



SquarePetals

Global Webzine



**The War in Ukraine
Around The World**

**Probiotic & Health Benefits
Food for Mental Health
Health & Fitness**

**Comparison is never...
Personal Development**

**Sequence Clicks
Photography**

**Mix Curd Veg.
Recipe**

**Dear Moon & Stars
Wings of Gratitude
FAT
Poems**

**Pencil Sketch
Art Work**

**Top Trends
Society**



Cover story

Smt. Droupadi Murmu
15th President of India 2022

The Editorial Board

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2022



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FROM THE DESK OF Editor-in-Chief

Thick clouds overhead
Break down to showers
Just wait a while
for the twinkling stars.

Hello dear readers,

SquarePetals Global Webzine congratulates the President of India, 2022, Smt. Draupadi Murmu ji, and we are sharing her inspiring story for the benefit of other women to get the motivation of fighting through struggles and reaching the apex of success.

Probiotic is for health and cure & traditional fermented food is common in Indian everyday diet and we have highlighted it in this edition.

We have for you refreshing infotainment this month, write us your feedback : squarepetalsmedia@gmail.com

Happy Reading..

Dr. Sansriti Johri
Editor-in-Chief

Sansriti Johri

Dr. Sansriti Johri
Editor-in-Chief

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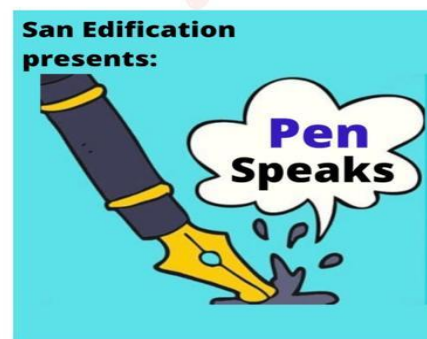
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Speaker:

Dr. Sansriti Johri

Author, Officer, Entrepreneur



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Get Ready.... & Stay Tuned....



Smt. Droupadi Murmu took oath as the 15th President of India on July 25, 2022. Smt. Droupadi Murmu is a tribal leader from Rairangpur in the Mayurbhanj district in Odisha. Smt. Droupadi Murmu is a soft-spoken leader who made her way into the politics of Odisha with her sheer hard work.

Smt. Droupadi Murmu after winning the Presidential elections 2022, has become the first tribal and the second woman to hold the highest office.

Smt. Droupadi Murmu was born on June 20, 1958, in Uparbeda village of Mayurbhanj

Cover Story

Smt. Droupadi Murmu took oath as the 15th President of India on July, 25th 2022



district in Odisha in a Santali tribal family. Her father and grandfather were village heads under the Panchayati Raj Systems.

Smt. Droupadi Murmu started working as a school teacher before entering state politics. Murmu worked as an Assistant Professor at the Shri Aurobindo Integral Education and Research Institute, Rairangpur, and as a Junior Assistant at the Irrigation department of the Government of Odisha.

Smt. Droupadi Murmu joined the Bharatiya Janata Party (BJP) in 1997 and was elected as the Councilor of the Rairangpur Nagar Panchayat. In 2000, she became the Chairperson of Rairangpur Nagar Panchayat and also served as the National Vice-President of BJP Scheduled Tribes Morcha.

During the BJP and Biju Janata Dal coalition government in Odisha, Smt. Droupadi Murmu served in the following positions:

Positions held	Tenure
Minister of State with Independent Charge for Commerce and Transportation	March 6, 2000 to August 6, 2000
Minister of Fisheries and Animal Resources Development	August 6, 2002 to May 16, 2004
Former Odisha Minister	2000
MLA from Rairangpur Assembly Constituency	2004



Smt. Droupadi Murmu took oath as the Governor of Jharkhand on May 18, 2015, and became the first woman Governor of Jharkhand. She was the first female tribal leader from Odisha to be appointed as a Governor of the Indian State.

Smt. Droupadi Murmu as the Governor of Jharkhand in 2017 refused to give assent to a bill approved by the Jharkhand Legislative Assembly seeking amendments to the Chhotanagpur Tenancy Act, 1908, and the Santhal Pargana Tenancy Act, 1949. The bill sought to give rights to the Tribals to make commercial use of their land, while also ensuring that the ownership of land does not change. In June 2022, Smt. Droupadi Murmu was nominated by BJP's the National Democratic Alliance's candidate for the President of India for 2022 election. She visited various states as part of the Presidential Campaign 2022 around the country seeking support for her candidature,

from BJP lawmakers and other opposition parties.

