

Vol. 66, February - March 2026

www.squarepetals.com

SquarePetals

Global Webzine

Feature Story

Lifestyle

Personal Development

Microbiology

Flavour Special

Defence Strategy

New Releases

Cover Story

Dr. Narayan Rout

Author

Air Force Veteran



From The Desk of Editor-in-Chief

**Womferous earth, lavender sky!
February strides by.
Flowers spring up and butterflies fly;
As February strides by..**

Hello dear readers

Just as humanity seemed gloomed by Epstein Files & grinded up between tariff wars, we are bringing for you the February-March 2026 edition of SquarePetals Global Webzine, a day of hope to ascertain that the world is beautiful.

The Cover Story proudly acknowledges the values contributions in varied fields by Dr. Narayan Rout, an excellent Air Force Tech Officer, Researcher & an Author.

SquarePetals is honoured presenting three new books: "Kutumb" by Dr. Narayan Rout, "The Art of Positioning" by Mr. Hemant Kumar Jain & "The Self Medication Trap" by Dr. Priyanka Trivedi.

Each of these books brings an insight into the fields, bringing awareness.

"The Great Weekend Massacre of My Privacy" by Col. Vineet Dev", "Professionalism Beyond Victory" by Col. Madhur Goyal, "Anti Microbial Resistance" is a genius write up by Dr. Dinesh Verma and "Finding Hope" by Author Michael Ediale helps moulding one's personality. Flavour Special is about a Gujrati relish 'Sev Usad'.

Happy reading, please send your feedback.

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





Sonal Shah

Surmani Award
Rashtriya Sur Samragani
Award Winner
Sufi Singer

*Music is the voice
of the soul,
transcending all
boundaries.*



FEBRUARY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	17	20	21
22	23	24	25	26	27	28

San Edification for a better world.

THE EDITORIAL BOARD

SquarePetals Global Webzine



DR. DINESH VERMA

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



MR. MICHAEL EDIALE

**CEO Orange TV & Films,
Best Selling Author, Motivational
Speaker, Film Producer,
Performing Artist**



DR. B. S. PARIMAL

**Astt. Professor
Dept. of Psychology
The Maharaja Sayajirao University of Baroda**

THE EDITORIAL BOARD

SquarePetals Global Webzine



DR. NEERU BHATT

Managing Editor

Canadian Journal of Clinical Nutrition

Authored over 75 published articles



MS. KAVITA GUPTA

Astt. Professor

Dept. of Psychology

The Maharaja Sayajirao University of Baroda



MR. BADRISH SHRIVASTAVA

Author, Content Writer,

Sr. Teacher & Mentor

Mt. Litera Zee School,

Ghazipur

THE EDITORIAL BOARD

SquarePetals Global Webzine



DR. SANSRITI JOHRI

Editor-in-Chief

**Award Winning Author, Entrepreneur,
Ex CBIC Officer, India,
National Vice President – World Human
Rights Protection Commission.**



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. VIRENDRA JOHRI

**Concept & Production Chief,
COO EsquireVJ Multifaceted
Company, Film Maker**

Reach us @

www.esquirevj.biz
www.squarepetals.com
squarepetalsmedia@gmail.com

(M) +91 77788 96891 / 137

Article Writers:

Dr. Dinesh Verma

Col. Vineet Dev

Col. Madhur Goyal

Mr. Michael Ediale

Ms. Falguni Thakkar

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.



Cover Story

Dr. Narayan Rout

Feature

**Professionalism Beyond Victory:
INDIAN ARMY PAR EXCELLENCE**

Society

**The Great Weekend Massacre of
My Privacy**

Science

Anti Microbial Resistance

Personality Development

Finding Hope

Flavor Special

**The Gujarati mouth watering
“Sev Usal”**

Defence

The re-union “Air Milap”

SquarePetals Podcasts Presents

Sunehri Baatein

Episode 1



Host: Dr. Sunehri Johri

Guest: Sonal Shah
Singer, Surmani Awardee

..Podcast..

New Conversations. New Perspectives.

Sunehri Batein ✨ Ft. Sonal Shah Sufi Singer, hosted by Dr. Sunehri Johri

The Podcast is now available.

Spotify :

<https://open.spotify.com/episode/36cK05EeSvyd8Oedla7aRS?si=RTIANWyiSdy9uk-ea1r1bw&t=66&pi=1HjcXXLYSA2dc>

YouTube:

<https://youtu.be/3zgSzsYTloY?si=Vv5ljAfRoygXjp4z>

Cover Story



Dr. Narayan Rout

The Renaissance Visionary: Decoding the Multidisciplinary World of Dr. Narayan Rout

The Convergence of Two Worlds

In an age where the world often forces us to choose between the "hard" sciences and "soft" spirituality, Dr. Narayan Rout stands as a towering exception. At 58, a time when many begin to look toward the horizon of retirement, Dr. Rout is instead accelerating into a new frontier of literary and philosophical exploration.

His journey is not a straight line, but a sophisticated tapestry. With a foundation built on the rigid precision of 23 years in the Indian Air Force as an aviation technician, he has spent over two decades ensuring the mechanical integrity of complex aerial systems. Yet, beneath the uniform of a technician beat the heart of a philosopher and a healer. Today, while contributing his technical acumen to BHEL (Bharat Heavy Electricals Limited), he has emerged as a vital voice in the global conversation on holistic wellness and the future of human consciousness.

