



SquarePetals



Global Webzine

Military Literature Festival

Poem
Jog & Dog

Psychology
Hypnosis ! Where Science meets Yoga

Personal Development
Change Your Thinking, Change Your Life

Short Story
A Happily Ever After

Healthy Lifestyle
At Work Place

Flavor Special
Home made Chickki
Apple Halwa



www.militaryliteraturefestiva

Top Trends
Winter Styles

Cover story

Col. Ajay Singh (Retd.)

Ajay Singh is a poet, photographer and writer-at-large who has donned the uniform for 28 years, before falling to the lure of words.



The Editorial Board

SQUAREPETALS GLOBAL WEBZINE



Dr. Satish Vema
Award Winner Author, Editor &
Former Govt. Officer,
Ministry of Defense, India



Vidya Krishnaraj
Author, Editor, Content Writer



Michael Ediale
Best Seller International Author &
Motivational Speaker



Fran Comesnas
International Author,
St. Peter's Gate Dark Fantasy Series,



Kavita Gupta
Asth. Professor
Dept. of Psychology,
M.S. University of Baroda



Dr. B. S. Parimal
Asth. Professor
Dept. of Psychology,
M.S. University of Baroda



Dr. Shashwat Johri
CEO SquarePetals Global Media,
Young Achiever 2020 Awardee,
Best Debut Indian Author 2019-20,
India Book of Records &
World Record Holder



Dr. Sansriti Johri
Author, Editor, Entrepreneur &
Officer with CBIC, India



Viren Johri
Concept &
Production Chief
COD - EsquireYJ



Views and opinions expressed in this publication are not necessarily those of publishers. Every effort has been made to ensure accuracy of the information published in this issue. EsquireVJ does not take the responsibility for any errors or omission. No part of this publication can be reproduced or published in any form, without prior permission in writing from the publisher.

ATHARVA SHARMA

2021

DECEMBER

S	M	T	W	T	F	S
			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	

EsquireVJ Publications

EsquireVJ Advertising | EsquireVJ Intellect

EsquireVJ Showcase

EsquireVJ Publication House
Book Publishing, Editing, Manuscript

SquarePetals
The Digital Global Webzine

EsquireVJ Intellect
Content Writing, Website Designing

Sunehri Collection
Designer Wear

EsquireVJ Showcase
Event Management

<https://www.facebook.com/Esquirevj/>
<https://www.youtube.com/channel/UCqCyr841rSTLZiv3-4mfVg>
<https://instagram.com/esquirevj!/?gshid=qqqf0tahouiuk>
+91 7778896891 | 7778896137
www.esquirevj.com
info@esquirevj.world



Webzine Price

Rs. 150/-

www.esquirevj.com

www.squarepetals.com

info@esquirevj.world

info@squarepetals.world

esquirevj@gmail.com

(M)+91 7778896891 / 137

Article Writers:

Michael Ediale
Tarak vaachharjani
Sansriti Johri
Seema Shelat
Moin Khan Pathan
Falguni Thakkar
Jahnvi Doshi
Satish Verma

Top Trends:

Sunehri Johri

**FROM THE DESK OF
Editor-in-Chief**

**Cold breeze? Don't freeze,
Make your move to combat;
Even shivering brings heat,
Nature works for our best.**

Hello readers,

The glittering December brings omen that the year which was tough for people is finally ending. We have made through it, we will always be thankful to the scientists, researchers, medical fraternity and the professionals and officers who got the implementation of the vaccination programme done effectively with discipline.

December is a celebration and SquarePetals Global Webzine congratulates the esteemed Editorial Board Members: Dr. Satish Verma, Dr. Sansriti Johri, Ms. Kavita Gupta, Dr. B.S, Parimal, Sh. Virendra Johri, & Dr. Shashwat Johri on being honoured with the prestigious Rabindranath Tagore International prize for Art and Literature 2021. The efforts for social enlightenment has been rewarded with the well deserved distinction, thank you Elite Book Awards for including my name as well.

The December edition of SquarePetals features on the Cover Page the heroic life story of Col. Ajay Singh (Retd.) and this a another laurel for the magazine; I have mentioned above, 'glittering December 2021.'

Enjoy winter blooms and have a great time.

**Regards,
Stay safe , stay happy.**

Sansriti Johri

**Dr. Sansriti Johri
Editor-in-Chief**

CONTENT

Cover Story <i>Ajay Singh - Interview</i>	07	Poem Jog & Dog	29
Psychology Hypnosis ! Where Science meets Yoga	13	X'mas Prayer	35
Personal Development Change Your Thinking, Change Your Life	16	Flavour Speial Home Made Chickki	31
Short Story A Happily Ever After	22	Apple Halwa	32
Healthy Lifestyle At Work Place	26	Top Trends Winter Styles	34



SquarePetals Podcast

Pen Speaks



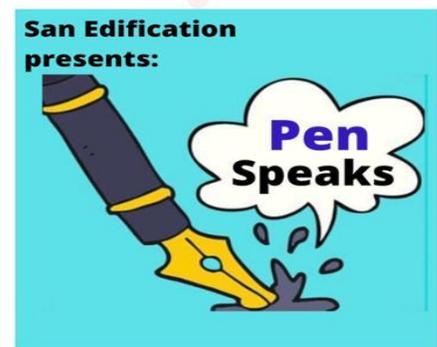
Available on Spotify, Google Podcast, Apple Podcast, Amazon Music Podcast, Overcast, Pocketcast & Radio Public

**Healthy Lifestyle:
SelfCare**

Speaker:

Dr. Sansriti Johri

Author, Officer, Entrepreneur



San Edification Presentation

Cover story Interview

**AJAY SINGH –
AUTHOR OF ‘THE FINAL DRAFT’**

(Ajay Singh is a poet, a photographer and the writer of five books – including the bestselling novel “Through Orphaned Eyes’ - and over 200 published articles. In this free-wheeling conversation, he talks about his latest book ‘The Final Draft’ – a collection of short stories and poetry- ,his writings, future plans and others. Over to him)

Q1. For starters, tell us a little about yourself. What was it that made you start writing?

Ajay – Well. I know it sounds cliched, but writing has been something that obsessed me virtually since I was eleven or so. It began off with writing poetry, and in fact, during school and college, and my initial years, I had written over 250 small pieces. Now, when I go through them, I realize how immature those works were, but they set the tone and got me on the road. I continued writing – largely professional writing during my army career. But my writing really took a boost, after I left the Army in 2011. In the last decade or so I have been able to write five books and over 200 articles.

Q2. You have published four books before your latest offering, “The Final Draft”. Tell us a little about your earlier works.

Ajay – My earlier books were largely based on Indian history and, which came about due to the interest in Indian battles which I developed during my years in the army. It began with ‘The Battles that shaped Indian History’ in 2011, which covered 12 of India’s major battles, and then went on to “A Spectrum of Modern Warfare” which followed two years later. But the magnum opus was ‘Through Orphaned Eyes’ a novel which covered the story of India and Pakistan, and was a different genre altogether. Two years ago, in 2019, came ‘India’s Battlefields – from Kurukshetra to Balakot’ covering 42 Indian battles over 3000 years. And now, of course, is ‘The Final Draft’ a collection of short stories.

