

SQUAREPETALS

Global Webzine

Cover Story **Rosemary Lloyd**

Miss Earth Air 2017

Miss Great Britain Elite 2018

Pure International Miss UK 2019

Art
Pencil Sketch

Top
Trend

Society

Mother's Day

Mother Is A Blessing

Human Psychology

Toxic Positivity

Sports & Psychology

Flavor Special
Makuni

Mango Delight

Personal
Development
Quit Worrying

Poems
Viral Retribution

A Fight
Corona Journey
Nostalgia



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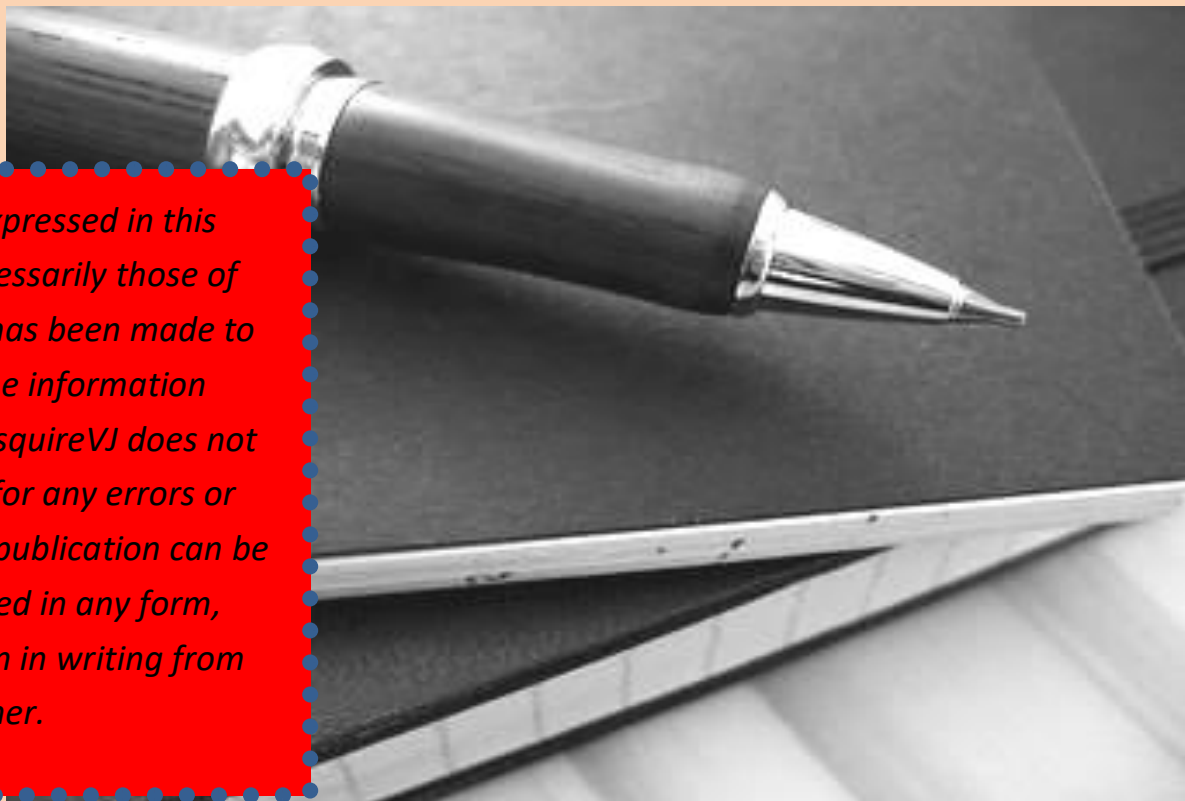
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FROM THE DESK OF Editor-in-Chief

Hello Dear Readers,

A mother is a blessing, and she is blessed...

SquarePetals Global Webzine is saluting all the mothers on the International Mother's Day this month. The first ever smile every child cherishes on this earth is that of the mother; she smiles forgetting the intense pain she had to go through, for bringing life into the world. The May 2021 edition is pleasant like this summer.

The budding flowers signify the hope of normalcy in the world. With the vaccines, we human beings have won again another big war against another killer virus, through our intellect and mutual support worldwide.

Keep smiling and take care, and please continue sending your encouraging feedback to help us make our effort of knowledge sharing even more fruitful.

Stay safe , stay happy.

Love & regards.

Sansriti Johri

Dr. Sansriti Johri
Editor-in-Chief



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**Miss Earth Air 2017,
Miss Great Britain Elite
2018, Pure International
Miss United Kingdom 2019**

Rosemary Lloyd

Turning Women Survivors into Leaders:

***Ms Rosemary Lloyd, Miss Earth Air 2017,
Miss Great Britain Elite 2018, Pure
International Miss United Kingdom 2019
and more...***

Ms. Rosemary Lloyd is one of the most beautiful girls in the world. She is from Great Britain, London, and has a Welsh, Scottish, Irish, French ancestry. She has studied Psychology and Neuroscience as a degree graduate. She is a charity chairperson for 'Ladies of All Nations' organization helping turn women survivors into leaders.

Ms. Rosemary is multitalented and her hobbies are modeling, singing and painting. She also likes to write poems and is a published poet. Ms. Lloyd got trained as a debutante by her godmother, who taught her etiquette as a modern lady. This equipped her as a well groomed woman and gave her a passion for humanitarian cause.

Rosemary loves spending time with family, most importantly, with her 96-year-old grandma who was once a messenger in World War 2 at only 14, and she only feels it natural to continue the family tradition in helping others whenever possible. Female Empowerment!