An Academic Odyssey without Borders

To understand the depth of Dr. Rout's work, one must first look at the sheer breadth of his intellectual curiosity. His academic resume reads like a map of the human experience. He holds a BE in Electrical Engineering, providing him with the logical framework of the physical world. However, his quest for understanding led him to pursue a Bachelor of Naturopathy and Yoga, a Postgraduate Diploma in Personnel Management, and an Associate Degree in Science.

His specialized diplomas—spanning Psychology, Mindfulness, Nutrition, Gut Health, and Industrial Hygiene—are not merely titles on a wall. They are the tools he uses to bridge the gap between "how things work" and "why we exist." This multidisciplinary foundation allows him to speak with equal authority on the thermodynamics of an engine and the subtle energies of the human mind.



"The future of humanity does not lie in choosing between technology or nature, but in mastering the intersection where the two meet."

FLUXIVERSE: A Cosmic Epic in Verse

Dr. Rout's literary debut, *FLUXIVERSE*, is nothing short of an architectural marvel of the imagination. It is a "mini-epic" that dares to start its narrative before the Big Bang itself. While most science books rely on dense prose, Dr. Rout chooses the medium of poetry to humanize the grandest scales of existence.

In *FLUXIVERSE*, the reader is guided through:

❖ The Primordial Spark:

A poetic reimagining of the

birth of the universe and the early stages of evolution.

- ❖ The Martian Dream: Dr. Rout looks forward to humanity's "second home," exploring the logistical and spiritual implications of colonizing Mars.
- ❖ The New Genome: A fascinating look at human-machine integration and the ethical frontiers of genetic exploration.

By translating cosmic concepts into accessible verse, Dr. Rout makes the infinite feel intimate. He argues that science tells us what happened, but poetry tells us what it means to have been there.

The Battle for Consciousness: Yogic Intelligence vs. AI

In his second major work, *Yogic Intelligence vs. Artificial Intelligence*, Dr. Rout tackles the defining paradox of the 21st century. As we build machines that can think, are we losing our own ability to be?

The book introduces a groundbreaking perspective on Entropy—the scientific law of decline and disorder—and how it plays a decisive role in both the physical world and our subtle spiritual existence. Dr.

Rout does not view AI as an enemy, but as a mirror. He explores how ancient yogic practices actually complement modern AI technologies, offering a "convergence roadmap" for the modern professional.

The highlight of this work is a specialized chapter on the Mind, featuring a brand-new meditation technique developed by Dr. Rout himself. This technique is designed specifically for the "digital brain"—helping the modern



individual maintain human values and deep consciousness amid the rapid-fire pace of technological advancement.

The Holistic Lifestyle: Growth in All Forms

Dr. Rout is a man who practices the "hands-on" approach to wellness that he writes about. His personal life is an extension of his philosophy of interconnectedness.

- ❖ The Garden as a Laboratory: He views gardening not just as a hobby, but as a lesson in patience and biological synergy.
- ❖ The Alchemy of the Kitchen: His experiments with new recipes and nutritional science reflect his belief that wellness begins with the fuel we provide our bodies.
- ❖ The Power of the Page: An avid reader, he continues to consume knowledge with the hunger of a student, proving that the mind, like a muscle, must be constantly challenged to grow.

The Vision for Tomorrow

Dr. Narayan Rout's work is ultimately fueled by a singular, noble aim: to enhance the quality of human life and ensure a sustainable planet for the generations that follow. He believes that the "Grand Questions" of life are not reserved for the laboratory or the monastery alone; they belong to all of us.

As we move further into a century defined by silicon and circuits, voices like Dr. Rout's are essential. He reminds us that while we may reach for the stars and build machines of incredible power, our greatest journey remains the one that leads inward—to the heart of human consciousness.

We at SquarePetals Global Media wish Dr. Narayan Rout best of wishes for his future endeavours.

Team SquarePetals Global Media.



Website **Hosting** & Development

Esquire VJ
Intellect Services
(since 2019)

Ph: +91 7778896891

Email: esquirevjintellect@gmail.com

www.esquirevj.biz

PROFESSIONALISM BEYOND VICTORY: INDIAN ARMY PAR EXCELLENCE

(Col Madhur Goyal, SM)

War is often remembered for its destruction, shattered homes, grieving families, mutilated landscapes, and the haunting silence that follows once the guns fall silent. Yet, within the harsh theatre of war, sometimes emerge stories so luminous that they transcend enmity, bloodshed, and hatred. They remind us that soldiers, above all else, are men of honour, bound by a code that values courage, respect, and sacrifice. War is a strange teacher. It strips away illusions, exposes the raw heart of men, and reveals whether an army fights for hate or for honour. Amidst the roar of guns and the chill of mountain winds, sometimes the noblest stories are not of victory or defeat, but of how soldiers carry themselves in the face of death.

In the summer of 1999, when “Kargil” in the Pir Panjal ranges of the mighty Himalayas trembled under fire, the world witnessed a lesson that only the Indian Army could have given a lesson in courage, yes, but more importantly, in professionalism, dignity, and humanity. This is not only the story of our heroes - Captain Vikram Batra, Lieutenant Manoj Pandey, Captain Anuj Nayyar, and countless others, but also the story of an enemy officer, Captain Karnal Sher Khan of Pakistan, whose valour was immortalised not by his own country first, but by the respectful hand of the Indian Army.

The Himalayas are nature’s scripture; silent, immovable, eternal. But in May 1999, their silence was shattered. Pakistan’s infiltration by stealth into Kargil turned those white peaks into red altars of sacrifice. Our soldiers were called upon to scale the impossible, vertical cliffs kissed by gunfire, ridges where oxygen itself betrayed the lungs and peaks where the enemy sat entrenched above and raining fire downwards. And yet, the Indian Army climbed. Inch by inch, heartbeat by heartbeat, flag by flag.

