this becomes particularly relevant. There comes a stage when one has accumulated enough experiences, successes, failures and bruises to ask a simpler question: **Why am I still doing this?**

If I write, am I writing because I have something to say or because I want people to tell me that I write well?



If I help someone, does the act satisfy me, or does it remain incomplete until somebody acknowledges it?

If I express an opinion, am I looking for a conversation or an endorsement?

These are uncomfortable questions because the answer is rarely entirely one or the other. Most of us carry some mixture of purpose and validation within us.

Perhaps maturity is not about eliminating the need for appreciation. That would be neither realistic nor particularly human.

It is about changing the balance.

To enjoy applause without performing for it.

To accept criticism without being defined by it.

To appreciate recognition without becoming dependent upon it.

And eventually to reach a place where you can quietly tell yourself:

I know why I am doing what I am doing.

If others appreciate it, wonderful. If they don't, **the purpose remains.**



Col. Vineet Dev. Sena Medal

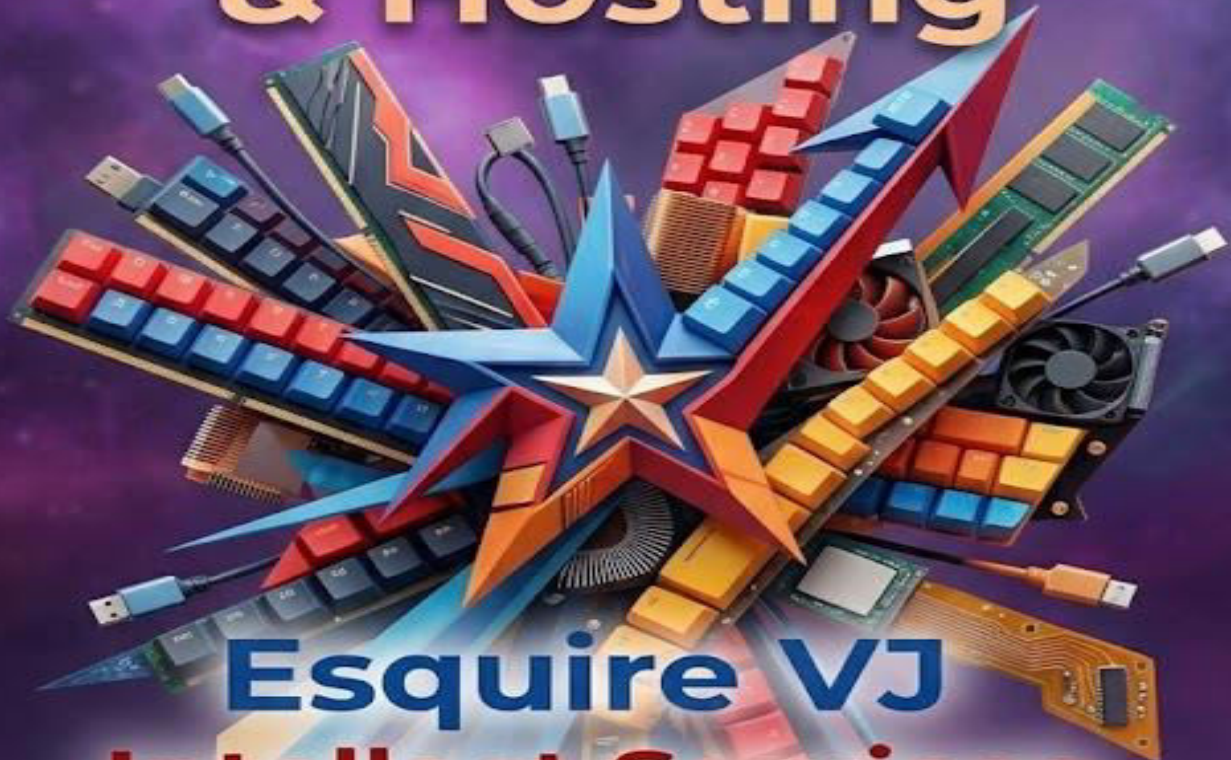
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BREAK THE SHACKLES

Written by Coach Michael Ediale

BREAK THE SHACKLES

There comes a moment in life
when you must stop asking,
“What if?”
and start asking,
“What next?”