After completing her education at 3 different universities, University of London, Harvard University and Cambridge University, Ms. Rosemary Lloyd was scouted at the age of 10 in China town to be a fashion model. She has been now modeling for 18 years, and was awarded a model of the year award 5 times in a row.

Rosemary grew up in a one parent family raised by my father, however, those difficult experiences taught her empathy and to be strong even though she is a soft-spoken person. Painful times during childhood helped shape

her to have a deep-rooted empathy for women survivors. This was a calling to help young women to become leaders; hence she pursued her career as a chairperson in charity work. Ms. Lloyd is one of the British women in Indonesia to receive a 'Government Coat of Arms' contributing to the ban of single use plastic straws, saving our oceans from the plastic epidemic affecting our oceans worldwide. She has over 100 awards, from her charity work service, winning best model of the year and most inspiration of the year. She also made to the top 10 in World Class Beauty Queens magazine among most influential women. Ms.

Rosemary Lloyd is part of the International Women's day 'Hall of Fame' or the WAW award women appreciating women, She has won over 20 pageant titles awards.

"I am thankful to each person and organization who took the time to recognize my work. It is an honor to stand alongside other women who have made impactful changes in the society." says Rosemary Lloyd.

In the beginning she was a London model and was signed to a children's modeling agency named London direct. Then, she went on to model in London fashion week, Paris, New York.



Her Beauty Pageant history stems all the way back from 15 years and this year she made to the top 18 finalists out of 40 finalists, out of thousands of applications across Great Britain at the Miss Universe Great Britain. She had firstly represented London Borough as Miss Camden, and went on to compete for Miss London Borough. She won her very first pageant and was crowned as Miss Most Elegant UK and then the overall title Miss London Borough UK.

This title followed on to an International title as Miss UK Eternal. Then Ms. Lloyd went on to compete in the Miss England semi-finals and made to the top 10. After that she competed at the Miss Great Britain semi-finals and won the Miss Great Britain sponsors choice. She also competed in the 4th biggest pageant in the World named Miss Earth UK where she represented Miss Earth London UK and went on to win Miss Earth Air 2017!

Ms. Rosemary Lloyd took the International stage representing Miss UK Worldwide, and she won the International title of Miss Worldwide along with other awards such as 'Best Eco fashion wear'. She then competed in was 'United Kingdom Elite Miss International'. She won three titles: 'Miss Best Interview United Kingdom Elite 2018', 'Miss Best in Fashion United Kingdom Elite 2018', and the 'Miss Great Britain Elite 2018'. She also won a charity photo competition and was crowned 'America's British Sweetheart'.

Ms. Rosemary Lloyd never gave up my dreams in continuing to make a difference in

pursuing pageantry. She represented the title Young European International London, then she competed in an American pageant named Pure International Pageants, However, to go to Internationals, one had to win the National title in her own country. So, she entered as a Pure UK finalist and won the National title as Pure International Miss United Kingdom 2019! She also went on to win the charity crown 'crowned to serve'; other awards she won were 'Best in Interview', 'Best in evening wear', 'Best in fashion wear' and 'Best of the best winner' Super optional championships. She then won the overall super



championships. She won an International place to compete in United States Orlando Florida, where she was placed as International Queen 2nd runner up and Special Recognition award, Miss Congeniality International. She went on to win 8 awards such as Special award Recognition Academic winner, Super star International competition creative writing, Special recognition award charity title, 'crowned to serve', superstar International Print model, Superstar International Artwork and Superstar International be the Impact in Community Service award.

Ms. Lloyd now entered one of the biggest pageants in the world, Miss Universe Great Britain. I was a Miss Universe Great Britain 2020 Finalist. It is her dream lifelong dream to compete in the Miss Universe Great Britain 2021. She has already won a Canadian virtual model competition representing Great Britain and finishing number 1 as the 'Most Beautiful Woman in the World' out of 36 countries. Beauty is in the eye of the beholder and it can range from inner to outer Beauty. Beauty has no limits.

Ms. Rosemary Lloyd has created a platform 'Rosemary's Dimension' which is offering 1 to 1 life coaching for helping turn women survivors into leaders and enabling spiritual growth and pathway. Her Movement: **#womensurvivorsturnedleaders** is breaking the stigma that women survivors in foster care are broken or damaged, and not an integrating member of society. She launched this because women survivors can go on to lead a normal, happy, and successful life, they can become their own leaders. Ms. Rosemary is herself a leading example that foster cares

children can go on to be a university graduate and even win laurels and crown.

Ms. Rosemary Lloyd has been working for two years now as the chairperson for 'Ladies of all Nations Organization' Galaxy for stars project, which helps women overcome hardships and traumas such as domestic violence. This organization helps women through workshop talks and mentorship; also, they give affected women a sense of community if they feel isolated. Every team member has gone through a hardship; they are all survivors who became their own leaders, so those women are relatable to those who are going through the same circumstances. They support each other like family and honor those with Beautiful survivors' awards. A survivor is transforming her pain into power. Rosemary is committed and driven to make female focused values the very core in her priorities. From promoting her next beauty pageant organization, to promoting business sponsors, and fundraising for charities, she is so excited to be part of this sisterhood. She also volunteers as a charity chairperson mentor for young women's wellbeing. The Global Support Team members are experienced professionals in different areas. The team is made up of people within the healthcare profession, public sectors, doctors, solicitors, qualified counselors, therapists, and advocates. The mission is to create initiatives towards transforming lives where people can reach out for advice, help, and support against any problem during this pandemic situation, 'Turning survivors into leaders'.