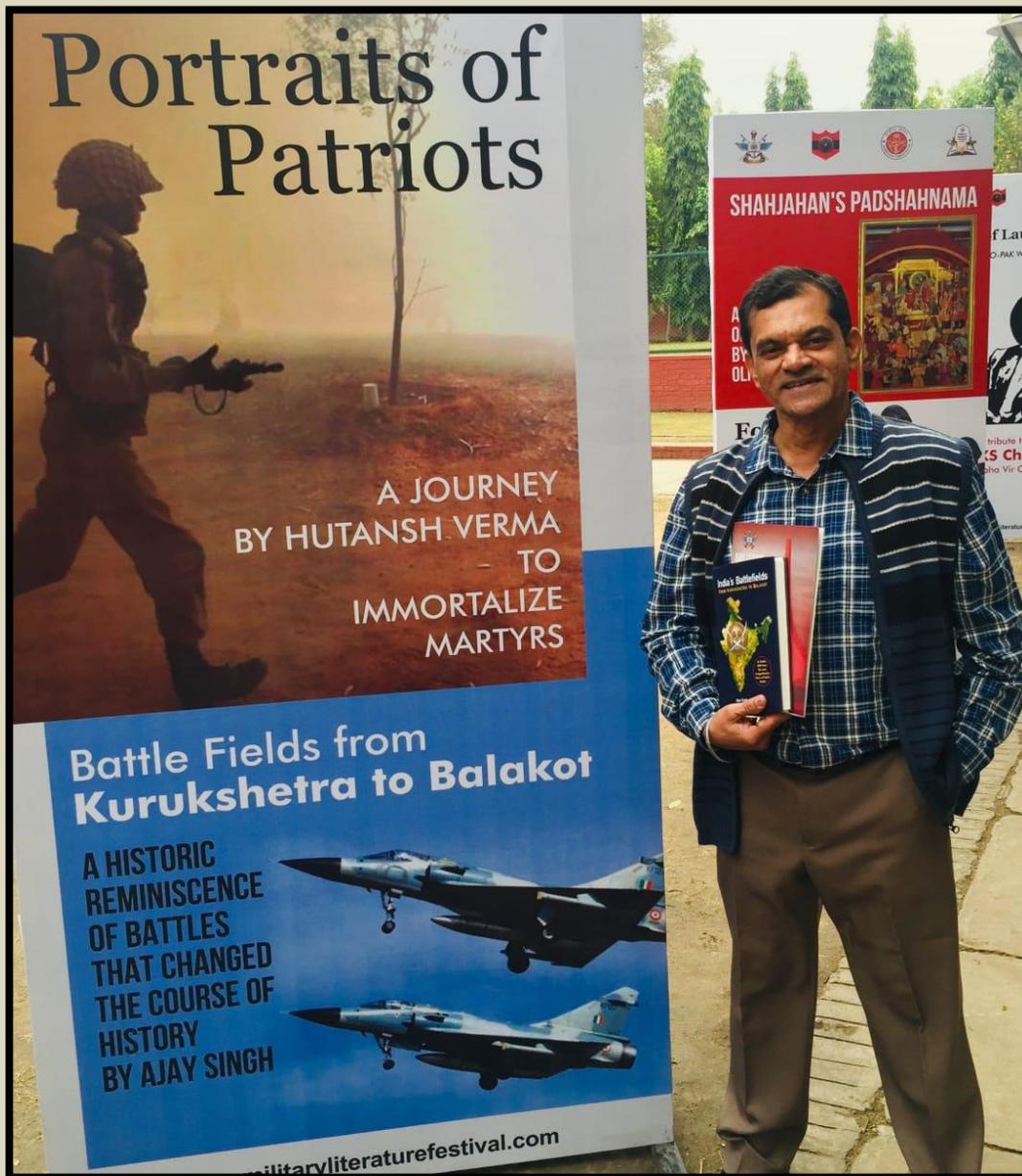
Q3. In ‘The Final Draft’ you have ventured into a completely new genre – short stories. What made you go into that?

Ajay – (Laughs) Well, short stories had actually been a form I was very interested in, which I had not ventured into earlier. I had a collection of half a dozen short stories in my

mind, which I never got round to writing. They actually came to mind overnight and I wrote them down in a quick burst of a lockdown. Then in March 20 came the pandemic and the lockdown. As I sat at home, I decided to pen them down, and wrote down the stories one by one. They actually came to mind overnight and I wrote them down in a quick burst of a fortnight or so and sent the revised manuscript to the publisher. And that is how these twelve stories came about in their present form.

Q 4. You say you started off with half a dozen stories, but there are twelve stories in the book. How did that come about?

Ajay – It started off with six stories that were already in my mind. In fact, I planned to call the book ‘Six Small Stories’. Then as I started writing, other stories came to mind and other ideas germinated. By December last year, I had written ten and sent the collection to my publisher. Then the last two stories erupted.



Q 5 . And tell us a little about the stories themselves.

Ajay – Well, each of the twelve short stories have their own theme and style. The title story, “The Final Draft” tells of a writer dying

of cancer who is obsessed with completing his masterpiece. Then there is 'The Well' which tells of a young school teacher in Kashmir who is raped by a Pakistani terrorist. "Patrol" – another of my favorites, is a true story of humanity in the midst of war. Four of the stories deal with creativity and artists. There are also one on the supernatural, a ghost story, one on an art heist, and even a children's parable. I have also dealt with the impact of the pandemic in 'The Cloistered City' which speaks of a futuristic world which is ravaged by a mysterious illness.

Q 6 What about the lead story "The Final Draft" That seems to be closest to you?

Ajay – It was closest to me because it was the first story that I had conceived in my mind. The theme of a writer and his obsession with his work also appealed to me. And when the story unfolded – along with the shock ending – it was so strong in my mind that I knew I just had to put it down. I also used it as the title for the collection since it brings out the number of drafts a writer goes through – and the number of ventures that we all go through in life – before we realize ourselves and produce our masterpieces.

Q 7. The shock ending seems to be a trademark of your stories. Is that deliberate?



Ajay – Of course. I firmly believe that each story should first tell a tale. A predictable tale is no fun. There has to be a change in plot and a twist to hold the reader. We see that in all the great writers – O Henry, Somerset Mugham, Roald Dahl. These are some of my favorite authors and perhaps subconsciously that sense of an ending come about in my stories as well.

Q 8. You have interspersed poetry between each story. How did that come about?

Ajay – As I told you, poetry was my first passion. I had a collection of around 300 or so in rough form. The idea of interspersing the stories with poetry came from my wife, and I selected works which were appropriate to the theme of the story with which it is linked. The lines are loosely related to the story that follows, but I feel it adds to the effect.

Q9. All writers have a writing process. How do you go about your writing? Do you have a specific process or is it a freewheeling act based on inspiration?

Ajay – I did start off following a freewheeling process in which I waited for inspiration to strike before I could write. Then I realized that the moments of inspiration were few and far in between. Gradually I developed a more structured and disciplined process. I usually do the bulk of my creative writing in the mornings and write for four hours or so at a stretch, using the old-fashioned pencil on paper. In

fact, one of my quirks is that I only write on one sided drafting paper with a pencil. In the first draft I just try to get my thoughts down on paper. And then I type it down and then keep polishing. The crux to writing is the editing. Each of my works goes through six or seven edits till it feels correct. And yes, even at the end of it all, one is rarely completely satisfied. One always feels it can be improved upon some more.