Too many people are living inside
invisible prisons.



The prison
of **fear**.



The prison
of **procrastination**.



The prison
of **self-doubt**.



The prison
of **past failures**.



The prison
of **people's opinions**.



The prison of
“I'm not good enough.”

FEAR
PROCRASTINATION
SELF-DOUBT
PAST FAILURES
PEOPLE'S OPINIONS
I'M NOT
GOOD ENOUGH



*A Braver You
A Bigger Tomorrow*

AWARENESS | ACTION | SELF-BELIEF | FREEDOM | A BRIGHTER TOMORROW

There comes a moment in life when you must stop asking, “What if?” and start asking,
“What next?”

Too many people are living inside invisible prisons.

- ✚ The prison of fear.
- ✚ The prison of procrastination.
- ✚ The prison of self-doubt.
- ✚ The prison of past failures.
- ✚ The prison of people's opinions.
- ✚ The prison of "I'm not good enough."

But hear this:

You were not born to spend your entire life chained to limitations.

Sometimes, the biggest thing standing between you and your next level is not your circumstances—it is the mindset you have accepted about yourself.

You have survived difficult seasons before. You have overcome things you once thought would destroy you. You have learned lessons from failures that money could never buy.

So why are you still living like your story is over?

BREAK THE SHACKLES!

Break the shackles of fear and take the step.

Break the shackles of excuses and take responsibility.

Break the shackles of negative thinking and train your mind to see possibilities.

Break the shackles of toxic environments and surround yourself with people who challenge you to grow.

Break the shackles of ignorance and invest in knowledge.

Break the shackles of waiting for the "perfect time."

Your perfect time may be NOW.

You don't need to have everything figured out before you begin.

Start with what you have.

Start where you are.

Start afraid if you must—but START.

Your future is waiting for the version of you that is courageous enough to break free.

Don't die with your potential still trapped inside you.

The world needs what you carry.

READ. LEARN. GROW. TRANSFORM.



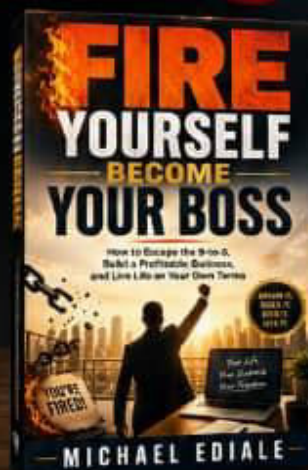
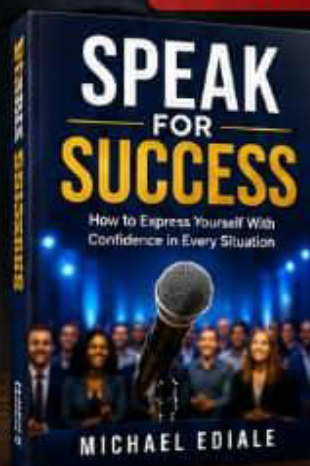
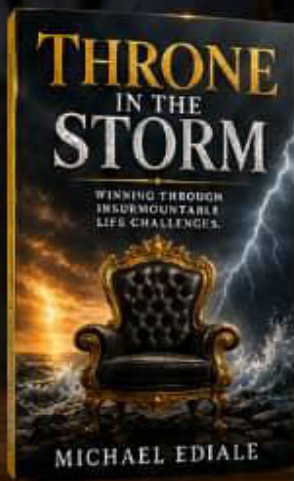
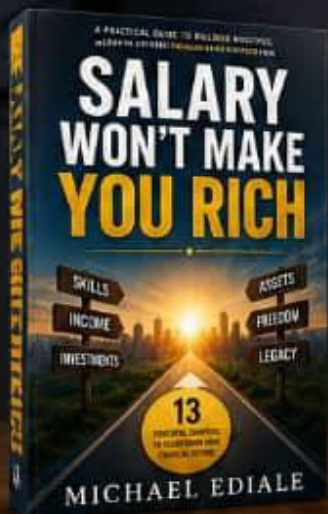
Author Michael Ediale
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INVEST IN KNOWLEDGE. CHANGE YOUR FUTURE.