Ms. Rosemary Lloyd aspires to publish self-help books for women and launch her own

educational coaching business and continue to be a motivational speaker. Helping people overcome hardships, she would also like to continue modeling, advertisements and hopefully run model courses.

She says, "I want every woman to know that you are enough, and you can conquer anything in this world that sets you back. If you believe in your own path, believing in your mission is the start-up to making extraordinary things happen."

Ms. Rosemary Lloyd has listed the following valuable advice for women:

1. Set an example, and be the example. Do not act, just be!
2. Hard work always pays off; let your work speak for itself.
3. Own your flaws! My teeth are crooked; I am super clumsy and very nerdy.
4. Do not be ashamed to name your failures!
Guess what? I failed my driving test 3 times! I still cannot drive, someday I will!
5. Always be authentically and unapologetically yourself.
6. Do not compare yourself to others, if I did that, I would have never

learnt self-acceptance.



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Quit
Worrying!
About your problems

QUIT WORRYING ABOUT YOUR PROBLEM

The easiest thing to do when problems occur is to decide to welcome worrying. This is a wrong approach in dealing with problems. Worrying can never and has never solved any problem.

Worrying makes one depressed and discouraged. The slowest killer that is yet to

get discovered is 'worrying'. Worrying comes as a result of negative emotion.

Worrying destroys happiness and peace of mind in one's life. It is capable of affecting one emotional, mental and physical state of mind.

Depression, anxiety, frustration, hypertension and fear are rooted to this little demon known as worry.

If you critically

look at the problem confronting you, then you'll discover that the things you are worried about aren't worth giving attention to or wasting your energy in it. Come to think of it; there were no problems, which you were worried about in the past and if you look back now, you surpassed them!

Let it not come to a point in your life that you allow your problems to subdue you into a worrying state. Worrying is a sign of failing and defeat. By being worried means, you have

given up trying. Whenever you give up trying, you embrace failures.

Nothing can make you feel bad, disappointed, depressed and worried without your collaboration. You can choose to decide how you want to feel over a problem and how not to feel over a problem.

Worrying grows from smaller into bigger stage. When you give it more attention it holds your life as hostage. The less you are worried, your worries diminish to the level you quit worrying about anything.

When you allow worrying to dominate your thinking and feelings, it preoccupies your mind during the day, and often keeps you awake or makes you sleepless at night.

The only way to deal with worrying is by quarantining your mind against it. You must address it head on.

There is a natural tendency in many people to deny that they have problems caused by worrying. They are afraid of dealing with it. In turn, it becomes a major source of stress, unhappiness and depression. You must be willing to deal with that problem that makes you worried. As Shakespeare said, "Take arms against a sea of troubles and in so doing, end them."

The companion of worry is fear. They are like twins. Fear and worry go together. Mark Twain once wrote, "I have worried about a lot of things in life, and most of them never happened."

It has been estimated that 99% of the things that you worry about never happen. And most of the things which happen, they happen so quickly that you don't have time to worry about them in the first place.

Whenever you are worried about something, fill out a "Disaster Report" on the problem. This will destroy your worry and fear almost immediately. This is often called the "Worry buster."

"Well, if that happens, it won't kill me. I will find a way to get along."

The Disaster Report has four steps:

Step 1: Define the worry situation clearly: What exactly are you worried about? Very often, when

you take the time to completely clear about the worry situation, a way to resolve the situation becomes immediately evident.

Step 2: Identify the worst possible thing that could happen:

If this problem you are worried about persists, would you lose your job? Would you lose your money? Would you lose your marriage? What is the worst thing that could possibly happen? What is the worst that might occur, it would not ruin you. It might be inconvenient or uncomfortable, but you would eventually recover. You will find that it's probably not worth all the worry that you are devoting to it.

