



SquarePetals



Global Webzine

**73rd
Indian
Republic
Day
Special**

SCIENCE & YOGA
HYPNOSIS! WHERE SCIENCE
MEETS YOGA

EVENT
75 YEARS OF GLORY OF
INDIAN INDEPENDENCE

PERSONAL DEVELOPMENT
STUMBLING BLOCKS TO STEPPING STONES
LEARNED HELPLESSNESS IN ADOLESCENTS
TURNING CRISIS INTO OPPORTUNITY

Poem
NEW YEAR 2022
SILENCE OF THE MOON

SHORT STORY
A LOVELY HUG

**CREATING A NATION
IN THIRTEEN DAYS
1971 Indo-Pak War**

TOP TRENDS
NATIONALITY CHALLENGE

PHOTOGRAPHY



Cover story

Lt. General Sanjeev Kanal (Retd.)

PVSM, AVSM Lt. General Sanjeev Kanal an unassuming leader
a brilliant and a proud Army Man who donned the coveted
Olive Green Uniform for 40 years
to serve the Nation..

The Editorial Board

SQUAREPETALS GLOBAL WEBZINE



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Former Govt. Officer,
Ministry of Defense, India



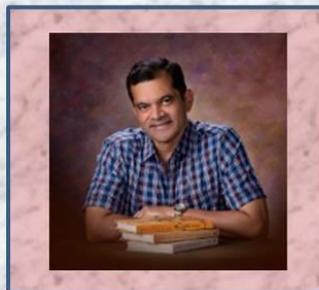
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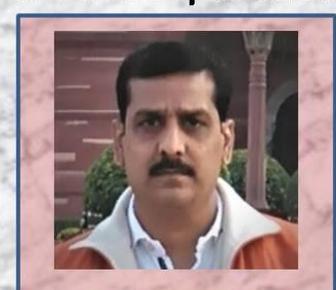
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Officer with CBIC, India



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EsquireVJ

Multifaceted Company

01.

Methodology to shape life, beautifully!



January

Barbie

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2022



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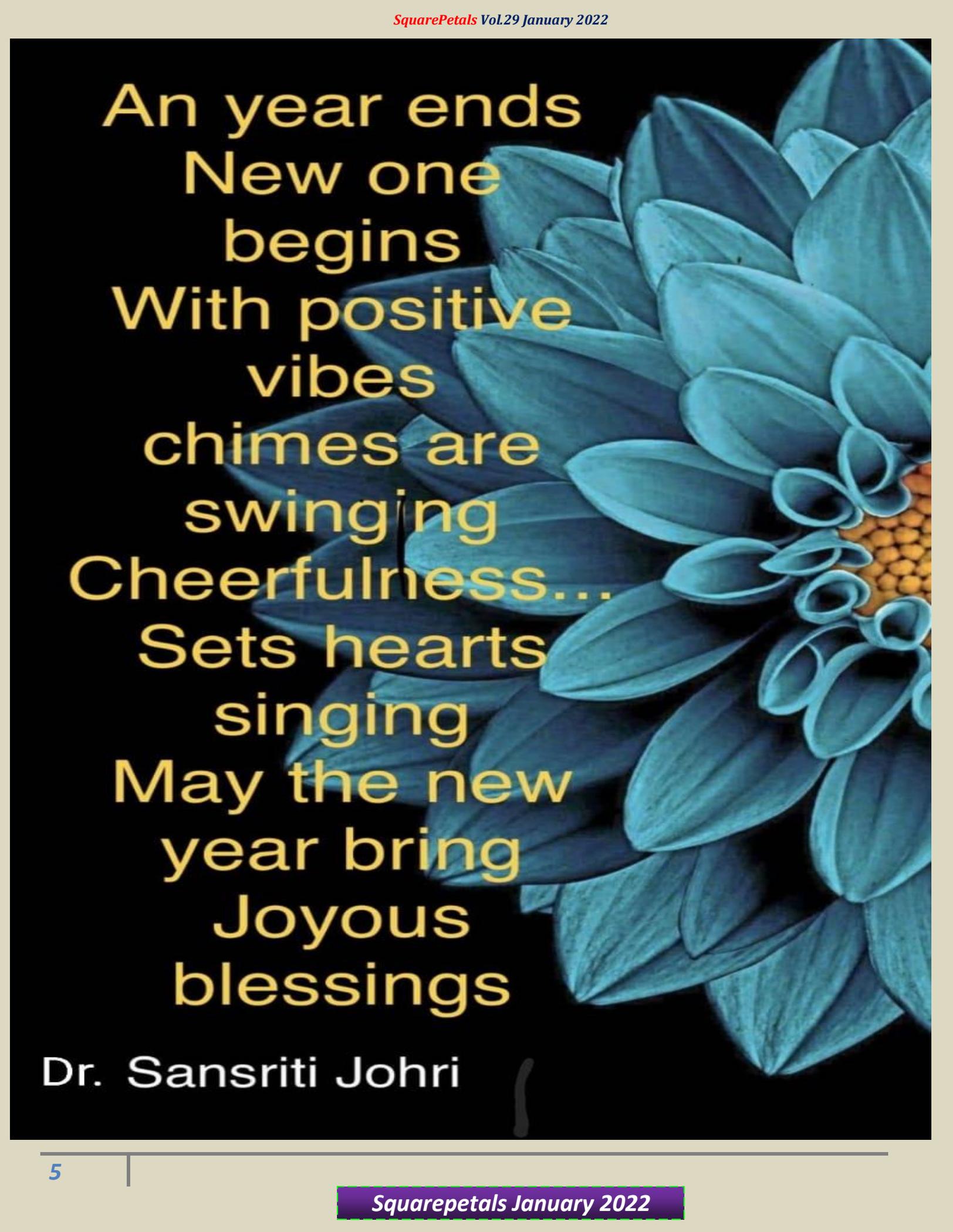
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Sunehri Johri

Photography:

Virendra Johri



An year ends
New one
begins
With positive
vibes
chimes are
swinging
Cheerfulness...
Sets hearts
singing
May the new
year bring
Joyous
blessings

Dr. Sansriti Johri

FROM THE DESK OF Editor-in-Chief

Happy New Year Dear Readers.

SquarePetals Global Webzine begins 2022 with prayers to the Almighty for freedom of the world from the existing health hazard. We urge humanity to focus on your deeds and words, let us live in bliss and get rid of the Covid curse.

On the brighter side, we congratulate our efficient writers and the esteemed Editorial Board Members on being honored with the Indian Achievers Award 2022.

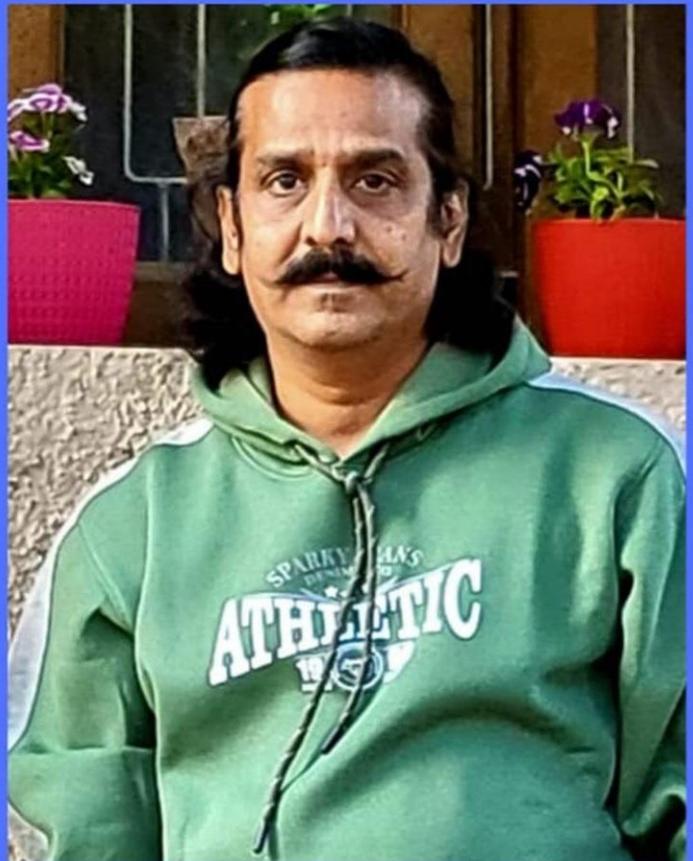
This month is the Indian Republic Day, a day of pride and we have complemented it by having **LIEUTENANT GENERAL SANJEEV KANAL** on the Cover Story of the 29th edition, January 2022 of SquarePetals Global Webzine.