A successful session of introduction for unmarried boys & girls on August 23, 2026 at Vadodara.



Under the aegis of All India Kayastha Mahasabha and under the guidance of National President Dr. Anoop Kumar Srivastava, ABKM Baroda Kayastha Parivar and ABKM Mahila Shakti Parivar successfully organized an introduction session for unmarried boys and girls on 23 August 2026 at Hotel Surya, Baroda.

The gracious presence of Mr. Chandrakant Srivastava (Bhattu Bhai), a well-known councilor from Baroda, and his wife, Mrs. Jyoti Srivastava,

made the event exceptional. Their inspiring words deeply impressed all the parents and young women present.

The Kayasth Samaj had organised a special **Introduction Session for unmarried boys and girls**, providing a warm and dignified platform for young members of the community to meet, interact and get to know one another.

The objective of this initiative is to encourage meaningful introductions and facilitate compatible matrimonial alliances within the Kayasth community. Participants will have an opportunity to introduce themselves, share their educational and professional backgrounds, interests, aspirations and expectations, and interact in a comfortable and respectful environment.

The session aims to go beyond traditional matchmaking by creating an atmosphere where young individuals can communicate openly and make informed choices about their future. Parents and families may also participate and support the process where appropriate.

The event was attended by a large number of Kayastha



families from various cities in Gujarat, as well as a special Kayastha family from Nandurbar, Maharashtra. The enthusiastic presence of parents and marriageable young men and women made the entire event extremely lively and intimate.

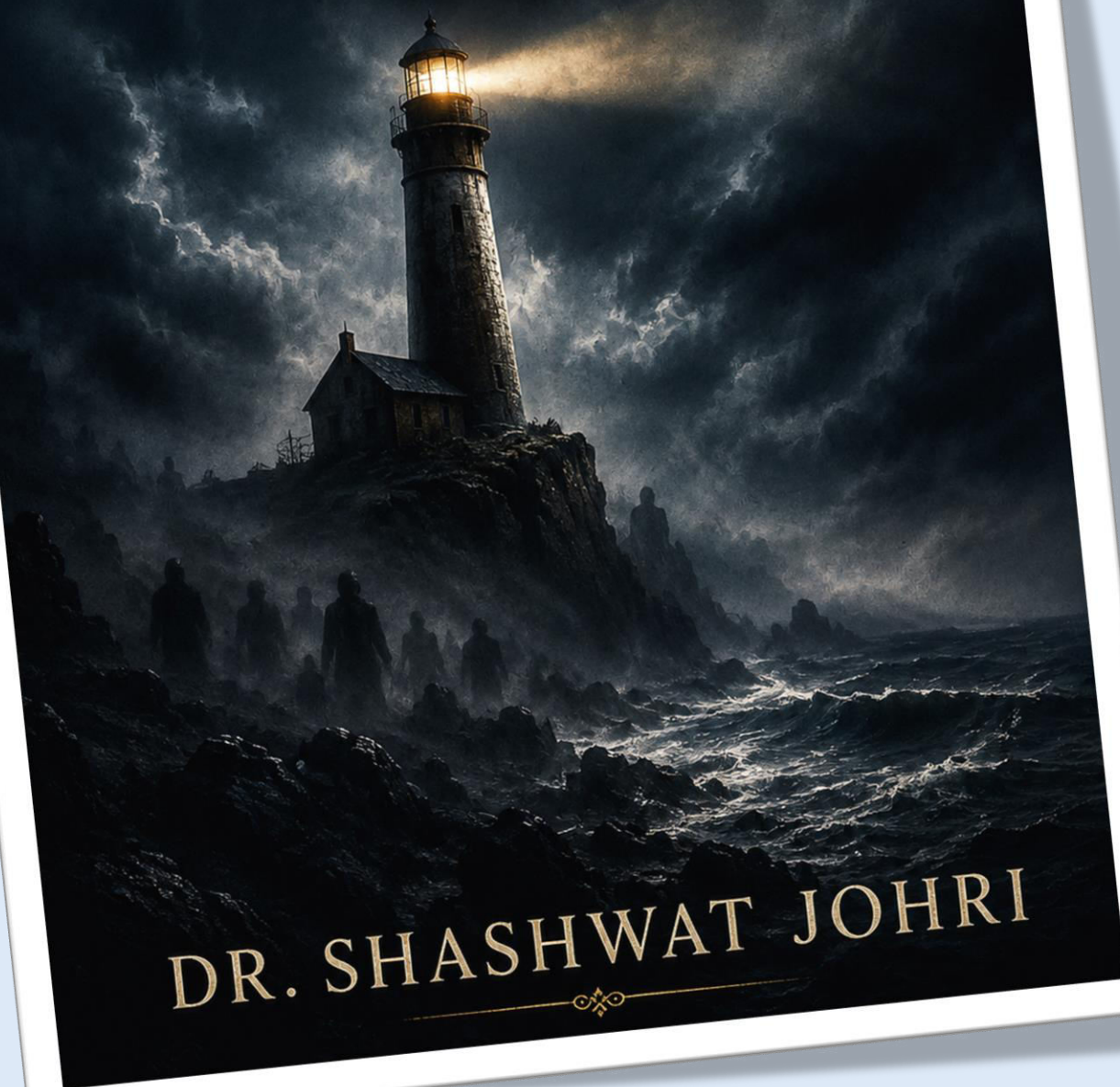
The introduction magazine published for the event was also a center of attraction. The magazine provided biodata and essential information for over 100 young men and women to start with.