Smt. Droupadi Murmu visited NE states, BJD of Odisha, JMM Party of Jharkhand, Shiv Sena of Maharashtra, BSP of Uttar Pradesh, JDS of Karnataka and many others were some of the prominent opposition parties that extended

their support to her.

Smt. Droupadi Murmu on July 25, 2022, took oath as the 15th President of India. Her oath was administered by the Chief Justice of India N.V. Ramana in the Central Hall of Parliament. The outgoing President of India Ram Nath Kovind and Smt. Droupadi Murmu arrived in the Parliament in a ceremonial procession shortly before the swearing-in commenced.

In her address, the President of India Smt. Droupadi Murmu thanked MPs and MLAs for electing her as the first tribal President of India. In her first address as the President of the world's largest democracy, she said, "I am the first President of the country who was born in Independent India. We will have to speed up our efforts to meet the expectations that our freedom fighters had with the citizens of Independent India."

Source reference: various web sites from internet.

HAPPY KRISHNA JANMASHTAMI



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THE WAR IN UKRAINE IS CHANGING DIRECTION

It was General Dvornikov's arrival that shifted the focus to the east. He would push for a decisive all-out offensive, using massive firepower and forces to get the 'victory' Putin needs to call of the war.

The war which everyone thought would be over in a week is now entering its third month. If anything the scale of destruction has only increased, as has the humanitarian cost of the war. But now as the Russian forces shift direction from "The Battle of Kyiv" to the "Battle of Donbas" the war has entered a decisive phase.

Perhaps the slow progress of the war so far was due to the fact that its initial aims and objectives were widely dispersed. The Russians advanced in the north towards Kyiv in the east towards Kharkiv and Sumy, and moved from Crimea along the coastal belt of the south towards the cities of Mariupol, Mykolaiv, Melitopol, Kherson and Odessa. The three widely did not disperse thrust lines were separated by over 1,400 kilometers and were not complementary nor could they be

sustained.

Around end March – the Russian had approached Kyiv with a force of over 30,000 troops – including some of the crack mechanized and airborne divisions of the 35th Combined Arms Army. They had even begun the process of isolating it from two directions and seized the vital suburb of Irpin, Bucha and Brovary. Just when it seemed that the battle for the capture of Kyiv would begin, the Russians announced the withdrawal of their forces from the sector stating that the focus would be on the Donbas and the eastern Sector – "the original aim of the war." Russian forces withdrew from this sector leaving behind scenes of savagery in the suburb of Bucha and Irpin. Though the immediate threat to Kyiv has receded, the war has intensified in the east and if anything the threat to Ukraine has increased.

The Russian withdrawal from Kyiv was the right decision. Even though they had closed in they did



not have the force level to take the town. If anything, their soldiers would have been sucked in a grueling battle of streets, subways and buildings – akin to the maelstrom of Stalingrad that the German armies encountered in 1942 – and taking the town would be time consuming and expensive. The Russians withdrew in good order back towards Belarus and continue to pose threat in being which continues to tie down Ukrainian troops while they focus on the east and the south. Perhaps Kyiv will be addressed again once in a later phase of the operation.

In the south, the crux of the offensive lies in Mariupol – the vital port just 30 kilometers away from the eastern Donbas region. After being cut off and defended for almost two months by the fanatical Azov Battalion and 36th Marine Brigade. Mariupol has Marine Brigade. Mariupol has been finally hammered into submission. At the time of going to print only isolated forces still held out in the Azovstal steel plant, the rest of the city has come under Russian control. Its capture has given Putin a much needed symbol of victory. More importantly it opens the gateway to the entire coastal belt in the south and provides Russia a land bridge towards the Crimea and control over the coastline along with Sea of Azov.