Every battle fought in Kargil was not merely a military operation; it was an act of devotion. Soldiers climbed not only with rifles but with prayers, not only with grenades but with memories of mothers, fathers, wives, and children waiting far below in the plains. Amongst these battles rose a figure whose name most Indians do not know. Captain Karnal Sher Khan of the Northern Light Infantry. He wore the Pakistani uniform, but he bore the universal heart of a soldier, undaunted, unbending, unwilling to let disgrace touch his men.

On the 7th of July 1999, when Indian troops of 8 Sikh Regiment captured yet another vital post, Sher Khan gathered his handful of soldiers and launched a counterattack. It was madness. It was suicidal. It was also raw courage in its purest form. Broad daylight. No cover. Enemy watching from above. Yet he advanced. Grenades in hand, rifle at his shoulder, voice thundering encouragement to frightened men who looked to him for strength. Even as Indian reinforcements poured in; 18 Grenadiers joining the Sikhs, Sher Khan did not waver. Fifteen of his comrades fell. Then ten more. The mountain air echoed with cries of pain and thunder of machine guns. But he stood, refusing retreat. When bullets finally found him, he fell not as a deserter, not as a man broken, but as a soldier. His finger still locked on the trigger, eyes still aflame with defiance.

And then came the moment that makes this tale eternal. Indian soldiers stood over the lifeless body of their enemy. They had fought him, they had killed him, but now they looked upon him not as a foe, but as a fellow warrior. They saw courage. They saw sacrifice. And they knew such valour must not go unnoticed. The Indian Army, in the finest tradition of its dignity, buried him with full military honours. They ensured his last rites were performed according to his faith. They saluted him as one salute a comrade. But they went beyond rituals. They did what perhaps no other army in the world would do, they wrote a citation of bravery for an enemy soldier. Yes, the Indian Army itself drafted the very recommendation that later earned Captain Karnal Sher Khan Pakistan's highest gallantry award - the "Nishan-e-Haider".

This act alone is enough to explain why the Indian Army is revered worldwide. For across the mountains, the story was starkly different. Pakistan disowned its own fallen. The bodies of its martyrs were refused, left to lie in the snow. The very soldiers who had fought for their flag were denied even the dignity of acknowledgment. Families in Pakistan waited for coffins that never arrived, for names that were never honoured. And yet, the Indian Army gave them honour. The olive-green uniform carried out the burial prayers of Islam, lowered their enemies into the earth with dignity, and saluted their sacrifice.

Contrast this with how Pakistan treated our sons. The mutilated body of Captain Saurabh Kalia bore unspeakable wounds inflicted during captivity. Torture marks that scar the conscience of humanity itself. Two armies. One desecrated. One dignified. One disowned its martyrs. The other honoured even its enemies.

What makes an army truly great?

Is it the size of its arsenal, or the sharpness of its missiles?

Is it the roar of its tanks or the sweep of its fighter jets?

No. True greatness lies not in weapons, but in values.

The Indian Army is more than a fighting machine. It is a moral force. Its greatness lies in discipline that does not falter, in courage that does not yield, and in respect that does not discriminate. To honour an enemy soldier's courage, this is not a weakness. This is supreme strength. Only the truly strong can show respect when vengeance would be easier. Only the truly professional can rise above hate to salute valour, even in an adversary's heart. Every Indian soldier takes an oath, not only to defend the nation, but to uphold the honour of the uniform. And that honor demands a certain code:-

Fight fiercely, but never dishonour.

Kill if you must, but never desecrate.

Respect faith, even when it belongs to your foe.

Salute courage, wherever it resides.

That is why, from the deserts of Rajasthan to the jungles of the Northeast, from UN peacekeeping missions in Africa to relief work in Nepal's earthquakes, the Indian Army is admired not only as warriors, but as gentlemen, as protectors, as humans. When the story of Captain Karnal Sher Khan is told, it is not really his story alone. It is the story of the Indian Army; the only army that could take an enemy's death and turn it into an immortal lesson of dignity.

The world salutes our soldiers not merely because they win wars, but because they win respect. Because they fight with ethics. Because they remind humanity that even in the blood-soaked snow of Kargil, the human spirit can shine brighter than gunfire.

The tricolor did not just fly on Tiger Hill, Tololing, or Rhino Horn. It flew on a higher peak.....the peak of professionalism, honour, and humanity.

When we bow our heads to the martyrs of Kargil, let us remember not only their courage, but also their character. Let us remember that the Indian Army's

greatness lies not just in its victories, but in its values.

And let us tell the world, with pride in our hearts and tears in our eyes: The Indian Army is not merely an army of brave men. It is an army of noble men. It is an army that salutes even its enemies. An army that buries foes with prayers. An army that stands taller than the tallest peak of Mt Everest, because its honour is higher than the Himalayas themselves.

This, then, is the lesson of 1999.

This, then, is the story of Captain Karnal Sher Khan and the Indian Army.

And this, forever, is the spirit of Indian soldiers.



**Col. Madhur Goyal – Sena Medal (Retd.)
Gallantry Awardee, Author & Poet**



The Great Weekend Massacre of My Privacy

January mornings are sacred but scary!

The fog still hugs the windows, the dew sits like shy pearls on the glass, and I am waiting for my second steaming cup of tea, the one that signals life has officially begun. My bed is still warm, my blanket is loyal, and my soul is at peace.