Happy Reading!

Regards,
Stay safe , stay happy.

Sansriti Johri

Dr. Sansriti Johri
Editor-in-Chief



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Indian Excellence Award-2022

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This Certificate is Proudly Presented to

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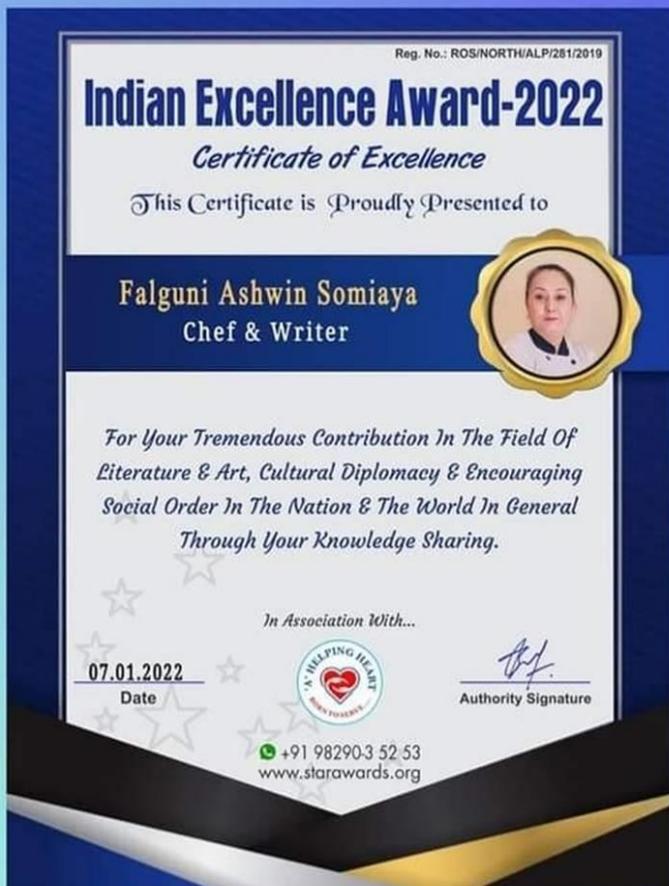
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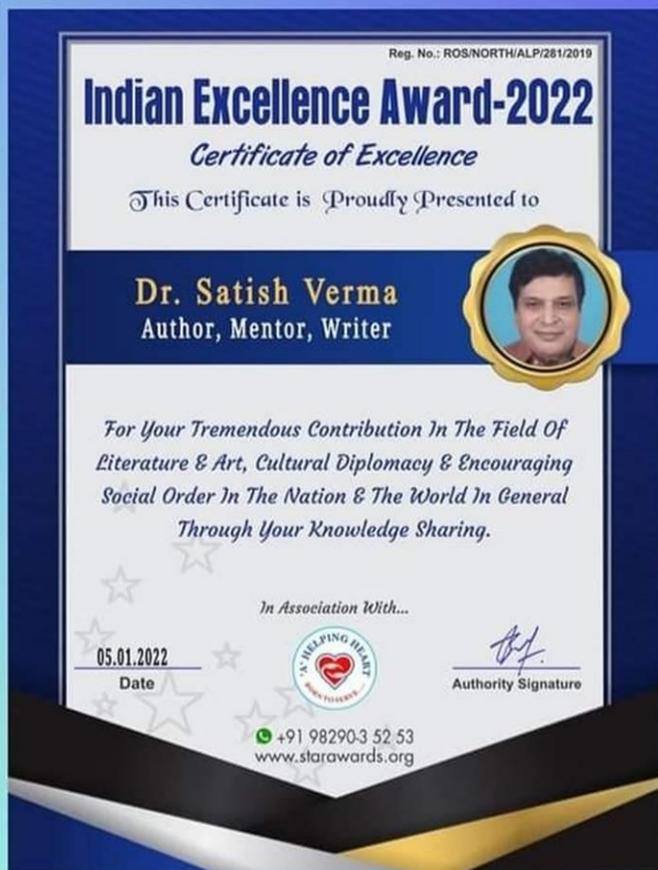
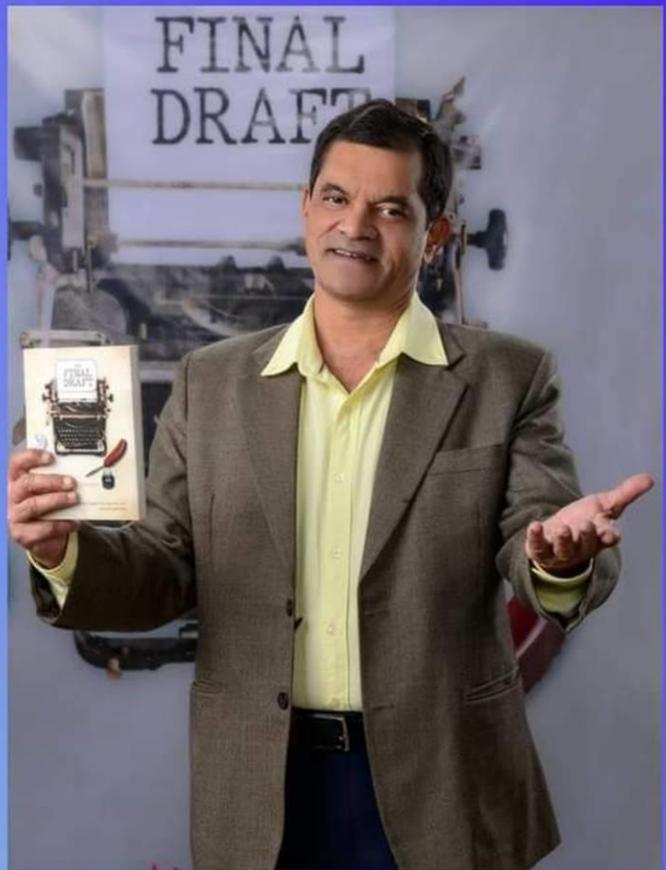


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SquarePetals Podcast

Pen Speaks 



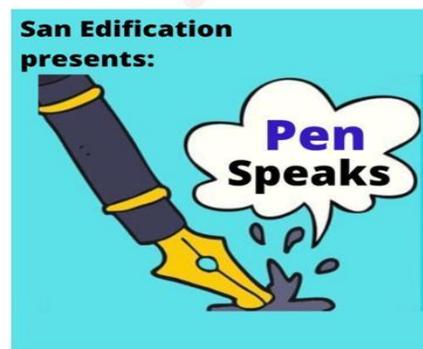
Available on Spotify, Google Podcast, Apple Podcast, Amazon Music Podcast, Overcast, Pocketcast & Radio Public

**Healthy Lifestyle:
SelfCare**

Speaker:

Dr. Sansriti Johri

Author, Officer, Entrepreneur



San Edification Presentation



Cover story

LIEUTENANT GENERAL SANJEEV

KANAL:

AN UNASSUMING LEADER

Lt. General Sanjeev Kanal has had a glorified career in the Indian Army. His dedication and Intellect have yielded fruitful results and Lt. General Sanjeev Kanal has been awarded honours: Param Vishist Seva Medal, Ati Vishist Seva Medal and many more distinctions. We proudly present an insight into the thrilling and accomplished life journey of the brave and brilliant Indian Army Officer.

The Early Years:

On a cold December morning in 1971, a young boy, not yet in his teens, stood on the side of the Dispersal Area of the Air Force Station in Barrackpore and watched, as his father, an Army doctor, helped in receiving waves of wounded and injured soldiers from the battle front in the Eastern Theatre of the war to liberate Bangladesh. That day, something he saw in the eyes of the wounded soldiers, made him resolve to also do his part in protecting the Nation, just like his father and his Grand father.

The National Defence Academy

In January 1978, Sanjeev Kanal joined the National Defence Academy at Khadakvasla. He completed his training of the Indian Military Academy at Dehradun in the famous Doon Express. He was commissioned on 19th December 1981, with Second Lieutenant Stars on his shoulders. He joined the Regiment of Artillery.

The School Of Artillery:

In the beautiful and salubrious climes of Deolali, a small cantonment town close to Nashik, the young officer learnt the nuts and bolts of the Artillery. While undergoing the rigorous and demanding training of firing big guns and rockets in the famous Deolali Firing Ranges, he often saw Chetak and Cheetah helicopters flying around and wished that he could be the pilot of those wonderful flying machines some day.