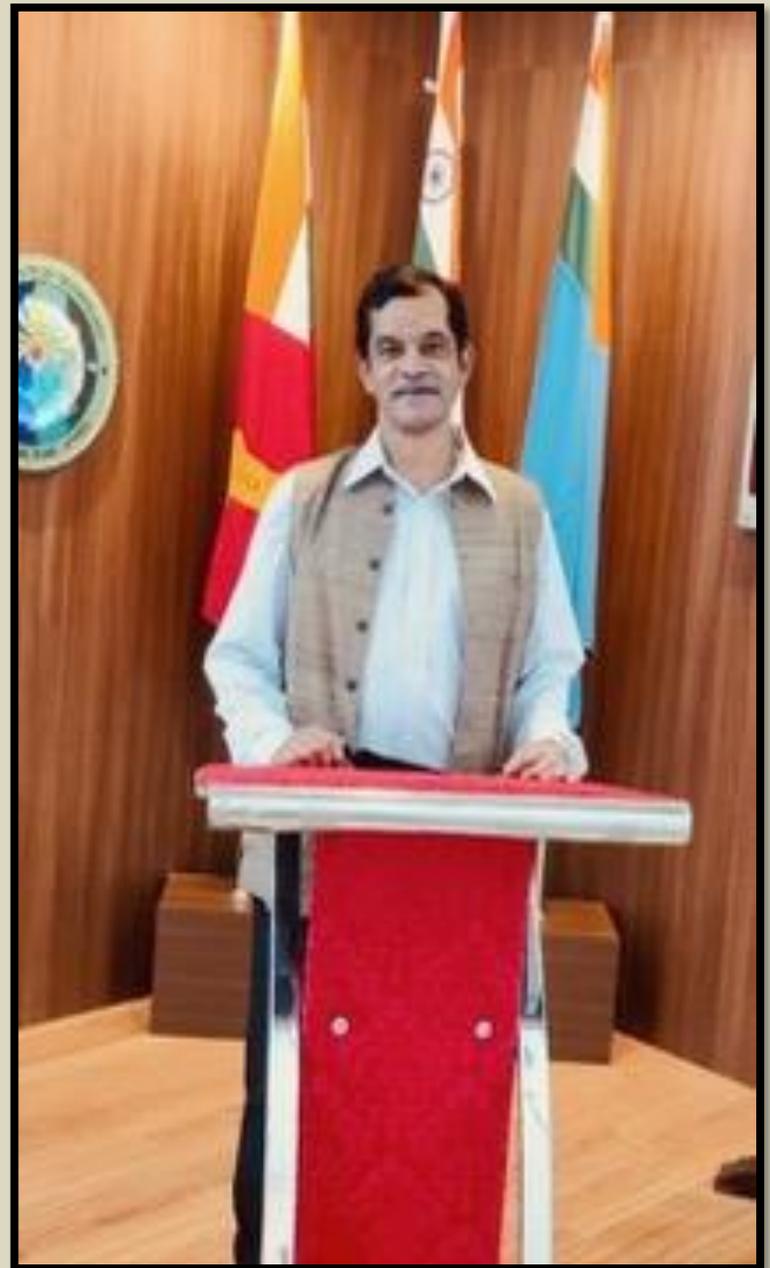
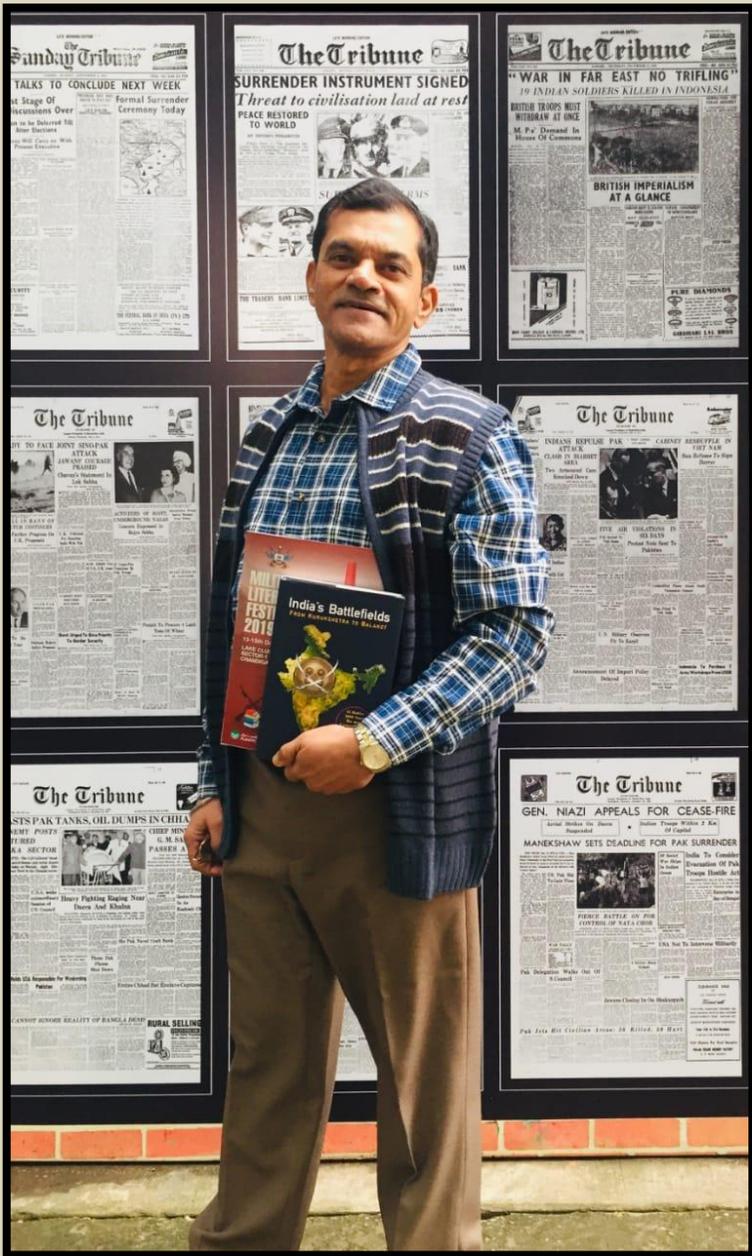
Q10 And now that you have completed another book, what is next in the offing?