Operations to capture the towns of Melitopol, Mykolaiv, Kherson and others – which have already been besieged and been brutally, hammered for months – have also intensified. Most of the towns in the southern belt have been cut off from the rest of the country and it is likely that these towns will not be able to withstand the intensified attacks. But one prize – the icing on the cake – is out of Russian reach as yet. Odessa, Ukraine's main port (located further to the west on the Black Sea) was reportedly to be captured by an amphibious assault in the initial days of the war itself. The attack did not materialize perhaps because of lack of success in other sectors and shortage of resources. There has been a major

setback when Moskva the flagship of the Black Sea fleet was attacked by Neptune anti-ship missiles and later sunk. Ironically, the Moskva was built in the same ports of Melitopol and Mykolaiv in 1983 (when Ukraine too was part of the Soviet Union) which it now bombed and from where the missiles which sank it were likely to have been fired. This has been a huge loss – and a major boost to Ukrainian morale – and the efficacy of long range antiship missiles will now keep Russian ships at bay reducing their ability to influence operations on land.

But even then, the Russians already hold a swathe of land along the Ukraine coast, which is almost 200 kilometers deep. The capture of the port cities will then enable them to cut off Ukraine from the sea, and gain control over the Sea of Azov and the Black Sea. Perhaps Odessa itself could be attacked later, when the other cities fall. That would deprive Ukraine of its ports, make it landlocked and virtually cripple its economy. Along with the southern thrust operations along the eastern front have intensified as well. The entire 480 kilometer long front has been hit by missiles and artillery fire and Kharkiv now appears to be the next major target. The eastern thrust complemented by attacks from the separatists of the Donbas region could try to reach the line of the Dniester River perhaps near the river town of Dnipro.

If both the thrusts make headway the Russians could move northward from Mariupol to link up with the eastern thrust line in the area of Izyum. This will enable them to form a pincer that can cut off all Ukrainian forces in the Donbas region (which comprise of 40% of their army). Luhansk and Donetsk – the two break away provinces which Russia has recognized even before the war – will then be completely cut off from Ukraine and amalgamated with Russia.

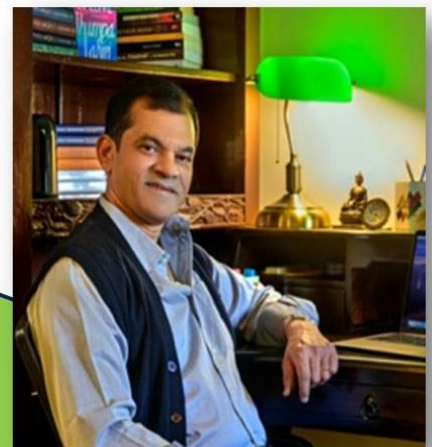
If they do attain these aims it could be a significant victory. But it is a big "if". After all the Ukrainian army in the east is battle hardened by eight years of war fighting separatists in the Donbas, and the past two months have shown the Ukrainians to be tough and determined fighters. They have the defender's advantage of fighting in their own territory and have called up over 20-30,000 conscripts and reservists to reinforce their forces. They have also been beefed up by an influx of western equipments and aid. However, the Russian targeting of the town and of Lviv – the border town where western equipment is received and stockpiled show that Russians will interdict this route too. They have hit Lviv with long range hypersonic Kinzhal missiles – and for good measure test fired their latest Sarmat II ICBM (NATO name AS-TAN II) – a nuclear capable hypersonic missile which can evade most defences. This is a clear cut signal that they could escalate the war should western powers intervene directly.

The war is now in its most decisive phase. The renewed Russian offensive has made initial gains but whether they can go on to take their objectives remains to be seen. After all the soldiers would be tired after two months of hard grind. Many of the units and formations have lost men and equipments due to constant attrition and combat effectiveness would be reduced. (As per western sources, the Russians have lost around 25-30 of the 125 Battalion Operating Groups deployed). But with summer setting in the ground is harder now, and that will make movement

easier both of tanks and logistics vehicles. They also have a new commander – General Alexander Dvornikov a Syrian war veteran, who has taken over all command of all forces (a welcome change when all three thrust lines had independent commanders with little coordination between the diverse forces). It was his arrival that shifted the focus to the east and he would push for a decisive all out offensive using massive firepower and forces, to get the "victory" Putin needs to call off the war.

The symbol of victory is required and required soon. After all, Victory Day – the anniversary of the Soviet victory over Nazi Germany – is coming up on 9 May and Putin needs to show his people and the world. The Russians victory over the "neo-Nazis of Ukraine". In all likelihood, he will have got major gain by then – a huge strip of land along the coast, a rich swathe of eastern land and of course the breakaway provinces of Luhansk and Donetsk. Russia has announced that it would not return its captured territories and this itself will give it an area larger than Britain. That is "if" they attain all their aims. But even if they get the victory they look for it will be pyrrhic one. In the long term it would not be commensurate with the price they have paid and the manner in which they have marginalized themselves in the world order.