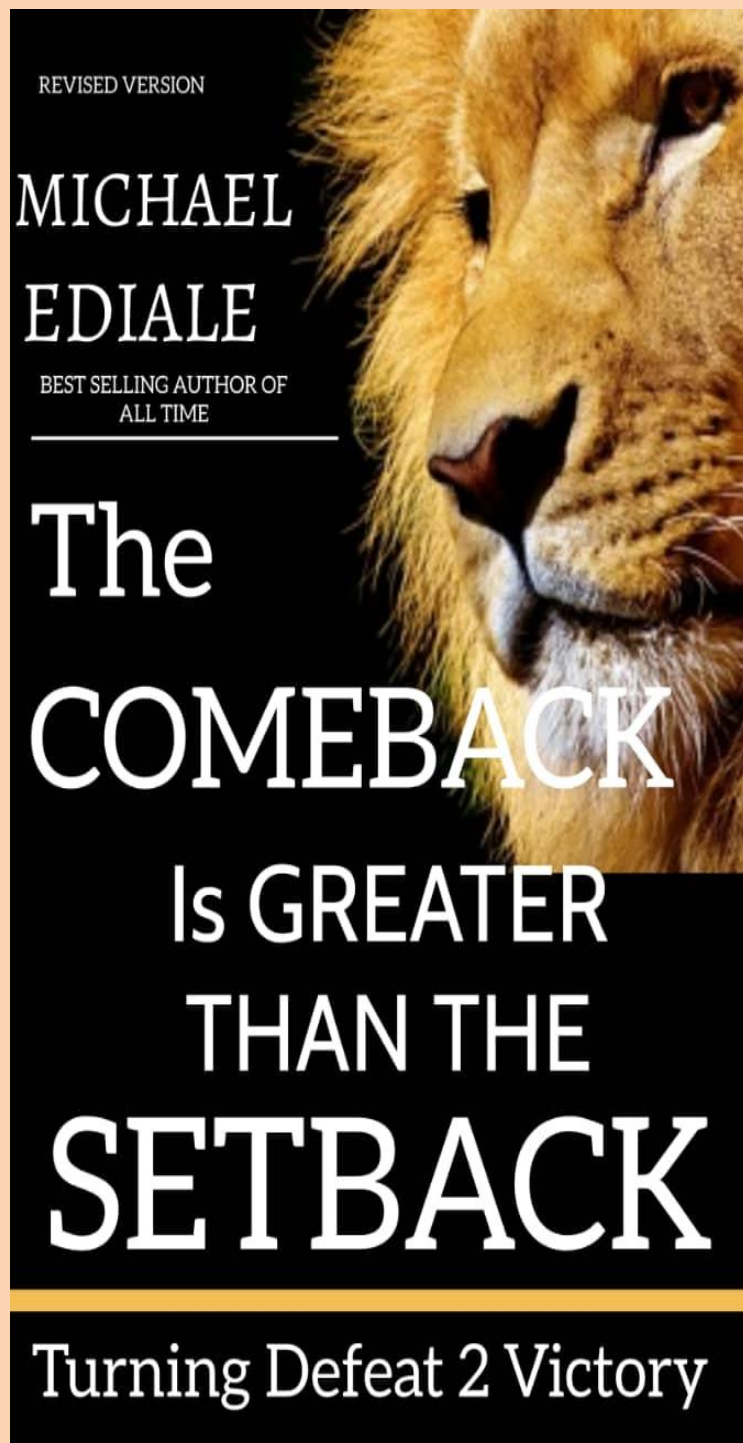
Step 3: Resolve to accept the worst possible outcome: Should it occur, say to you, "Well, if that happens, it won't kill me. I will find a way to get along." Most of the stress of

worry comes from denial, from not being willing to face the worst possible thing that could happen. But once you have resolved to accept the worst (if it occurs), all the worry and stress seem to disappear.

Step 4: Begin immediately to improve on the worst: Take every step that you possibly can, to make sure that the worst possible outcome does not occur. Take action immediately. Do something, get on with it. Act quickly. Get so busy that you make sure the worst thing does not happen and you have no time to worry.

In dealing with stubborn problems you need to understand that the only cure for worry is disciplined, purposeful action in the direction of your goals. Get so busy working on your goals or solutions to your problems that you have no time to be afraid or to worry about anything.

By practicing this, you eventually reach the point in life where you no longer worry.



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situations as well. When we use excess of Positivity to cover up other emotions like sad and disgust, it results in toxicity because of the suppression of repressed emotions.

The Emotional and Mental health and wellbeing relies on the existence and acceptance of certain feelings, and validation of the authentic human

emotional experience. Research has shown that accepting negative emotions, rather than avoiding or dismissing them can also be beneficial for an individual's emotional and mental health in the long run. There are a number of ways to address negative feelings without falling into toxic positivity, and that too can be done by labeling their experiences and removing any expectations and goals that they should feel better than they do. The aim of Good Mental Health is to maintain a balance and the acceptance of both good and bad emotions rather thinking only positive every time. Therefore, it can be concluded that anyone can feel sad and be grieving and still look forward to the future. Thus, all emotions are welcome and we should embrace them for a healthy and happy life.

EMOTIONS ARE BEAUTIFUL

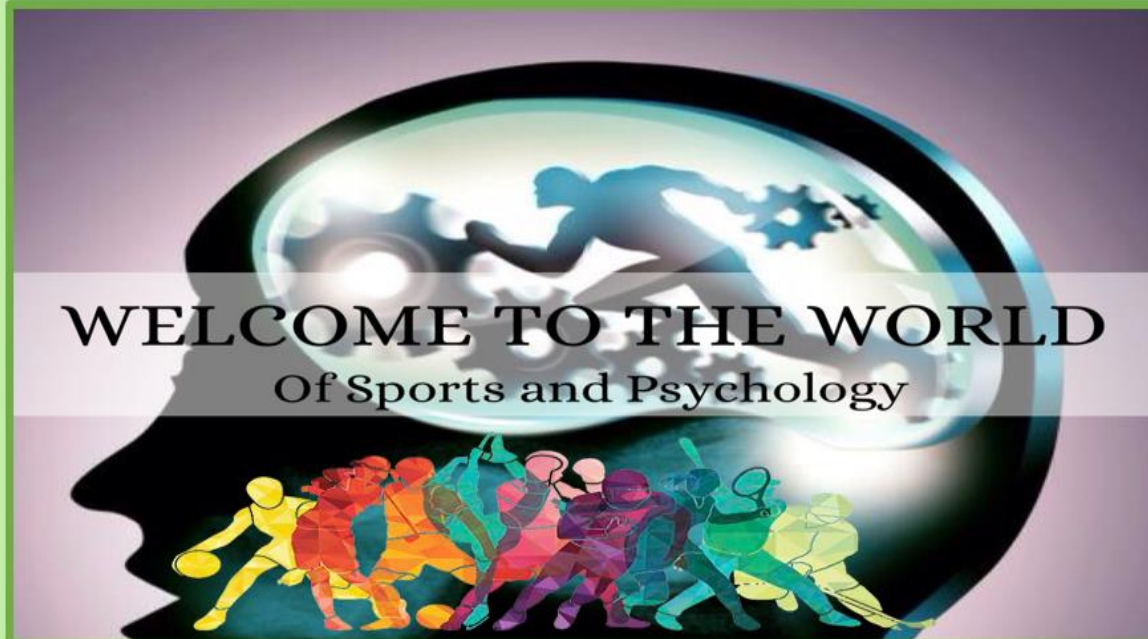
Many a times, we see people very positive and this positivity make them seem very attractive, well adapted, and more popular among their peer groups. Whenever a person is sad, distressed or feeling low, is often suggested and advised to be positive and avoid negativity (in terms of events, people, objects). But does this mean that every time we should be positive and optimistic. Aren't the other universal emotions valid and beautiful?? Everyone does not have a privilege to lead a good quality life, so for those people who are underprivileged and face the dire situations like illness, homelessness, food insecurity, unemployment or racial injustice...How can they be Positive at all times???

