

SquarePetals



Global Webzine



The Neuroscience
of Sanskrit



Writing
without applause



Yesterday i rode
A Yellow Ducati



Unleashing
the Hero Within



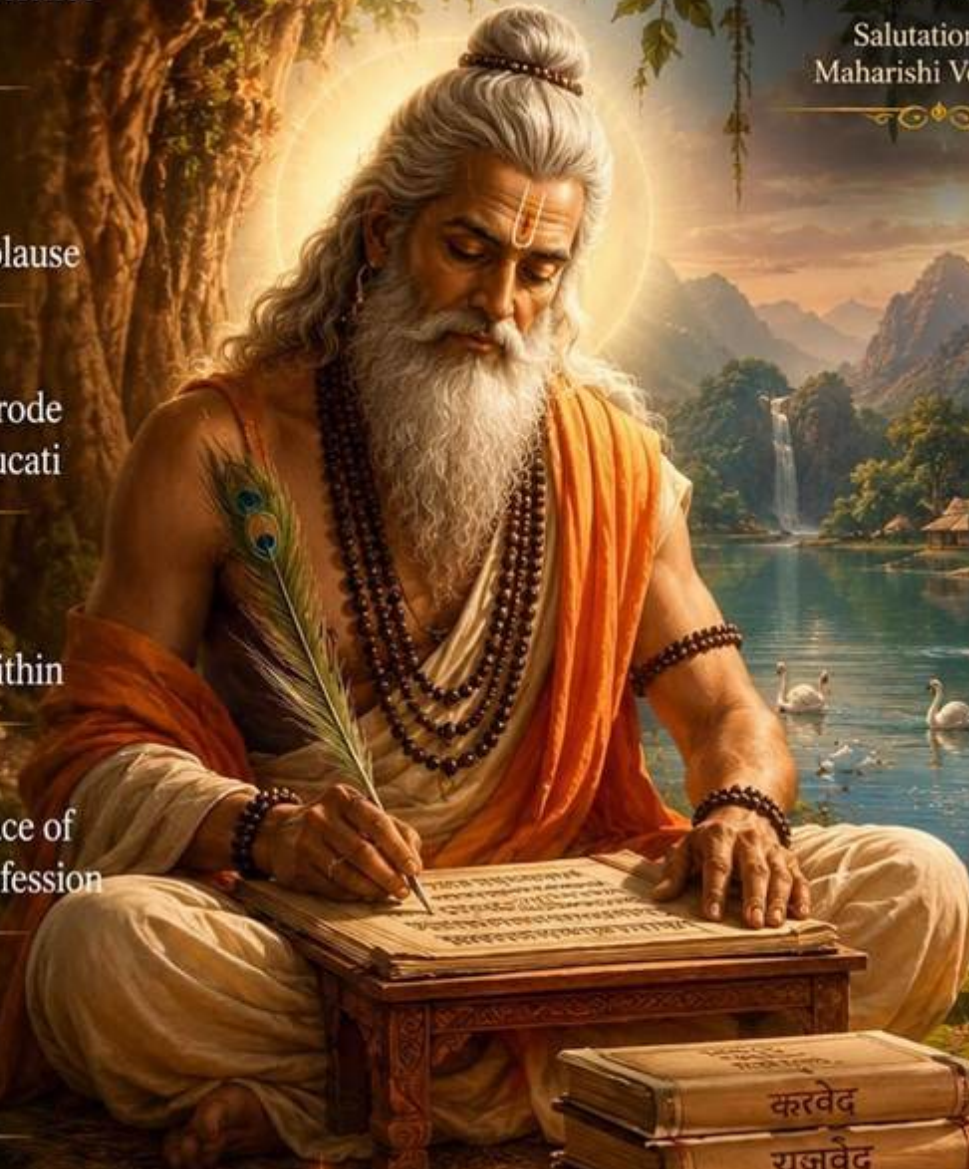
Changing face of
Medical Profession



Lauki Dahi
Tikhari

व्यासोच्छिष्टं जगत्सर्वम्
यस्य स्मरणमात्रतः ।

Salutations to
Maharishi Ved Vyas



COVER STORY

Vyas Bet

The Eternal Island of Wisdom,
where Knowledge became Immortal



From The Desk of Editor-in-Chief

Hello dear readers

This edition of SquarePetals is a vibrant mosaic of intellect, creativity, and human spirit. Each contribution opens a new window into the diverse experiences and reflections that shape our world today.

We begin with our Cover Story, “Vyas Bet”, a journey into heritage and culture that reminds us of the timeless wisdom embedded in India’s landscapes. From there, “The Neuroscience of Sanskrit” explores the fascinating intersection of language and science, showing how ancient knowledge continues to inform modern understanding.

In “Writing without Applause”, we celebrate the quiet resilience of those who create without seeking recognition—an ode to unsung voices that enrich our collective narrative. Adding a dash of adventure, “Yesterday I Rode a Yellow Ducati” captures the thrill of freedom and the poetry of motion.

Personal empowerment shines through “Unleashing the Hero Within”, a call to awaken courage and purpose in everyday life. Meanwhile, “Changing Face of Medical Profession” examines the evolving landscape of healthcare, where compassion and innovation must walk hand in hand.

To balance reflection with delight, “Lauki Dahi Tikhari” brings flavor to our pages, reminding us that culture is also savored at the dining table.

Together, these voices form a tapestry of thought, emotion, and inspiration. This edition is not just about reading—it is about experiencing the richness of life in all its dimensions.

Happy reading, please send your feedback.

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





Dr(Hon) Babita Hundal

Best Paint Artist of the Year 2024
PM Modi Inspiring India Award 2025

*Art is the quiet language
through which the soul
leaves its imprint
on the world.*

April 2026

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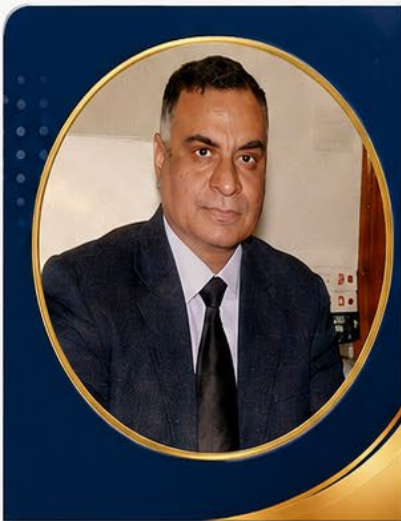
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Inspiring Minds. Sharing Ideas. Creating Impact.

