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Vol.8. March 2020

SquarePetals

Global Webzine

Literary Bites
Poems & Short Stories

Life Style
Home Vastu

Event Coverage
Gujarat Thinkers Forum

Human Psychology:
Psychology of Happiness

Festzest
Holi

Flavour Special
Pav Bhaji Seekh Kabab

Personality Development
Power of Greatness
Discover Yourself

International Women's Day Special
Wings Group

Mrs. Gujarat T20 Finalist
Interview: Jyoti Samnani

Pooja Desai

MRS INDIA PRIDE OF NATION 2019



Towards Stardom
Raman Thukral

FROM THE DESK OF

EDITOR - IN - CHIEF

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Dear Readers,

The Wings Group Charitable Trust Gandhidham, is one of the best examples of how women work wonders, when they come together with a genuine purpose. My love to all the women of the world on International Women’s Day, 8th March.

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In the Event Coverage this edition we bring to our readers the valuable contribution of Gujarat Thinker’s Forum at MS University of Baroda, towards the society and the social concerns month-on-month.

The Personality Development section is about Discovering Yourself to the Power of Greatness, and it’s vital to understand the Psychology of Happiness.

Our little Malayketu from popular TV serial ‘Porus’, Raman Thukral, is the Child Celeb of SquarePetals Global Webzine this month , with his amazing talents and cheering smile, and finally it’s a Festive season so let us celebrate with the Colorful Fesztzest with Flavor special dishes!

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Happy Holi, have fun.

Write to us @ esquirevj@gmail.com

STAY UPDATED & STAY BLESSED.

Sansriti Johri

(Sansriti Johri)

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Contents

Cover Story

Mrs. India Pride of Nation 2019
Pooja Desai.....4

Literary Bytes

Meet Life.....08
Hide.....18
My Mom.....20

Short Stories

People in My Life: "Behenji-Miss....12

Special Feature

Star Kid "Raman Thukral"09

Life Style

Home Vastu26

International Women's Day Special (2020)

Wings Group.....29

Personal Development

Discover Yourself.....11
Power of Greatness.....21

Flavor Special

Pav Bhaji Seekh Kabab.....19

Human Psychology

Psychology of Happiness.....14

Festzest

Holi.....28

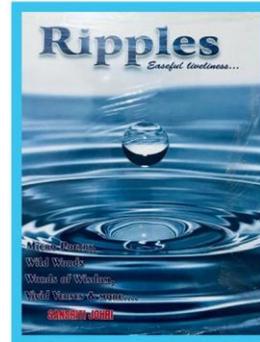
Events

Interview: Jyoti Samnani.....25
Gujarat Thinkers Forum.....16

Poetry Contest

The Diary Life.....34

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The Bedside Book

Ripples is magic of words, with a wealth of emotions; one would love to read in between the lines as well. It is a technically designed bedside book so that people do not put a lot of reading stress on their eyes before going to sleep. The beautiful presentation of words in harmony with the unique picturesque backdrop will attract you into it as soon as you open the book, and will make you connect instantly. And the best part is, you can enjoy reading Ripples on any page you turn to; you don't have to remember the page number or sequence... just relax, read and treat your mind to something special after the day.

Ripple is not just another book, it is a well thought and programmed concept that tunes your brain with natural thoughts, brings a smile and sets you for a happy sleep. Please remember, the right kind of sleep is important for good health and therefore...

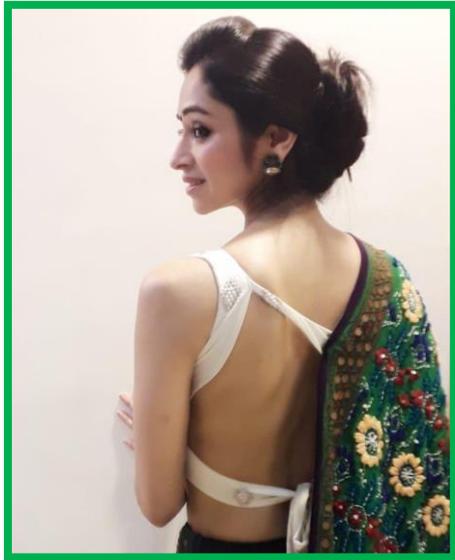
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Cover Story



MRS. POOJA DESAI

MRS INDIA PRIDE OF NATION 2019

Indian women have always been the epitome of beauty, strength and intelligence. One such go getter who shattered the glass ceiling is Mrs. INDIA Pride Of Nation 2019, Mrs. Pooja Desai.

Born and brought up in Mumbai, settled in Vadodara she graduated from NM College, Mumbai. Post marriage she pursued her MBA in International Marketing from Symbiosis Pune.

She is a successful costume Jewellery Designer for the past 12 years and has done several exhibitions and shows under her brand name of II ZIVA II.

Also she was the Captain of the Gujarat All Mothers Handball Team for 3 consecutive years (the only such team from Gujarat to reach the State finals thrice)



She runs an NGO “The White Page” in Vadodara which hosts fundraising events and supports the needy.