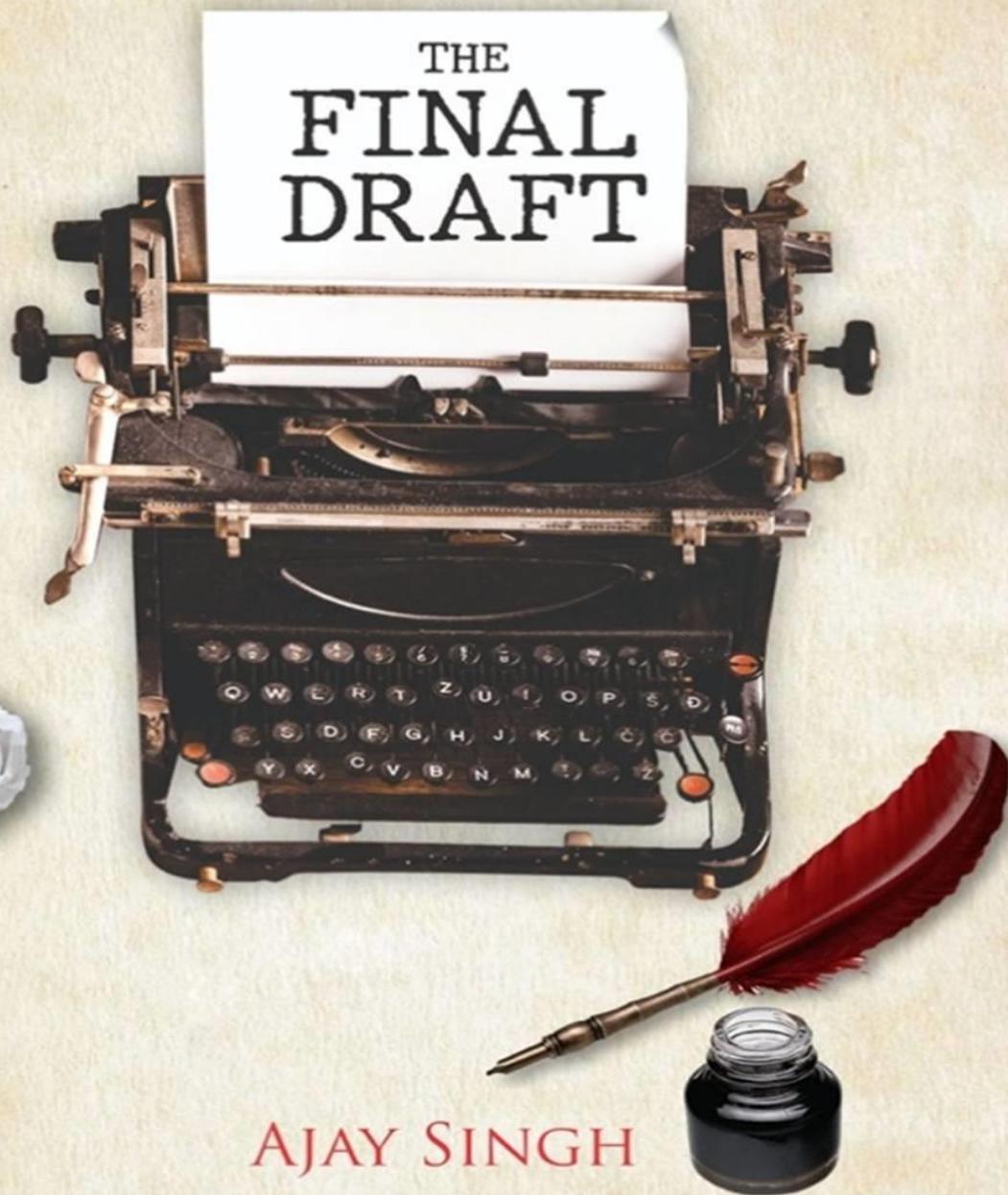
Ajay – I really don't know. Usually, the ideas come on their own. But one thing that excites me is children stories. Maybe I will go into that next, or anything else that strikes my fancy.

Q 11. And finally, what would you say to budding writers?

Ajay – All I can say is, if you are keen on writing, just write. Don't wait for inspiration or something as nebulous as that. Don't write what you feel others want to read, just write what is in your mind and what feels good to you. Remember writing is a very individualistic process. Do whatever suits you and develop your own style. Keep following your heart and the words will flow spontaneously. It can be a very long and frustrating process, but the greatest reward is sense of satisfaction of seeing a work you have created. That feeling is immeasurable and makes it all worthwhile.

Thank you very much, Mr. Ajay, for sharing your thoughts and words with us. We at SquarePetals Global Webzine wish you all success for your book and the others to follow.





AJAY SINGH

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

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

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

Dr. Tarak Vaachharjani

Clinical Hypnotherapist (B.D.D, P.G CLIHYP)

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



tarakvac@gmail.com

Hypnosis ! Where Science meets Yoga

It has always been the familiar reaction of people when they hear the word hypnosis. Oh! that waving of pendulum in front of the face, or where the performer makes people do anything and everything. To that extent it also is believed that people who hypnotize others gain complete power over them.

This is where my journey began as a clinical hypnotherapist. But the more knowledge I gathered and understood this ancient science , the more I realized its true potential and power to get tremendous change in ourselves

and also to help others to change . Yes its pure science ,in medical terminology its Neuroscience, Neurobiology combined with our ancient yogic science into one.

But before we dive deep into the science of hypnosis ,lets know and understand where did it all begin. The credit of modern hypnosis goes Austrian physician Franz Anton Mesmer (1734-1815), who believed that the phenomenon known as mesmerism, or animal magnetism, or fluidum was related to an invisible sunstance –a fluid that runs within the subject and the therapist. That is, the hypnotist, or the “magnetizer”.

In the picture you see Mesmer had a device with metal rods , the patients use to hold the

rods and Mesmer used to hold it at other end and would claim to cure patients irrespective of the disease or condition. Well in those times he was a big threat to the local physicians community.

But with every success comes doubt and suspicion . the king decided to get his work and methods verified by a expert team of specialists,which included the well known Sir Benjamin Franklin. The team concluded that there was no thing as animal magnetism and whatever Mesmer was doing was bogus and fooling people. Mesmer was shamed and was asked to forgo his practice . Though they could not deny that Mesmer was able to treat patients. But the term Mesmerism has to be credited to Franz Mesmer.

But the Term Hypnosis is credited to James Braid from the Greek word Hypnos meaning sleep like.

Hypnosis attracted widespread scientific interest in the 1880's. Ambraise-Auguste liebeault, an onscure French country physician who used mesmeric techniques, drew the support of Hippolyte Bernheim, a professor of medicine at Strasbourg. Independently they had written that hypnosis involved no physical processes but was a combination of psychologically mediated responses to suggestions. During a visit to France at about the same time, Austrian phusician Sigmund Freud was

impressed by the therapeutic potential of hypnosis for neurotic disorders. On his return to Vienna, he used bypnosis to help neurotics recall disturbing events that they had apparently forgotten. As he began to develop hhis system of psychoanalysis, however, theoretical considerations – as well as the difficulty he encountered in hypnotizing some patients – led Freud to discard hypnosis In favour of free association, It was as if evryone was starting with using hypnosis but would not like to come and accept the same to the world outside. Then there was Dr. James Esdails who performed various surgeries using hypnosis like method.



There is one more part in the history of hypnosis which is rarely found anywhere, that is ancient Tibet, in early 1900 before the chinese takeover, highly trained Medical lamas used to use hypnosis during surgeries.

Finally the credit of Modern Hypnosis goes to Psychiatrist Dr. Milton Erickson, who revolutionised the science of Hypnosis.

So what is Hypnosis ? Hypnosis is a altered state of consciousness which is natural, where your pheripheral awareness is redused and focal awareness is enhanced for eg. Watching a engrossing movie, reading a book.

The journey continues....



Call us now!



96012 83521



TECH SERVICES

WE BELIEVE IN SERVICE

Do you have virus in Your Desktop !!