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Flavor Special

The Gujarati mouth watering
“Lauki Dahi Tikhari”

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Sunehri Baatein

Episode 1



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Guest: Sonal Shah
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Cover Story



Vyas Bet

॥ Om Paramatmane Namah ॥
॥ Om Vyasnarayan Namah ॥

“Bet Vyas – The Forgotten Pilgrimage Site on the Banks of the Narmada”



Maharshi Ved Vyas Ashram

Bet Vyas, the ashram of Maharshi Ved Vyas, one of the greatest sages, an ancient abode, is situated in present day Barkal village of Shinor Taluka in Vadodara district of Gujarat. The importance of the divine ashram has mention in the *Mahabharata*, *Shiv Purana*, and *Narmada Purana*.

Ved Vyas Bhagwan was son of sage Parashar Rishi, and his mother was Devi Satyavati, also known as Matsyagandha. Ved Vyas was born on the auspicious day of Shravan Krishna Ashtami.

From childhood, Ved Vyas ji possessed extraordinary wisdom and spiritual power. Through deep meditation and penance, he attained divine knowledge. It is known that Ved Vyas ji stayed on the banks of the holy river Narmada and performed intense austerities there, and because of his spiritual practices, the place became sacred and renowned.

Maharshi Ved Vyas is credited with dividing and organizing the Vedas into four parts for the welfare of humanity. He also composed or compiled many important scriptures and Puranas. Most importantly, he composed the great epic *Mahabharata*. He is also associated with the composition of the *Bhagavata Purana* and many other sacred texts.

The text further explains that Lord Ganesha himself acted as the writer (scribe) when Ved Vyas ji narrated the Mahabharata. Before writing, Ganesha placed a condition that Ved Vyas ji should continue dictating without pause. The rishi, in turn, said that Lord Ganesha must fully understand every verse before writing it down. This is how one of the greatest epic, the Mahabharata was composed. Only God himself could pen down such a vast Grantha, with details timed to minute's perfection, with the creative spiritual instincts and thoughtfulness of Maharishi Ved Vyas, providing the world with the scripture for guidance that has lasted for ages.



There are documents available that describe the spiritual significance of the place, Vyas Bet, and devotees visit the site with deep faith. Worship, rituals, and religious activities are a regular here.

It further mentioned that bathing in the sacred waters and visiting the temple on auspicious days is believed to bring blessings, peace, and spiritual merit.

It is a matter of alarm that many ancient pilgrimage places on the banks of the sacred river Narmada are gradually disappearing due to floods and lack of required maintenance with changing times, **Bet Vyas** being one of these. This place is associated with Maharshi Ved Vyas, the compiler of the Vedas and the author of the Mahabharata. The area once contained temples, hermitages, and sacred sites connected with ancient sages and traditions.

Over time, repeated floods of the Narmada and lack of preservation caused severe damage to the area. Ancient structures collapsed, temple remains were buried, and many sacred places became deserted. There were temples, rest houses, and places where saints and pilgrims used to stay. Today, many of those structures are either ruined or nearly lost.



The villagers and devotees still maintain faith in the sanctity of the place. Despite destruction caused by floods, people continue to visit and worship there. According to local belief, Maharshi Ved Vyas performed penance at this site. The spiritual atmosphere of the place is still considered powerful and sacred. Remains of old temples and idols can still be found in the region. Some ancient stones and structures are visible during certain seasons when river water recedes.

Square Petals Global Webzine expresses concern that if proper conservation efforts are not undertaken now, this important heritage site may disappear completely in the future. Authorities must develop this precious site of divine and historic importance; develop approach facilities for religious and educative tourism here. The natural beauty of the place with river Narmada and the landscape is another attraction with light trekking adventure and the soulful boating experience, in addition to the immense spiritual significance. However, the sanctity of the place must be maintained as not turning it into a pini spot, as the essence of divine calmness and the power of educative awakening should prevail, and that is the foundation of Bharat.

We conclude by urging Indian society and authorities to recognize the historical and religious importance of Bet Vyas and take steps for its preservation so that our future generations will know about this sacred place as well and will be able to obtain experience spiritual enlightenment and blissful vibes of Bet Vyas.

We express gratitude to Shri Harshad Tapodhan Vyas ji, for providing us with the information mentioned in the write up. We also appreciate and thank his entire family who reside at Bet Vyas Ashraam and maintain the cleanliness and management of the Temple and the place. The family extends cordial guidance to the visiting pilgrims setting example of how a truly educative environment is soothing for the mind, with peaceful pleasantness.

Dr. Virendra Johri
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HOW SPEAKING SANSKRIT TRANSFORMS YOU

- 1 PHONETIC PRECISION**
A WORKOUT FOR THE SPEECH MOTOR SYSTEM
 - Sanskrit has 49 distinct sounds, categorized with perfect phonetic accuracy.
 - Requires precise articulation using the tongue, palate, teeth, throat, and lips.
 - Activates and strengthens the motor cortex, Broca's area, and auditory cortex.
 - Improves clarity of speech, listening skills, and neural coordination.
- 2 MATHEMATICAL GRAMMAR**
A GYM FOR THE MIND
 - Sanskrit grammar (Panini's Ashtadhyayi) is a formal system of ~4,000 rules with incredible precision.
 - Enhances logical reasoning, pattern recognition, and abstract thinking.
 - Strengthens prefrontal cortex and working memory.
 - Builds mental discipline and cognitive flexibility.
- 3 HIGH COGNITIVE DEMAND**
PEAK MENTAL BANDWIDTH
 - Speaking Sanskrit requires simultaneous processing of sound, meaning, grammar, and context.
 - Engages multiple brain networks at once.
 - Improves focus, attention, sustained concentration, and mental stamina.
 - Enhances overall cognitive performance.
- 4 NEUROGENESIS & BRAIN PLASTICITY**
BUILDS A RESILIENT BRAIN
 - Regular Sanskrit practice stimulates neurogenesis (growth of new neurons).
 - Strengthens synaptic connections and brain plasticity.
 - May help in reducing risk of cognitive decline and neurodegenerative diseases.
 - Promotes emotional balance and mental well-being.
- 5 PHYSIOLOGICAL REGULATION**
SOUND THAT HEALS AND BALANCES
 - Chanting Sanskrit regulates breath and improves lung function.
 - Activates the parasympathetic nervous system, reducing stress.
 - Lowers heart rate and blood pressure.
 - Balances the endocrine system and improves hormonal health.
 - Enhances sleep quality, immunity, and overall vitality.