The Sikkim Sojourn:

Having qualified as a Gun Position Officer, Sanjeev joined his parent unit at Men La in Sikkim, located at a height of 10500 feet above Mean Sea Level. For the next two years, he spent an eventful tenure deployed as an Observation Officer at many posts as high as 16000 feet above MSL, keeping a close watch on Chinese

activities. During this tenure he also completed an advanced course in mountaineering and successfully summited the Lamo Angden Peak, 19800 feet, in North Sikkim. Very shortly after that he was selected as the Aide De Camp of the Corps Commander of 33 Corps based in Sukhna near Siliguri.

The Aviation Experience:

In the spring of 1985, Sanjeev was selected to train as a helicopter pilot to join the coveted 'FLY BOYS' of the Army as part of an Air Observation Post unit. After 18 months of

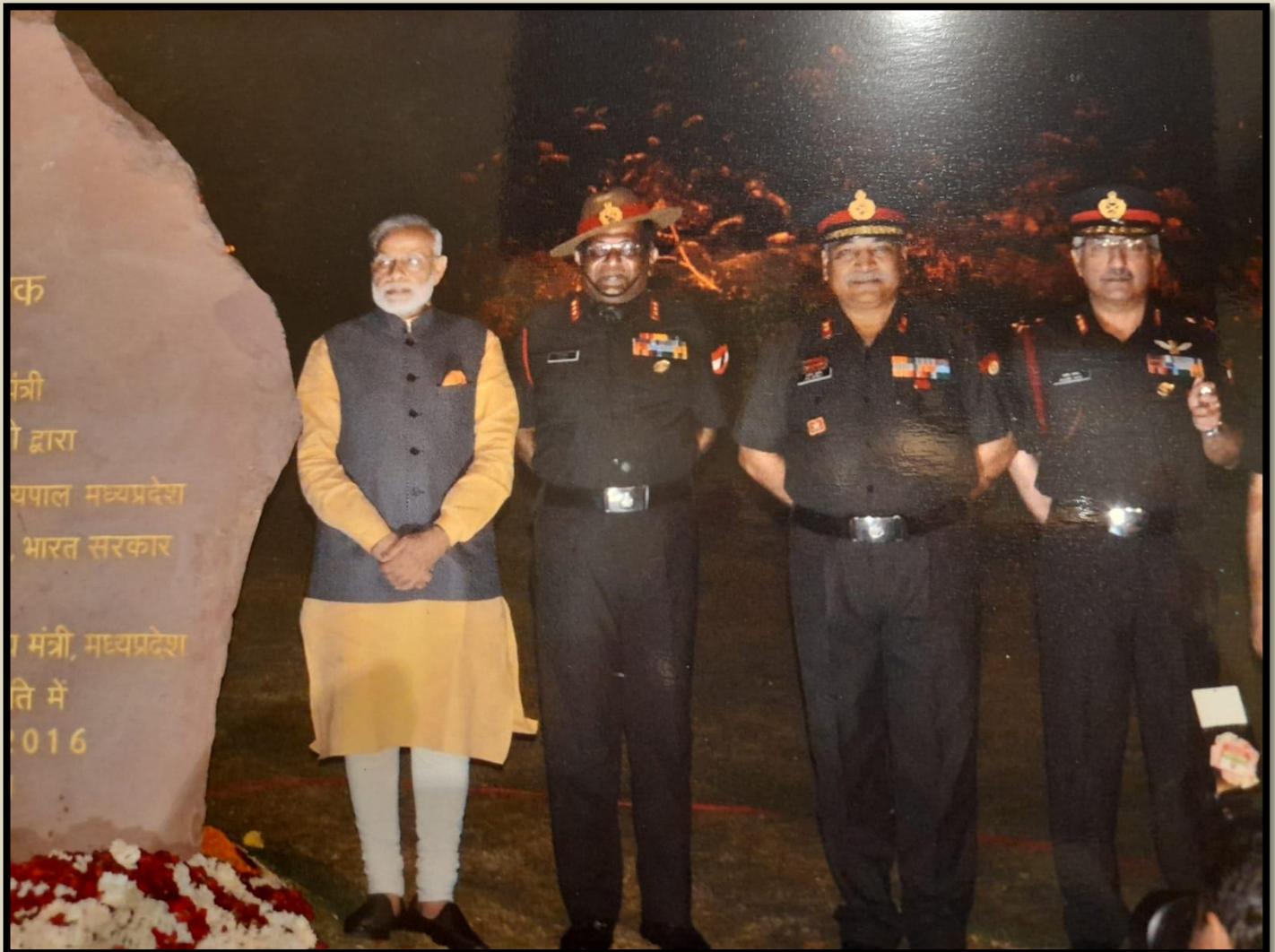


grueling training, the coveted pilot wings were pinned to his chest in May 1987. In the same year, he also found his soulmate and got married to Meena, his partner since the last 35 years. He served in two Air OP units till 1992 and got an opportunity to do various dangerous but exciting combat missions as part of the Indian Peace Keeping Force in Sri Lanka during Op Pawan.

The Defence Services Staff College and the United Nations:

In Dec 1992, Sanjeev, now a young Major, was selected to be an instructor in the Indian Military Academy. After a successful tenure there, he cleared the competitive examination to attend the prestigious Course at the DSSC at

Wellington in Tamil Nadu. He performed exceedingly well in the course and was awarded an Instructor grading. Shortly after joining his parent unit in Faridkot, Punjab, he was selected to represent the country in the United Nations Peace Keeping Force in Angola. After an eventful year as part of a multinational force under the UN flag, he returned to India to join a unit as part of Operation Meghdoot in the highest battlefield of the world in Siachen. A long and challenging tenure, amongst the booming guns, in the icy heights of the Saltoro Range at heights ranging from 18 to 21000 feet, it was a life changing experience for him! He considers himself privileged to have got an opportunity to be part of the Kargil conflict when he was ordered



to coordinate the Artillery operations in the Turtuk sub sector.

Counter Terrorist Operations

In 2002 he was promoted to the rank of Colonel and given command of a medium regiment in the midst of Operation Parakram, deployed in the western front in Rajasthan. His unit was amongst the last to return to barracks after the end of the stand off with Pakistan, only to be ordered to move for Counter Terrorist and Artillery Duels to the highly active Kupwara and Gurez areas of J&K.

After almost three years of a very active and eventful command tenure, fighting terrorists as well as the Pakistani Army, Colonel Sanjeev Kanal was nominated to attend the Higher Defence Management Course at the College of



Defence Management at Secunderabad.

Management Guru

The year long course in management was a welcome, respite from the stresses and strains of commanding a unit in active operations. Sanjeev did extremely well in the course and was retained as part of the faculty for teaching organisational behavior. In addition to the M. Sc Degree obtained during the DSSC, he now had an MMS Degree from Osmania University. He was awarded the Chief of Army Staff Commendation during this tenure as an instructor in the College of Defence Management.



The Line of Control:

In 2009, he was promoted as a Brigadier and was given the honour of commanding the largest Artillery Brigade in the country, in the highly active Rajouri sector of J&K. For his exemplary performance as a Brigade Commander, he was nominated to attend the most prestigious National Defence College Course at NDC in New Delhi.