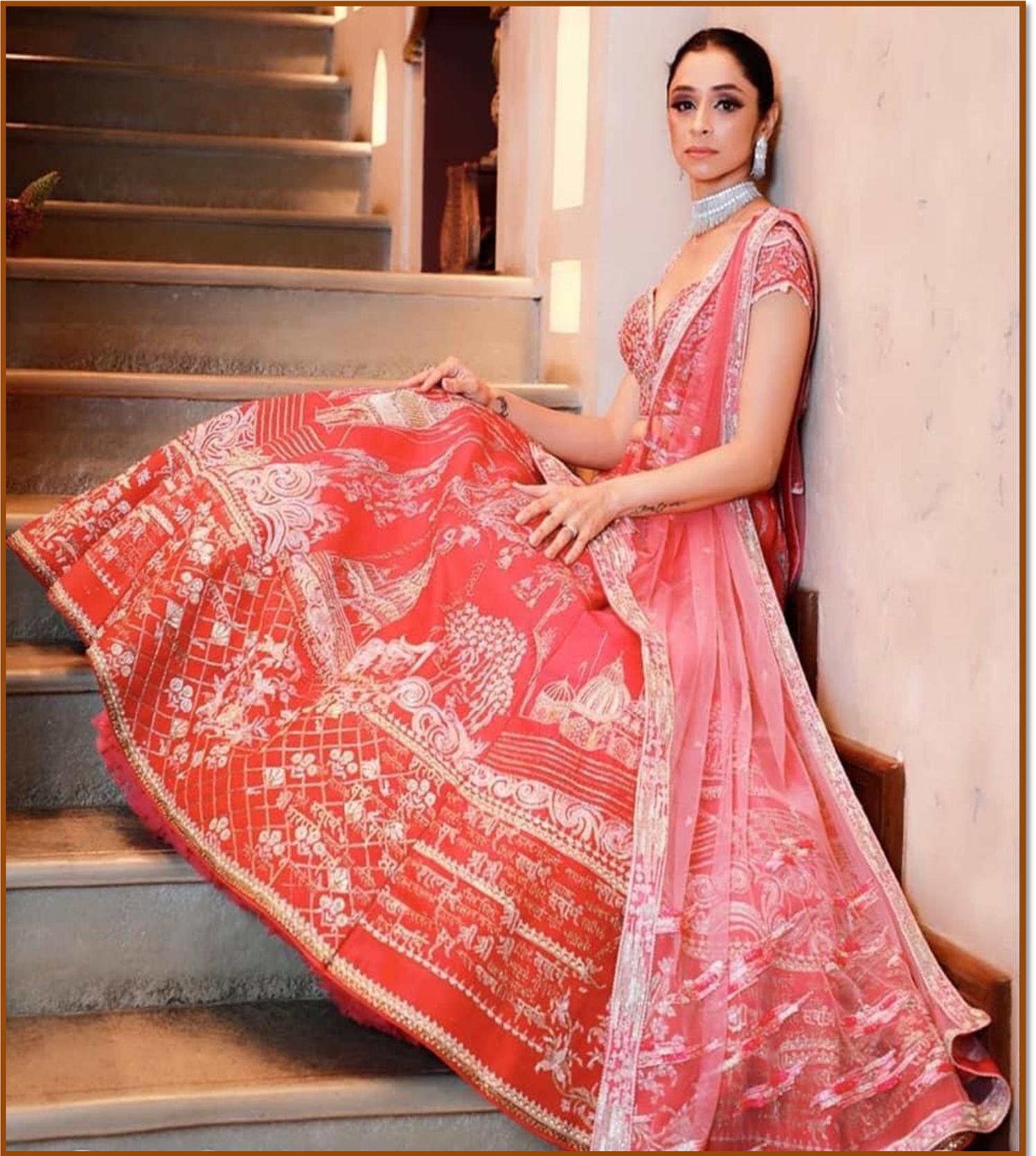
A person who believes in philanthropy she is also associated with a Deaf and Dumb school to offer honorary services .

Pooja Desai won the Mrs. INDIA Pride of Nation Ravishing 2019 title, the first and the only winner from Gujarat, in Sept. She has made several public appearances and done various modeling shoots:

- ✚ Gauri Sarees, Vadodara
- ✚ Kalaniketan Sarees, Mumbai
- ✚ Sulakshana Monga, Mumbai
- ✚ JagX, Mumbai
- ✚ Indian Runway Week, Delhi

A motivational speaker, mom blogger, model, influencer...she has now and then defied the societal norms that surround married women.

She believes Empowered Women, Empower Women!



MRS INDIA PRIDE OF NATION 2019

Pooja Desai

International Women's Day 8th March 2020



Loving
wishes
from:

SquarePetals
Global Webzine



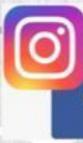
If you ever
Face a sorrow
look at it;
Only then
you meet life.
If you happen
to step upon
the thorns
then look;
Only then
you meet life.
Ignore the
intense pain,

"Meet Life"

Focus on
making peace.
"In harmony
with agony....
that's life."



Sampreet Verma
Author, Poet, Lyricist- Mumbai



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Aarav Bhavnani



2020 MARCH

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

03

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Content, Website Designing, Profiling

Star Kid

(MalayKetu – Fame)

Raman Thukral

Towards Stardom



Raman Thukral has made a mark in the entertainment world of Television and movies at this very young age of 13 years. This brilliant talent has shared screen with the megastar Rajnikant already! Raman won the hearts of India in the role of Malayketu and Tenali Rama childhood characters in the Popular TV serials.

Raman is a striking kid model and is associated with Top brands like Philips Air Purifier, Amway, Winkies Cupcakes, Indian Railways, Images Bazaar, Crax, Videocon, Dhanuka Agriculture, Amazon, Flipkart and ShopClues print shoots.

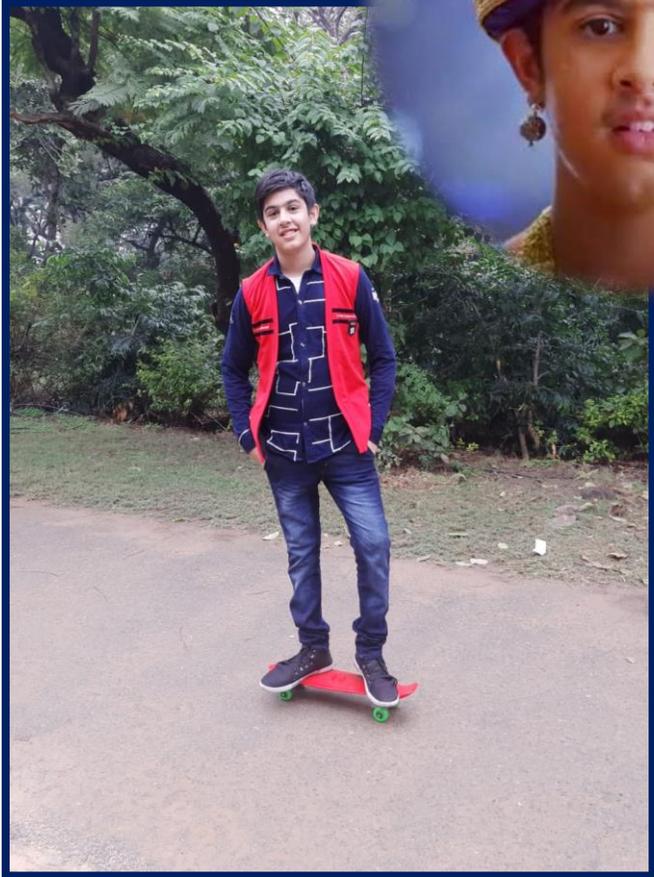
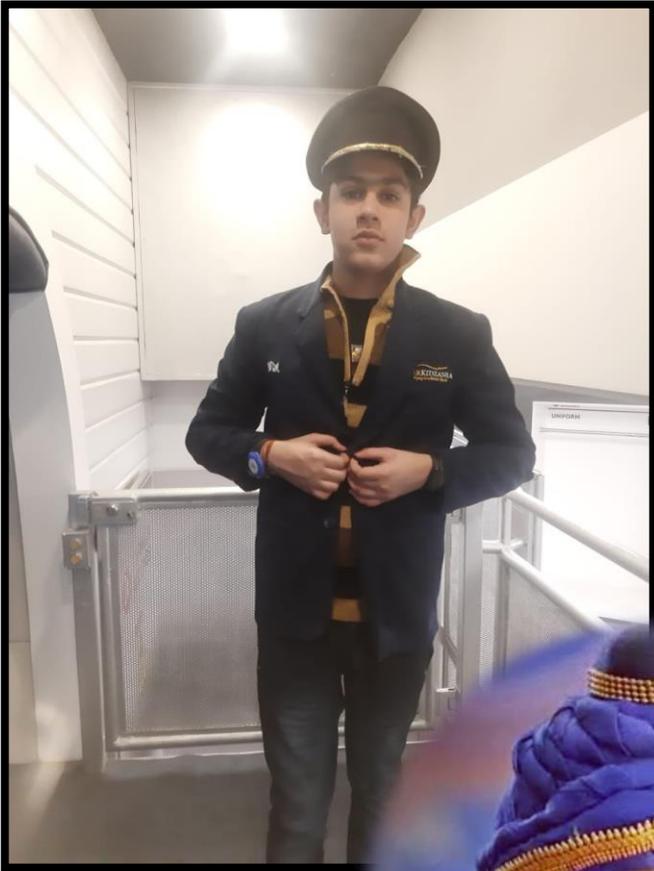
Raman has also done anchoring for Da Vinci Learning Educational Channel.