Toxic positivity is the feeling of acting happy or cheerful when you're really not feeling the same. It's that fake kind of happiness people say to you like "Just cheer up!" or "It'll get better, don't worry," when something really bad has happened to you. In simpler terms, we can define Toxic Positivity as overgeneralization of happy and optimistic state in all situations, including adverse



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reported higher levels of sense of coherence (consistency) and a stronger feeling of social integration than their less frequently exercising counterparts. In another study conducted in the Richards Bay area of South Africa, it was observed that regular exercise was associated with significant improvements in total well-being score and

especially in the well-being components of mood, sense of coherence, fortitude, stress and coping. Moreover, it also focused on the relation between physical exercise and depression; anxiety, stress responsively, mood state, self-esteem, premenstrual syndrome, and body image. It was also observed that in an adolescent population, high intensity aerobic exercise has positive effects on well-being.

Therefore, it can be concluded that participation in regular physical activity can increase self-esteem and reduce stress and anxiety. Physical activity can help play a role in preventing mental health problems and improve the quality of life of those experiencing them. Thus, it should be included as a mandate subject in the curriculum at school, college and university level, in order to train the students to use psychological knowledge and skills to deal with the systemic issues associated with sports settings and organizations

Sports & PSYCHOLOGY

Sports psychology is a relatively young discipline in Psychology. Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves how psychological factors influence sports, athletic performance, exercise, and physical activity. Sports psychologists investigate how participating in sports can improve health and well-being.

By the 1980s, sports psychology became the subject of a more rigorous scientific focus as researchers began to explore how psychology could be used to improve athletic performance, as well as how exercise could be utilized to improve mental well-being and lower stress levels.

In a Population based study in Finland, it was observed that individuals who exercised at least two to three times a week experienced significantly less depression, anger, cynical distrust, and stress than those exercising less frequently or not at all. Furthermore, regular exercisers perceived their health and fitness to be better than less frequent exercisers did. Finally, those who exercised at least twice a week



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After having a sumptuous lunch at my friend place we settled ourselves on a ground for some lazing around and chit chatting. My friend is a choreographer working for movies and was sharing how he is no more interested in bragging about knowing famous people. He shared an experience while he was travelling in a train to Delhi. During one of his trips he happened to meet a mother of one of the actors. She was hell bent on telling him about the achievements of his son which not only irritated the hell out of him, but also he was not interested to hear that.

Listening to the incident it suddenly transcended me to his situation and it made me ponder that my mom would be doing the same for sure. Many people reading this article will agree that my mom does this more than often. But the next question was why women in India (I don't know about other parts of the world) do that? What looked like an accepted explanation is my following paragraph:

India is hugely a patriarchal society in many ways. Patriarchy had been ingrained so strongly that we often tend to forget that we are acting as one. Result of this is very common that women have to sacrifice more whether as a child or adult.

Many mothers have sacrificed their careers for the upbringing of their children. I have never seen where my mother is working and father has given up his career to take care of the child, have you? If yes, please share it with me. In this process every mother lives her life through the child. Child issues are her issues, child worries are her worries and child awards are her reward. I still remember as child during my every stage performance my mother spending umpteen hours in preparing my costumes and rehearsals for the final day.

On the final day mom would be waiting outside the green room, as a lady getting in green room of men would be awkward and ladies green rooms would make me feel awkward but still being small I could remember how humbly she would make some

space in the corridor for our dress changing. I remember in one of my iconic performances as part of Anandji-Kalayanji band the cassette didn't play well and it was a golden chance lost. I could see tears in her eyes but as I dressed up with all makeup, she asked me not to cry and she would try get for me another chance. What I learned from her was 'perseverance'. We waited in cold December and got a second chance, and the rest is history. My those garba nights when she would dress me up like a local Rabari, irony is my mom is a native of Jabalpur [Madhya Pradesh], getting Rabari dress meant another round of visit to our neighbor's shop who belonged to that tribe and would love to lend the dress to my mom due to her enthusiasm. As considering my size adjustments would be done by giving temporary stitches. Watching me play to the tunes of Gujarati folk songs, she would spend whole night sitting on those plastic chairs and waiting for the end moment of prize giving, the pride would be of those two second when my name would be called and she would jump out of her seat feeling on top of the world. My mother used to be a qualified principal before my younger brother Chirag was born, and had to give it up for us. How can you value that sacrifice? Is there a barometer to value that sacrifice of individuality and start living for the children? Suddenly one fine day you have to start living your life as per the requirements of your child. In this process of change you start living your life through your child.

There are many such stories of numerous sacrifices to share and I'm sure every child will have for his or her mother. But how often when we notice a successful [everyone to own definition] person and we also try to know the people who have sacrificed for that making.