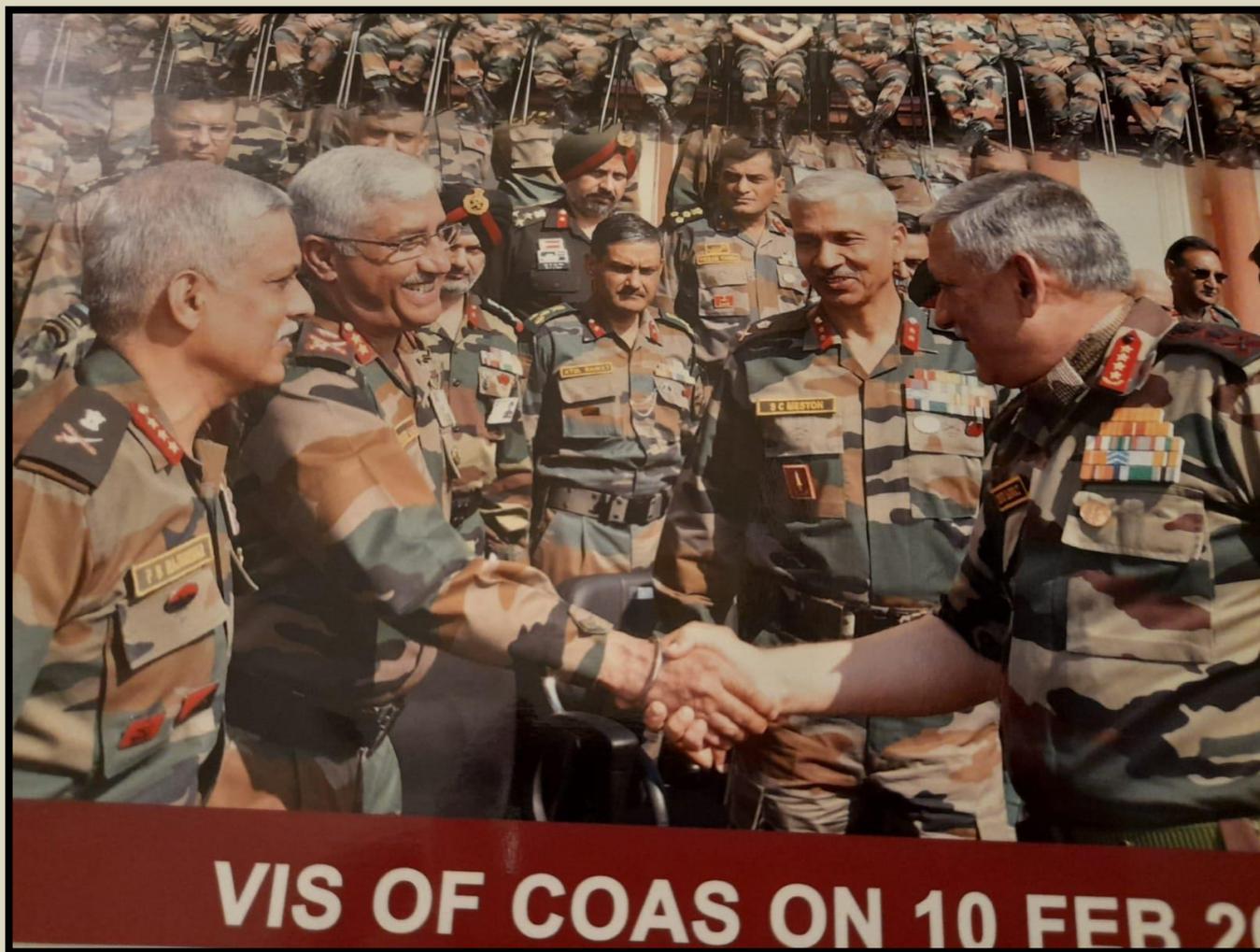
Capital Capers

During the one year long NDC course, Sanjeev got an opportunity to interact with the finest minds who were experts in various fields at the highest levels of governance. The various tours within the country and abroad added to his knowledge and experience. He also made lifelong friends from the other services

study on women officers and their future progression within the organization.

The Western Front

In 2014, he was promoted to the coveted rank of Major General and given command of the prestigious Artillery Division as part of a Strike Corps. In this assignment he was operating at



including IAS,IPS , IFS and IRS. On completion of the course , he was posted as the Deputy Military Secretary at Army Headquarters where he was responsible for the HR and career management of more than 5000 officers of the Artillery. During this tenure he was responsible for many pathbreaking policy changes in the Indian Army's officer management processes including an important

strategic levels, controlling sophisticated weapon systems like Brahmos Missiles, Smerch MLRS and Unmanned Aero Vehicles. During 14 months of command, he put his experience to good use and successfully conducted a large full scale strike exercise in the Rajasthan Desert.

Presidential Recognition

Once again in 2017, Sanjeev was promoted to 3 star ranks and given command of one of the largest Areas in Central India. For his exemplary service and dedication, he was awarded the Ati Vishisht Seva Medal by the Ho'ble President of India on 26th January 2018.

Shaping Future Military Leaders

The Chief of Army Staff displayed his full confidence and faith in Sanjeev's abilities and

appointed him as the Commandant of the Officers' Training Academy at Chennai in 2018, an appointment he held till his superannuation on 31st July 2020. Sanjeev made many transformational changes during his stewardship of the Academy including establishment of a Young Leaders Training Wing. For his achievements as commandant of one of the premier training institutes of the Army, he was once again honoured with the Param Vishisht Seva Medal by the Ho'ble President of India on 26th January 2020. On the eve of his retirement, when asked what



message he would like to give to the young officers, Lt. General Sanjeev Kanal said “Do not depend on luck to achieve your goals, there is no substitute for hard work. Be worthy of the uniform you wear and the love and adulation of the millions of citizens who look towards you to keep them safe. Your actions should be such that when you look at yourself in the mirror, you should feel proud, not sheepish”.

Foundation in Pune.

SquarePetals Global Webzine salutes the valuable input by decorated Lt. Gen. Sanjeev Kanal (Retd) while serving in the Indian Army and his dedicated service to people even today.



Thus after forty years of proudly donning the coveted Olive Green uniform, Lt Gen Sanjeev Kanal, Param Vishisht Seva Medal, Ati Vishisht Seva Medal, retired from the Indian Army in August 2020 as the Commandant of the prestigious Officers Training Academy , Chennai. Having dedicated his life to selfless service of the Nation, he now spends his time in service of the less privileged, as a trustee of the Sant Ishwar Charitable





The roots to the war go back to the flawed two-nation theory that created two wings of Pakistan separated by 2500 kilometers of Indian territory. East and West Pakistan were not only geographically

***BEATING A NATION IN THIRTEEN DAYS
1971 Indo-Pak War***

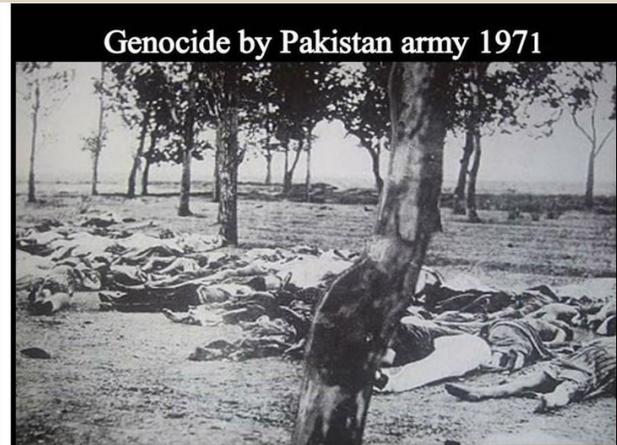
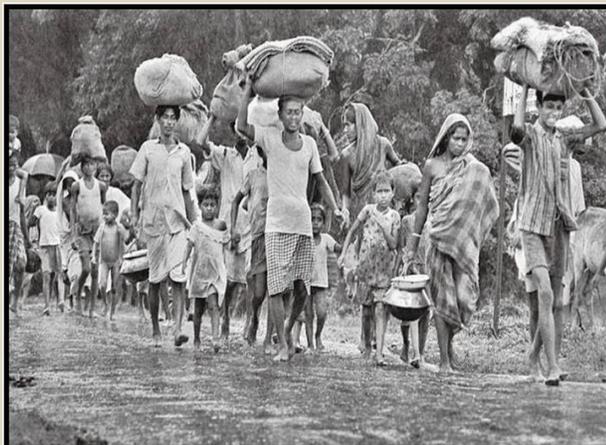
Background to War:

At 5.45 pm on 03 December 1971, Pakistani fighter aircraft swooped down Indian skies and launched a series of pre-emptive attacks on the Indian airfields of Ambala, Srinagar, Avantipur, Pathankot, Uttarlai and Jodhpur, hoping to destroy Indian aircraft on ground and win a decisive victory at the onset of the coming war. They failed. Not a single Indian aircraft was lost on the ground and the IAF responded by launching a series of retaliatory attacks inside Pakistan. The same day, Pakistani troops launched an offensive in the Chamb and Poonch sectors of Kashmir, and the next day Indian troops entered East Pakistan. The third Indo-Pak war had begun!!

separated from each other bound only by religion, the Bengalis of East Pakistan and the Punjabis of the West were culturally, ethnically and politically different from each other. The Bengalis were considered inferior to their Punjabi and Pathan brethren of the West, and the simmering discontent of East Pakistanis was rising after years of exploitation. Then in 1970 the East Pakistani political party, the Awami League under Sheikh

Mujibur Rehman won the General Elections in Pakistan. It meant that for the first time, an East Pakistani would become President of the country.

Atrocities by Pak Army & The flooding of Refugees :



Rather than accept the choice of people, the elections were annulled by Pakistan. Martial law was imposed and Shiekh Mujibur Rehman was placed under arrest. East Pakistanis hit the streets in violent protest, and the Pakistani government ordered a crack down. Additional troops were flown in, and the uprising put down brutally. The carnage that the Pakistani army wreaked, caused over 3,00,000 casualties and sent a flood of refugees – over 7 million of them – pouring into India.