**A renowned writer and historian ,
Author of five books and
over 200 published articles.**
COL AJAY SINGH (RETD.)



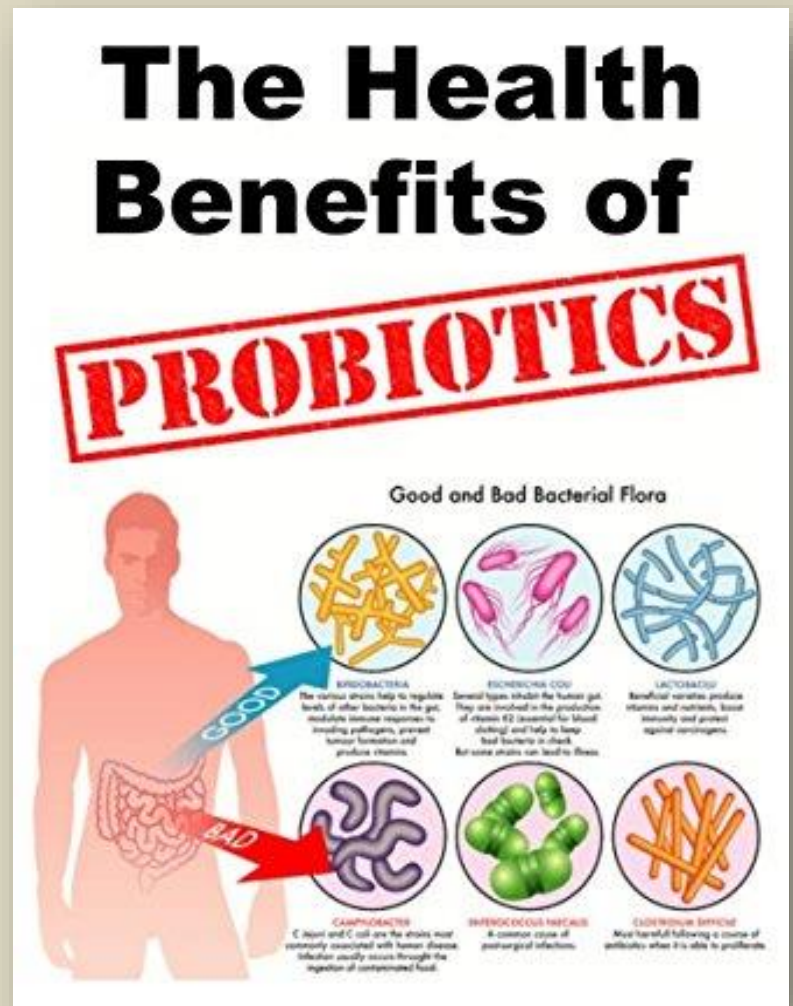
PROBIOTICS AND HEALTH BENEFITS

Fermented foods are popular these days, but no one knows when humans first began consuming them. It is believed that the fermentation process evolved accidentally, and curd could be the first-ever fermented food used by man. Curd's origins can be traced back to the domestication of animals like cows, buffalo, goats, sheep, horses, camels, yaks etc. Curd was used in the Vedic period and its value can be demonstrated by the fact that it is mentioned 700 times in Rigveda in different verses. A curd-millet dish called karambha is also described in Rigveda whereas in Ayurveda, the qualities of curd are explained in detail.

Fermented foods have long been an important feature of the Indian diet. Every region of India has its own cuisine that incorporates a fermentation process, and this is a convenient way to get probiotics in the diet. Cereal-base fermented foods such as idli, dosa, appam, uttapam in the southern part of India, then, khaman, dhokla in the west India, rice beer- haria in central and eastern India, apong and bhatijaanr in the northeast, koozh - a non-alcoholic naturally fermented pearl millet porridge in rural India, ambali in Karnataka and Tamil Nādu, tungrymbai, a traditional fermented food product in Meghalaya, kinema - a soybean-based fermented food in Sikkim and Darjeeling, hawaijar a fermented soybean in Manipur, axone-akhuni in Nagaland are some of the examples. Fermented dairy products like curd, buttermilk, lassi, and kadi are regularly used in India, especially in Punjab and other northern states. Besides, non-vegetarian fermented products are also used by different sects of society. Kimchi, kefir, kombucha, tempeh, sauerkraut, mesu, soibum, cheese, chao, and laban are some other fermented products used worldwide.