ॐ SANSKRIT

THE SCIENCE OF A LANGUAGE THAT TRANSFORMS THE BRAIN AND BODY

वाङ्मेव शक्तिः
वाङ्मेव ब्रह्म
SPEECH IS POWER.
SPEECH IS DIVINE.

Sanskrit (Samskritam, meaning "perfectly refined") is often celebrated for its profound literary legacy. However, modern neuroscience and physiology reveal that speaking it is much more than a means of communication—it is a comprehensive, high-intensity workout for the human nervous system.

Because of its strict phonetic rules, mathematical grammar, and dense cognitive requirements, Sanskrit demands peak mental bandwidth, operating as a tool for neurogenesis and physiological regulation.

योगः चित्तवृत्ति निरोधः
yogah citta-vṛtti nirodhah
Yoga is the stilling of the fluctuations of the mind.

WHAT HAPPENS IN THE BRAIN?

Listening Sanskrit

Speaking Sanskrit

Reciting Sanskrit

Sustained Chanting

Brain imaging studies show increased activation in areas responsible for language, memory, attention, and emotional regulation.

THE PERFECT DESIGN: SCIENCE OF SANSKRIT SOUNDS

Sanskrit sound system is based on the physiological structure of the vocal tract.

कंठ्य (Throat)	तालव्य (Palate)	मूर्धन्य (Retroflex)	दन्त्य (Dental)	ओष्ठ्य (Labial)
क ख ग य ङ	च छ ज झ ञ	ट ठ ड ढ ण	त थ द ध न	प फ ब भ म

This systematic arrangement trains the entire vocal apparatus, improves neuromuscular control, and harmonizes body and speech.

WHAT RESEARCH SAYS

- Improved memory and attention
- Enhanced brain connectivity
- Greater gray matter density in key brain regions
- Improved mood and emotional balance
- Better verbal fluency and comprehension
- Better academic performance
- Lower cortisol (stress hormone)
- Slower cognitive aging

WAYS TO EXPERIENCE THE POWER OF SANSKRIT

- Chant Mantras Daily: Calms the mind and balances emotions.
- Recite Shlokas and Stotras: Improves memory, focus, and positivity.
- Speak Sanskrit Regularly: Trains the brain for clarity and precision.
- Learn Sanskrit Shastra: Enhances wisdom, logic, and perception.
- Combine with Yoga & Pranayama: Multiplies the benefits for body, mind & spirit.

SANSKRIT IS NOT JUST A LANGUAGE. IT IS A COMPLETE NEUROSCIENCE AND WELLNESS SYSTEM. SPEAK SANSKRIT. TRANSFORM YOURSELF.

न हि ज्ञानेन सदृशं पवित्रमिह विद्यते । (भागवद्गीता 4.38)

SHARPENS THE BRAIN

STRENGTHENS THE BODY

ELEVATES THE MIND

CONNECTS TO THE DIVINE

The Neuroscience of Sanskrit:

How an Age-old Language Rewires the Brain and Body

Sanskrit (Samskritam, meaning "perfectly refined") is often celebrated for its profound literary legacy. However, modern neuroscience and physiology reveal that speaking it is much more than a means of communication—it is a comprehensive, high-intensity workout for the human nervous system.

Because of its strict phonetic rules, mathematical grammar, and dense cognitive requirements, Sanskrit demands peak mental bandwidth, operating as a tool for neurogenesis and physiological regulation.

Here is the science behind how speaking Sanskrit transforms the brain and body:

1. The Neurochemical Cocktail of Articulation

The specific phonetic sounds of Sanskrit are engineered to trigger precise neurochemical responses in the brain:

Nitric Oxide & Endorphins: The frequent use of the nasal "म्" (Makara) and Anusvara creates a sustained cranial vibration. This humming stimulates the Vagus nerve, releasing soothing endorphins and acetylcholine, while greatly increasing Nitric Oxide in the nasal cavity, which improves blood flow and oxygenation to the brain.

- **Cortisol Reduction:** The Visarga (the unvoiced aspiration, like "ह्") forces a rhythmic, punctuated exhalation. This controlled release of breath signals safety to the nervous system, immediately dropping stress hormones like cortisol and adrenaline.
- **Dopamine:** The Sandhi system (the morphophonological blending of words) requires the brain to rapidly decode and assemble complex audio patterns. Successfully processing this fluid sound-stream triggers the brain's reward circuitry, releasing dopamine and enhancing cognitive sharpness.
- **Serotonin:** The poetic, rhythmic flow created by matching Vibhaktis (case endings) induces Alpha brainwaves (8-12 Hz). This rhythmic entrainment encourages the release of serotonin, stabilizing mood and creating a lucid, relaxed mental state.

2. The Physiology of Speech: A "Pranayama" for the Mouth

Sanskrit does not let the respiratory or articulator systems be lazy; it utilizes their maximum anatomical potential.

- **Breath Efficiency & Parasympathetic Activation:** Sanskrit uses highly concentrated, long compound words (Samāsa). Reading these requires maximum utilization of a single breath through sustained exhalation (Rechaka) and deep diaphragmatic engagement. This mimics Pranayama (breath control), slowing the heart rate and calming the nervous system.

- **Full-Spectrum Motor Workout:** Unlike English, which heavily relies on the front of the mouth, the Sanskrit alphabet (Varnamala) systematically forces the tongue to strike all five points of articulation: guttural (throat), palatal, retroflex (roof), dental, and labial. This full-spectrum movement acts as a vigorous workout for the brain's motor cortex and cranial nerves, while tapping the hard palate acts as acupressure for the hypothalamus.

3. The Algorithmic Brain: Real-Time Computational Heavy Lifting

Sanskrit grammar does not rely on word order; it relies on an algorithmic system of inflections. This requires an extraordinary level of cognitive computation that pushes the brain's executive functions to their limits.