This multitalented kid was born in Delhi and presently studying at Mata Jai Kaur Public School there. Raman, in addition to being a star kid, is also excellent in studies and he is blessed to be the grandson of Mrs. Sneha Chopra who is a scholarship

holder from the Punjab University. Raman's father is a renowned businessman and his loving mother is an award winning artist. Win success all around him, Raman has flown into the trend in a very natural way. In fact Raman is fond of Art and Craft like his mother and enjoys his hobby during free time.

Raman started off in this journey of modeling with Homeshop 18 quite early when he was just eight years. Since then he has progressed consistently and continuously, working with big brands, and in movies and TV shows. His charming face and attractive appearance add to his immense talents and Raman Thukral rocks on towards stardom day by day.

SquarePetals Global Webzine is proud to feature the Child Celeb "Raman Thukral", We wish him super success with lots of love.

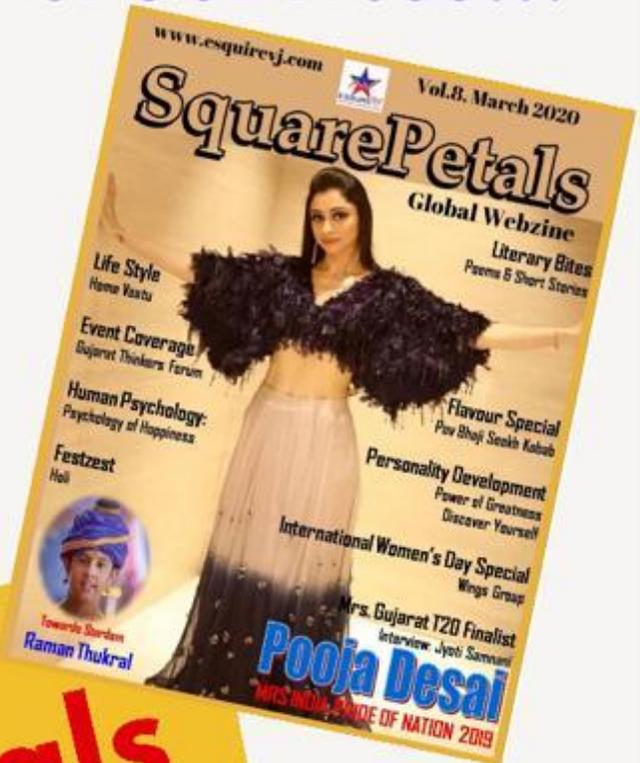


Raman Thukral

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In our life, we have all come across various questions that constantly pester us; it could be anything under the sun. What is the purpose of life? As I think over Rumi's words, I wonder if I am really just a mere drop in the ocean or the entire ocean in a drop. I question my identity, my existence on this planet.... Is life a journey of self-discovery and acceptance? Well, maybe. We all have experienced this state of confusion quite well. Well, so we may ask, "Where lies the solution?" Have you ever thought about it?

It's quite simple. Everything lies deep within our consciousness. We just need to look within ourselves to unleash our hidden potential. One must be absolutely clear about his/her goal. Our battle is with none, but our inner selves. Only you are the reason behind self-inflicted sorrows or joys. We worry only

because we undermine ourselves to a great extent. All of us here have different roles to play in accordance with our interests. Life is the best game for those who wish to take up challenges and perform their duties with pride, without bothering about the results. We human beings face a lot of difficulties in our path. Also, it's true that everyone out here wants to be loved, wants to be happy. The happiness quotient thus dominates our well being and one isn't able to face grief whenever it strikes us. However, it's important to understand that happiness is quite a relative term. It depends on one's perspective after all.

We just need to grow from inwards-out. Personal growth involves one's spiritual and emotional growth and less emphasis should be put on the amount of money earned. After all, salary isn't the standard for assessing one's net worth! We simply need to realize the fact that our primary concern should be to harness our capabilities and maximize our inner potential, so that we indeed turn out to be true assets, not only for ourselves but for the society as well. We can be responsible citizens once we become responsible and disciplined ourselves. We dream of viewing the world through our own lenses, but our bodies hold a deep galaxy that is still left to be deciphered. Our body mechanisms are no less complex than a myriad universe. Isn't that a beautiful conspiracy of the almighty, the ultimate creator?

They say Change begins with us; transformation should begin from us too. We need to treat our bodies as a temple first and offer our prayers to it in the form of positive thoughts and values. We all are seekers in this beautiful journey of life. We do face ups and downs in our way, but that's what gives us the impulse to actually take a leap of faith and aim for higher. We might be a bit apprehensive at the start, but with an indomitable spirit to explore the unknown, we eventually end up discovering ourselves.



People in my Life#6 - "Behenji" Miss

As it's a practice to address our teachers as ma'am or miss, similarly I suppose the Hindi teachers are referred to as "behenji". Trust us, the convent girls do not realize Behenji as a form of address, we put Hindi and English together and called our Hindi teacher – Behenji-Miss. End result- most of us assumed her name was Behenji.

She was a good teacher. I can't refer to her as lenient for she berated us when we misbehaved in class. Nor can I exactly refer to her as strict, for at times, we could get away with being disobedient. Suffice it to say, some days were her good days and some days were ours. One such a particular good day for us, she tried her best to teach us gender and evocate a response from us. Sadly, her efforts were failing.

Au contraire to what I am today, in my school I was among the shortest girls. Our school had this policy of arranging our seating according to ascending order of heights. Point being shorter girls are not visually impaired by a taller classmate sitting ahead of her. However they negated this by following it up with a peculiar rotation policy. Every week we re-seated ourselves a bench backwards till we reached the last bench and it was first bench all over again. So inspite

of being the shortest girl in class, that day found me on the last bench safely tucked away from teachers' eyes behind tall girls seated in front of me.

We were uncontrollably boisterous that day, which had poor Behenji miss trying to make herself heard over the ruckus we made. I am sure we all heard her ineffectively banging the duster against the blackboard for our attention but we were otherwise occupied in idle chatter. Alas "*stree ling*" and "*pu ling*" held no interest for us.

I, too, was giggling merrily at some ridiculous statement my partner had made. Confident in my powers of invisibility, I was shaking with laughter, when I heard Behenji miss' stern voice floating over the noisy classroom - all the way - till it reached me in the back as if it were aimed at me. Well apparently it was, for as I looked towards her, I saw her eyes focused on me like twin laser beams.