Fermented foods are an excellent source of natural good bacteria and probiotics. The word probiotic is derived from Greek language, meaning "for life". The most authentic and widely used definition of probiotics given by Fuller is, live microbial feed supplements which beneficially affect the host animal by improving microbial balance.

According to FAO probiotics are live microorganisms that when administered in adequate amount, confer health benefits on the host. The purpose of probiotic intake is to support the gut microbiota. Previously, probiotics were used only to treat antibiotic - associated diarrhea, and to improve the health of both animals and humans through the modulation of the intestinal microbiota, but due to their potential health benefits, physicians around the globe are



increasingly recommending probiotics as cures and preventatives.

Probiotic formulations are microecological products that improve the intestinal flora architecture, diminish the growth of harmful microbes, and improve the immune response. Lactobacillus and Bifidobacterium are the most important probiotic groups. Dietary probiotic supplementation generally involves dairy products but probiotics can also be incorporated into non-dairy fermented food products, presenting an alternative and more advantageous source in the process of evaluating new probiotic strains. Probiotics possess important functional attributes that could fulfill most of our basic nutritional and clinical supplementation requirements. They are used to cure specific gastrointestinal conditions such as irritable bowel syndrome, inflammatory bowel disease (IBD), and infectious diarrhea (caused by viruses, bacteria, or parasites). Many studies have shown that probiotics act as anticarcinogenic because of their various metabolic attributes. Additionally, they are helpful in improving skin conditions like eczema, allergy prevention, colds, oral health and even controlling migraine.

Probiotic-containing dairy products have healthy functional-food properties. Probiotics provide an added value to milk products that already have high levels of vitamins, minerals and protein needed for healthy growth and development in children and for disease prevention and wellness in

adults. People with lactose intolerance can consume yogurt with few symptoms. These probiotics help digest the lactose in the small intestine before it reaches the colon. Probiotics enhance immunity which is very necessary against pandemic diseases.

Probiotics in preventing and treatment of diabetes, obesity, cancer and diseases related to pathogenic microbes is an exciting and rapidly advancing research arena. Probiotics can act on the entire body via immune modulation.

Probiotics have been found to enhance innate immunity and modulate pathogen-induced inflammation via toll-like receptor-regulated signaling pathways. China's National Health Commission recommended probiotics for severe COVID-19 patients to restore intestinal balance and protect them from secondary infections. The role of probiotics in the prevention and cure of COVID 19 is in progress, but researchers have not reached any decisive conclusion.

Probiotics being so beneficial to the body and should be incorporated into one's diet regularly. Although there are some synthetic probiotics in the market, homemade natural probiotics should be preferred for best results.



Dr. Neeru Bhatt
Managing Editor,
Canadian Journal of Clinical Nutrition

COMPARISON IS NEVER A PROOF OF ANYTHING

Comparison is a game of fools. People who believe in themselves don't compare or compete with others. They prepare to get there and emerge as the best.

Every man must do two things alone, said Martin Luther. "He must do his own believing and his own dying ". When you compare yourself with other you will become bitter or vain because there will always be people better or worse than you.

Living a life of comparison is the fastest way to failure, underachievement and disappointment. It attracts frustration and confusion. You can't clear your own fields while counting the rocks on your neighbor's farm. "The grass may be greener on the other side of the fence, but there is probably more of it to now." Lous Cory.

Only fools compare themselves with others. Wise people don't. It's a waste of time and energy when you compare yourself and your life to that of other people. Life is more fun when you don't keep your scores against others. Success really is simply a matter of doing what you do best and not worrying about what they other person is going to do. You carry success or failure within yourself. It does not depend on outside conditions. " The

ants are a people not strong, yet they provide their food in the summer; the badgers are a people not

mightily, yet they make their homes in the rock. " (Proverbs 30:25,28)

Success in someone else's life doesn't hurt the chances for success in your life. Ask yourself this question that Earl Nightingale posed; "Are you motivated by what you really want out of life, or are you mass- motivated?" Make sure you decide what you really want, not what someone else wants for you. Do you say, "I'm good, but not as good as I ought to be," or do you compare and say, "I am not as bad as a lot of other people". The longer you dwell on another's weakness, the more you affect your own mind with unhappiness. You must create your own system and your own plan or someone else's will limit you.