Alarmed at the situation on its Eastern border and concerned with the influx of refugees, Mrs Indira Gandhi ordered the Army Chief Gen



Sam Manekshaw to ‘Go into East Pakistan’ in April 1970.

Mrs Gandhi and General Manekshaw: General Manekshaw refused to move at that time, stating that he could guarantee victory only if allowed to attack in December, at a time when the armed forces would be fully ready. The Chinese passes would be closed and the weather conditions would become

better for offensive operations then. Mrs Gandhi agreed, and in the period the military prepared for the coming war. The Bengali militia, the Mukti Bahini were trained and built up, and Indian forces began operating with them. Both sides were preparing for a war that seemed inevitable, and skirmishes occurred with increasing frequency. On 22 November, a major battle took place at Garibpur in East Pakistan, on 22 November, involving tanks, artillery and even fighter jets of both sides. The Indian success in that encounter set the tone for the coming battles.

The situation erupted on 03 December with Pakistan’s pre-emptive attack in the West. It gave just the excuse for the Indian Army to enter East Pakistan the next day and go on to create a nation.

The Defeat of Pakistan’s Eastern Command:

The Indian Army moved into East Pakistan in a four pronged thrust. 2 Corps with two divisions (4 and 9 Divisions and 50 Para Brigade) advanced from the South West; 33 Corps (30 Division and 71 Brigade) from the North West; 101 Communication Zone with two brigades moved in from the North

and the main thrust with 4 Corps moved inwards from the East with three divisions (8, 57 and 23 Divisions).

It would not be a cakewalk. General A K Niazi of the Pakistani Eastern Command had almost four and a half divisions, 25,000 Para military forces, five squadrons of Chaffee tanks, and around 20 F-86 Sabre jet fighters to contest the Indians. He also had the advantage of geography. The terrain was marshy and

crisscrossed with rivers making advance difficult. He chose to deploy his forces in the small towns along the approaches. Each town - Jessore, Jhenida, Bogra, Rangpur, Hilli, Jamalpur, Sylhet, Comilla and Chittagong to name a few- was virtually converted into a fortress and would have to be reduced if the

In ten days the Indian thrust lines moved deeper in to East Pakistan. Helicopters and paratroopers were used to insert troops in the rear to cut off retreating Pakistani soldiers and prevent them falling back to Dacca. 2 PARA landed at Tangail and captured a bridge on the Lohaganj River. The para drop which was seen

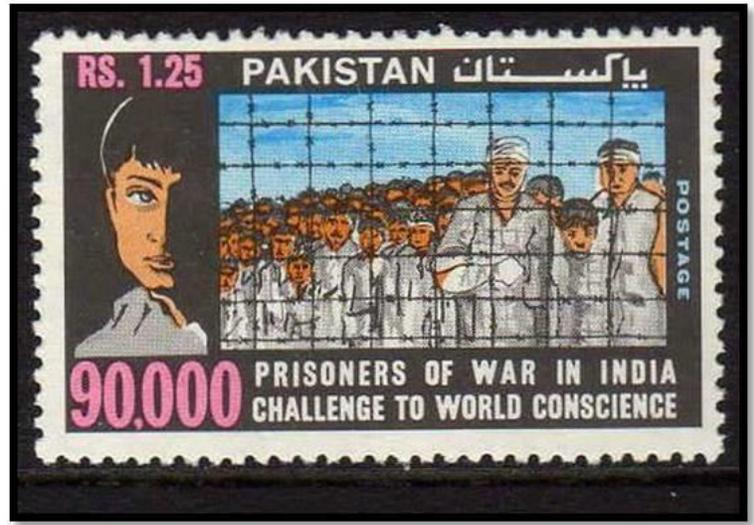


Indians were to advance. Another line of fortresses lay deeper in the second tier. In the center was Dacca, secure in a bowl behind the Yamuna and Meghna rivers where lay his headquarters. It was felt that if the fortresses delayed the Indians long enough, the Chinese and the US would intervene. All they had to do was hold.

The Indian plan was to advance deep and capture enough territory to declare Bangla Desh. They advanced rapidly using cycles, rickshaws, bullock carts and boats and even moved tanks in the swampy land. They were aided by the Mukti Bahini, who guided and provided invaluable local information. The fortresses of Jessore, Hilli, Bogra, Mymensingh, were captured after fierce battles. But whenever a fortress could not be captured, it was merely bypassed, and the Indian troops moved deeper leaving a small force to contain it. This helped cut off many Pakistani troops who were now unable to withdraw.

from Dacca first caused jubilation, thinking that the Chinese or American paratroopers had arrived to save them. This jubilation changed to consternation when they realized that Indian paratroopers were behind their positions. A major helicopter-borne operation was launched that ferried one battalion, 4/5 Gurkha Rifles, behind enemy lines to hold a position on the Surma River and cut off Pakistani troops in the town of Sylhet. Although only two companies were initially dropped, BBC reported that an entire Indian brigade had been heli-dropped and this false news was built up by the Indians as well. Although over a Brigade of Pakistani troops were in Sylhet (built up to over two brigades as withdrawing troops fell into the town) they did not attack the small heli-borne force and the small force of less than a battalion contained the two brigades in Sylhet, till its eventual surrender.

The Helidrop at Sylhet Paradrop at Tangail



Although the US Seventh Fleet led by the aircraft carrier USS Enterprise steamed into the Bay of Bengal, the US and Chinese made no serious attempt to save the Pakis. The Indians had reached the Meghna River on 12 December and were now within striking distance of Dacca. On 14 December a conference was held at Government House, Dacca, attended by the Governor, Gen Niazi and senior officials. As the meeting was underway, a flight of Indian MIG 21s rocketed the building. This was virtually the last straw and broke Pakistani morale. The Governor resigned, and the next day, Niazi received a message from Lt Gen Aurora, the Indian Commander, asking him to surrender and assuring him of the safety of his troops. Niazi agreed and next day, on 16 December at 4.31 pm in Dacca Race Course, Gen Niazi and Gen Aurora signed the Instrument of Surrender in front of a million strong crowd chanting 'Joi Bangla.' 93,000 Pakistani troops – the largest haul of prisoners since World War II – laid down their arms. The war in the East was over. A new nation had been created.

The Surrender Pak Postage Stamp

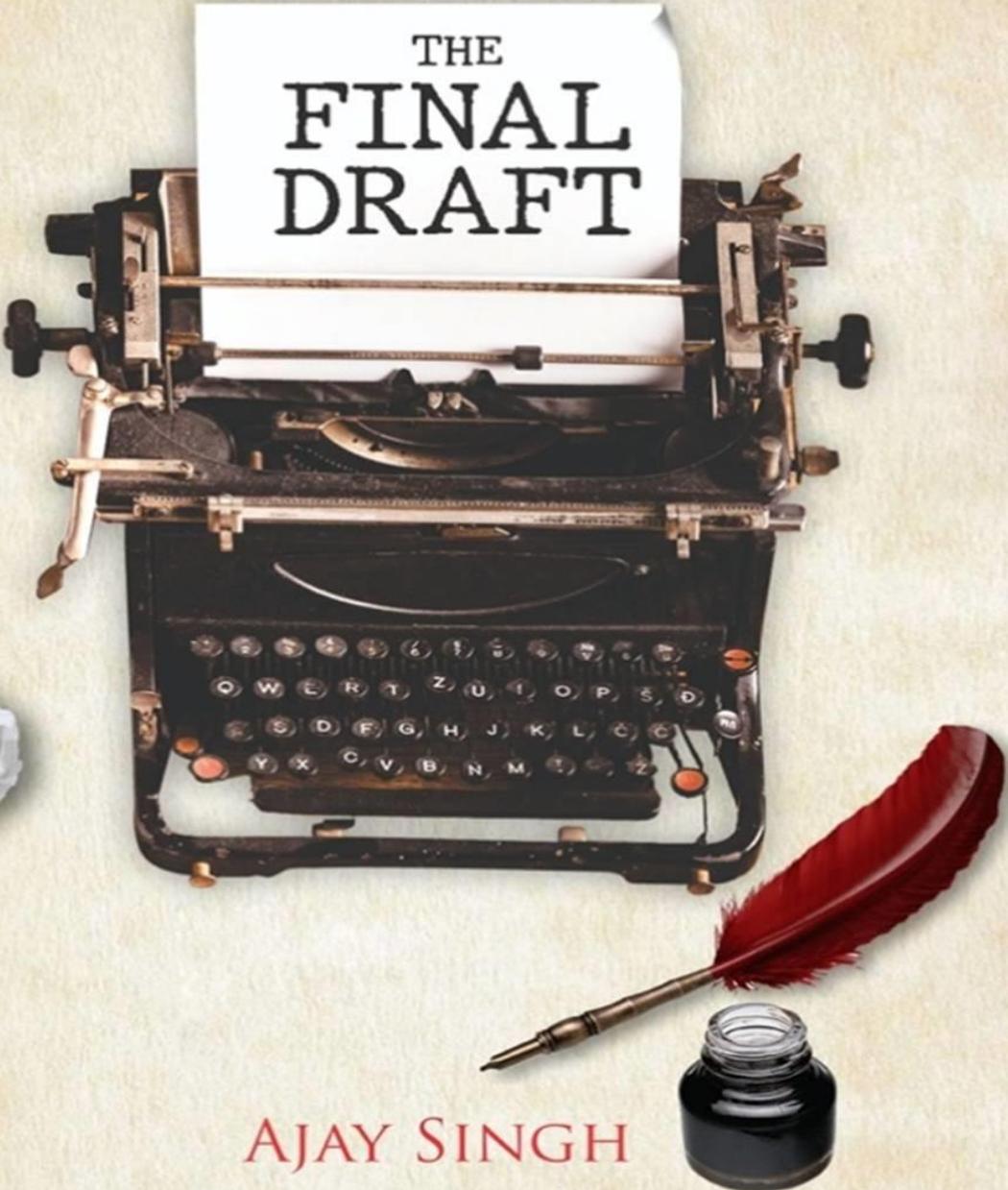
Actions in the Western front continued for one more day. Pakistan had hoped to attain gains in the Western theater but here too it lost territory and equipment. Its offensive in this sector did not materialize and on 17 December Mrs Indira Gandhi declared a unilateral ceasefire. At 2000h on 17 December, the guns finally fell silent.