When I feigned ignorance, she addressed me again, "*Idhar-udharnadekhiye, hum aaphikibaatkarrahehein. Khadehojaiye*".

Now with no choice but to comply, I jumped down my seat to stand up.

"*Meinekahakhadehojaiye...*" she repeated again in a

higher pitch across a class oblivious to my predicament.

Then I realised, though I was standing my head was at an equal level to the head of my seated classmate ahead of me. Behenji miss thought I was disobeying her by remaining seated. By then, a normally obedient me, was thoroughly terrified that I could do no more than mumble an incomprehensible response. My partner helped me out by replying, "*Wohkhadihai miss*".

Behenji miss then pointed an accusing finger at me and said, "*Apneaapkohoshiyaarsamajthiho, tohiskasahiuttardeejiye*". So saying she turned her accusatory finger and rested it on the blackboard. Swallowing, to wet a completely dry mouth, I blinked rapidly to clear the fear clouding my eyes and refocused my attention at the place her finger rested and read in my mind the word "*kuttha*".

I breathed a sigh of relief. After all it was so easy. Everybody, even children knew the answer to that. So I breathed in a lung full of air to clear my constricted throat. Then I looked at the noisy classroom who still hadn't noticed the interaction between miss and I. Understanding that proper pitching and volume would be necessary if I had to make myself heard, I braced myself and let the answer that was in my mind escape my lips, "*kutthi*" I enunciated.

As luck would have it, my classmates chose that very moment to realise something far more interesting was happening around them than their inane chatter. Therefore the word I uttered came out at an absurdly high volume over a classroom which had suddenly fallen pin drop silent. "*KHUTTHI*".

Most of them dropped their jaws in shock for it sounded as if I had referred to our teacher as thus, meaning a bitch. Then they all as one looked over at where Behenji miss was standing her finger still poised over the masculine form of that word. The classroom exploded into a thunderclap of laughter when they realised what actually happened.

Behenji miss unfazed by what transpired, her focused eyes still retaining their laser like glare, enlightened me, "*Galatuttar, kutthekastree ling kuthiyahai, bait jaiyeaurhumeaage se pareshannakariye.*"

Whatever I had expected it certainly wasn't this. Firstly I realised that all my young life I believed a wrong word to be right. Secondly but most importantly, it was possible that answers we are certain of can be so drastically wrong. Lastly, though my whole class thought I had abused our teacher, Behenji Miss was so fair that she corrected me only for the mistake that I had truly made.

As Behenji miss turned to get on with her lesson, I noticed a hint of a smile on her lips making me realise that she was not at all unaware of the class' erroneous take of the situation. Also I think my classmates became considerably more silent as they realised they too had the wrong answer all along.

Vidhya Krishnaraj
Author & Editor SquarePetals, Mumbai



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Psychology of Happiness

An easy way to assess someone's happiness is, how genuinely they smile! Here's the day that reminds us to be happy. Yes, the world happiness day falls on March 21'st.

Happiness is within. The people who know to handle the situation better are happier and highly resilient.

Success, fame, name, relationships, money and other material wealth are temporary when one doesn't have the mindset to be happy with what they are and what they have.

One of the reasons for unhappiness is unwanted comparison. People need to realize someone will always be prettier, stronger and smarter but they will never be you. Happiest people are the givers.

12 Tips to generate happiness

1. Appreciate the people around you
2. Be the reason behind someone's smile
3. Compliment a smile to someone unknown
4. Express your heart out - after all, what's the point of living in a life without telling how much we love someone!

5. Walk-in different path - live for yourself and life is all about experiences

6. Learn to accept and celebrate your failures

7. Have a sense of humor - it is okay not to exaggerate things.

8. Be grateful and make people feel content in your presence.

9. Visit a new place to get new energy and meet people that makes you stay grounded

10. Practice Self-Care and be with the optimistic network



11. Call your old friend - talk about your good old days

12. Don't forget to watch Standup comedy

Finally, learn to understand the situation rather than adjust.

Generate happiness to create memories, just to tell a beautiful story to

your older self that you celebrated and lived every moment of your life :)



Revathi Mohan
Author

Counseling Psychologist



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Event Coverage



Gujarat Thinkers Forum (GTF) is a think tank of the Institute of Leadership and Governance (ILG), The Maharaja Sayajirao University of Baroda (MSU). The journey began in September 2019, when the present coordinator of GTF, Ajay Kashyap, presented the idea of setting up a think tank to Senate & Syndicate Member, MSU, Dr. Jigar Inamdar & the Director ILG, Dr. Reena Bhatia. Later on, the think tank was set up with a resolve to elevate public discourse in Gujarat, where young minds will discuss & deliberate upon issues of national & international importance.

The first event was organized last October on the topic 'A debate on how to debate' with

senior advocate Avadhoot Suman as the speaker. Since then, we have had 7 discussion sessions on:

1. Ayodhya Verdict
2. Motor Vehicles Act
3. Uniform Civil Code
4. Citizenship Amendment Act
5. Women Safety
6. Student Politics
7. Delhi Election Results

GTF has reached around 500 people through its discussion forum in the past 5 months. The organizing team of GTF comprises of doctors, professors, research scholars & students.

The discussions are conducted in two sessions, the first session where all speakers are given uninterrupted 3 minutes to present their point & the second session which is open discussion.

GTF organizes two events per month. The last one was on 15th February 2020 recently where the topic was ' Delhi Elections' Intellectuals as well as youngsters took active participation and presented their point of view and opinions, also ways towards betterment through politics and political parties. Some candidates had come all the way from New Delhi for it, and the discussions were quite fruitful with regards to mutual understandings and voicing one's concern in the matter.

Everybody is invited to join the Gujarat Thinkers Forum and voice their valuable opinion, together let us make a difference.

Contact : Mr. Ajay Kashyap @+91 9979863455

**Regards,
Team Gujarat Thinkers Forum**

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HIDE

Taking a dab of foundation
I stand in front of the mirror
Hiding my acne scars
Concealing my perfect imperfections
That I never want you to see;

I wax my entire body
For you to visualize....
A quintessential masterpiece
That I'm not;
The hairline on my stomach
Is what you never notice
While making love to me;

My thighs
Which do not win the race
Of the perfect thigh gap
Is covered in spot marks;
Now quite waned, due time,

You entwine your fingers
To mine
But forget to scrutinize
The scars on my wrist
The scars, now old
New secrets, they unfold;

Faultless curves
Dark Long hair
A Lean body
& everything of mine

That I don't typically have
Is a treat to your eyes
You want to perfectly rhyme;

But have you ever pondered
Who's the real me?
Between all these perfections
I draw on myself
And all the flaws I hide;
Or have you been too busy
Admiring my conjectural beauty
Saying "baby, you're perfect"
And there, you lied.



Shruti Badoni

Passionate Writer, Economy Enthusiast, Avid Traveller
& Foodie, Pursuing Economics Honours.