We remove Viruses, Trojans, Spyware and other Malware from your computer



admin@techservices.net.in/sales@techservices.net.in | www.techservices.net.in | +91 9601284195

F - 105, Hira Baug Complex, Sussen-Tarsali Road ,Vadodara-390009



Author Michael Ediale

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

CHANGE YOUR THNKJNG, CHANGE YOUR LIFE

**"Your thoughts shape your world."
- Michael Ediale**

You are a product of your dominant thoughts. Your life has been created by the the kind of things that you think about all the time. It is through the power of thoughts that we can create our world.

Your experiences, expectations and circumstances first exist in your thoughts. Your world is in your thoughts. Your thoughts give your life a meaning. The first step in recovering to take over is in your change of thoughts.

Winning and losing is a product of your mind. Victory and failure starts and ends in the mind. Success is attracted to a productive mind. Successful people understand this timeless principle. If you desire to be successful in life,

it must begin in your mind. You must see with your mind eye that you are a success.

You are born to overcome, yet many people may find this unrealistic enough. You are an overcomer. You have everything it takes to take over the throne of your destiny. There's no obstacle that will stop you from being enthroned. There is no challenges that can sabotage your success. You must see yourself overcoming in your mind before you can overcome in life.

Stop living in the prison of self pity and isolation. It will subject you to slavery. You can break free from any habit, belief and circumstances holding you back.

You are not defeated until defeat is accepted. You are not a failure yet; until failure is accepted. Stop magnifying your problem and start thinking about solution, progress and advancement.

You are an amazing person with great potential. You are the most important person living because you are still alive. It is only when you are still living that you can overcome and celebrate your victories. Change your mind set and see yourself becoming greater and smarter. No one has monopoly to success. Whatever anyone has done and succeeded,

you can do as well. Whatever anyone has achieved is possible for you. Break your own record and announce your breakthrough.

Check mate your thinking and see how empowering it is to you. You are an overcomer. Let no problem hold you back or pin you down. Victory is your mandate not defeat.

Get up one more time more than you have fallen. Failure, disappointment, depression, illness, unemployment, economic upheaval shouldn't make you a victim. See yourself as a winner. Project yourself as victorious. Translate your setbacks, defeat, and challenges into victories.

You are born to overcome not to be overcome by pressures of life. Let me clear up the cobweb of negative thoughts from your mind. Your thinking pattern shapes your life.



Whatever you are today is as a result of your thoughts. Any thought of negativity will never make you an overcomer, rather a prisoner.

There are two places you can occupy in life. You are either in the rank of overcomers or in the rank of prisoners. A prisoner has no freedom to decide for himself. If you allow circumstances and events around you dictate your pace in life, you will be far from becoming successful. You must resolve to be on the offensive. You must take your destiny by the throat. You don't have to wait for success to come to you, you go after it.

Success can be created. You can create your own success when you believe that you are born to overcome. Except when you believe it, you can never attain it.

Nothing happens without conception. You must conceive your world by recreating it in your mind. It is not about how old or how young you are. It is not about your family status or background. It is about the change of your thinking.

A change of thinking will automatically change your approach in life. When things are not going according to your plans, you don't need to dump it. Rather have a change of approach. Change is a necessity. Things won't change in our lives until we first change our ways of thinking.

I was privileged to meet with Reverend's Father Jack. He told me how he was alcoholic addict. He was a priest but his life was messed up by alcohol. He was an embarrassment to his church, family and community. He was taken to the United States to be treated in his addiction challenges. He overcame it and lived a better life. At the age 62, he went back to school to be trained as a psychologist and counselor. He is currently running a mental health wellness home in Nigeria, where alcoholics and drug abuse victims are been treated. He is imparting lives with positivity. Something changed in him that made him go back to school to study psychology and counseling. There was a change in his thoughts concerning the life he lived that almost ruined him, his involvement in alcoholism. He was concerned about helping and preventing the lives of others from being ruined. A movie about his life has been shot to tell the world his life story and how he overcame alcohol addiction.

Yours may not be struggling with alcoholism or drugs. It may be an issue you are struggling with for years. That issue had made you helpless and hopeless. That issue might have

caused you pain and sleepless nights. The good news is that you can recover from it and take over the throne of your destiny.

Whatever you had conceived in your mind that is holding you back from advancing in life or whatever you had believed that is responsible for your backwardness in life. Can be rectified by changing how you think.

A lady once approached me for counseling. She narrated her tales of disappointment and heart breaks in relationship. She believed something spiritually was wrong with her life. The fact is that it is her negative way of thinking that was wrong with her. I made her see the great qualities that she possessed and how beautiful and intelligent she was. She had to adopt a positive way of thinking and her life dramatically took a new dimension. She later found a happy relationship that ended in marriage. She is now happily married to a man that sees and appreciates her qualities.

I don't know what you are thinking right now. I don't care how complicated your life had been. That bend in your life is not an end. At the end of every bend is a straight way for a greater speed. Your acceleration and elevation in life is determined by your thinking pattern.

If you want to see positive changes in your life? Resolve at this moment to change your thinking.