The Chairman of the Organising Committee, Mr. Sanjay Kumar Srivastava, Advocate Sunita Srivastava, Mrs. Reena Srivastava, Mrs. Aarti Srivastava, Mrs. Satya Srivastava, Mrs. Sunita Mathur, Mrs. Poonam Bhatnagar, Mrs. Varsha Kumar, Mrs. Poonam Srivastava, Mrs. Barkha Srivastava, and the entire core team including Mr. Rajiv Saxena, Mr. Yogendra Saxena, Mr. Santosh Srivastava and Mr. Arvind Srivastava had an important contribution in organizing the event in the Interest of the community as a whole.



THE SILENT CONFESSION



Why *The Silent Confession* is worth your time

By Dr. Shashwat Johri

Every so often, a mystery comes along that isn't just about who did it — it's about how easy it is for an entire town to convince itself not to ask. That's the question at the center of *The Silent Confession*, and it's why I believe this is a story worth your time.

The premise is simple enough to draw you in: a young journalist is found dead at the foot of a cliff, beneath an old lighthouse, in a town that would much rather call it an accident and move on. Detective Samuel Pierce isn't willing to do that. As he starts pulling at the threads the town has spent years keeping neatly tucked away, he discovers that this isn't the work of one guilty person — it's the work of an entire community, quietly complicit, generation after generation.

What sets this book apart is pacing and patience. This isn't a mystery built on shock for its own sake. It's built the way real investigations actually unfold — through paperwork, reluctant witnesses, small moments of courage, and the slow, mounting dread of getting closer to an ugly truth someone is willing to kill to protect. If you're a reader who enjoys mysteries that reward attention rather than rushing to the next twist, this book is built for exactly that kind of reading.

It is also, unapologetically, atmospheric. The lighthouse isn't just scenery — it becomes something closer to a silent witness, standing over everything the town has tried to bury. Readers who love a strong sense of place, where the setting feels as alive as the characters, will find a lot to sink into here.

And for readers who like a story that doesn't tie everything into a neat bow — *The Silent Confession* ends exactly where it should: with the case closed, but the larger truth only beginning to surface. It's the first installment in a series, and the ending is designed to leave you needing to know what comes next.

If you're looking for a slow-burn, character-driven mystery with real atmosphere, real consequence, and a genuine cliffhanger — this one delivers.

The Silent Confession is available now on Amazon.

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The Nanens in the garden – Second edition.

Nanens In The Garden is an enchanting, nature-inspired book that takes young readers into the woods for an adventure full of surprises.

The accompanying Activity Book, inspired by a lively kabaddi-dunking game happening near the duckpond in the story, helps blend fun with learning.

Christopher, a cheerful kangaroo, is the favorite for very young readers. His love for kabaddi-dunking instantly wins hearts.

The thrilling encounter with the Alionanens — aliens who look almost human — keeps children hooked while still feeling familiar and safe.