What happens in another person's life, good or bad has nothing to do with how you are doing in your own life. The Bible tells us "... But when they measure themselves with one another, and compare themselves with one another, they are without understanding."

Do not think you are necessarily on the right road because it is a well-beaten path. The greatest risk in life is to wait for and depend on others for your security and satisfaction. Don't measure yourself with another man's coat. Don't judge yourself through someone else's eyes. If you want to be great don't be caught up in comparison with others.



Author Michael Ediale

**Best-Selling Author / Motivational Speaker /
Film Producer / Performing Artist /
CEO Orange TV**

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DIRECTOR

MICHAEL EDIALE

EATING FOOD TO MANAGE MENTAL STRESS

**Thank You FOOD you are there,
To fight against Stress everywhere,
To all the Stress that I feed daily
Food is there as a friend indeed really!!
Why should I care *'how do I look'*?
Rather than *'caring for self and cook'*
It's a method being followed since Ages
Satisfying the food cravings and urges...
We all must **THANK FOOD**
Which help us to cope
Giving us a ray of Hope
Leading towards a Better Mental
Health....**



Ms. Kavita Gupta
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**SquarePetals Music
Presents**



जां देना उसपे जो मेरा दिलदार भी नहीं

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Mani Trihima

Lyrics :
Farhat Shehzad

Hindi
Ghazal

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Sound Cloud,, Youtube, Instagram
Reels music, SquarePetals Music etc.



Sequence photography allows photographers to convey movement in a way that simply isn't possible in a single shot. The technique involves shooting a series of rapid-fire photos that capture a subject in successive motions. Each photo is then stitched together to display the subject in various positions throughout the frame.

The viewer is able to study the rapid progression of movement as it happens. But, unlike video, the movements are frozen, frame by frame.

Photographers have long wrestled with infusing an element of movement into static images, harnessing techniques ~~such as motion blur, panning blur, and so on, but~~ sequence photography offers a whole new perspective.

Shot by Dr. Sansriti Johri

Dear Moon and Stars,

She invited me for a garden stroll,
For she loves flowers and autumn fall.

I could not but be glad
At this chance I had.

Off we went to her garden, vast and moony;
Her smile was nought but so bloomy;
And as she plucked an apple for me,
I kissed her hand so gently;
She turned redder than the apple,
My cheeks wore red apparel.
A stirring calmness in her eyes
Did more to me than surprise;
I held her hands and said to her:
'Your eyes make my heart astir,
Your simple smile takes my breath away

And I cannot but yell all-day
How much I love you till the end of the sky
And share with the Moon our what and why.
I love you with all my heartbeat!
You are my bitter and sweet.
I love you, my dearie!
She hugged me and said softly,
'I love you too, honey

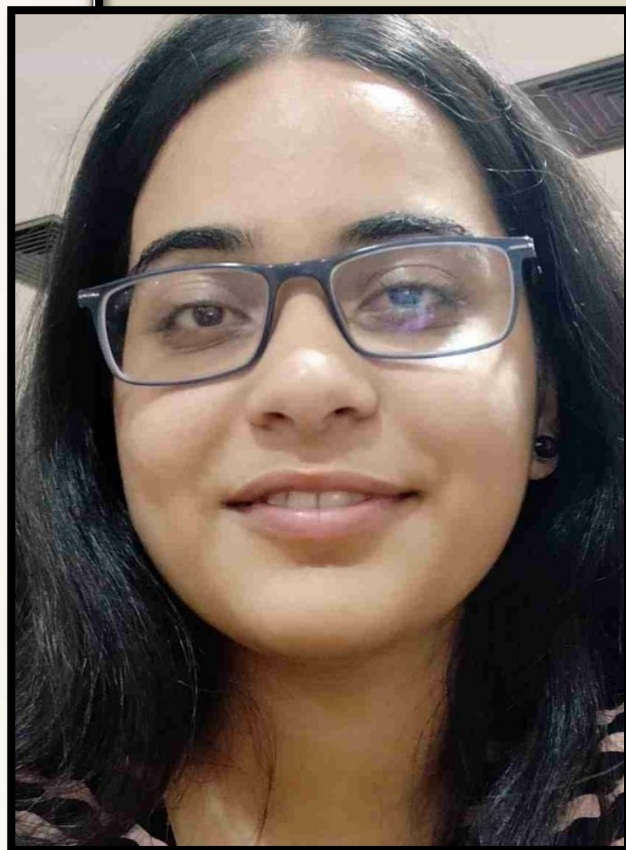


MOIN KHAN PATHAN

A Young upcoming author with more
than 20 articles , stories & poems published.