PAV BHAJI SEEKH KEBAB

Ingredients

- 250 gm potatoes boiled an mashed
- 100 gm peas boiled an curshed
- 100 gm capiscum chopped
- 200gm onion fine chopped
- 150 gm tomato chopped (seedless)
- 20gm garlic paste
- 10 gm red chilly paste
- 10 gm pavbhaji masala
- 5gm turmeric
- 5gm garmmasala powder
- 5 gm red chilly powder
- 1 tbsp fine chopp coriander
- 100 gm fresh bread crumbs
- 50 gm roasted chana powder
- 10 ml oil
- 25 gm butter
- Salt to taste
- Chat masala

METHOD:

1. Heat some oil in pan, add gralic paste. Saute for a while then add onion and saute till it becomes light brown.
2. Now add tomatoes and all the dry spices, cook till oil starts to separate out.
3. Then add all the chopped vegetables one by one and add salt.

4. Cook for sometime till is a thick mass, then add bread crumbs an chana powder, now cook again till it is of dough consistency.

5. Remove from the flame and add chopped coriander and mix it well. Cool down the mixture after that.

6. Put the mixture on sieves and roast the kebab in tandoor or on a charcoal grill.

7. Remove from tandoor, sprinkle chat masala and brush with butter.

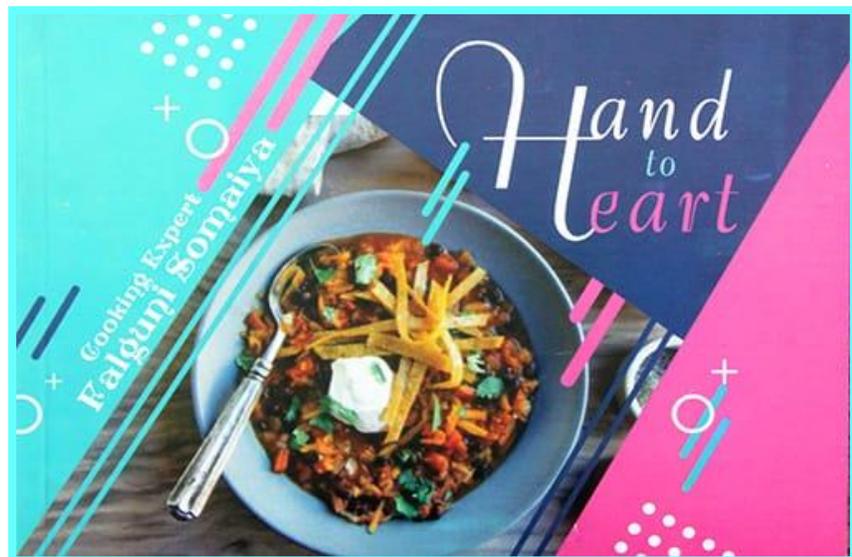
Serve it with mint chutney and salad of your choice.

*5 gm means 1tsp



Falguni Thakkar

Cooking Expert &
Author of Hand to Heart.





This poetry...Is for a poetry,

MY MOM

Who is never understood by me
Ambiguous, abstract
But gives me the feel of sunshine
On winter mornings,
Full of hope
So it goes this way
She loves me
But hates everything I love
All the mothers of universe
Are mother's of universe
Which is imaginary
In her vision
She will cook me my favorite food
But still question me
Why is that my favorite food?
I often read a book
And after that my mother reads me
Like an astrologer
And predicts my cognitive processes
She is also a human
I feel absurd
Human's don't understand each-other
But she does
My basic needs
Is a project of nation
Which is to be fulfilled
Overnight
Not knowing what are the losses or gains
There are so many noises around us
Yet at the days when I sleep
Not saying a word
She has an unending conversation with me
In her mind

Figuring out
What I am trying to figure out
I have few male friends
Every time I embrace them
She thinks I already had sex with them
But she is the one
Who can just smell the men
Who can love me like her
Unconditionally
Thought having many conditions on her side
There are days when I utterly hate her
Because she is demanded to be loved
As the patriarchy wants
First her father
Then brother
Then husband
And her kids
But I love her
Because she loves me
As I am
And not as per the needs of patriarchy
She taught me
Love al...I
Because we are humans.
We need love and so does she;
Because she is a human.



Ghata Joshi

Poet, Writer & Student of Mass communication



“How you think and how you feel about yourself is the mirror that you project to the world. Understanding this principle is the first step up the ladder of greatness.”

You are destined for greatness. You have the genes of greatness in your DNA. You are configured with the seed of greatness. Any thought of mediocrity will make you small and a thought of greatness makes you great. “As a man thinketh in his heart, so is he.”

Depending upon what you think about, is you attract the energies accordingly and depending upon what you attract, is who you become. Examine yourself, are you feeling great or small? Do you think and feel great? How you feel is what shapes your life. You are not just what people see, you are the way you see yourself. If you see yourself as a loser at old age, the world will classify you a loser. If you see yourself as a winner at old age; the world is expected to classify you a winner. How you think and how you feel about yourself is the mirror that you project to the world.

Understanding this Principle is the first step up the ladder of greatness that you should think that you are great.

The spiritual teacher Buddah once said; “We are not what we think. We are what we think we are .” Whatever you think in your heart, you will voice out the same. The good news is that we all have control over our thoughts. Choose what you think about all the time and quickly realize how it affects you positively and negatively. If you want a change your performance the best way is to change your thinking and feelings, then you can transform your life. True transformation is produced by committed efforts. You must be

committed in thoughts and actions. Guitarists are committed to fine tuning their guitar strings regularly; you need fine tune your thoughts by filling it with positivity that will energise you and expel negative thoughts. You are a creature of greatness created with great value. You are not a product of accident and experiment. You are a great treasure that attracts success and wealth. You are greater than you think you are. You have everything in this life under your control. You are destined to dominate and not to be dominated by circumstances.

Don't despise yourself or allow people to look down on you. Prove to your critics that you are great, you are special and unique. Great achievements are not restricted to any age or class of individuals. You can break a record and set a standard for yourself. Be confident and proud with yourself. Celebrate every little achievement that you make. Be committed, persistent and passionate to your dream. You are the most important person on earth and not a nonentity. Your place in life is at the realm of greatness. Don't allow anyone to make you feel inferior and worthless. Don't give room to anyone to underestimate your capability. Build your self esteem and confidence with greatness. Don't consider your inadequacies, weakness and deficiencies that try make you irrelevant, unproductive and inactive. You can rise above them and soar to greater heights. With the power of greatness in you, you can turn your

weakness into strength and deficiencies to efficiencies. You are a star that is destined to shine. A king that is destined to reign. Know who you are, locate and dominate the place your life. See yourself as a great person. Feel within you that you are a great person. Visualize and fantasize about your great achievements. Don't limit yourself by your age. At whatever age you can still be great. Greatness can never be final for you. It is right there with you. Becoming great has no retirement age. You can always be great no matter how many years have passed by and how many times you have failed.