Inspired by Toto, Harshee, Ola, and all the other characters, kids will build skills through simple play, especially in data collection and tabulation.

The diversity and uniqueness exposed through these books will also motivate parents and children to look for unique gifts bestowed upon young unique individuals in the real world.

Authored by Ms. Lini Fernandez and published by Esquire VJ Publications, the interesting and beautifully narrated Kids Story e Book is ranked at #3 Amazon Bestseller.

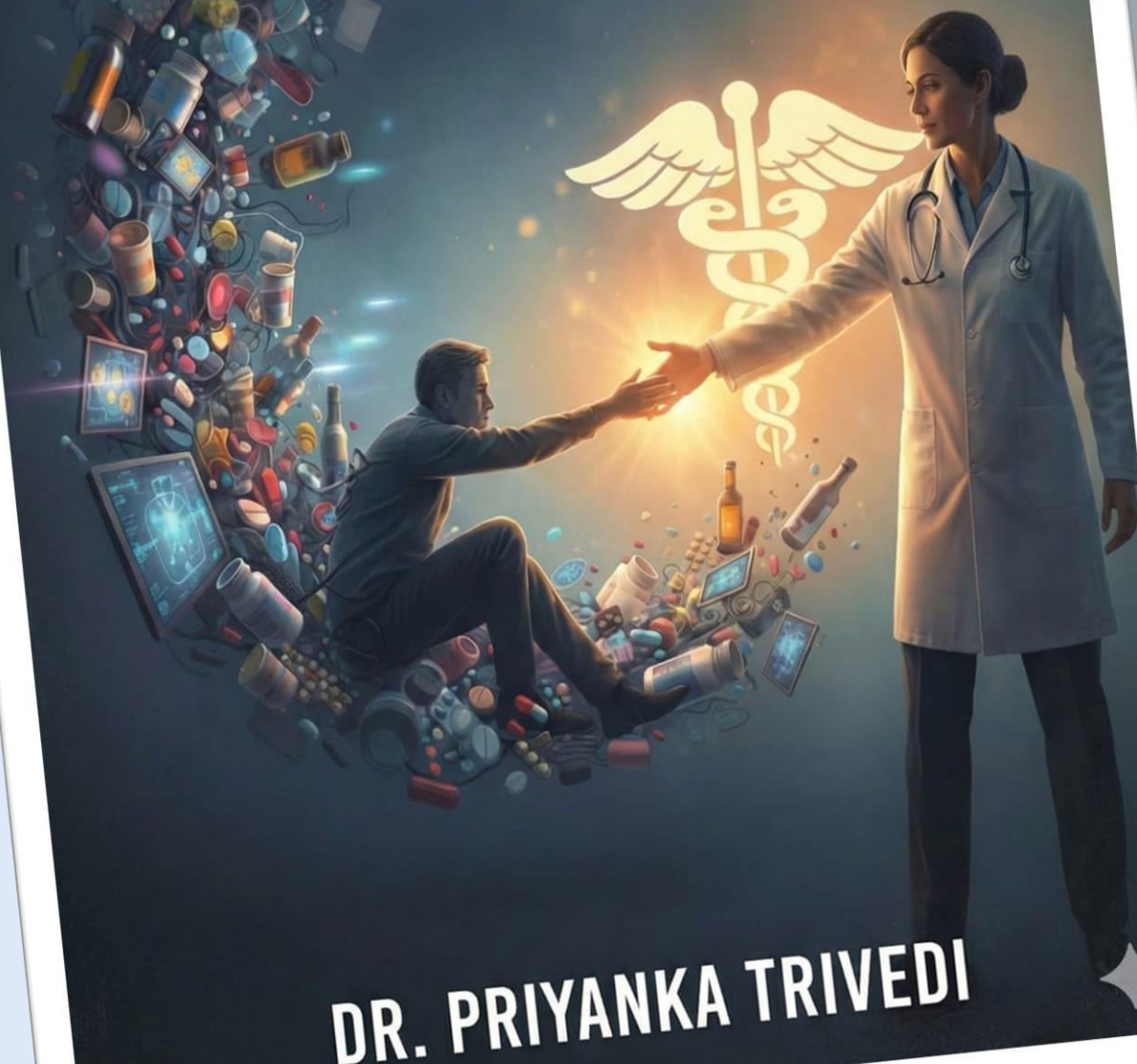
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THE SELF-MEDICATION TRAP

The Hidden Danger of DIY Treatment



DR. PRIYANKA TRIVEDI

The Self Medication Trap

"This Book Was Born From Pain, Fear, and the Urgent Need to Save Lives"

I never thought I would write a book on self-medication until I watched the same dangerous patterns unfold in my clinic day after day - my patients repeatedly misinformed about medication.