- **Working Memory & BDNF:** Before uttering a sentence, the speaker must mentally calculate the root verb (Dhatu), noun stem, gender, number (singular, dual, plural), person, and case (Vibhakti), and then apply Sandhi rules. Holding these variables simultaneously pushes the Working Memory and Prefrontal Cortex to maximum capacity. This cognitive heavy lifting triggers the release of BDNF (Brain-Derived Neurotrophic Factor), a protein that drives the growth of new neurons.
- **The "Sanskrit Effect":** This immense cognitive demand is so powerful that neuroscientists have documented "The Sanskrit Effect." MRI scans of Sanskrit scholars reveal significantly thicker grey matter in their hippocampus—the brain's centre for learning and memory.
- **Absolute Mindfulness (Dharana):**

Because a single grammatical slip collapses the meaning of a Sanskrit sentence, the brain cannot wander. This intense, one-pointed focus deactivates the brain's Default Mode Network (DMN)—the area responsible for daydreaming and anxiety—forcing the speaker into a state of absolute present-moment mindfulness.

4. **The Mnemonic Superhighway: Why Sanskrit Poetry is Effortlessly Memorable** Sanskrit literature, especially poetry (Shlokas), is significantly easier to memorize than texts in other languages due to its reliance on Chhandas (metrical science).

- **The Phonological Loop & Chunking:** Sanskrit poetry relies on strict arrangements of syllables based on heavy (Guru) and light (Laghu) weights. This rhythm acts as a "carrier wave" for information. The brain's working memory utilizes the phonological loop to store audio. The mathematical rhythm of Chhandas naturally "chunks" large amounts of data into easily digestible acoustic blocks.
- **Acoustic Encoding:** Because the rules of Sandhi dictate that words must physically sound harmonious when placed next to each other, the brain encodes Sanskrit acoustically rather than visually. If you forget a word in a Shloka, the brain can often "guess" it simply by filling in the missing rhythmic heartbeat or phonetic gap. This makes reciting thousands of verses (like the Bhagavad Gita or Ramayana) a feat of neuro-acoustic memory rather than rote visual memorization.

5. Mrdu (Soft) vs. Kathora/Sthula (Hard) Consonants: The Dance of Alertness and Flow

The Sanskrit alphabet categorizes consonants into Mrdu (soft/voiced, like ga, ja, da, ba) and Kathora (hard/plosive/unvoiced, like ka, cha, ta, pa). The interplay of these sounds, especially during Sandhi, dramatically influences neurochemistry:

- **Hard Consonants (Adrenaline & Alertness):** Articulating hard, plosive consonants requires a sharp, abrupt release of air. This micro-exertion creates split-second spikes in alertness, engaging the sympathetic nervous system and releasing micro-doses of adrenaline/epinephrine. This keeps the speaker's brain awake, sharp, and attentive.
- **Soft Consonants (Acetylcholine & Flow):** Mrdu sounds require the vocal cords to vibrate continuously without stopping the airflow. This continuous resonance triggers the vagus nerve, releasing acetylcholine, which induces physical relaxation and mental flow.
- **The Sandhi Balance:** Sandhi often forces hard sounds to become soft to maintain a continuous flow of breath (e.g., Jagat [hard 't'] + Isha = Jagadisha [soft 'd']). This linguistic rule prevents vocal strain and cognitive dissonance. Neurologically, it creates a perfect oscillation

between sympathetic (alertness) and parasympathetic (relaxation) states, keeping the brain in the optimal "Flow State."

6. The Three Lingas (Genders): Engaging the Social Brain and Emotional Neurochemistry

Sanskrit assigns one of three Lingas (genders) to every noun—Pullinga (Masculine), Strilinga (Feminine), and Napumsakalinga (Neuter). However, in Sanskrit, gender is based on the phonetic ending and the archetypal energy of the word, not biological sex. For example, Mitra (friend) is neuter, while Vidya (knowledge) is feminine.

- **Activating the Social Cognition Network:** In psycholinguistics, assigning gender to inanimate concepts forces the brain into personification. Instead of using the brain's object-recognition centres, speaking Sanskrit actively engages the medial prefrontal cortex—the area of the brain used for empathy and socializing. You are essentially interacting with words as living entities with unique energetic signatures.
- **Emotional & Hormonal Alignment:**
 - **Strilinga (Feminine):** Often ending in long vowels like 'ā' or 'ī' (e.g., Śānti - peace, Kṣamā - forgiveness). These vowels require an open, relaxed mouth and prolonged breath. They evoke nurturing, expansive, and dynamic energy (Prakriti). Psychologically focusing on these concepts can subtly stimulate oxytocin, fostering feelings of connection, empathy, and emotional warmth.
 - **Pullinga (Masculine):** Often ending in the Visarga ('ḥ') or short 'a' (e.g., Sūryaḥ - sun, Kālaḥ - time). These endings are structured, punctuated, and direct. They represent outward, assertive energy (Purusha). Engaging with these sharp, structured concepts psychologically aligns with testosterone and dopamine pathways, evoking feelings of confidence, structure, and action.
 - **Napumsakalinga (Neuter):** Often ending in 'am' (e.g., Jalam - water, Brahma - ultimate reality). These words vibrate in the nasal cavity. They represent objective, grounded reality, acting as an emotional anchor

that stabilizes the brain and balances the hormonal extremes of the masculine and feminine linguistic energies.

Conclusion

Sanskrit is far more than a linguistic tool; it is a meticulously engineered neuro-linguistic exercise. By marrying algorithmic mental computation with precise breath control and full-mouth articulation, it demands extreme cognitive focus. In return, it rewards the speaker with enhanced neuroplasticity, vitalized respiratory function, and a balanced, focused mind.

Sanskrit is fundamentally engineered to be memorized more easily than any other language. Because it evolved as an oral tradition (Shruti - that which is heard) for thousands of years before being written down, its entire phonetic and grammatical structure functions as a colossal, fail-proof mnemonic device.

“Celebrating Sanskrit”
Linktr.ee/samvadah



WRITING WITHOUT APPLAUSE

How the Indian Army Weaponised My Pen

By Col Madhur Goyal, SM

WRITING WITHOUT APPLAUSE

How the Indian Army Weaponized My Pen



I was never the child who bled ink or composed sonnets by candlelight during a power cut. To me, a blank page wasn't an "invitation to create"; it was a cold-blooded interrogator. That blinking cursor was a tiny, vertical tyrant, mocking my intellect with rhythmic, judgmental silence. My brain, faced with the prospect of "Literary Ambition," would promptly pack its bags and go on indefinite leave.