you realize your worth and believe how great you really are, no obstacle that can defeat you. There is nobody that can intimidate and discourage you. Your greatness in life depends on you and not on anyone else. It's your responsibility to be great when you commit yourself to do those things that can make you great. Greatness is a matter of choice. The choice you make today will determine how bright or dark your tomorrow will be. Many issues of life normally come and go; they are not permanent. Every setback, delay, loss, disappointment or other negative experiences are temporary. It is good to make the right



There is always a shining light at the end of the tunnel. Never give up the possibility to become great. Being great is part of your identity. What limits people from becoming great is the size of their thinking. Increase the size of your thinking and enlarge your mindset with the thoughts about how great you want to become and the things that you want to achieve. Don't allow people tell you that anything is impossible and unachievable for you. Everything can still be possible for you. Don't be like an eagle among the turkeys who is ignorant about how great he is. Once

decisions but don't make decisions in a state of confusion and frustration. The results may be dangerous. Analyze the situation and circumstances before you take decision. Do not go into or break out of relationship embarks on a journey; change location or invest into a business that is out of any sort of confusion, frustration and depression. Do not withdraw from school, or close your business, break up an age long friendship or such things hastily. A bad decision can be very fatal and costly. Always know that there is no situation that is permanent but you can

turn your situation around.

Access every situation before making decisions. Do not lose hope. No matter how hopeless a situation may seem to be, still there

is hope. Things are not always what they initially appear to be. Those who lost hope go for rope. (end up committing suicide). To take away one's life is the most cowardly action anyone can take. There is hope for you to be great. Eliminate negative thoughts, belief and habits that will never make you great. Your age will not deny and deprive you of the opportunity to be great. Decide to be great and accept that you are a special person. It is not what others think about you. It is how you think you are that makes you great.

You have a great destiny and future to fulfill. Your greatest achievements will come to pass at any age that you find yourself. Strive towards greatness and give up mediocrity. Never feel you don't deserve it. Never feel you are average you are destined for excellence. Aim for the greater things in life and not the little things in life. Avoid negative people, environments and situation that make you feel inferior. Surround yourself with things and people that make you feel great and appreciate every effort that you make to be great.

It is those men who think they are great that can rule the world. You can still be great. Never give up so soon on your dreams and hope. I want to share experiences of some achievers who were determined to become great in life despite of setbacks.

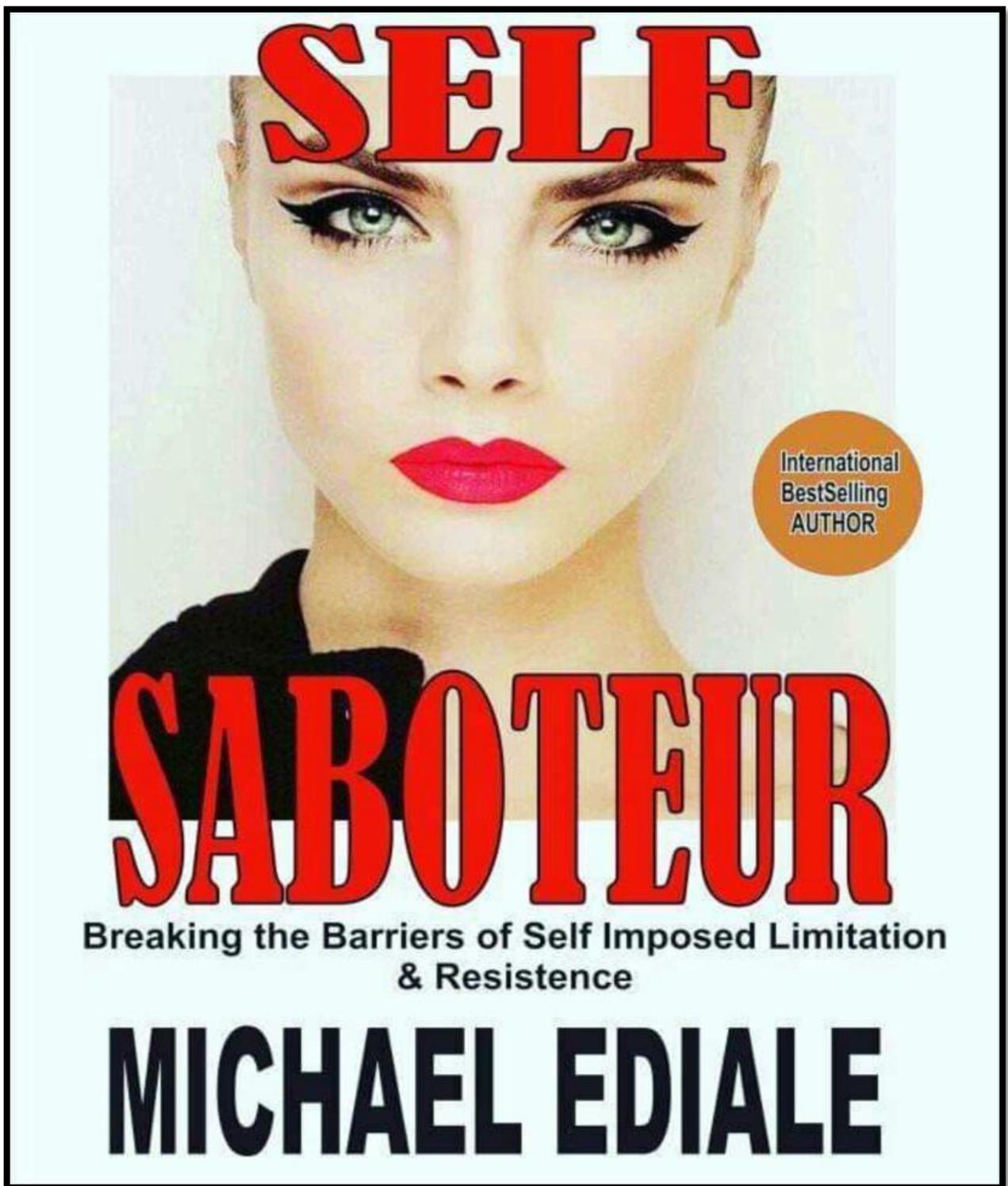
Admiral Robert Peary attempted to reach the North Pole, seven times before he made it on his 8th attempt. In its 28 attempts to send rockets into space, NASA had experienced

about 20 failures. Oscar Hammerstein had five flop shows that lasted less than a combined total of 6 weeks before Oklahoma, which ran for 269 weeks and grossed \$7 million!! Tawai O' Dell's career as a writer is a testament to her perseverance. After 13 years, she had written six unpublished novels and collected 300 rejection slips, finally, her first novel, Black Roads, was published in January 2000. Oprah Winfrey chose her book for the Oprah Book Club. These short experiences are possible before you become great and it's never too late to be great. Therefore don't give up on your dream.