I never imagined I would dedicate months, even years of my professional life to a subject most people ignore or laugh off. But life has a powerful way of turning your attention exactly where it needs to go, often through pain.

This book is not meant to scare, but to protect. I just want to let you know you are the most important person to yourself, but you mean the world to others as well. Take care of yourself. We get one life, and experiments with our health are not a good idea as it may cost a life! Why even attempt such drastic risks when we have professionals to look after our health?

This book was not born in a clinic, hospital, conference, or medical seminar; it was born in a home, in a moment of helplessness, when I watched someone I love suffer because of one simple decision - choosing the internet over a doctor. It was that day when I realized how dangerous that decision could be!!

The idea took birth the night I spent sitting on the floor, holding the hand of a patient who whispered, "I thought I was doing the right thing. I didn't want to bother anyone. Doctors are expensive, so I did it myself". It progressed when I saw countless faces walking into OPDs with complications that could have been avoided, if only they had not trusted a reel, a viral video, or a random diagnosis from the internet. It became important in the loud, alarming realization that we are living in the most dangerous health era ever. It's not because diseases are increasing, but because wrong information is spreading faster than any disease ever could. Yes, faster than Corona.....

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KUTUMB

When Guests became Masters -
How India's Values redrew its Map



Narayan Rout



Kutumb

When Guests Became Masters: How India's value redrew its Map

India has never been merely a stretch of land or a name on a map. She has always been a household, a living home, a grand family where life itself was sacred. To be born here was to awaken each day not only under the roof of one's dwelling, but under the endless sky that fathered the stars, by rivers that nourished like mothers, among mountains that stood as elders in still silence, and trees that spoke the wisdom of ages through rustling leaves.

This land did not separate the human from the divine, the seen from the unseen. Every grain of soil held memory, every breeze carried song, and every dawn was prayer. To live here was to live in intimacy with the cosmos itself - a member of the great family of existence. Her people grew up not with the thought that they owned this land, but that they belonged to it, as children belong to a mother's embrace. To wake in India was to wake to intimacy with life itself — to bow at dawn not only to the sun in the sky, but to the flame in the clay lamp, to the elder in the house, to the cow that gave milk, to the teacher who gave wisdom, and even to the stranger whose footsteps had just touched the threshold.

When India said *kutumb*, it meant something far greater than a household. It meant that the farmer, the bird on his plough, the stranger at the gate, and the moon reflected in his water pot — all belonged. All had their rightful place. This was kutumb. Not a small circle of kin, but a grand family where nothing was excluded. The bird nesting in the eaves, the wanderer at the gate, the river whose waters kissed the soil, the stars reflected in the village pond — all were woven into the same thread of belonging.

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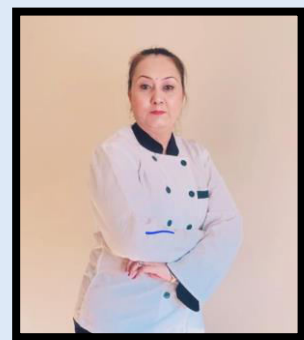
Ingredients :

- * 250 g paneer, cubed
- * 2 tbsp butter + 1 tbsp oil
- * 1 onion, roughly chopped
- * 2 tomatoes, chopped
- * 10–12 cashews
- * ½ cup milk
- * ½ tsp ginger paste
- * ½ tsp garlic paste
- * ½ tsp Kashmiri red chilli powder
- * ½ tsp garam masala
- * ½ tsp kasuri methi
- * Salt to taste
- * 2 tbsp cream
- * ½ tsp sugar

Method :

1. Sauté onion, tomatoes and cashews until soft. Cool and blend into a smooth paste.
2. Heat butter and oil; add ginger-garlic paste and sauté.
3. Add the prepared paste, chilli powder, salt and a little water. Cook until the oil separates.
4. Add milk, sugar and garam masala. Simmer for 3–4 minutes.
5. Add paneer and cream. Cook gently for 2 minutes.
6. Finish with kasuri methi and serve hot.