Hence on this mother's day I salute that spirit of every mother whose sacrifice has provided gems to our societies. I would also like to emphasize that no result is a barometer to measure the sacrifice one makes, because success is very limited as per our narrow definitions, which are mostly measured by materialistic gains.

I salute to every mother for making our society what it is today. Your sacrifices are immeasurable and your spirit is always inspiring. Motherhood is not a profession because it's far more superior and a great responsibility because raising your child will impact the world's tomorrow.

Love you Mom!!!!

PS: As I mentioned perseverance, after me and my younger brother had grown up enough, mother started her teaching career again. First joined as a lecturer at an Education college and also completed her PhD. Now she is proudly known as Dr. Sapna Tejawani.

By Rahul Tejawani



Gaurav is student of Gilbert Primary School. The entire school is talking about Mother's Day. Out of curiosity, he asks Suman, his best friend, what might be the reason.

"Hey!" he asked Suman.

"Why is everyone talking about their mothers?"

"You don't know, Gaurav?" she smiled.

"Today is Mother's Day, right?"

"Mother? What is she like?"

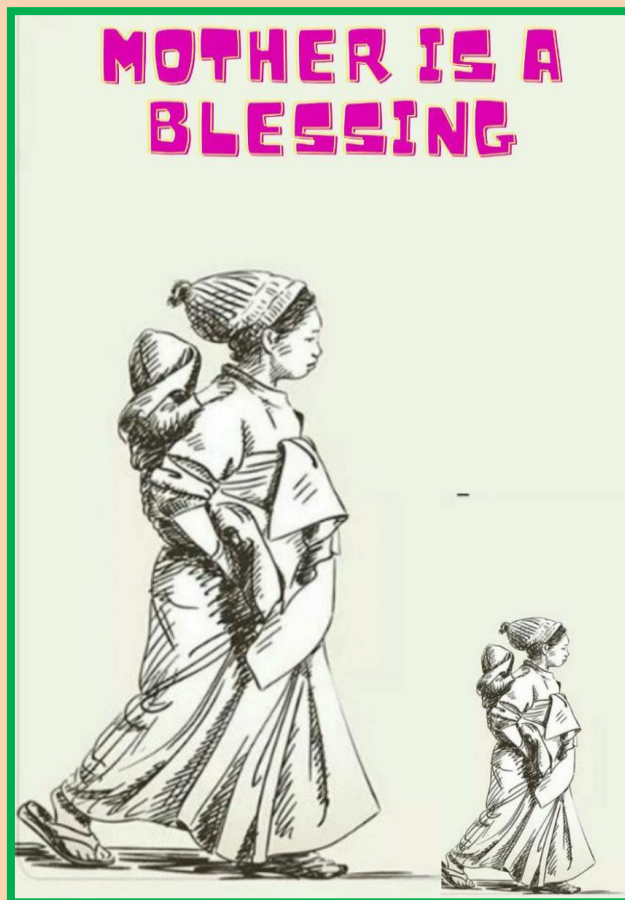
"A mother is a person who loves you unconditionally. She cares for you."

"How is your mother like?" he held her hands.

"Please tell me!"

"My mother is the best person in the world." she said. "She wakes me up every day, and She prepares the yummiest breakfast for me and Dad. When I scoreless in a test, she hugs me and tells me to score better the next time. Whenever I am hurt, she Band-Aids me and places a magic kiss there. When I wake up in the morning, it is almost gone. Isn't she wonderful?"

"Yes! Suman?" Gaurav asked. "Is your mother your best friend?"



"Yes, Gaurav!" she dimpled. "But why are you crying?"

"Because...because – " he sniffed, "I don't have a Mother or Dad."

"Don't worry!" she hugged him.

"If your mother is your best friend and I am your best friend," he smiled, "can she become my best friend too?"

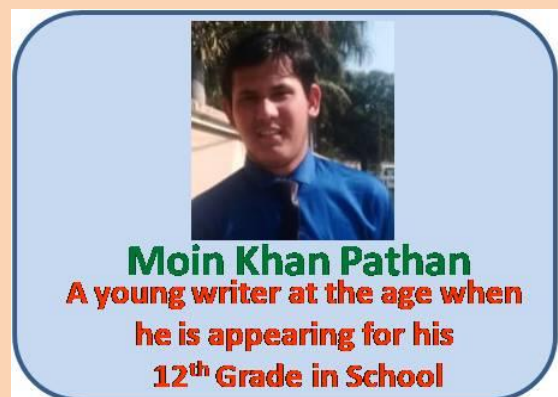
"Of course!" she exclaimed. "Will you

come with me?"

"Yes!" he looked at her with rheumy eyes.

"You are the best, Suman! I will also get a mother and father. I'm so happy!"

Be grateful if you still have her by your side. You are lucky to see her smile every day! There are kids like Gaurav who lost their mothers at a very young age. What are you waiting for? Cherish her smile before it becomes a memory.