Michael Ediale

Life Coach, Motivator & Author



Eliminate negative thoughts, self imposed limitations & addictions of any kind holding you back from living your life to the fullest. This book focuses on mental and emotional cleansing. It will teach you how to filter your thought, live a positive enriching life & enjoy true freedom. You can get it in this link:
www.amazon.com/author/michaelediale



Mrs. Gujarat T20

FINALIST

So now how are you preparing to win the title & the crown?

Jyoti- For winning the crown I am first of all taking care that I should be in good health. And.... I am also practicing catwalk!

What is your style statement?

Jyoti- My original style is "cutie and naughty" (Nakhreli)

What are your future plans if you win the title of Mrs. Gujarat T20, EsquireVJ Showcase?

Jyoti- Well I don't plan for the future, I like to live for today and m enjoying it!

What do you think, is the most important issue that ladies are facing? And how would you change it?

Jyoti- Orthodox in-laws and their narrow mindedness! I think the family members should not stop a woman from progressing and living as per her choice when she is so loving and caring for everyone. They should also respect her freedom.

What do you feel about EsquireVJ Showcase?

Jyoti- Fabulous work and I am so happy to become a part of EsquireVJ Showcase.

Thank you Jyoti and wishing you Best of Luck.

EsquireVJ Mrs. Gujarat T20 Beauty Pageant

endeavors to bring out the real woman through talks and discussions, as Mrs, Gujarat is not just about ramp walk; its about the Woman power and her essence..... the true personality.

Chatting with Finalist Jyoti Samnani, who is a lovely woman bubbling with innocent positivity, makes up the day! Mrs. Jyoti Samnani , hearty Congratulations on qualifying for Round 3 of EsquireVJ Showcase Mrs. Gujarat T20 Beauty Pageant.

Home Vastu

Namaste dear readers, this month I will continue with the Kitchen: The kitchen is about our food intake and the health, well being and energy level of the inmates are linked with it, therefore, Vastu of the kitchen is really important. The kitchen should be in southeast corner (Agni kon) towards the eastern side. Such a positioning would make the persons working there comfortable and cheerful and they will be able to prepare high quality food. Water, sink & refrigerator need not be very close to the fire. In fact, water & fire are two contradictory elements and due to any such contradictory arrangement, the reputation, wealth & prosperity may decline. The housewife's health also deteriorates in that case.

Dining room: as per Indian vastu Shastra, a dining room is considered auspicious if it is in the West. It should be close to the kitchen. But it should not be close to the main gate, toilets or dressing room.

Room for worship: the best location for worship is North East corner. At the time of worship a person's eyes should be towards East or north. A temple with worshiper facing east is considered best.

Study room: at the time of studying kids in the family should keep their face towards East. Study room in north-east corner of the house is considered ideal. That raises the memory of a student.

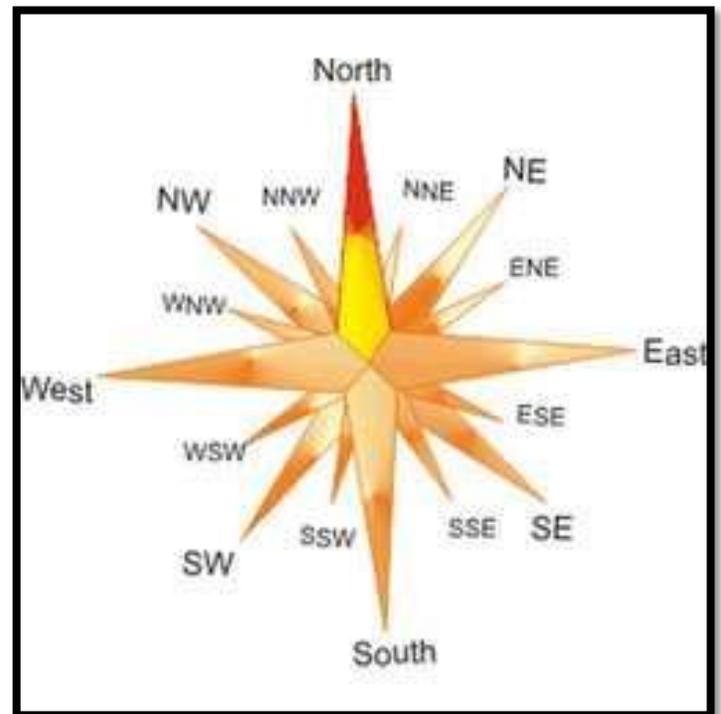
Bathroom & toilet: since water flows out of both toilet-bathroom in the house, do not construct these in the south-east corner. It will cause loss of money. It is inauspicious to have toilet bathroom right opposite to entrance gate. Neither bathroom nor toilet should be in the north-east or in south-west corner. The best direction for bathroom is North, whereas for toilet it is either South or West. Never have toilets in the centre of the building. Usually, the seat in the bathroom should be in the south-west corner, geyser to be installed on south-east, bathtub and tap in North East direction. He/She who sits should face North East.

Water tank: erect water tank in North East.

Servant: the problem of servants leaving untimely is persistent. So in your interest grow flowers in metal containers either on terrace or on a small part of soil. Servant's quarter should be built in north-east or south-west side for its long stay.

Health: if you want to stay healthy, in the morning open all windows that are in North, North East and East, so that sun's rays will bring new energy and enthusiasm in your life.

Nikesh Rajendra Soni, Niky
Vastu Consultant(DADA)



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An exuberant riot of colours on the streets Here comes Holi! It starts with the Holika bonfire (called as Holika Dahan) a night before the Holi, bringing people together for an evening of dance,

entertainment and songs. And the following day brings the carnival of colours. It's a blast of fun, people chasing each other throwing colors on one another! The hidden message of this joyful festival's is

to bring everyone together, even the strangers, uniting the rich and poor, men and women, children and elders... who may probably not mingle otherwise. Holi Festival is celebrated at the approach

of the vernal equinox, which is on the phalgun purnima as per the Hindu calendar, and typically at the end of February or by the beginning of March. It's an enchanting time of spring at the end of winter, best days to meet each other. People play and laugh together, forget and forgive, make up the broken relationships too. Various type of delicious dishes and different sweets, the most popular is Gujia, (home-made) are made as part of celebration. Holi is also about delicious food certainly, adding to stream of colorful happiness.

Hence the Holi Festival is known as the festival of colours, or the festival of love. Lord Krishna was known for playing pranks on the village girls by drenching them in water and colours. In the Hindu

mythology, there was once a demon king called Hiranyakashyap. He had a sister named Holika and a son, Prahlad. Hiranyakashyap wanted to become immortal so he carried out an extremely difficult task to please the Lord Brahma who had to grant him his wish, but at the same time the Lord didn't want such an evil man to remain immortal, so he twisted his boon.

Once the wish was granted, the demon king became arrogant and wanted himself to be worshiped as God. But

his son Prahlad didn't agree with him and went on worshipping his Lord Vishnu. The angry demon king tried to kill his own son but all his attempts failed. Finally he called his sister Holika for help. She had a fire proof cloak and the king made her sit in the bonfire with the cloak around her, and with



Prahlad in her lap without any protection. In the pyre, little Prahlad kept praying to Lord Vishnu who saved him but Holika was burnt to ashes in the pyre due to her evil intentions. Since then, Holi is celebrated every year symbolizing the victory of good over evil.