This was modern India's most comprehensive victory and attained through close synergy between the Army, Navy and Air Force. Pakistan was cut to size! Jai Hind.

A renowned writer and historian ,
Author of five books and
over 200 published articles.

COL AJAY SINGH (RETD.)





THE
FINAL
DRAFT

AJAY SINGH

'Twelve Stories of great Power and Imagination, lyrically told'
Sunday Guardian

The title story "The Final Draft" explores a brilliant writer dying of cancer who is obsessed with completing his magnum opus before his death. His wife helps him in what would be the last work of his life and amazingly, they help keep the cancer at bay.

The story traces the individual thoughts and journey of the two key characters till the shock ending, which hits like a punch in the solar plexus. Does he complete his work, and what happens when he does?



Author Michael Ediale

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

STUMBLING BLOCKS TO STEPPING STONES

In 1914, Thomas Edison, at the age 67, lost his factory to fire. It had very little insurance, and he was no longer a young man. Edison watched his lifetime investment and effort go up in flames and said; "There is great value in disaster. All our mistakes are burnt up. Thank God we can start a new." In spite of the disaster, three weeks later, he invented the phonograph. What an attitude!

Your success and failure in life depends on your Attitude.
Your attitude alternatively determines your altitude. Your attitude towards what is happening inside you is more important than the things happening around you.

Our attitude determines how we look at a setback. To a positive thinker, attitude can be a stepping stone to success. To a negative thinker it can be a stumbling block.

One of the greatest motivational writer of all times, Napoleon Hill, wrote in his classic 'Think and Grow Rich; " Every problem comes with an equal or greater benefit."

Set backs are inevitable. A setback can act as a driving force. With a positive attitude you can become Victor's and not victims, and turn a stumbling block into a stepping stone. Only a positive attitude can make the difference. I see you at the Top.



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Presents

DANGEROUS OBSESSION

Directed By Michael Ediale

SHOWING



ORANGE TV MOVIES

Presents

ECLIPSE

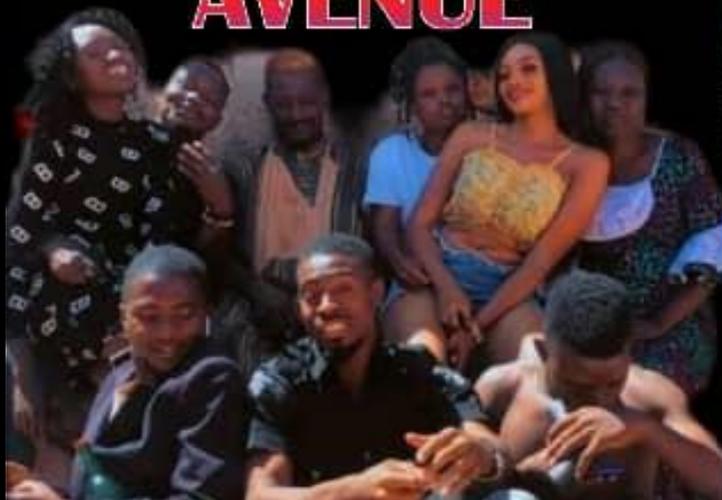
PRODUCED BY MICHAEL EDIALE
DIRECTED BY KELVIN NWEKESON