Determined to flee the clutches of the alphabet, I chose a career that I assumed dealt exclusively in grit, boots, and brawn. I joined the **Indian Army**.

As it turns out, the Indian Army has a wicked, Shakespearean sense of irony. Just when you think you've escaped the red ink of your schoolteachers, the organization hands you a thick stack of files, a government-issue pen, and a mission wrapped in discipline and cryptic abbreviations.

One morning, the universe played its hand. I was tasked with an "S of C" (**Statement of Case**). I stared at the folder as if it were an unexploded IED. Since when did **Writing** sound like a radio code? This wasn't the airy-fairy "content" you find floating around the internet today; this was high-stakes mental gymnastics performed on paper. To my horror and eventual delight, I was good at it.

I began hesitantly, but the military machine noticed. Soon, my world wasn't just about tactical manoeuvres; it was about the **Army** of words. Small "Statements of Case" snowballed into "Courts of Inquiry," which morphed into "Tactical Appreciations," and eventually, "Doctrinal Notes." I wasn't trying to be a Hemingway of the Himalayas; I was just trying to survive the paperwork.

I eventually realized the **Army** is a collective of brilliant, decisive, and terrifyingly articulate minds. But brilliance is often a messy house. Ideas collide like shrapnel; facts scatter like a broken formation. The world didn't need me to be "creative." It needed me to be a **clearing house**. Someone had to:

- Listen to the thunder of ideas.
- Organize the debris.
- Simplify the complex without murdering the meaning.

Accidentally, that someone was me. I wasn't writing for an audience; I was writing for **purpose**. In the military, there are no "likes," no "shares," and definitely no standing ovations. But there is **Impact**.

This is the "Invisible Side" of **Writing**. It doesn't trend on social media, but it moves reality. It moves resources, changes systems, and records history. It is writing that never receives applause, yet it is the very spine of any powerful institution.

When I hung up my uniform, the silence was deafening. Free from the rank structure, I started writing for the public. Suddenly, newspapers and magazines were calling. Books followed.

Then came the shock; I realized I was earning more from a single book or a specialized report than I ever could by chasing the "content" dragon.

The modern world views **Writing** as a performance art. We are told to:

- **Scream** for attention.
- **Post** daily until our fingers bleed.
- **Build** a "personal brand" (a phrase that makes my combat boots shudder).



It's a noisy marketplace where everyone is waving their arms, begging to be noticed. But while everyone is busy performing, organizations are **drowning**. They are overwhelmed by information and paralyzed by their own internal noise. They don't need "content creators"; they need **operational writers**.

Businesses aren't short of ideas; they are suffocating under them. A meeting ends, a strategy is debated, and then the fatal question is asked: "*Can someone put this down clearly?*"

That ensuing silence is the most expensive sound in the world.

If you can fill that silence, you don't need a "portfolio" or a "brand." You need three things I learned in the **Army**:

- **Tactical Listening:** Hearing what isn't being said.
- **Strategic Organization:** Turning a mess into a map.
- **Lethal Clarity:** Explaining a complex problem so simply that even a Lieutenant could understand it. (I kid, mostly).

There is a profound, almost rebellious joy in writing without an audience. When you stop trying to "express yourself" and start trying to be **useful**, the ego vanishes. You aren't performing for a fickle crowd; you are solving a puzzle.

The **Army** didn't teach me how to be a writer; it taught me how to **think on paper**. If you've ever felt that writing is frustrating or unrewarding, stop trying to be a performer. Stop seeking the applause of the masses. Instead, become the person who brings order to the chaos.

Sometimes, the most powerful words you will ever write are the ones that no one ever claps for but everyone relies upon.



***Col Madhur Goyal, SM** is a decorated Indian Army veteran turned essayist whose writing explores courage, conscience, and the complexities of modern human behavior. Drawing from a life shaped by discipline and reflection, he now examines the quieter battles of ego, sincerity, and emotional strength).*



Yesterday I rode a Yellow Ducati

That sentence, simple as it sounds, carries a quiet rebellion.

At 62, people are often expected to slow down, become more measured, predictable, and perhaps cautious. The world tends to communicate in softer tones, urging restraint and reminding you of age, limits, and what is considered "appropriate now."

And then, there I was.

My leg swung over a machine that didn't mind my age at all. My fingers curled around a throttle that responded purely to my intent. A cozy, premium helmet wrapped around more than just my head; it felt as if it carried something ancient yet surprisingly fresh. The engine came alive. And so did I.



The first few meters were careful. Muscle memory waking after years of dormancy. Balance returned like an old friend, slightly amused that I had stayed away this long. And then, somewhere between caution and confidence, the expressway opened. The needle climbed. 60... 80... and then 100.

It's not about recklessness or bravado, but rather a gentle rush of life that gently reminds us that growing older doesn't mean you live any less... it simply patiently waits for us to reconnect with it.

There's a special kind of strength in moments like these. It's not just about the physical force beneath your feet, but also the comforting realization that the boy you once were is still with you. He's just been quietly waiting, patiently. Waiting. For you to remember and recall.

We often get lost in our routine. Predictability and safety become our routine. Yet, little by little, without even noticing, life can turn into just something we manage... rather than something we wholeheartedly experience.

But every now and then, a moment breaks through. A ride like this. A risk like this. A decision made without seeking any approval. It just happens

A reminder that life does not come as a continuous rush. It comes in bursts. In patches. In sudden, exhilarating flashes that shake you out of your well-constructed calm.

And perhaps that is enough. Perhaps we do not need to live on the edge every day.

But we need to visit it once in a while... just to remind ourselves that we are still alive.

Yesterday, I rode a yellow Ducati.

More importantly, I met a younger version of myself yesterday.

And he seemed rather pleased I had finally shown up.

Col. Vineet Dev, SM





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UNLEASHING THE HERO WITHIN

By Coach Michael Ediale

There is a hero inside you.

Not the kind you see in movies wearing capes or performing impossible stunts—but a real, powerful, unstoppable force waiting quietly beneath your fears, doubts, and limitations. This hero is your true self—your courage, your resilience, your purpose, and your untapped greatness.