WINGS OF GRATITUDE TO TEACHER GOD MOTHER

The clouds cracked aloud
And there was water all around
Dark as fear
No light, no sound.
Like a directionless ship
I prayed to the ocean
To show me a path
And for a miracle to happen.
And there SHE came around
No advice, but just a sound
Wisdom flowing through her hair
Her face ensuring love and care.
SHE held my hand
And propelled me towards Perfection
Bringing to my Realization
That excellence was my destination.
SHE would walk with me
And sometimes leave my side
Making me Independent
Strong enough to face the tide.
Though SHE might be out of Sight
But I know that SHE will be there
To usher in the wise light
In times of doom and despair.
The ocean did answer my plea
For I could have asked for none other
I could ask for a thousand births as Cinderella
For her to be my FAIRY GODMOTHER.



Bhavya Dave

**B.A. (English)
Faculty of Arts
The Maharaja
Sayajirao University
of Baroda**

FAT

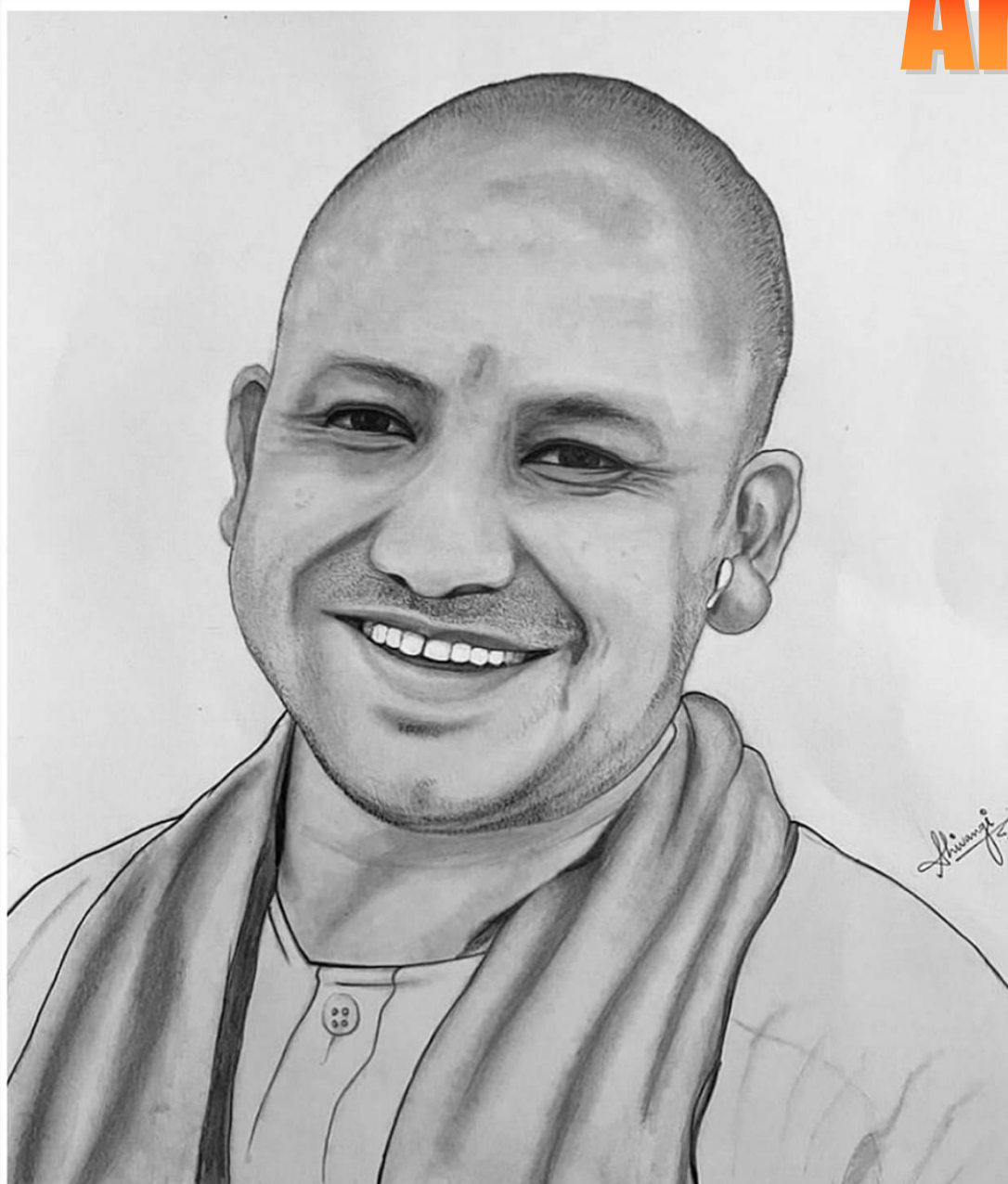
I was happy till
 The comments of others started
 Getting inside my head.
 When you call someone fat
 It takes only a second to make fun of them but that tag
 It stuck with us for years
 I wore baggy clothes to hide my round belly and my fat skin.
 The magazine models you look
 And the Kardashians
 Are the body type that everyone wants
 Everyone tells to me.
 Society wants you to get skinny and tall
 You are worthless and 'That man is way out of your league.'
 'You would be pretty if you lose some weight.'
 They recite to me every day
 After that, I still manage to keep my self-esteem
 I was a comedian in my group but
 Because of my body
 The humour slowly faded and I became quiet.
 I became the fat girl who nobody looks at or
 My society's thinking is like that.
 Society has trapped us in our bodies.
 Then I wonder what it's like to be that magazine model one day, skinny and tall.
 Eventually, society won and I was convinced that I am worthless.
 I slowly starve myself,
 Telling mom I was full and
 Sleeping for hours so that time can pass, and I won't get cravings.
 I can hear my stomach growling every hour but I ignore it
 Because society has told me to become skinny,
 Everyone was happy when I lost 40 pounds,
 Even my dad carries my before-after photo with himself
 But the starving slowly became my friend
 And the calculator in my head when I touch any food finally stops
 When food starts to feel like
 Sick for me
 I became nauseous toward food
 Slowly I was getting Anorexia
 And society tells me to eat something
 Men want something to grab and have some muscle.
 Now I wonder how happy I was when I was fat.
 I don't need a thigh gap I am happy with my gap teeth
 Society please don't judge from physical appearance,
 emotions and understanding is all that matter.
 Even if I don't know I still care for all of you,
 I can feel your struggle
 And the people out there who encourage body positivity it is not only my obesity,
 it's about allowing others to be comfortable
 In their own body.
 In my own body.