Starring

CHRISTABEL PWAKIM MICHAEL EDIALE
BETTY BELLO RHODA BALA NGAR
PEACE ADAKOLE SAMOBBY COYIN
FLANGSHAK AMOS

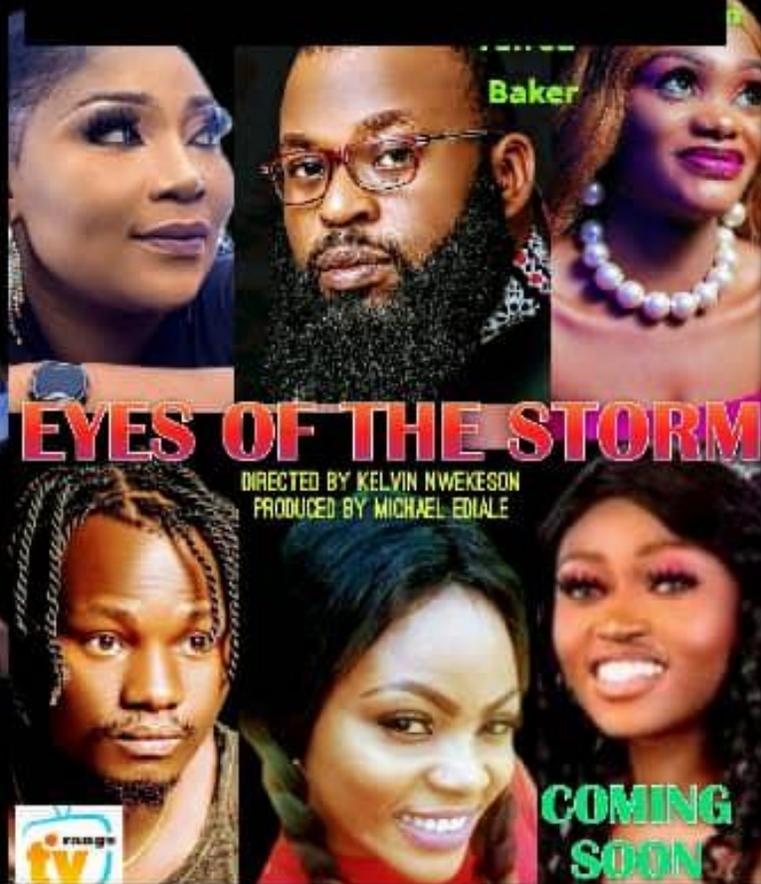


ORANGE TV COMEDY 42ND AVENUE



CREATED & DIRECTED
BY
MICHAEL EDIALE

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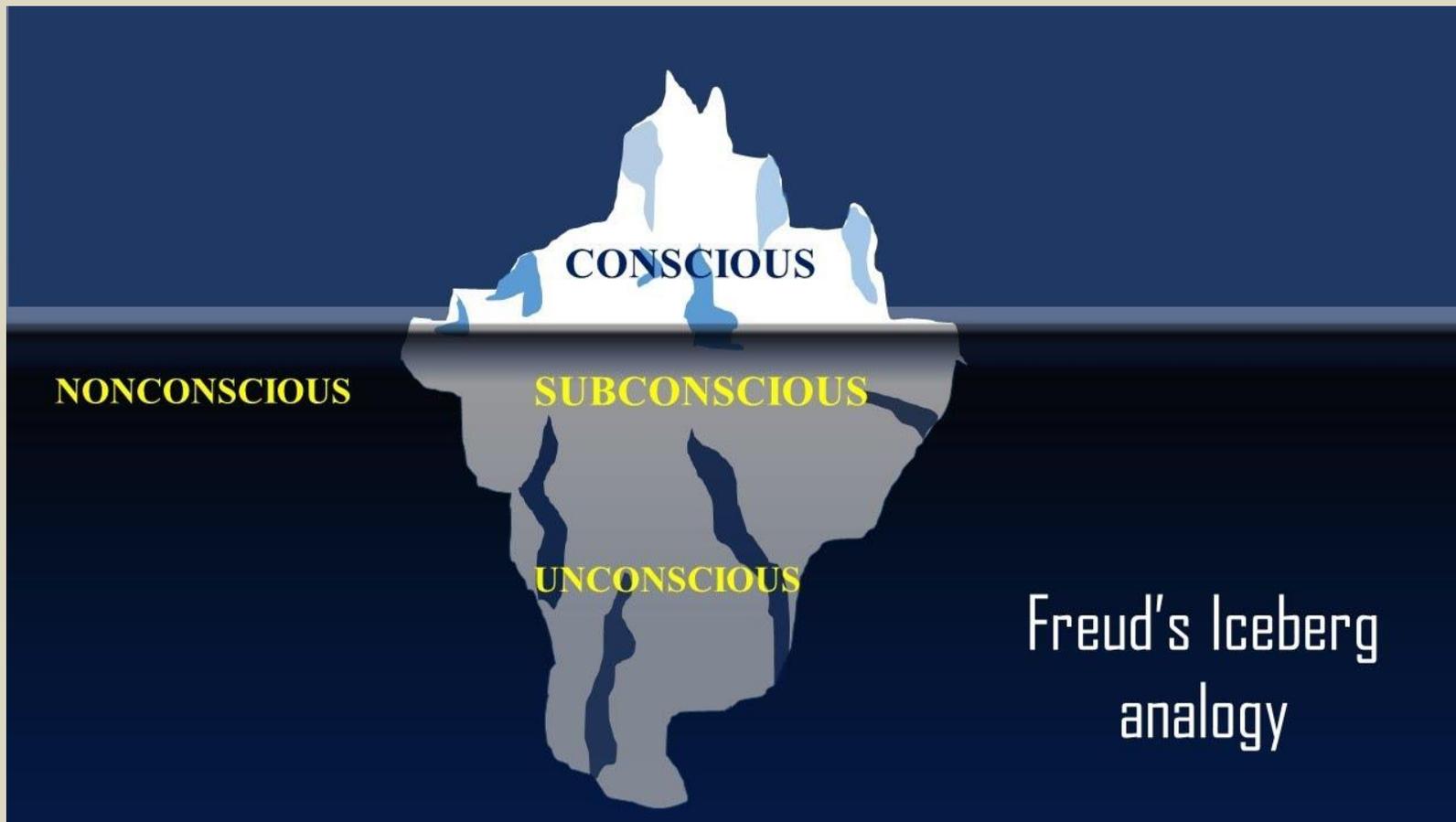


Baker

EYES OF THE STORM

DIRECTED BY KELVIN NWEKESON
PRODUCED BY MICHAEL EDIALE

COMING SOON



Hypnosis! Where Science meets Yoga

So, as we saw the history of hypnosis, we can infer that most of the people started with hypnosis in their profession, but did not want to be known doing it as the reputation it carried. And this probably exists in majority of our Indian population still.

What is Hypnosis! It's a altered state of consciousness where the conscious mind is subdued and the subconscious is accessible for work. But before we go there, its very much Imperative to understand the mind. Just like we have legs as our physical organs, and their functions are walking ,running, jumping, same way, brain is the physical organ and mind is its

function. So what does that mean? It simply means that whatever chemicals are released in the brain, with its neural connects and nerve impulses, it results in thoughts and emotions.

So how do we study the mind?

To simplify mind is compared to a Iceberg. Where 10% is above water and 90% is below water.

Now that 10% represents the conscious mind.

The functions of the conscious mind are

- 1) Conscious awareness: it simply means that we have awareness about everything around us. When we say visiting some place like a museum, we do not have to think that where we are

as we are consciously aware of where we already are.

- 2) Will Power: Our will power originates from our conscious mind.
- 3) Temporary memory: Whatsthat. We travel say from Ahmedabad to Mumbai , in a train or a flight, we chat with the person beside us, more so if it's a good looking lady or a guy. And when we get to our destination, most of the time we forget about the person. That is temporary memory.
- 4) Analytical thinking: We as humans analyse, rationalize our situations, our business ideas, issues, and also our numerical calculations that's the primary functions of conscious mind. As The Language of the conscious mind is LOGIC

But who we are, what defines us, is the Subconscious Mind or the Unconscious mind. Just for ease of understanding I have taken, the subconscious and the unconscious as one. Now present day research has shown that right when we were roughly six and a half months, in our motherswomb, till we reached about 6-7 years of age, our Subconscious was getting programmed. what it simply means that whatever our parents, teachers , relatives, teachers, friends, were telling us or what we heard, saw or experienced was directly getting downloaded into our subconscious mind as it is. And once downloaded it started forming

programs, frame of references or beliefs and based on these programming we functioned, behaved 90% of our rest of our lives. Now research has also shown that out of this programming 70% is based on self limiting beliefs, disempowering beliefs and negative mindset. Well we Indians were aware of this truth thousands of year back. The ancient Mahabharat story of Abhimanyu, son of Arjun, where he learns the Art and technique of breaking the Chakravuyh formation, a difficult war tactic from Krishna, when he was in Mothers Subhadra's Womb. So it can be said that we possessed this knowledge since time memorial, which science has just been proving.

Possibly that's the reason in our ancient times, a child, when he becomes 5 years of age was sent to a Gurukul. So that his programming is than taken over by a venerable teacher, in a remote ashram, far away from the hustle of a city in a forest. And these forest hermitages were Places, where a son of a king would study with the son of a poor man. They together would do the same chores and activities. The stories of Krishna and Sudama are legendary.

Lets take a conventional example, in todays times especially in cities, both the parents are working. So its difficult

to give time to their kids the kids is practically raised by their nannies or maybe grandparents. Now a child does seek attention from parents when they are around .this the child does by taking something very silly or doing something to seek their attention. If the parent is conscious about his/her child needs, they will respond correctly. But if they are busy in office work, they will either ask the child to not to disturb them on silly things and waste their time.

As this child grows up he/she invariably seeks attention and acceptance from peers and may

develop low self esteem and also may get onto wrong company or habits.

What this means is, when a child is behaving not appropriately, it's the parents who need to first check their behavior and than probably the child's.

In the next Article we will explore the functions of the subconscious mind.

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A life coach and a clinical Hypnotherapist. A consulting Dental Surgeon since 20 Years. Very interested in Yoga and functions of the mind encouraged And promoted this change of field from dentistry To the field of Psychology.



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LEARNED HELPLESSNESS IN ADOLESCENTS

Learned helplessness, as a syndrome, has quickly infiltrated our Adolescents' lives without their knowledge. Even when there is aid and wonderful opportunity to grow and move forward, many adolescents have adopted a mindset of Powerlessness. Learned helplessness is a condition in which a human or animal has learned to behave helplessly, failing to respond even when it has the ability to help itself by avoiding painful situations or receiving positive benefits. It's an uncontrollable learned expectation that leads to apathy and sadness.

The idea of learned helplessness provides a solution to the problems that parents, educators, and adolescents face. Adolescents with learned helplessness have three primary deficits: cognitive, emotional, and motivational, and if appropriate steps are not made, the adolescent's willingness to learn falls. The emotional deficit causes melancholy and low self-esteem, while the motivational deficit prevents the youngster from initiating responses. Depressed teenagers may exhibit behaviours such as rage, aggressiveness, fleeing, theft, truancy, and other acts of defiance.

The psychological profession has long recognised a link between learned helplessness and depression. The more is the time a child spends in this circumstance; the more times he or she will rehearse improper reaction mechanisms. The feeling of powerlessness becomes ingrained in one's mind.

It is vital to stress that, in order to address learned helplessness, counsellors should focus on teenagers' effort attribution rather than their ability attribution. Both parents and teachers of these teenagers should be urged for continuous feedback.

Allow no room for self-defeating excuses; instead, assist them in regaining their footing whenever they fall. In secondary school, adequate sensitizations and reorientations of attitudes toward hard effort, resilience, and self-confidence growth should be fostered. Educators should be more committed, aggressive, and accessible to teenagers who have learnt to be powerless, so that they can redirect their energy toward change and progress..