The tragedy of life is not that people fail. It is that many never discover who they truly are.

The Hidden Power within You.

Every great achievement in history began as a spark within someone who dared to believe. That same spark lives in you. You may not feel it every day. Life may have tried to bury it under disappointment, rejection, or failure—but it is still there.

The hero within you is not defined by your current situation. It is defined by your potential.

You may be:

- * Struggling financially
- * Facing rejection
- * Dealing with self-doubt
- * Feeling overlooked or underestimated



THERE IS A HERO INSIDE YOU.

Not the kind you see in movies wearing capes or performing impossible stunts—but a real, powerful, unstoppable force waiting quietly beneath your fears, doubts, and limitations.

This hero is your **TRUE SELF—YOUR COURAGE, YOUR RESILIENCE, YOUR PURPOSE, AND YOUR UNTAPPED GREATNESS.**

But none of these define you. They are only chapters, not your conclusion.

The Voice You Must Conquer

The greatest battle you will ever fight is not outside—it is within.

There is a voice that whispers: “You’re not good enough.”

“You can’t do it.”

“People like you don’t succeed.”

That voice is not your truth—it is your limitation speaking.

The moment you begin to challenge that voice, you awaken the hero inside you.

Replace it with: “I am capable.”

“I am growing.”

“I will rise.”

Because what you consistently tell yourself eventually becomes your reality.

Pain Is the Pathway to Power

Every hero’s journey includes hardship. No one rises without resistance.

Your struggles are not punishments—they are preparation.

Pressure builds strength

Failure builds wisdom

Delay builds patience

Pain builds character

Instead of asking, “Why is this happening to me?”

Start asking, “What is this building in me?”

Your challenges are shaping you into the person you need to become.

Activate Your Inner Hero

Unleashing the hero within is not automatic—it is intentional. It requires action.

1. Take Responsibility

Stop waiting for rescue. You are your own solution. The moment you take responsibility for your life, you take back your power.

2. Develop Yourself Daily

Read. Learn. Grow. Improve your skills. The hero within you thrives on growth, not comfort.

3. Take Bold Action

Courage is not the absence of fear—it is acting despite fear. Do what scares you. That is where your breakthrough lies.

4. Surround Yourself with the Right People

Environment matters. Stay around those who inspire, challenge, and uplift you.

5. Stay Consistent

Greatness is not built in a day—it is built daily. Small consistent actions create massive results.

You Were Born for More

You were not created to live an average life. You were designed for impact, for purpose, for greatness.

There are ideas inside you waiting to be expressed.

There are lives you are meant to touch.

There is a legacy you are meant to leave behind.

But none of this will happen if you keep doubting yourself.

Rise and Become

The world does not need another copy—it needs you, fully expressed, fully alive, fully courageous.

Rise above your fears.

Rise above your excuses.

Rise above your past.

The hero within you is not waiting for permission—it is waiting for activation.

Today, make a decision:

To believe in yourself

To take action

To refuse to quit

Because deep inside you is a force greater than any obstacle you will ever face.

Unleash it.

Embrace it.

Become it.

Your story is not over.

In fact — it is just the beginning.

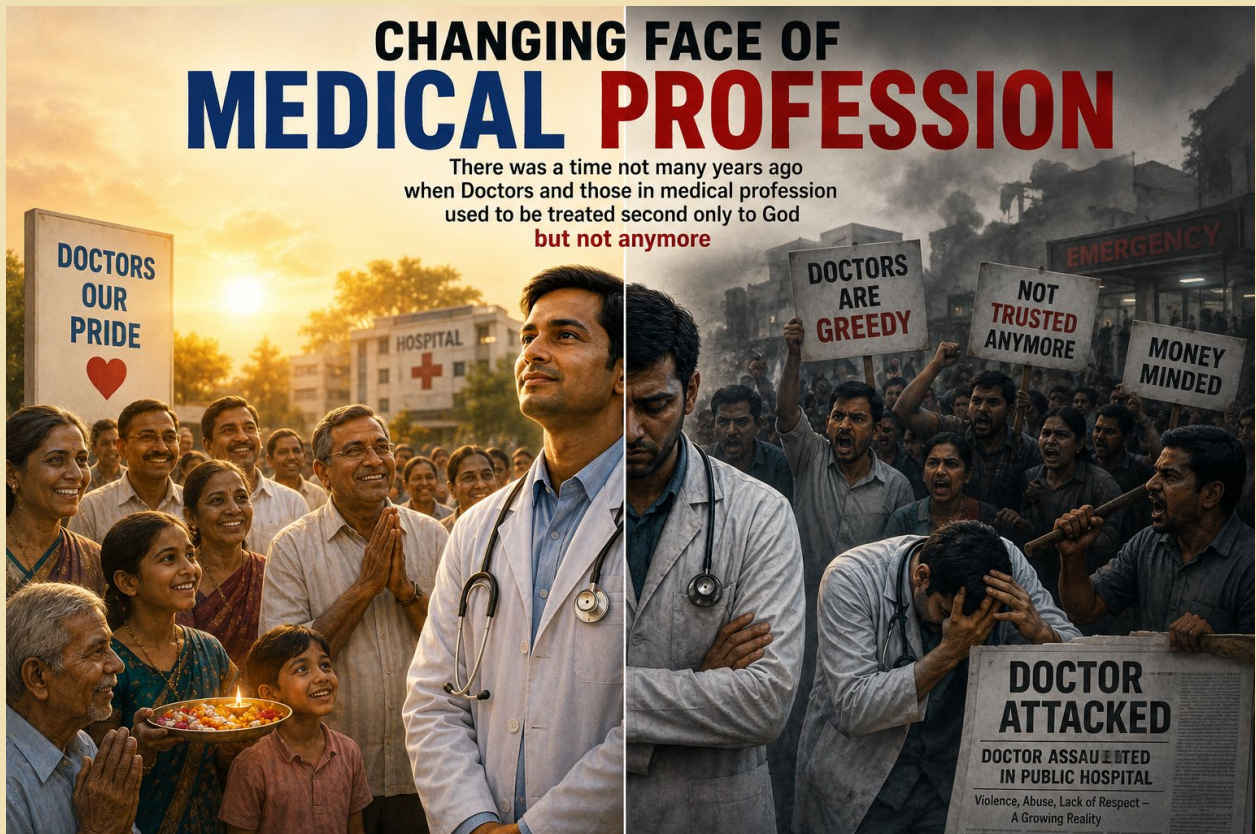
Author Michael Ediale

Best-Selling Author | Motivational Speaker

Film Producer | Performing Artist |

CEO Orange TV & Music





There was a time not many years ago when Doctors and those in medical profession used to be treated second only to God but not anymore. What has changed over the years that the profession no longer commands the same respect as years gone by? It is indeed a difficult situation as a result of lack of trust between the doctors and patients with both sides contributing to the changing face of the once termed as the noblest profession. A beautiful quote by Richard. L. Reece on the present emerging scenario of the profession so well summarizes the same:

Once upon a time there was a profession called medicine. Now there is an industry called healthcare. The former was based on direct patient care. The latter rests on control and coordination of the former.