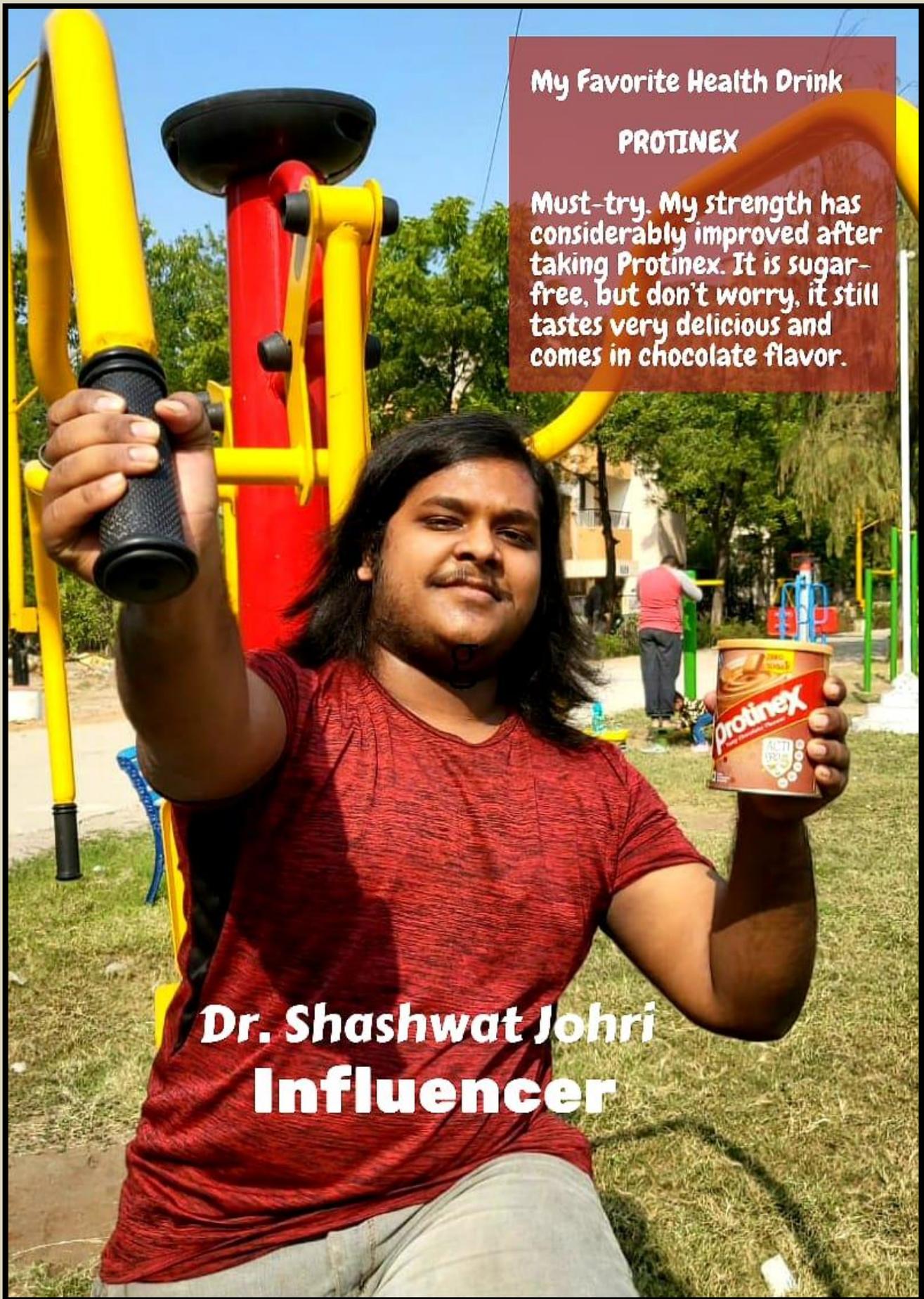
ORANGE TV MOVIES

STARRING
AKUME, AKUME
CHRISTABEL PWAKIM
BETTY BELLO
PEACE ADAKOLE

42ND AVENUE

NAIJA OGBONGA COMEDY SERIES



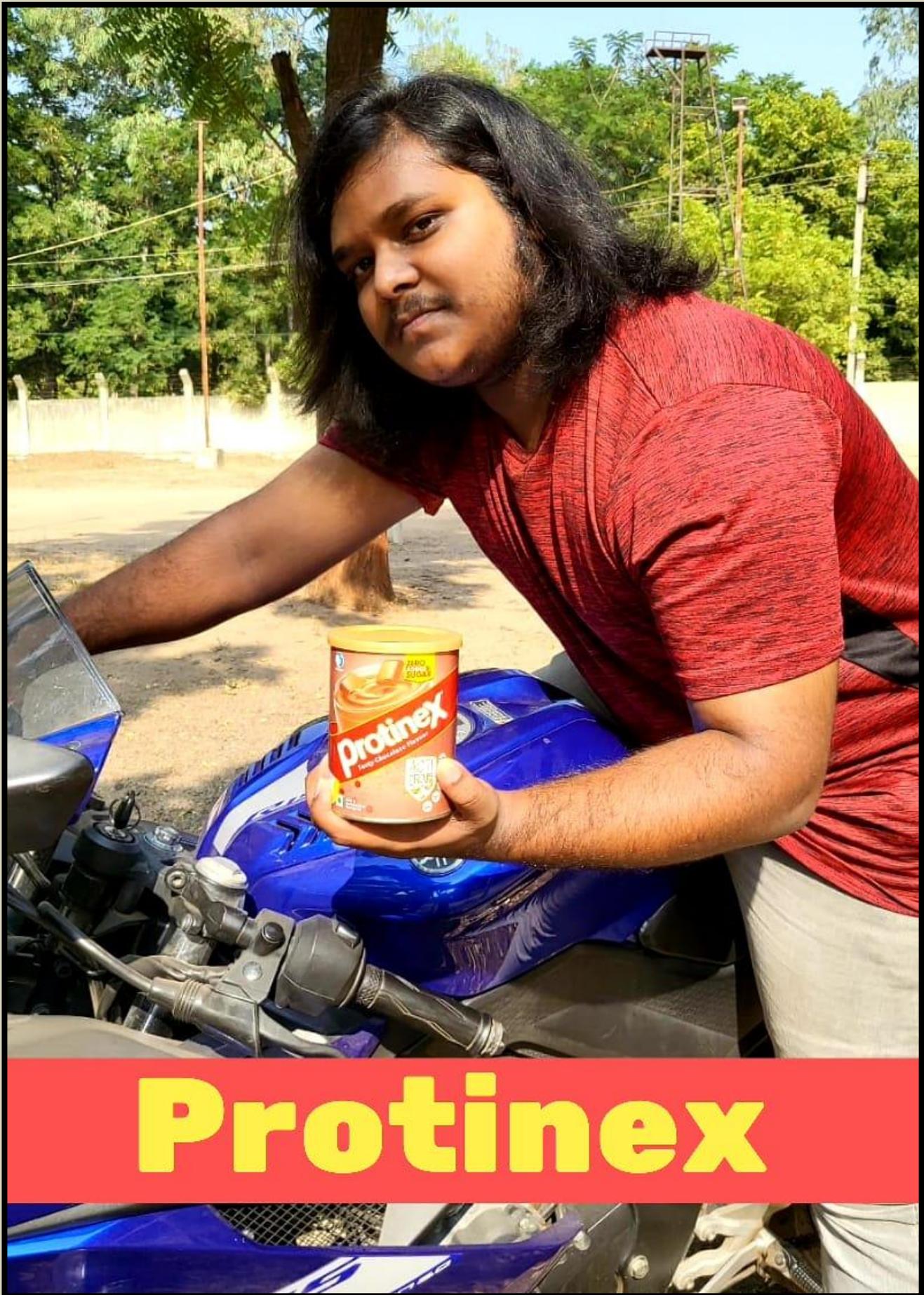


My Favorite Health Drink

PROTINEX

Must-try. My strength has considerably improved after taking Protinex. It is sugar-free, but don't worry, it still tastes very delicious and comes in chocolate flavor.

Dr. Shashwat Johri
Influencer



A HAPPILY EVER AFTER....

“A perfect groom is all you want in life!” exclaimed Maninder, Mira’s bua.

Talking about a world that supports women so much, Mira knew that she lived in a family that always hatched a plan for her to get married and be a mediocre housewife.

She rolled her eyes at the obnoxious comment from her least favorite person and grabbed her lipstick to finish her makeup. It was her job interview for which she had dreamt all her life. Mira collected her portfolio from the counter and checked for all the things she needed and turned to leave.

“Arey beta, don’t settle for less even if the company asks you”, commented bua from the hallway. Mira winked at her bua.

It was her final interview at her dream job. “I can do this,” she muttered to herself to calm her down. Life wasn’t easy, being a 24-year-old, whose family planned on her to get married the next year even when she wasn’t ready. She was scared that if she wouldn’t clear this, she might end up in a stranger’s bed for the rest of her life, pretending to have a normal happy life.

“Your destination is on the right,” said an automated google voice. She composed herself and stepped out of the ola. She looked down upon herself, the portfolio in her hand, and took a deep breath. She had indeed reached the place where she could kick start

her career if she got selected today. This job meant everything to her, it was a means to prove herself to her useless backstabbing aunts and society. She thought of her father who had worked so hard to get her here and her mother who nurtured her through tough times.

“This is it!” said Mira under her breath and entered the tall glass building. The ambiance of the place made her soul do a summersault. She had always dreamed of working here.