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Resilient India: Turning Crisis into Opportunity

According to Webster dictionary, the literal meaning of resilient is, being capable of withstanding shock without permanent deformation, or tending to recover from or adjust easily to misfortune or change.

Resilience may be a good evil. Sometimes it opens a new horizon to explore. It keeps pushing individuals on a differently challenged path, which gradually but surely reaches new and unexplored heights.

Resilience is often present in nature. The deciduous trees are compelled to shed their leaves to become hardier and to acclimatize the adverse climatic conditions. As the winter passes by, leaves start emerging, and plants take their new form and shape. By doing so, they not only conserve water but also store nutrients for the approaching days, when they get their foliage back. Many animals also get in hibernation, which is again an excellent approach of conserving energy for crises.

The word crisis comes from the Greek word *krisis*, which implies turning point. From time to time we all

experience a series of crises in our lives, even organizations go through numerous obstacles before they start to develop and generate consistent value. These events inevitably bring profound negative effects on one's life. At the same time, it opens new doors for brand new possibilities. To avail such likelihoods one should meet agility, courage, compassion and resourcefulness. To spot and avail opportunities, positive attitude and creative thinking, agility, compassion, resourcefulness and pragmatism is quintessential. However, crises do not seem to be a criterion for innovation or positive change within the world, but major reforms and new paradigms often require the breakdown, larger the crisis, the greater the evolution.

Crisis and opportunity are merely different aspects of the process. Turning crisis to opportunity can produce long-term growth and success, if it is carried out well. The ongoing pandemic has really made us stand on our own feet. Now we are not entirely dependent on our import countries, instead we are proudly walking in the path of self-reliance, as suggested by our honorable prime



minister. According to the ministry, the 'Make in India' spirit embedded in the Atmanirbhar Bharat Abhiyaan has resulted in providing resilience and self-sufficiency" to the country for various medical equipment including PPE kits. We are now in a very state to export medical equipment, PPE kits, and plenty of herbal and allopathic drugs require managing COVID-19. According to one estimate around twenty-three lakh PPE kits were exported till August to many countries including US and UK. Societies are turning digitalized, bringing in new possibilities in the field for research and innovation. Digital medium is the most preferred and accepted approach for education, shopping, transaction of money, conversation, meetings etc globally. Students, regardless of their locality, are getting educated through remote mode of teaching. Newspapers, magazine, journals, books all reading material is available and can be accessed anywhere and anytime.

Swami Dayanand Saraswathi once said 'Return to the Vedas', this ongoing pandemic has made the people to gasp the importance of Ayurveda. Ayurveda is not only valued in its country of origin but also in western countries as well. Various herbs like tulsi, giloy, haldi, ashawgandha, black pepper, cloves, cinnamon, ginger, garlic, lemon etc are gaining attention and become a part of every household. Many small herbal companies which were on the point of extinct suddenly got revived. Such companies generated new job opportunities for the skilled or unskilled youths. The outburst of pandemic had forced increased need for cleansing and

sanitation and so the demand for hand sanitizers, disinfectants, and surface cleaners. India's largest fast-moving consumer goods (FMCG) companies (small and big) have come up with a brand-new range of home cleaning, disinfectants, and personal hygiene products. Even in small town and cities, sanitizer and other cleaning products are being produced in larger quantities to meet the demands.

The world has seen something like never before. A sense of charity which has always been embedded in Indian culture and values, rejuvenated again. People helped one another whole heartedly

Last but not least the COVID-19 crisis highlighted that we need to create more resilient communities. The difference between growth and development can be seen clearly in such communities. Just concentrating on material wealth, high rise building, bridges, flyovers and global city services are not sufficient for the communities, instead healthy people and a healthy environment should be provided to form a healthy and wealthy society. Part of the 'hidden opportunities' mentioned is building more 'resilient communities' that might prepare the planet to be more alert for future catastrophes.



Dr. Neeru Bhatt

Managing Editor,
Canadian Journal of Clinical Nutrition

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Silence of the Moon

By Shivani Kaushik

I am a soul of The One
As many of you are
Who wants to be free
From the shackles of the burden.

Irony is that
The burden is not mine
But of the one's around
Thinking I'm theirs to take
Or so fragile that they can break.

I want to fly, fly high in the sky
Leaving those behind
Who couldn't see me smile.
I want to run, run to the moon,

Where no one can tell me
That I am somebody else's fortune.

Here in the sky
Your Ego cannot fly.
You think you are everything and all
But even without you I am whole.

So here I am
In the silence of the Moon
To dance my heart out
and free my soul.





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A LOVELY HUG

The sun is sinking, slowly and slowly. I observe two birds chasing each other. Just below the foot of the Banyan tree, I see a yellow leaf hugging a flower's Petals. I read in a book that the warmth of a hug is even better comfort than a heater in winters!

I still can't understand that; I wonder what a hug feels like... Of course, I've had the honour of hugging trees, but it doesn't feel like a real hug. I want someone to hug me. Every fibre of my body yearns for it, just what is a hug?

I asked some guys for a hug, but they declined. I asked some girls on the street for a hug, I got a slap as a reply. I went to the hospital, for I saw people hugging each other at the entrance, but they mistook me for a wandering patient. I was utterly disappointed.

That terrible night, I remember, snatched my every reason to smile. In a car accident, I lost my parents and my 8-year-old sister. Will a simple hug do any good to me? I'd be a shameless man to even smile. Since that incident, I haven't grieved their death. I hate myself.

I was sitting on a park bench, hugging my knees. The sun was mocking me.

"Are you sad, bhayya?" I saw two tiny feet.

"No," I raised my head to find a girl, "what do you want?"

"Don't be sad," she said, "um...I know!" That little girl rummaged in her bag and gave me a chocolate.

"Please take this." she smiled at me, patting my head. "When I feel sad, Mamma always gives me a chocolate. It's the best way to make friends."

"Thanks!" I accepted her offer. "What's your name, little girl?"

"Tania!" she giggled.

I felt, at that moment, a strange feeling in my chest. Her smile reminded me of Payal, my little sister. I wanted to cry, but I held it in. I'd only look miserable if I cried in front of her. I don't know why but tears fell in my lap. I sniffled. I tried...

"It's okay to cry," Tania wrapped her arms around me, "Mamma says that when you see someone crying, give them a hug. Do you feel warm, Bhayya?"

It was warm, cosy, and I felt loved. At that moment, I realised that this was a hug.



MOIN KHAN PATHAN

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

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Choco lava khajur balls

Ingredients:

Khajur 250 gm
Mava 100 gm
Ghee 2-3 tbs
Dry coconut 80 gm
Dry fruits
Sugar 80 gm
Water as required
Chocolate piece

Method:Choco lava khajur balls

First heat 2 tbs ghee in a pan. Add almond and roasted cashew then transfer in bowl. Now roast mava until it turns light brown. Transfer mava in another bowl. Now heat 2 tbs ghee in a pan add dates and roast

for 7 to 10 minutes on low flame.

After roasting dates add mava, dry coconut, dry fruit n chasni and mix well. Now switch off the flame.

When mixture is little cooled, grease your palm with ghee n make some balls. Add a piece of chocolate in middle of the ball n roll the laddu in dry coconut.

Heat the ball in microwave for 20 sec n make a cut in the middle.

Chocolate lava khajur balls are ready to serve. Enjoy 😊

Falguni Thakkar

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





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Photograph by
Virendra Johri

**If the full moon loves you, why worry about
the stars?**

Event : Azadi Ka Amrut Mahotsav

Cricket Match at Deendayal Sports Ground, celebrating the **75 years of Glory of Indian Independence**. Chief Guest was The Deputy Chairman, Dendayal Port Trust, Guest of Honour Mrs. Poonam Jat, Ex Member of Parliament and Special Guest Dr. Sansriti Johri, Distinguished Author and Officer with the Govt. of India, graced the event.

It was five days of thrilling event, the Finals was played between Traffic department and Fire Department of Gandhidham, Kutch. It was a tough fight before winning the trophy. The winners were felicitated by the dignitaries and the crowd applauded.

The commendable efforts put in by Sh. Kishan Singh Khalsa in organizing the exemplary Sports Event is highly appreciated; providing an esteemed launching ground for budding crickets and other sports enthusiasts. Such motivatal initiatives encourage fitness and provide recreation to the hard working officials of various distinguished departments. Photography by Mr. Varun Khalsa is top class, preserving joyful monents of the memorable event.







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