That is when she strikes. The great invasion of my privacy in my own bedroom.

Without warning, she rips apart the bedside carpets, pushes away bedroom furniture like she is preparing the room for a military operation, and creates a runway for the maid to follow with her broom. I am still horizontal, mind you, negotiating with gravity, when suddenly my bedroom becomes a cleaning battlefield.

Before I can even say “Good morning,” the cushions are flying, the side table is being interrogated, and the curtains are yanked open with such force that even the sun seems startled.

Privacy, apparently, seems a luxury item.

Next comes the cupboard audit. Drawers are opened with the confidence of a customs officer at an international airport. Socks are paired, unpaired, and re-paired. That one blue pull over with a hole I have kept since my sister gifted me, the one that fits me emotionally if not physically, is now under threat. “Why are you keeping this? It has a hole.” Not realising its emotional values she asks. I say nothing. Some battles are unwinnable.

Then she picks up my phone cables from behind the bedside table, throws them at me while I am still in bed, and says, “Do you even know where your stuff lies? All you will now do is order a new cable from Amazon.” I lie there holding the cable like evidence in a court case, too stunned to respond.

Eventually, I protest.

In my most dignified voice, I say, “This is my weekend, not yours. You have a seven-day weekend. You can rip apart the house when I am at work.”

She pauses, looks at me, and says, “It is your long weekend. I will do what and when I want. Do you now have any problems?”

I have never won against her logic. She always has her reasons.

Somewhere in the middle of this domestic warfare, she also develops a sudden humanitarian impulse. “Have breakfast,” she says, kindly, while I am still deciding whether to brave the cold, damp room freshly mopped into a skating rink. Before I can respond, the balcony doors fly open.

January wind rushes in.

I stare at her in disbelief.

She says, “Haven’t you heard about the need to air the rooms?”

Air the rooms. In January. While I am half alive, half frozen, and fully confused.

Then comes the final exile.

I say, "This is my bedroom. I need some privacy."

She looks at me with calm authority and says, "Then go to the bathroom and shut yourself there."

The bathroom.

On a winter morning.

A cold, moist, echoing chamber where even my thoughts develop goose bumps. She is not just invading my privacy; she is outsourcing me to Antarctica.

And if I think I am safe there, I am mistaken. The bathroom becomes an extension of the cleaning campaign. The mirror is wiped while I am brushing. The floor is mopped while I am still standing on it. I have learned to lift my feet like a flamingo.

Meanwhile, the maid arrives like reinforcements. My wife has already set the stage, cleared the battlefield, and handed over the weapons. The maid now sweeps, dusts, wipes, and rearranges with military efficiency. I am reduced to a civilian casualty, wandering from room to room in a shawl, clutching my tea like it is the last warm thing left in my life.

When I finally ask, "Why today? Why now?" she looks at me in disbelief and says, "haven't I said this earlier also that it's the weekend. I finally have time. Go get your ears checked."

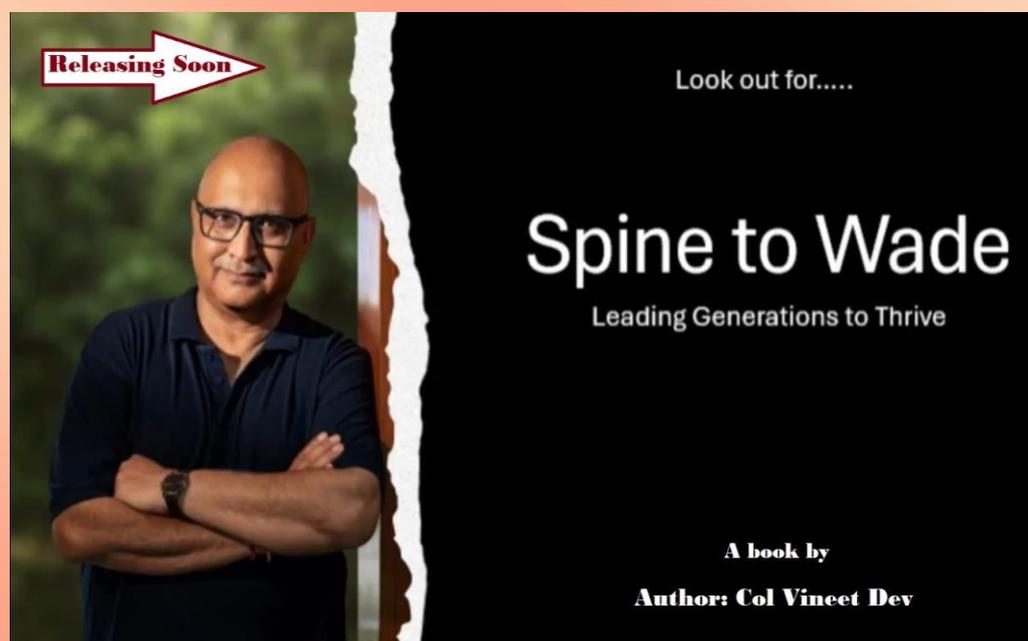
Time, apparently, to dismantle my sense of personal space.

But here's the truth. Beneath the carpet-ripping, furniture-shifting, bathroom-banishing cruelty lies something deeply loving. This is her way of caring. Her version of affection is a clean house and a reorganised life. Mine is staying under the blanket pretending the world doesn't exist.

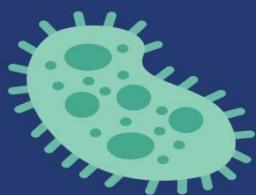
We are both wrong. We are both right.