This year Holi is on the 10th of March. Let us enjoy the fest and celebrate to bring smiles on all the faces which will be gleaming with colors of joy. Happy Holi and best wishes.



Satish Verma
Award Winner Editor & Author

International Women's Day Special

“Fly beyond your ability”. The Wings group charitable trust was started with this motto in year 2009.



This Organisation has the specialty of being the first ever group in Kutchh which has been created by the women, managed and run efficiently by all women and working for the empowerment of the women.

The seven pillars of wings group are the women with the power who are the strong foundation of this effective organisation. An introduction about these seven gems of wings group follows in the next page. In our society, women have multiple roles to play and big responsibilities to handle on the personal front also consequently here have been many hurdles in the running of our Wings group

2012. Stile we have moved ahead with determination and the wings group was re-structured in 2016. All the active ladies were invited to be part of our wonderful group.

We focused on helping women who work from home and those who have small scale business. As many of these women cannot afford the marketing expense required for their business, so they find it difficult to advertise their products. In order to support them, we created a group of about 3000 women from Gandhidham, Adipur and Anjar where ladies can post and share about their products free of cost and thus reach up o many people. At the same time this helps us to identify the hidden talents in some housewives and then we encourage them to do something worthwhile and thus contribute towards the betterment of the society and for self development as well.

Wings Group Charitable Trust will continue the good work with dedication always.

- ❖ We the founders of the wings group charitable trust want to see our NGO nationally.
- ❖ We are not believing in donations but believe to generate employment for the needy women.
- ❖ We are trying to reach each and every women who are seek for their business growth.
- ❖ We want to become a helping hand for the enthusiastic women who are not financially strong.





About Founders



Aman Bijal Mehta

Born and brought up from Gandhidham . Education B.Com and LLB. Owner at Bageshree Infratech and first lady film producer of kutchh . At present working on biggest real estate project of kutchh, Bageshree Lake city.



Chhaya Manish Chauhan

Born and brought up from Gandhidham. Education Bsc. Micro, MLT, D. Pharm. Worked with pharmaceutical and food companies as a microbiologist. With Government sector KPT and GEB as a pharmacist. And In now days manage her 2 pharmacy. And only lady real estate dealer of Gandhidham.

3



About Founders



Pinky Aahir

Born and brought up from Gandhidham . Education M.ed And computer engineering. She is associated with education field from last 14 years. At present she is managing director of savvy international school Varsamedi.



Pallavi Sahsidharan

Born and brought up from Gandhidham . Education B.com. Former member of International human rights association. She is the most senior and experienced person amongst founders of wings group.



About Founders



Sunita Chaudhary

Born and bought up Chhatisgarh. Education BA. Earlier running her own restaurant named as "Pizza Express". Now she is internationally certified Zumba and aerobics instructor.



Gurpreet Saini

Born and brought up from Gandhidham. Education B.com and IT. She is associated with Health and fitness field from last 5 years. At present she is running her own fitness club a Gandhidham named as a Fit Zone.



Wings group Committee 2019-2020



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Vice president
Kainat Ansari



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Jyoti Rajwani



Joint Secretary
Kunjal Chhaya



Treasurer
Minakshi Solanki



Project Co-ordinator
Manisha Vora



Project Co-ordinator
Durga Rathod





Wings group distributed sanitary pads to St. Joseph mental asylum patients and grocery to Philip AIDS center

Make your own kitchen garden campaign...In this project we distributed free seeds to people and encourage them to grow vegetables at their home in their garden

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Say No to Plastic Campagin.... Organised by Wings Group.... Paper bags & cloth bag distributed to shopkeepers.



POETRY CONTEST

7

ON THIS SPECIAL TIME OF NEW YEAR, WE'RE BACK WITH ANOTHER CONTEST, IN BOTH LANGUAGES!!!

*LANGUAGE - ENGLISH & HINDI

*TOPIC - ANYTHING

*JUDGE - AJITABHA BOSE

*ENTRY FEE - 25 RUPEES ONLY (FOR EACH CONTEST IN BOTH LANGUAGE)

MODE - PAYTM / PHONEPE / GOOGLEPAY / PAYPAL

*PARTICIPANTS WILL ALSO GET AN E-CERTIFICATE

*WINNER PRIZE - 200/- RUPEES + AUTHOR SIGNED E-CERTIFICATE + PUBLISH IN A GLOBAL MAGAZINE.

*SUBMISSION DATE IN BETWEEN- 15TH FEBRUARY TO 15TH MARCH 2020.

INTERESTED PEOPLE HAVE TO FILLUP THE GOOGLE FORM.

For more information contact us



The Diary Life: @the_diarylif

The account The Diary Life on Instagram is not merely an account like any other accounts we see. It's definitely much more than that. Here they hold monthly poetry contests where writers take part by filling a Google form, paying some very minimal amount and most importantly following the proper guidelines. All the participants get e-certificates. And like we all know, the winner is ultimately announced. He/she gets cash prizes, an e certificate signed by a famous author, Ajay K. Pandey.

But this time, @the_diarylif brings for you much more. The winner's work will be published in a **SquarePetals global web magazine - Webzine**, which is also available in hard copies.

Like it's already mentioned above, this account The Diary Life, is not just any other

account it's because of the sheer endeavor of it's owner who always works hard for this account. It's because of his enthusiasm and dedication that this account has got immense popularity within a very short time! And his P.R. Manager too works accordingly as assisted. She too does hardships for the sake of The Diary Life.

Their motive is to help writers to get a good platform to show their literary talents. As talent shouldn't wait to come in front of the world.

So this is all about the team **The Diary Life**. Yes, it's a "team" and not a mere account.

To know more, here's the Instagram handle for

The Diary Life: @the_diarylif

Dr. Sunil Patel

B.V.Sc. & A.H.,

M.V.Sc. (Medicine)

GVC Reg. No. : 3379

NEW ...

NEW ...

NEW ...



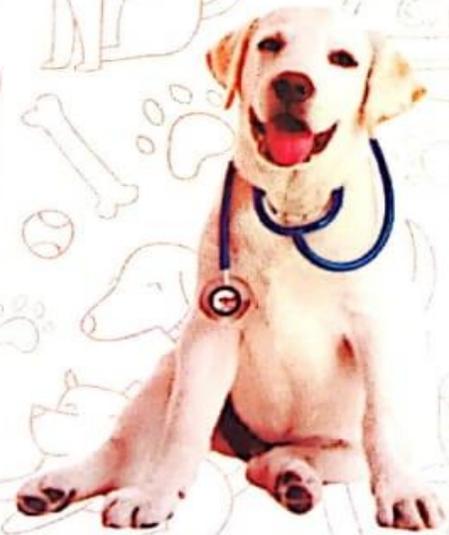
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