Healthcare in the present times has become too much of a business. Perhaps one of the most complicated / complex industries. With no time or patience with the present generation of doctors for interface with the patients, lack of personal touch and respect for the patients have not only created mistrust between the doctors and patients adding to their misery but also contributed to the present deterioration of the profession.

Further the increasing competition amongst the corporate and private hospitals to have the greater pie in the sector, allocation of targets to doctors

for generating more and more revenues. The lack of basic infrastructure and amenities in the Govt. hospitals have further aggravated the decline in the healthcare sector resulting in the cases of violence and abuse against the Doctors.

The situation can be salvaged to some extent by a multipronged strategy that must include:

1. Improvement in the standards of medical education that must include some sessions on ethics compassion and probity.
2. Improvement in the working conditions of Doctors in the Govt. Sector and provision of basic infrastructure in the Govt. hospitals to attract the best talent.
3. Respect, support and protection to the Doctors by the Govt. in Govt. Hospitals
4. Alleviating the fear of persecution by Patients and their relatives amongst doctors to enable them to work without fear.
5. De recognition of non compliant Medical Institutions.
6. Capping the costs of various medical and surgical procedure sin Pvt Hospitals
7. Strict deterrent action against medical professionals engaging in unethical practices.

Most importantly it is the system that requires a complete overhauling where the Patients are given the due respect and treated with compassion and at the same time the doctors, the healers are given the emotional strength and support to enable them to work fearlessly without any fear of litigation or online abuse.



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

THE SELF-MEDICATION TRAP

The Hidden Danger of DIY Treatment



DR. PRIYANKA TRIVEDI ✨

The Self Medication Trap

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

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

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

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

This book was not born in a clinic, hospital, conference, or medical seminar; it was born in a home, in a moment of helplessness, when I watched someone I love suffer because of one simple decision - choosing the internet over a doctor. It was that day when I realized how dangerous that decision could be!! The idea took birth the night I spent sitting on the floor, holding the hand of a patient who whispered, "I thought I was doing the right thing. I didn't want to bother anyone. Doctors are expensive, so I did it myself". It progressed when I saw countless faces walking into OPDs with complications that could have been avoided, if only they had not trusted a reel, a viral video, or a random diagnosis from the internet. It became important in the loud, alarming realization that we are living in the most dangerous health era ever. It's not because diseases are increasing, but because wrong information is spreading faster than any disease ever could. Yes, faster than Corona.....

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KUTUMB

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



Narayan Rout



Kutumb

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

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

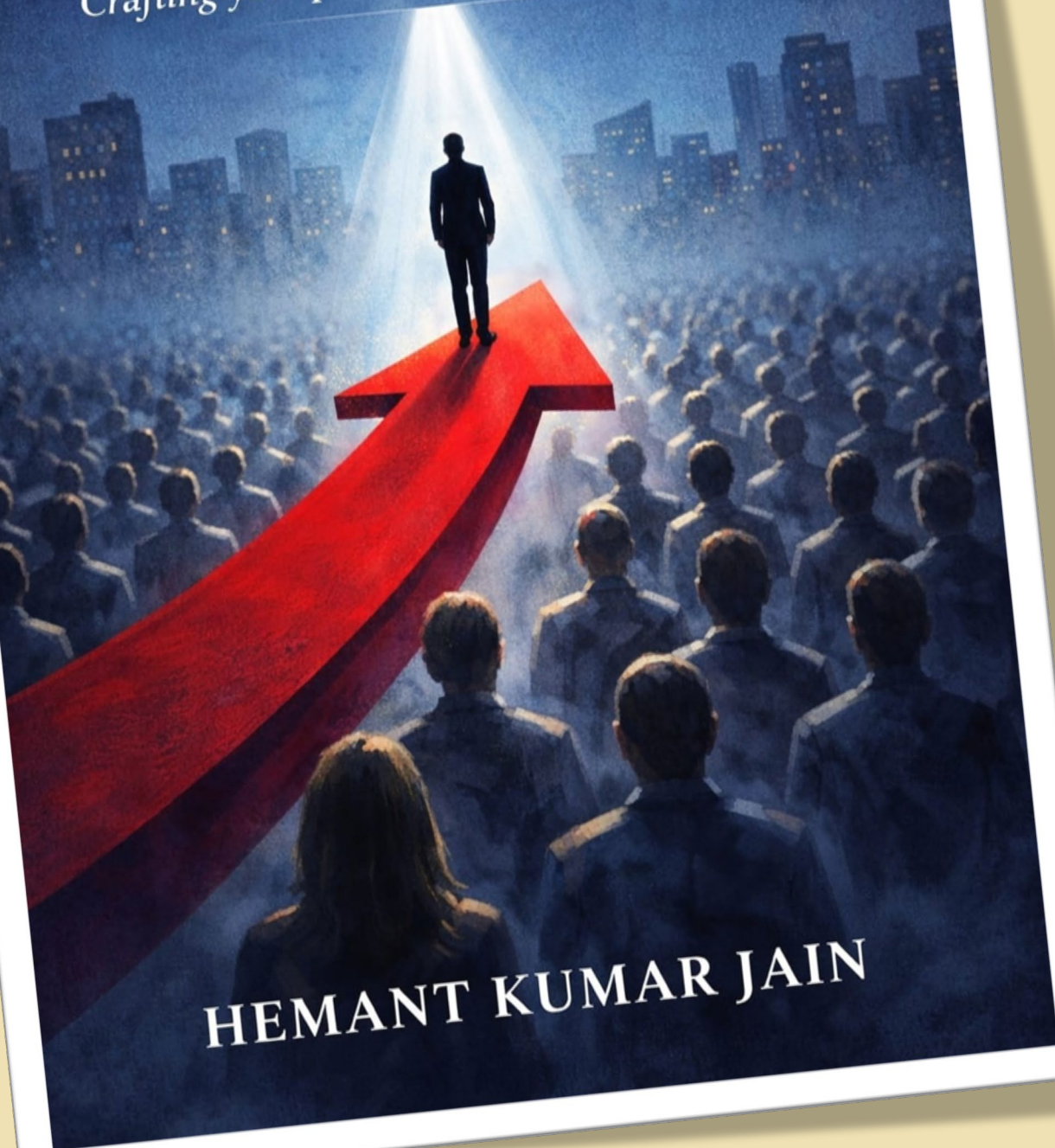
This land did not separate the human from the divine, the seen from the unseen. Every grain of soil held memory, every breeze carried song, and every dawn was prayer. To live here was to live in intimacy with the cosmos itself - a member of the great family of existence. Her people grew up not with the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