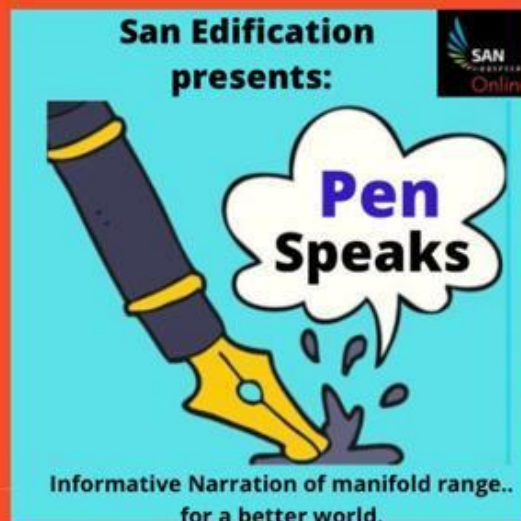




San Edification Pen Speaks

**SQUAREPETALS
PODCAST** on
Personal Development

SPEAKER:
Miss Teen India
United Nations 2021
Ms. Sunehri Johri



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VIRAL RETRIBUTION

**We cheated those who trust,
We looted those we could
We eulogized the frauds
And bullied those..
with right principles who stood !**

**We kept mum at the wrongs
Selfish benefits we aimed
Unfair, unholy, untrue
Such meanness in the games!**

**And we thought that all this
We would smartly get through ?
God will allow it to happen ,
As in huge numbers we stood ??**

**In big number we suffer
And still immoral acts
Black-marketing Vaccines
and medicaments is really bad!**

**Let us now understand,
Recognize threat overhead
It's high time, or we'll vanish
After sufferings we have had!!**



DR. SANSRITI JOHRI
AUTHOR, EDITOR, ENTREPRENEUR

A FIGHT

The hands shake and brain stops,
Every surrounding sound drops.
Curling up in bed seems easiest,
The heart starts to love silence.
Playing safe becomes the habit,
Eye to eye refrains to meet.
Everyone says you are so quiet,
Not everyone can become riot.
The fear of being noticed hovers,
Veins witness the anxious rivers.
I look into the eye of fears,
Though my eyes, flood with tears.
Enough is enough, let me fight,
Let me step into the bright light.
Let the sun burn me for a while,
It's the only way I'll shine.

By Archi Patel
Best Seller Author

CORONA JOURNEY



Once there was Humanity
Going well with immunity
Then comes the Corona
All the way from China.

Corona is very scary
It stopped all the ferry
Didn't let the people marry
But need not to worry
This won't come till you go out to carry
Corona is very scary.

People with mask like bunny
don't laugh it's not funny
As it packed lakhs in gunny
You can't cure it by money
Don't laugh it's not funny.

Then comes the story of Covid-19 and Indian fighting team
Teachers, Doctors, Police & Parents took the charge
Starting from 2020 March
They never said they are tired
their responsibilities kept them wired

We learnt from them how to fight
Their visionary sight of not taking it light
Will make us win this fight;
Soon the pandemic clouds will be clean
With the introduction of Indian Vaccine

Once there was Corona
All the way from China
Now we have Immunity
Going well with Humanity



Lavanya Singh

Youngest Author for
SquarePetals Global Webzine..

She is just 8 years old studying
in Class 3 at New Era School,
Vadodara.

Nostalgia

Those misty dawns,
In the village of peace,
There was an amazing tranquility
In the hushing of dried leaves.
How badly I miss,
The lovely chirps of crickets.
And the nostalgic walks beside ponds,
Shall I book my tickets?
But there is no point,
Everything has changed
From the tiny huts
To the evening games;
Childhood was an ecstasy
When days turned into nights,
Now life is stuck in the four walls.
We even miss the petty fights.

By Madhumita Bhowmick

Makuni



Preparation:

Mix the gram flour and spices well. Sprinkle little water and mix again.

Now knead the wheat flour with water. The dough is ready. Make small balls for Parantha and stuff the prepared filling inside. Now roll it into Paranthas carefully on a pastry board. Put the stuffed Parantha on a hot pan or tawa and cook it golden brown in ghee.

Ingredients:

Roasted Gram flour (sattu): 250 GMs

Wheat flour: 500 GMs

Garlic cloves: 5 -6

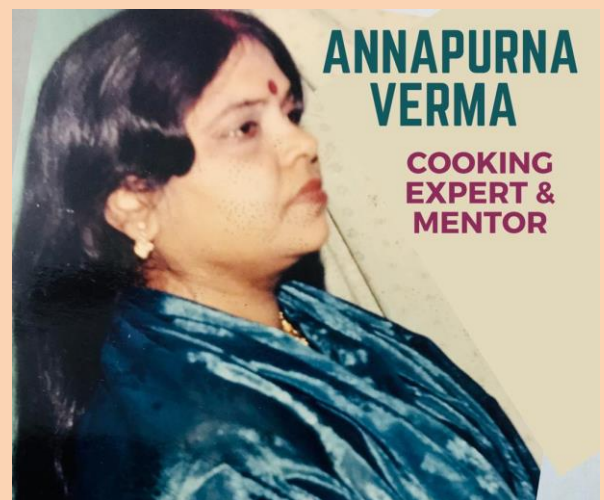
Red pepper powder: ½ teaspoon

Pickle paste: 1 teaspoon

1 Lemon (juice)

Salt as per taste

Serve hot with curd and chutney.... It is yummy!



**ANNAPURNA
VERMA**

**COOKING
EXPERT &
MENTOR**

Recipe - Mango Delight



Ingredients

Alphonso mangoes -2 nos Full fat milk - 500 ml
 Vanilla/ mango flavoured custard powder 1 ^{1/2} teaspoon
 Granulated sugar – ^{1/2} Cup
 Chilled milk - 1 cup + (^{1/2} Cup if needed)
 Amul fresh cream - 200 gms
 Chopped Mango-1

Procedure

Peel 2 ripe mangoes, Cut into pieces and make puree without adding water. Take half a cup of milk in a bowl, dilute 1 ^{1/2} teaspoon of custard powder in it and keep it aside. Now boil rest of the milk in a pan, add ^{1/2} cup of sugar once it starts to boil. Once the sugar is dissolved, add the custard powder and milk mixture in it. Cook for 2 minutes; keep stirring to prevent any lumps.