Falguni Thakkar
Award Winner Chef &
Author of Hand to Heart



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Mandala Art Styles

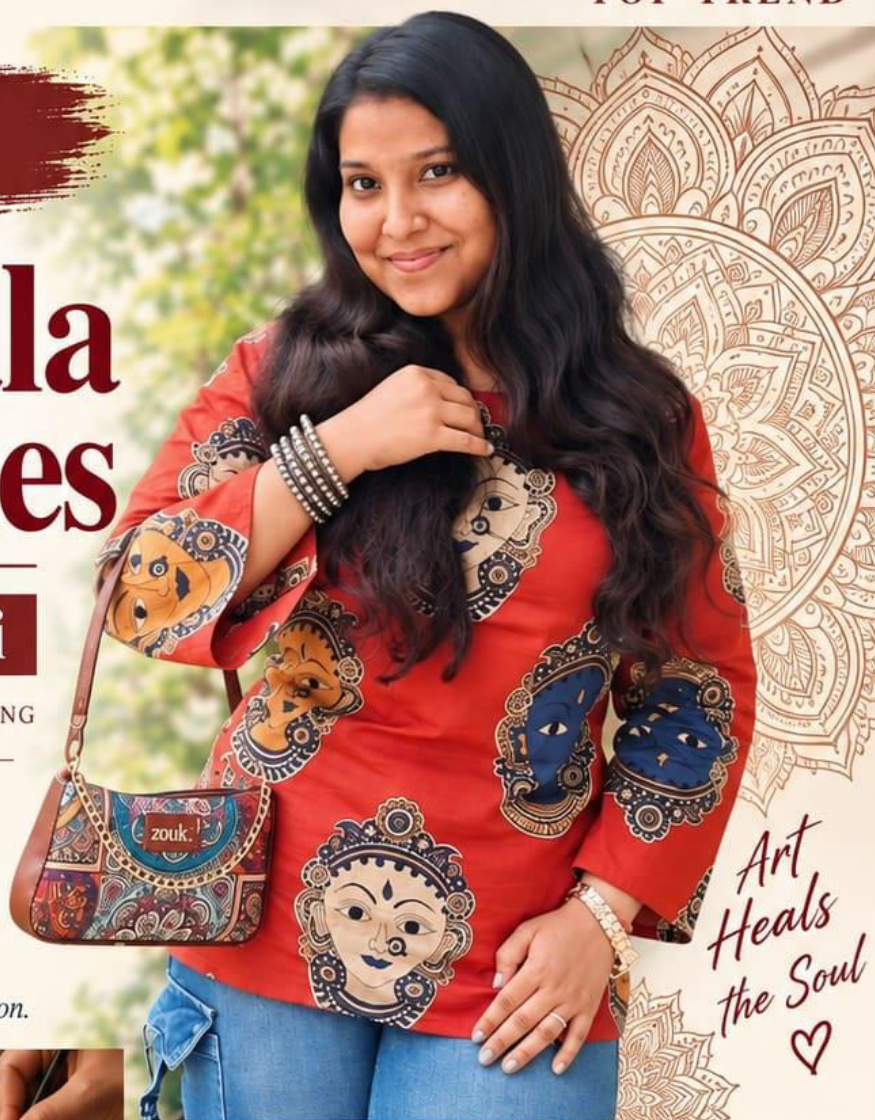
Dr. Sunehri Johri

ART | MINDFULNESS | MODERN LIVING

Mandala art is more than just beautiful patterns — it is a journey within. Blending tradition, creativity and mindfulness, mandalas have found a special place in modern lifestyles, from fashion and home décor to personal wellness and self-expression.

“

In every circle
there is a story,
in every pattern
a peace.



Art
Heals
the Soul
♡

The Modern Appeal

From textiles and accessories to home décor and digital art, mandala designs are redefining contemporary aesthetics. Their versatility makes them a favourite among artists, designers and art enthusiasts globally.