And somewhere between the foggy windows, the cold bathroom tiles, the flying balcony doors, and the second cup of tea that arrives too late, we meet. In a clean bedroom. With slightly wounded dignity. And a lot of laughter.

Because if privacy is invaded, at least let it be invaded by someone who loves you enough to rearrange your chaos.

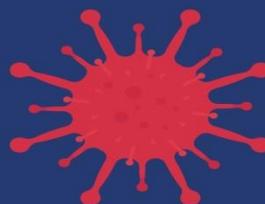


What are Antimicrobials?



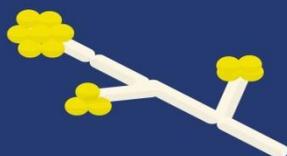
Antibiotics

Against Bacteria
*e.g medicine for
urine infection*



Antivirals

Against Viruses
*e.g medicine for
influenza*



Antifungal

Against fungi
*e.g medicine for
thrush*



Antiparasitics

Against Parasites
*e.g medicine for
malaria*

norgenbiotek.com

Anti Microbial Resistance

We have been talking about the growing incidence of people facing the problem arising due to drugs becoming less effective or non effective due to resistance to many commonly used drugs.

Antimicrobial resistance is a major public health concern emanating as a result of medicines/ drugs that become less effective at curing a disease or alleviating symptoms resulting in failure of treatment and increasing morbidity as a result of resistance to drugs that used to be the drugs of choice or first line of treatment for the particular disease/ailment.

It is an alarming global health threat causing significant illness and mortality worldwide and our country being not immune to the growing threat has one of the highest incidence of AMR in India. Even the Hon'ble Prime Minister of India has in powerful message In His last Mann Ki Baat of 2025 has expressed serious concern about the growing incidence of AMR in our country.

According to WHO report, in 2023 1 in 3 urinary tract infection, 1 in 15 Gastro intestinal infections and 1 in 6 bloodstream infections were found to be resistant to antibiotics. Most important example of drug resistance being faced by people in our country relates to when bacteria, viruses and parasites become resistant to medicines that usually kill or inhibit them. Common

examples of drug resistance are antibiotic resistance and anti cancer drugs resistance (chemotherapy).

Overuse of antibiotics and misuse of antibiotics is a threatening concern globally. Many infections such as dengue, Flu, Viral fever and common cold do not require antibiotics but they are being regularly prescribed by the doctors. Another reason that contributes to antibiotic resistance is sale of OTC antibiotics and the fact that patients don't complete the course of antibiotics as per the requirement.

Hospitals have also a significantly high incidence of drug resistant organisms due to non implementation of strict infection control mechanisms resulting in growth of resistant organisms increasing morbidity and mortality. If allowed to continue, there will be no antibiotics left for treatment of infections.

The solution to the problem to some extent lies in regulating the sale of antibiotics, stopping sale of OTC antibiotics and strict enforcement of regulations governing the sale. People on their part can also contribute to check the problem of drug resistance by not indulging in self medication and completing the course as per the advice of the treating Doctor. Creating awareness amongst Health care workers and educating them about the importance of Hygiene compliance can also help in controlling AMR due to the high incidence of drug resistance organisms in Hospitals. The scientific community on their part can contribute effectively by developing newer antibiotics.



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

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

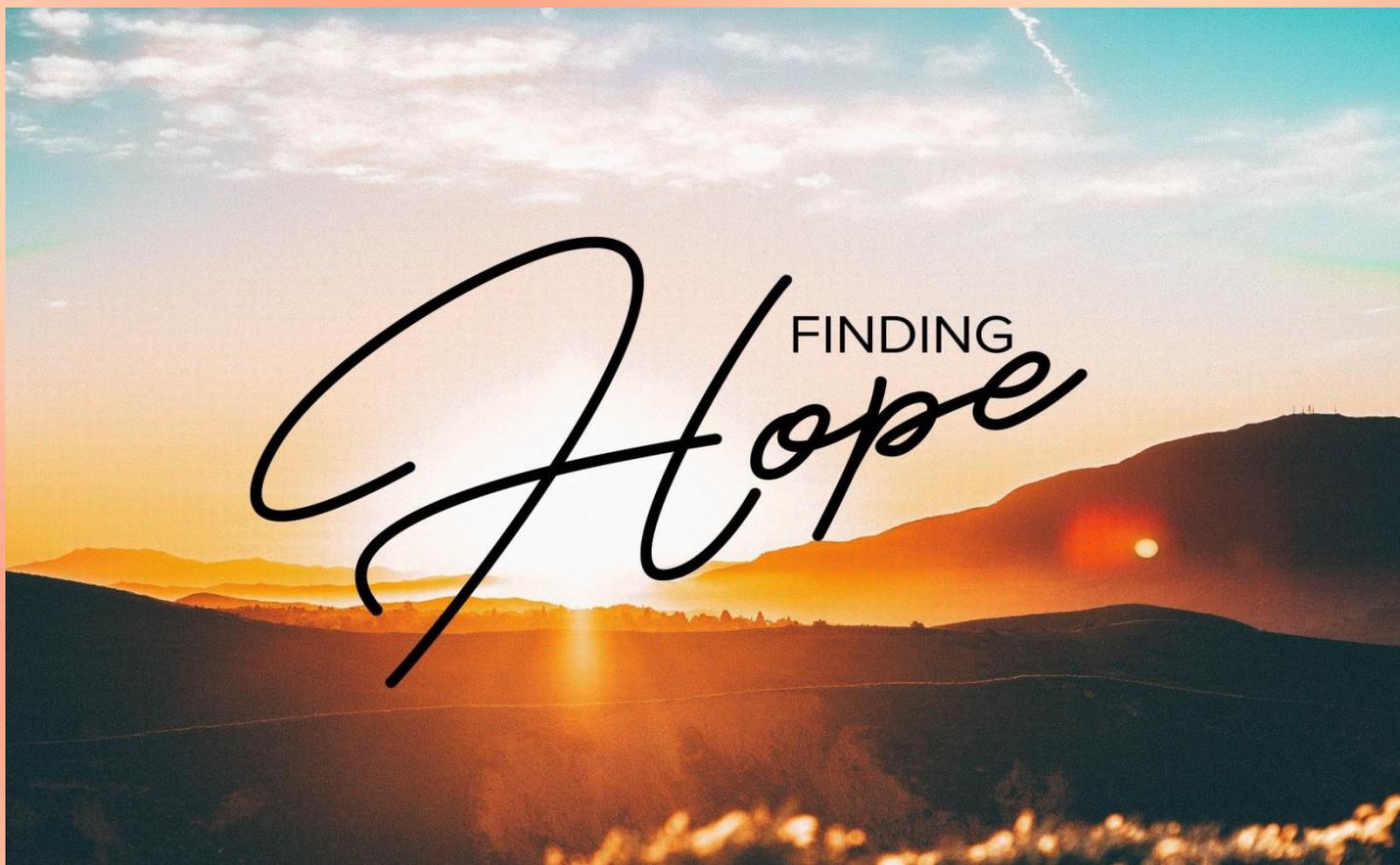
India has never been merely a stretch of land or a name on a map. She has always been a household, a living home, a grand family where life itself was sacred. To be born here was to awaken each day not only under the roof of one's dwelling, but under the endless sky that fathered the stars, by rivers 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.