Khushi Kshirsagar
 S.Y. BA Psychology GIA
 The Maharaja Sayajirao
 University of Baroda.

Art Work

PenCil Sketch



Name : Shivangi Soni

Class : 11th

School : R.L.P.K.D

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(Mathura)



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- Could your ideal course be in Australia, Canada, New Zealand, The UK, Ireland or the USA?
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Dahi Ki Sabji

When you don't have fresh veggies or Paneer at home, you can still make a healthy, delicious jhatpat gravy that tastes like Paneer gravy, and can be served with rice or chapatti.

Ingredients:

- 300 grams Hung Curd
- 1tbsp Ghee
- 1tsp Fresh Cream or Malai
- 1finely chopped Onion
- 2 Green Chillies
- 1/2tsp. Cumin Seeds
- 1/2tsp.Kasoori Methi
- 1/2tsp Garam Masala Powder
- 1tsp Red Chilli Powder
- 1/2tsp Coriander Powder
- Salt to taste
- Some Coriander Leaves and Boondi to garnish



Method:

In a pan, heat ghee and add cumin seeds when it is hot enough. Sauté the chopped onion and the green chillies in the same pan. Then add all the spices and mix. Add a cup of water to the pan and let it boil. When it starts boiling, add the hung curd and stir. Add kasoori methi and garam masala to it. Turn off the flame when mixed well. Garnish it with coriander leaves and boondi.

Falguni Thakkar

**Award Winner Chef &
Author of Hand to Heart**





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