Mira walked over to the reception and asked the directions to the interview room.

The receptionist pointed her towards a place where people sat with their portfolios in their hands. While making her way towards the crowd, she observed that most of them were twice her age and highly experienced. Mira shifted a little in her chair and gulped down a glass of water next to her.

She was worried now. Her heart sank when candidates went into the office and returned with smiling faces. Her hopes almost went from high to negligible. She thought of her possible future which was inevitable now. “Don’t lose hope, you are the best and I know you will do your best.” Her father’s words echoed in her thoughts as she closed her eyes. Picturing him in her mind, Mira felt a little relieved and her hope rose from the slumber.

“Mira S” called out the assistant.

She quickly rose from her seat, composed herself, and walked into the interview with

confidence.

A not-so-old woman from behind the desk greeted her with a warm smile. Up until now, she had only seen this woman in pictures. Her warm and charming personality cheered Mira. She answered the lady with compassion and confidence, making sure she doesn't cross a line with this charismatic personality.

Mira walked out of her interview, hoping to hear from them soon enough. Mira inquired with the receptionist if she could wait here in the lobby for a few minutes while her cab arrived. On the approval, she sat down looking at the company's yearly magazine and wondered if she would ever make it to one of those pages. She sauntered out of the building after bidding her goodbyes with the friendly receptionist, Krutika.

Just as Mira stepped out of her cab, she ran

into Maninder bua who was about to leave. "Finally," thought Mira to herself. Just then Maninder bua called to her, she received a notification from HR of her dream job confirming her job status and if she was okay to start at the starting salary of Rs. 75,000. She read and re-read her email. She couldn't believe her eyes that she had finally done it.

"Yesssss!" screamed Mira elated. She jumped up and down.

"Offooo, Jeetu, you need to teach her manners, will she behave like this in her Sasural?" scolded Maninder bua, complaining to Mira's father.

"I got the job!" exclaimed Mira and hugged her Mother and Father.

"You are such an amateur. Huh!! What are they even offering you?" questioned bua in a





disappointed voice.

This made Mira feel a little happier. She had finally done something that would give her an escape ticket to those irrelevant taunts and fraud feminist comments.

“They are offering me 75,000 a month with an opportunity to my vertical in a couple of months.” Said Mira with gleaming eyes.

“Are you mad, young lady? Jeetu now will never find an eligible guy. This is the only reason I ever told you to not let this girl study!” screamed but with an angry face.

Mira knew that the community that she belonged to always had issues with women walking shoulder to shoulder with men, but here she was standing proud of her work and achievement.

“We will see about that but, you have a safe journey home. Namaste” said Mira and headed for the house.

Right after a year, Mira finally found her soulmate. The one who supported her in her happy and sad times. He was an ambitious fellow who accepted Mira the way she was.

“Perhaps, the world isn’t always filled with the male ego.” She wondered looking at her husband’s face in the crowd who was the happiest man to see his wife receive the young best female entrepreneur award.



Jahnavi Doshi
Double Graduate,
Bibliophile, Aspiring Author



SquarePetals
OTT

www.squarepetals.com

STREAMING NOW

SquarePetals OTT &

SquarePetals Music Platform

Feature films, Short films, Web Series ,

Music Videos are invited, plz email :

info@squarepetals.world

Healthy Lifestyle at Workplace

People who spend around 8 to 10 hours of the day in office, must stay cautious about upkeep of their health while at work. As a working woman, I know that self care becomes quite difficult due to work pressure, time constraint and family responsibilities, but one can still manage it well if one has it in the mind, as then the required actions follow as a reflex, without putting brain or any conscious extra effort. Yes self care must be a priority at workplace, and this is not being selfish trust me. One can deliver best output consistently only if one is fit and fine to be able to carry on doing the work and discharging duties for more number of years efficiently. A sick or weak person with physical ailment or mentally depressed, will not be able to provide quality work output because the focus gets disturbed due to pain or discomfort in the absence of sound health.

Wake up routine and sleep hours set the base of your day at workplace. If one doesn't sleep on time then one will feel drowsy all day as an immediate consequence, and then if this continues, it will create adverse effects on the body and mind which can be harmful. After a tedious day, everyone needs proper sleep, to wear off the fatigue. Ignoring proper and timely sleep can be disastrous, please take care to have around eight hours of sound sleep every night. Once in a while, if life

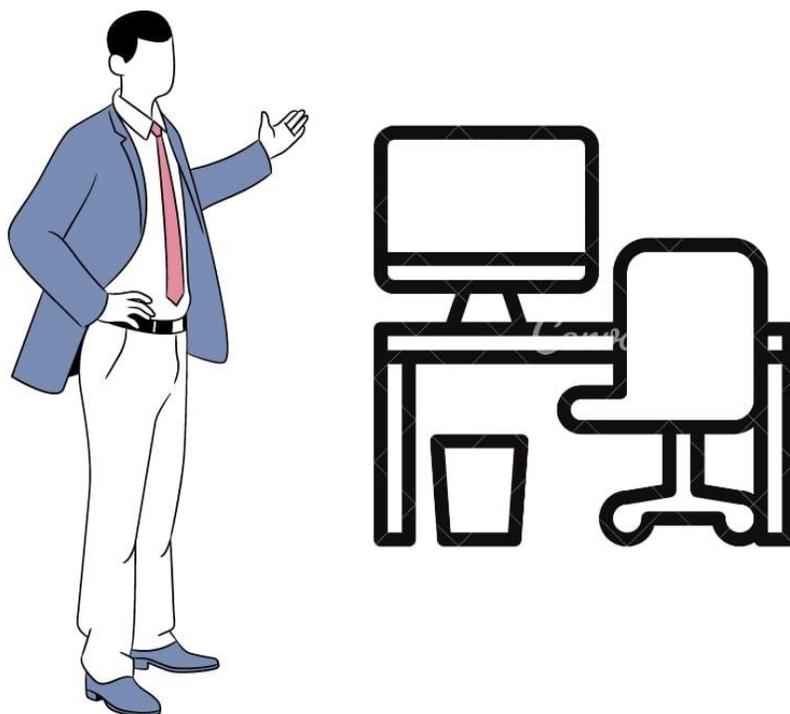
demands, we do cut short our rest hours to meet up the requirement of work or family, but do not continue with it. Switch back to the necessary 8 hours sleep schedule and stick to it mostly.

Morning breakfast is another thing we working people tend to ignore, due to the impulse of keeping pace with the hasty morning hours. We'll, please remember that without fuel even the machines stop working. So do take a nutritious breakfast. It is quite likely, that a working woman who has to send her kids off to school in the morning and then get ready and rush office, may not find time to cook breakfast for herself. So, in that case, keep some nutritious food ready, like lassi, boiled eggs or simply cornflakes with milk, and feed yourself with the required energy for the day, trust me, this little self care will eventually make you support your work and family alongwith your own mind & body.

You can take light lunch after a proper morning breakfast. Fruits and salad is healthy, but if you have taken a light breakfast like cornflakes, then better have at least two chapati, as solid food is required at least once during daytime. You can refresh yourself with intermittent beverages if you like, to keep yourself in the working mode as tea, coffee or horlicks act as boosters.