GRAB YOUR COPY NOW:

<https://amzn.in/d/055Frz7f>



Hope is not always loud. Sometimes it doesn't arrive with fireworks or instant solutions. Often, hope shows up quietly—like a whisper that says, “Keep going.” In a world filled with uncertainty, pressure, and unexpected setbacks, finding hope can feel like searching for light in a long tunnel. Yet, hope is closer than we think.

Hope begins when we accept that struggle is part of the human journey, not a sign of failure. Every life story includes chapters of pain, delay, and disappointment. What separates those who rise from those who give up is not the absence of hardship, but the decision to believe that the hardship is not the end. Hope is the courage to believe that tomorrow can be better, even when today hurts.

Sometimes, hope is born from small victories. Waking up and trying again. Choosing kindness when bitterness feels easier. Taking one step forward when the whole staircase is not yet visible. These small acts may seem insignificant, but they are powerful. They remind us that progress is not always dramatic—it is often steady and quiet.

Hope also grows when we shift our focus. Instead of asking, “Why is this happening to me?” we begin to ask, “What can this teach me?” Every challenge carries a lesson, and every setback hides a seed of growth. When we learn to see difficulties as opportunities for strength, resilience, and wisdom, hope takes root.

Another powerful source of hope is connection. No one is meant to walk through life alone. Sharing your story, listening to others, and allowing support into your life can restore perspective. Sometimes, hope comes through another person’s words, actions, or belief in you—especially when you’re struggling to believe in yourself.

Most importantly, hope is a choice. It is choosing faith over fear, action over paralysis, and possibility over despair. Even when circumstances don’t change immediately, choosing hope changes you. It renews your strength, sharpens your vision, and fuels your perseverance.

If you are reading this in a season of difficulty, remember this: your current situation is not your final destination. What feels overwhelming today may one day become the testimony of your strength. Hold on. Keep moving. Keep believing.

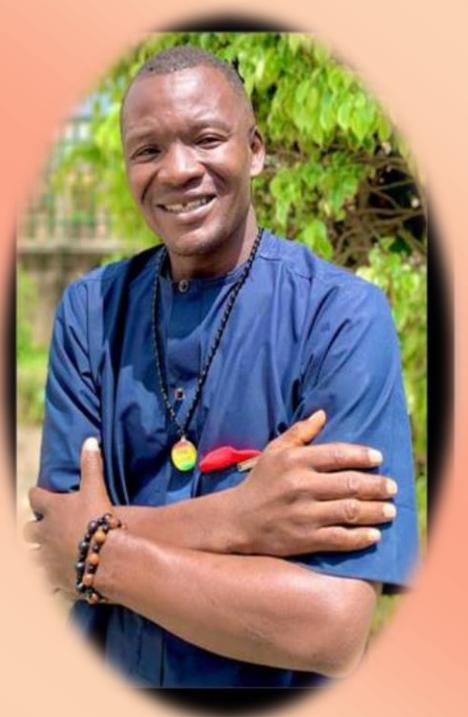
Hope is not the denial of reality-it is the confidence that reality can improve. And as long as you are still breathing, there is still a reason to hope.

Author Michael Ediale

Best-Selling Author | Motivational Speaker

Film Producer | Performing Artist |

CEO Orange TV & Music



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.....

GRAB YOUR COPY TODAY

<https://amzn.to/4s7coz7>

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.....

Reach the Author:

This book is recommended for all who wish to make changes in their lifestyles and want to understand the concept of getting into better life, build a new and empowered mindset about your body. For more information, you can also connect to the author through an email: welnesscoach.drneha@gmail.com; and at (M) +91 9070200705.