Turn off the flame and let it cool down to room temperature. Once the mixture cools down, take it in a big bowl, add mango puree, 1 cup chilled milk, 200 gms of chilled fresh cream and blend them together using a hand blender. Add half a cup of chilled milk if needed to achieve desired consistency. Mix well, then refrigerate this mixture for at least 3-4 hours before serving. Add chopped mango in it while serving.

Alphonso and Kesar are ideal for this recipe. But if you don't have any of these, you can use mango emulsifier for good color and taste. (I would suggest to not use it though). You can add chopped pineapple (tinned is better), chopped apple, chopped cherries, even dry fruits of your choice while serving. I added pineapple, apple and cherries. If you don't want to use custard powder, just replace that with 2 big scoops of vanilla ice cream, and if you like your mango delight to be thicker, you can also avoid adding extra milk. (It's a quick and simpler version, tastes good.) I whipped the cream to soft peaks before adding, so my Mango Delight is slightly thicker. It's more like Mango Mouse. And most importantly, it's difficult to wait for 3-4 hours for having it. So, make sure everything is chilled while you're making it. And eat it right away.



Anjali Vyas

PG & Pursuing PhD in
 "Psychology"
 A strong advocate for 'Culinary
 Therapy'
 to help people improve their
 psychological wellbeing &
 functioning.

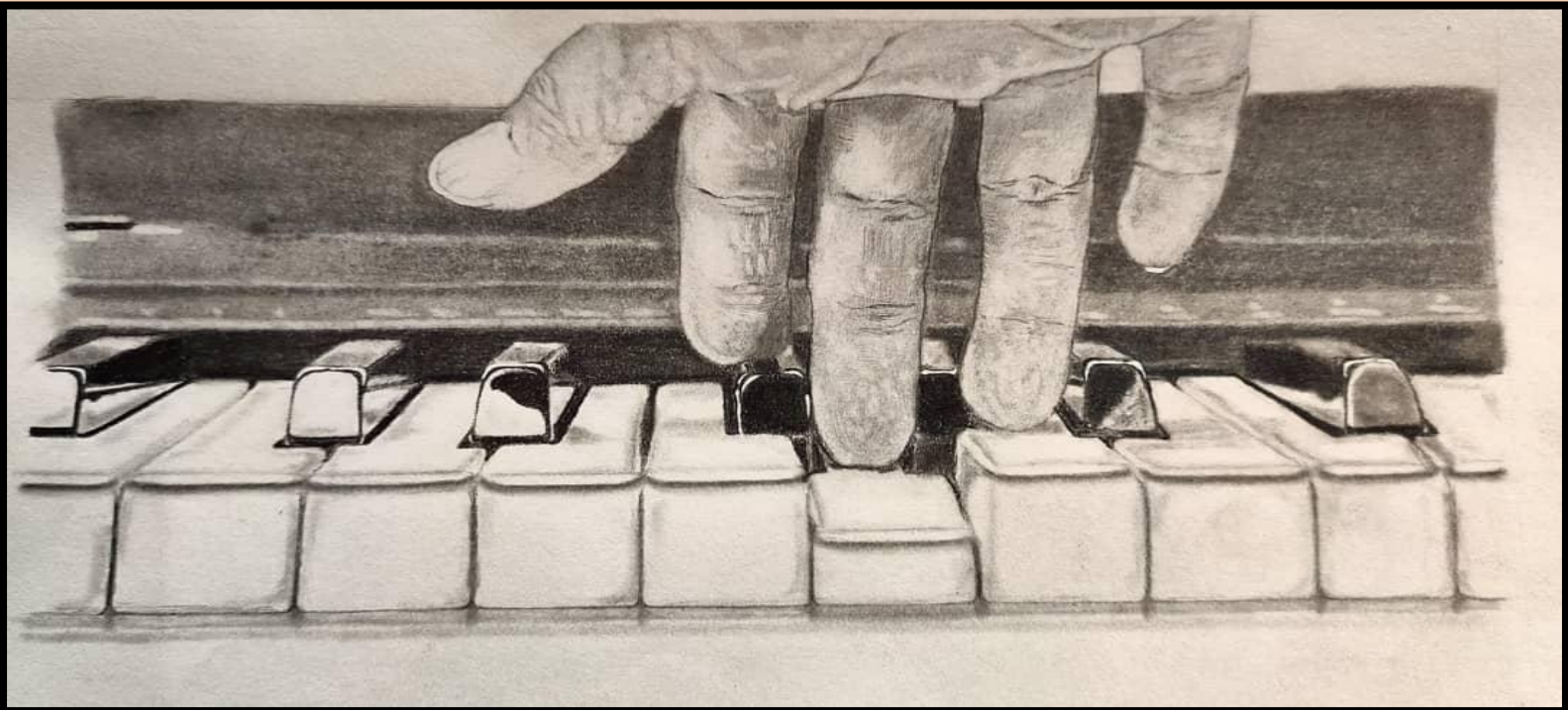
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Runaway- Aurora Reels

Sunehri Johri



Pencil Art



Having the right pencil to begin drawing your pencil sketch is one of the most essential sketching tips. The hardness of the graphite is indicated on the side of the pencil: 'B' pencils are softer, 'H' are harder, and 'HB' sits in the middle – there's a big difference between a 4H and a 4B. *Who would know better than the artist*

Mr. Mayur Shrivant himself.

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HUMMEL