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

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The Art of **POSITIONING**

Crafting your presence in a crowded world



HEMANT KUMAR JAIN

The Art of Positioning

In a world that is becoming increasingly loud, crowded, and competitive, everyone is fighting the same silent battle: The Battle for Position.

We are conditioned to believe that "Position" is a physical coordinate. We think it is defined by the corner office, the rank on a mark sheet, the weight of a bank balance, or the number of followers on social media. We spend our lives competing in a frantic race to acquire these badges, often at the cost of our peace, our health, and our relationships. But what happens when the job is lost? What happens when the money fades? What happens when the noise stops?

"Position" challenges the conventional definition of success. It argues that true position is not what you stand on, but what you stand for. Drawing from a lifetime of corporate leadership and deeply rooted in the timeless wisdom of Indian philosophy (from the Ramayana and Mahabharata to the Gita), this book offers a blueprint for building a life of substance. It moves beyond the superficial tactics of "hacking" success and dives into the engineering of the Self.

Through fifteen transformative chapters, you will learn: The Blueprint of Character: Why talent repels but character attracts, and how to build a reputation that is theft-proof. The Fortress of the Mind: How to tame the "Monkey Mind" and develop the focus of an elephant in an age of digital distraction.

The Mastery of Emotion: How to transmute anger into fuel, silences the paralysis of over thinking, and use Emotional Intelligence to navigate the corporate battlefield. The Art of Leadership: How to move from being a "Soloist" to a "Conductor," empowering teams and bridging silos. The Psychology of Wealth: How to stop chasing money (Laxmi) and start chasing wisdom (Saraswati) so that wealth follows you.

This book is not for those who want to be just another blinking star in the crowded cluster of mediocrity.

It is for the student, the professional, and the seeker who dares to be the Moon—distinct, calm, and impossible to ignore.

Whether you are just starting your career or sitting in the CEO's chair, this book is your manual for stopping the endless race and starting the real work of building a legacy. Do not just find your place in the world. Carve it.....

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LAUKI DAHI TIKHARI

INGREDIENTS

For tikhari

- * 1 tbsp oil
- * 1 tsp mustard seeds
- * 1/2 tsp cumin seeds
- * 1/4 tsp asafoetida
- * 1 tsp fennel seeds
- * 10–12 curry leaves
- * 1 tsp green chilli (finely chopped)
- * 1 tsp garlic paste
- * 1/4 cup onion (finely chopped)
- * 1/2 cup lauki (grated)
- * Salt to taste
- * 1/2 tsp red chilli powder
- * 1/4 tsp turmeric powder
- * 1/2 tsp coriander powder
- * 1/2 tsp cumin powder
- * 1 cup curd

For finishing

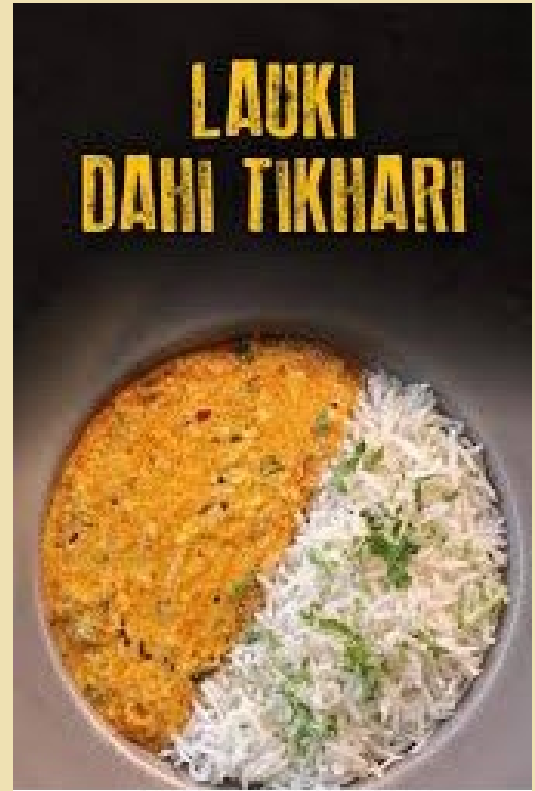
- * 2 tbsp coriander leaves (finely chopped)

Method

1. Heat a non-stick pan on medium heat.
2. Add mustard seeds and cumin seeds. Let them crackle.
3. Add asafoetida, fennel seeds and curry leaves. Sauté briefly.
4. Add green chilli and garlic paste. Sauté until aromatic.
5. Add finely chopped onion and sauté for a few seconds.
6. Add grated lauki and mix well.
7. Add salt, red chilli powder, turmeric powder, coriander powder and cumin powder. Mix and sauté for a few minutes.
8. Switch off the flame and let the mixture cool slightly.
9. Add curd and mix properly.
10. Garnish with finely chopped fresh coriander and serve.

Chef tips

- * Never add curd on high heat — it will split instantly.
- * Let the mixture cool slightly before adding curd for a smooth texture.
- * Don't overcook lauki — it should stay soft, not watery and mushy.
- * Whisk the curd before adding — otherwise you'll see lumps



Falguni Thakkar
Award Winner Chef &
Author of Hand to Heart



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