You can also follow us at various social media links:

1. Follow me on Facebook:
<https://www.facebook.com/DrNehaMehta.737001?mibextid=>
2. Follow me on Instagram:
https://www.instagram.com/DrNehaMehta_nutritionadvisor?igshid=OGQ5ZDc2ODk2ZA==
3. You tube Channel:
<https://youtube.com/@wellness24x7?si=TRIXWZkTMvEIsEB0>



Published by :
EsquireVJ Publication House
Website: www.esquirevj.biz
E-mail: esquirevj@gmail.com
Ph.: +91 77788 96891
+91 77788 96137



WRITTEN BY DR. NEHA MEHTA



No more fads

"THE TRUTH ABOUT WEIGHT LOSS THAT WORKS"

No More Fads

AUTHORED BY DR. NEHA MEHTA
RANKED AN AMAZON BEST SELLER
PUBLISHED BY :

ESQUIRE VJ PUBLICATION HOUSE

Ph: +91 7778896891

Email : esquirevj@gmail.com

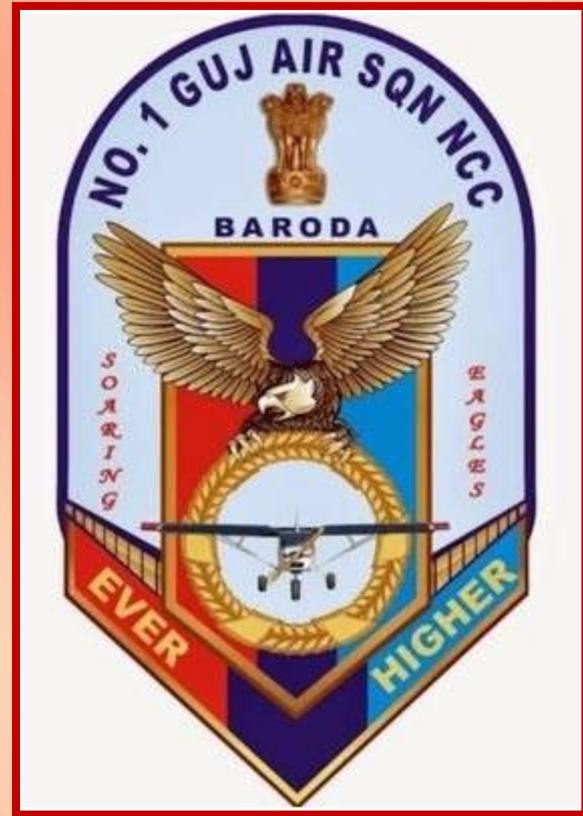
www.esquirevj.biz



Air Milap – No. 1 Guj Air Sqn. NCC, Baroda.

About NCC

The National Cadet Corps is the Indian military cadet corps with its Headquarters at New Delhi. It is open to school and college students on voluntary basis. National Cadet Corps is a Tri-Services Organization, comprising the Army, Navy and Air Force, engaged in grooming the youth of the country into disciplined and patriotic citizens. The National Cadet Corps in India is a voluntary organization which recruits cadets from high schools, colleges and Universities all over India. The Cadets are given basic military training in small arms and parades. The officers and cadets have no liability for active military service once they complete their course but are given preference over normal candidates during selections based on the achievements in the corps.



History of NCC

NCC was firstly started in 1666 in Germany. The NCC in India was formed with the National Cadet Corps Act of 1948. It was raised on 15 July 1948. The origin of NCC can be traced back to the 'University Corps', which was created under the Indian Defence Act 1917, with the objective to make up the shortage of the Army. In 1920, when the Indian Territorial Act was passed, the 'University Corps' was replaced by the University Training Corps (UTC). The aim was to raise the status of the UTC and make it more attractive to the youth. The UTC Officers and cadets dressed like the army. It was a significant step towards the Indianisation of armed forces. It was rechristened in the form of UOTC so the National Cadet Corps can be considered as a successor of the University Officers Training Corps (UOTC) which was established by the British Government in 1942. During World War II, the UOTC never came up to the expectations set by the British. This led to the idea that some better schemes should be formed, which could train more young men in a better way,



even during peace. A committee headed by Pandit H.N. Kunzru recommended a cadet organization to be established in schools and colleges at a national level. The National Cadet Corps Act was accepted by the Governor General and on 15 July 1948 the National Cadet Corps came into existence.

In 1949, the Girls Division was raised in order to give equal opportunities to school and college going girls. The NCC was given an inter-service image in 1950 when the Air Wing was added, followed by the Naval Wing in 1952. Same year, the NCC curriculum was extended to include community development/social service

activities as a part of the NCC syllabus at the behest of Late Pandit Jawaharlal Nehru who took keen interest in the growth of the NCC. Following the 1962 Sino-Indian War, to meet the requirement of the Nation, the NCC training was made compulsory in 1963. In 1968, the Corps was again made voluntary.

During Indo-Pakistani war of 1965 & Bangladesh-Pakistani war of 1971, NCC cadets were second line of defence. They organized camp to assist ordnance factories, supplying arms and ammunition to the front and also were used as patrol parties to capture enemy paratroopers. The NCC cadets also worked hand in hand with the Civil defence authorities and actively took part in rescue works and traffic control.



After 1965 and 1971 wars NCC syllabus was revised. Rather than just being second line of defence, NCC syllabus laid greater stress on developing quality of leadership and officer like qualities. The military training which the NCC cadets received was reduced and greater importance was given to other areas like social service and youth management.