Hygeine at workplace is a vital concern, and now during the pandemic attack, we have to be doubling careful! Make sure your seat and

"Stay cautious about upkeep of health while at work"



working table are cleaned with disinfectant time to time. After using the toilets at workplace, sanitize your hands everytime. Do not share your writing pen and keep safe distance while interacting with others. It is advisable not to share food with others till the

pandemic phase is finally over. Keep your separate water jug and check that it is cleaned regularly. Take care to have food on a clean table and that the dustbin in your room shouldn't be sticking or dirty as it may become the breeding ground for germs. Sanitize your

hands in case you are using a common computer or books.

Being engrossed in work, we tend to forget drinking adequate water. Water flow is so important in the body, in order to keep our organs functioning right. So keep water within your reach near your seat and drink it regularly in between the work. Keep yourself properly hydrated always with 6-8 glasses of water.

Last but not the least, there could be stress at work. The work environment is not in our control but we must know how to protect self, as we have responsibilities of family and the so many more joys of living. So learn to ignore the unpleasant, you can do it with good music, friendly communication on WhatsApp, good reading at times, some light yoga or exercise in the evening and a pleasant night stroll. Take care of yourself at workplace as you are an asset.

I will list a few do's and don'ts for quick guidelines:

Dos :

- *Around eight hours sleep at night.
- *Nutritious breakfast.
- *Must take lunch.
- *Take seasonal fruits.
- *Be cautious about Hygeine and sanitisation.
- *De stress and give time to entertainment.
- *Keep drinking water time to time.
- *Wear your mask till Covid 19 is finally gone.
- *Read motivational quotes and messages and stay positive in your attitude.

Don't 's :

- 1)Do not keep dirty dustbins in your room.
- 2)Do not skip a healthy breakfast. Do not take junk food.
- 3)Do not ignore timely sleep at night.
- 4)Do not eat anything without cleaning hands.
- 5)Do not skip lunch regularly.
- 6)Do not use toilet at workplace without flushing off first, then flush again after use. Sanitize your hands.
- 7)Do not worry too much about career or promotions, life will take its course. Stay calm and stress free.

Stay fit, stay happy and strive for the best results in your office, best wishes.



DR. SANSRITI JOHRI
AUTHOR, EDITOR, ENTREPRENEUR

Jog and Dog

On my way to morning jogs,
I came across some fierce dogs.
They got in the mood to play,
following me all the way.
I threw at them a snakish glare
And stomped my feet twice.
Dropping ears, they backed away
I stared at them and kept at bay.
Picking up stone, I aimed at them,
They groaned and did condemn
My obstinate resolve not to play
While they wanted me to stay.
But, man, I was scared as hell!
It was not a dog bite, and all was well.



MOIN KHAN PATHAN

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

SquarePetals Music Presents

प्रार्थना

HINDI SONG

Lyrics : Dr. Satish Verma
Singer: Bhavyaa Dave
Music & Composition: S Cube



Tune in to : Spotify, Amazon Music, Apple Music, Jio-Saavan

SquarePetals Music & Youtube Music

Home Made Chickki

INGREDIENTS :

Sesame seeds - 1 cup
Peanuts - almost 1/2 cup
Jaggery - 1 cup (shredded)
Ghee - 2 tbspn
Water - 4 tbspn
Cardamom powder - a pinch
Pistachios - for garnishing

METHOD :

Dry roast the sesame seeds till they turn little pinkish (takes 2-3 min) on low flame, Keep it aside to cool in a plate .
Dry roast peanuts ... remove its skin.
Now just pulse the cool sesame seeds in the mixer (do not make its powder nor grind them when hot or else it will release its oil.
Similarly pulse the peanuts too . Both should have a coarse texture after pulsing.
Now heat a thick bottom pan / wok .
Add water - 4 tbsp . Add the shredded jaggery, & Add ghee 2 tbsp.
Let this boil for 2/3 min till the jaggery is completely melted and you can see bubbles forming with froth.
Switch off the gas - add the sesame & peanut mixture with pinch of cardamom powder for flavor. Mix everything properly and spread it in a greased plate. Garnish with pistachios.
Leave it to cool. It sets in just 10 min.
Cut into desired shapes.



Enjoyyy....



Apple Halwa

Ingredients :-

2- apple(peel and grated)
1tbsp- ghee
1/2 tin- milk made
1/2 cup- milk
1 tsp- cardamom powder
Some chopped almonds and cashew

Method::-

Wash, peel and grate apples. In a pan heat ghee and roast almonds and cashew on low heat. Roast till golden brown and keep it in a plate. In the same pan add grated apple in hot ghee and roast. Roast it on medium flame till it dries completely. Now add milk and cook on medium flame

till apple absorbs all milk. Add milk made, cardamom powder and mix well. Cook till halwa leaves the sides of the pan. Add some chopped fried almonds and cashew. Remove from heat and serve hot apple halwa. Garnish with chopped almonds and cashew.

*if you add fresh grated coconut and cashew powder it will give very good and rich taste

*if you are using fresh coconut, please remove the brown part then grate it.

Falguni Thakkar

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



SquarePetals Music
Presents



जां देना उसपे जो मेरा दिलदार भी नहीं

Singer :
Mani Trihima

Lyrics :
Farhat Shehzad

Hindi
Ghazal

Reach us for Song distribution on
Spotify, Apple Music, Amazon Music
Prime, Jio-Savaan, Hungama Music,
Sound Cloud,, Youtube, Instagram
Reels music, SquarePetals Music etc.



**TOP
TRENDS**

by
***Sunehri
Johri***

Winter Styles



X'mas Prayer

Life is so
Full of grief
Your followers
Are all aggrieved.
Good men get tortured
By the wicked hounds
Pathetic state
Is all around.
This world is yours
You are our creator
Save us now
Our divine mentor,
O Lord Almighty
Please come for us
O Lord Almighty
Save the world, save us.

Whenever on earth
There's rise in crime
God Almighty is born
To set things fine.
O Lord Almighty
Please come again
Lord show us all
Path of righteousness.
Misery cries
All around
Greed & ego
Grow unbound
O Supreme Power
Please take control
Worries and stress are
Engulfing us a whole.

By Dr. Satish Verma





ABHISHEK CONSULTANCY

One Stop Solution



Foreign Education

Overseas Employment

Financial Planning

General Insurance

**FF-3, Gandhi Avenue, Besides Ashish Hotel, Harinagar Char Rasta, Gotri Road,
Vadodara, Gujarat – India 390 021
(M) +91 86908 08558**

- Could your ideal course be in Australia, Canada, New Zealand, The UK, Ireland or the USA?
- it has been recognized that certain countries (currently 18) do not have strict laws regulating the entry and employment of foreign nationals.
- A step-by-step approach to meet one's life goals we help you in your financial planning process.
- General Insurance products are bought as they provide protection against unforeseen contingencies.



Raj Ice-cream Parlor

Shop No. 112, Sunder Park,

Plot No. 95, Sector 8,

Gandhidham – Kutch.

(Mo.) 97734 98216, 94263 17141

Meet us for "PARTY ORDERS"



More Flavoyr, More Fun

**Happiness of life
"In a Scoop"**



SquarePetals

The Global Media Company

SHAMBHU AHIR

Mr. India T20 Aspirant & Model

www.squarepetals.com



December

S		5	12	19	26
M		6	13	20	27
T		7	14	21	28
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	31
S	4	11	18	25	