More Than Art

Mandala art inspires focus, reduces stress and encourages self-discovery. It is not just a trend, but a timeless practice that continues to resonate in today's fast-paced world.

Mandala Everywhere

- 🌸 Fashion & Apparel
- 🌸 Home Décor
- 🌸 Accessories
- 🌸 Stationery & Lifestyle
- 🌸 Digital & Wall Art
- 🌸 Therapeutic Art

Patterns
for a
Brighter You
♡

CREATE | CALM | EXPRESS | EVOLVE



Mandala Art
A Trend with a Timeless Soul



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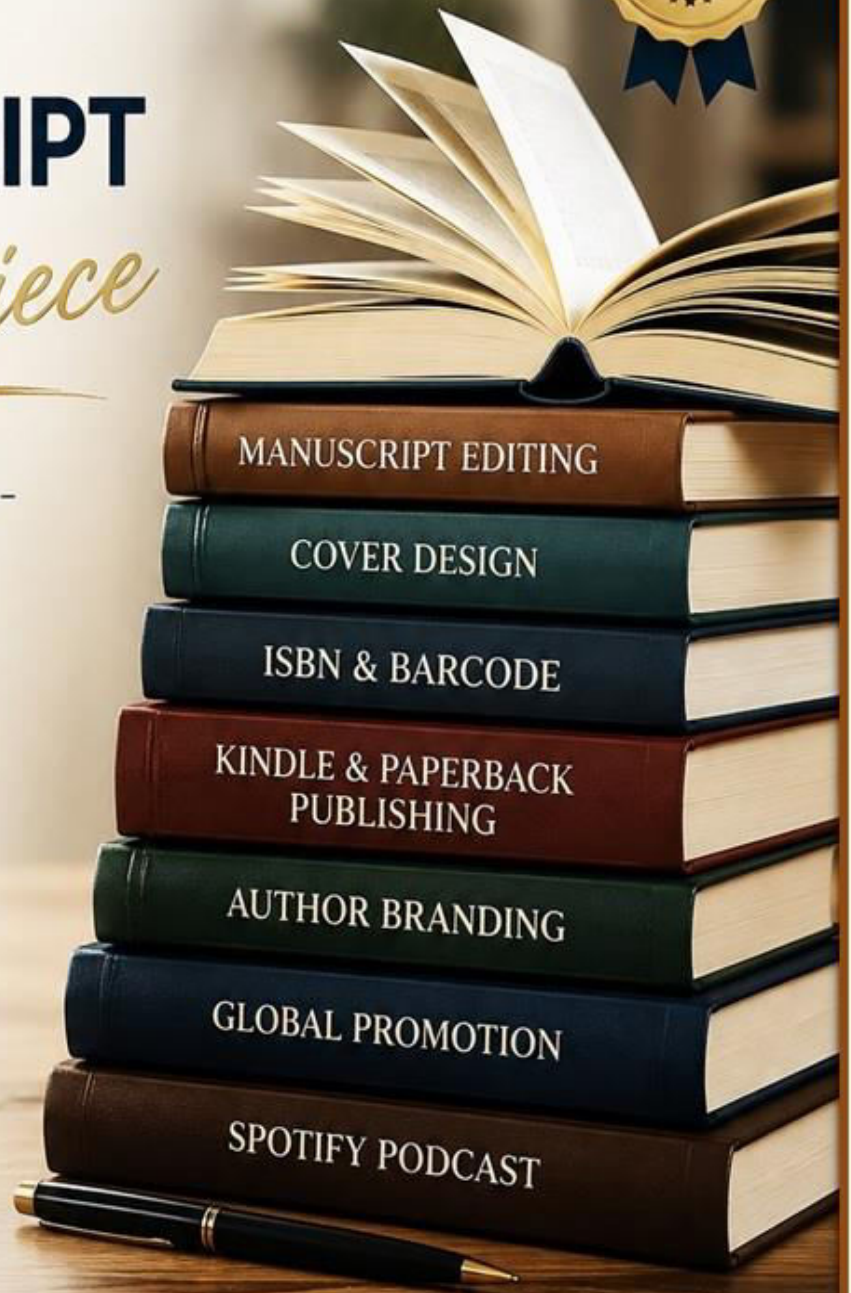
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