Organization: At Headquarters level, the NCC is headed by a Director General with the rank of lieutenant-general. He is assisted by two Additional Director Generals (A and B) of two-star rank (major-general, rear-admiral or air vice-marshal). Five Brigadier level officers and other civil officials also assist him. The Headquarters is located in Delhi. There are 17 Directorates located in the state capitals headed by an officer of the rank of a Brigadier from the three Services. Depending upon the size of the state and growth of NCC in the states, Directorates have up to 14 Group Headquarters under them through which they exercise their command and control of the organisation in the state. Each group is headed by an officer of the rank of Colonel or equivalent known as Group Commander. Each NCC Group Headquarters control 5-7 units (Bns) commanded by Lt. Colonel/Major or equivalent. Each Battalion consists of companies which are commanded by the Associate NCC Officer (ANO) of the rank of lieutenant to major. In all there are 95 Group Headquarters in the country who exercise control over a network of 667 Army Wing Units (including technical and girls unit), 60 Naval Wing Units and 61 Air Squadrons. There are two training establishments namely Officers Training School, Kamptee (Nagpur, Maharashtra) and Women Officers Training School, Gwalior.



AIR MILAP

The 1 Gujarat Air Sqn NCC, based in Vadodara (formerly 17 Bombay Air Sqn), focuses on aviation training, discipline, and camaraderie. The "Air Milap" group brings

together alumni to support the squadron. The unit, part of the NCC Air Wing, represents the Indian Air Force and trains cadets in gliding / micro light flying etc.

"Air Milap" in the context of the National Cadet Corps (NCC) refers to a special reunion event for Air Wing cadets and alumni. It is designed to bring together members of the unit to foster camaraderie, strengthen the network, and inspire current cadets.

Here are the key details regarding Air Milap:

Objective: The primary goal is to unite like-minded individuals (alumni and current cadets) from a specific Air Squadron to work together in supporting the unit and the community.

Focus: It acts as a networking platform that connects former cadets (who may now be in the IAF or other sectors) with current trainees to share experiences and motivation.

Context: For example, the 1 Gujarat Air Squadron has previously used "Air Milap" as a specific event title for their reunions held around Republic Day.

Note: In some instances, "Ex-Milap" has been used to describe similar interactive sessions with veterans.

SEV USAL INGREDIENTS



FOR BOILING WHITE PEAS:

- 1 Bowl White Chickpeas (Soaked 2 Hours In Warm Water)
- Water, As Required
- Salt, To Taste
- ¼ Tsp Turmeric Powder

FOR USAL MASALA BASE:

- 2–3 Tbsp Oil
- ¼ Tsp Hing
- 1 Tbsp Green Chilli Paste
- 1 Tbsp Ginger Paste
- 1 Tbsp Garlic Paste
- 1 Cup Onions (Finely Chopped)
- ½ Cup Tomato Purée
- Salt, To Taste
- 1 Tsp Red Chilli Powder
- ½ Tsp Turmeric Powder
- 3 Tbsp Sev Usal Masala

FOR SERVING:

- Fine Sev
- Spring Onions (Chopped)
- Lemon Wedges
- Pav

FOR USAL MASALA BASE:

- 2–3 Tbsp Oil
- ¼ Tsp Hing
- 1 Tbsp Green Chilli Paste
- 1 Tbsp Ginger Paste
- 1 Tbsp Garlic Paste
- 1 Cup Onions (Finely Chopped)
- ½ Cup Tomato Purée
- Salt, To Taste
- 1 Tsp Red Chilli Powder
- ½ Tsp Turmeric Powder
- 3 Tbsp Sev Usal Masala
- ½ Tsp Turmeric Powder
- Salt, To Taste

FOR TARI:

- 4 Tbsp Oil
- ½ Tsp Hing
- 1 Tbsp Garlic Paste
- Reserved Masala Paste
- Water, As Required
- 1 Tbsp Sev Usal Masala
- 1 Tsp Red Chilli Powder
- Salt, To Taste
- 1 Tsp Coriander Powder
- 1 Tsp Cumin Powder

FOR FINAL USAL:

- Boiled White Chickpeas
- 4 Glass Water
- 1 Tsp Red Chili Powder

FOR BESAN SLURRY:

- 2–3 Tbsp Besan
- Water, As Required



METHOD

BOILING WHITE PEAS

1. Add White Chickpeas, Water, Salt And Turmeric To A Pressure Cooker.
2. Cook For 1–2 Whistles. Keep Aside.

USAL BASE & FINAL USAL

1. Heat Oil In A Kadhai. Add Hing, Green Chilli Paste, Ginger Paste And Garlic Paste. Sauté Well.
2. Add Onions And Cook Till Translucent.
3. Add Tomato Purée And Cook Till Thick And Oil Separates.
4. Add Salt, Red Chilli Powder, Turmeric Powder And Sev Usal Masala. Mix Well.
5. Remove ½ Cup Of This Masala And Keep Aside For Tari.
6. Add Boiled Chickpeas To The Remaining Masala. Add 4 Glass Water, Red Chilli Powder, Turmeric Powder And Salt. Mix Well.
7. Make A Smooth Slurry Using Besan And Water. Strain Into The Kadhai To Avoid Lumps.
8. Simmer Till Slightly Thick And Glossy. Usal Is Ready.

Falguni Thakkar

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





SquarePetals Music Presents

SWARANJALI

A Musical Gathering

✦ Calling All Passionate Singers & Musical Talents! ✦

SquarePetals Music invites talented vocalists and emerging performers to be part of a special musical evening celebrating melody, expression, and soulful music.

Guest Maestro

Sur Mani Awardee - Sonal Shah

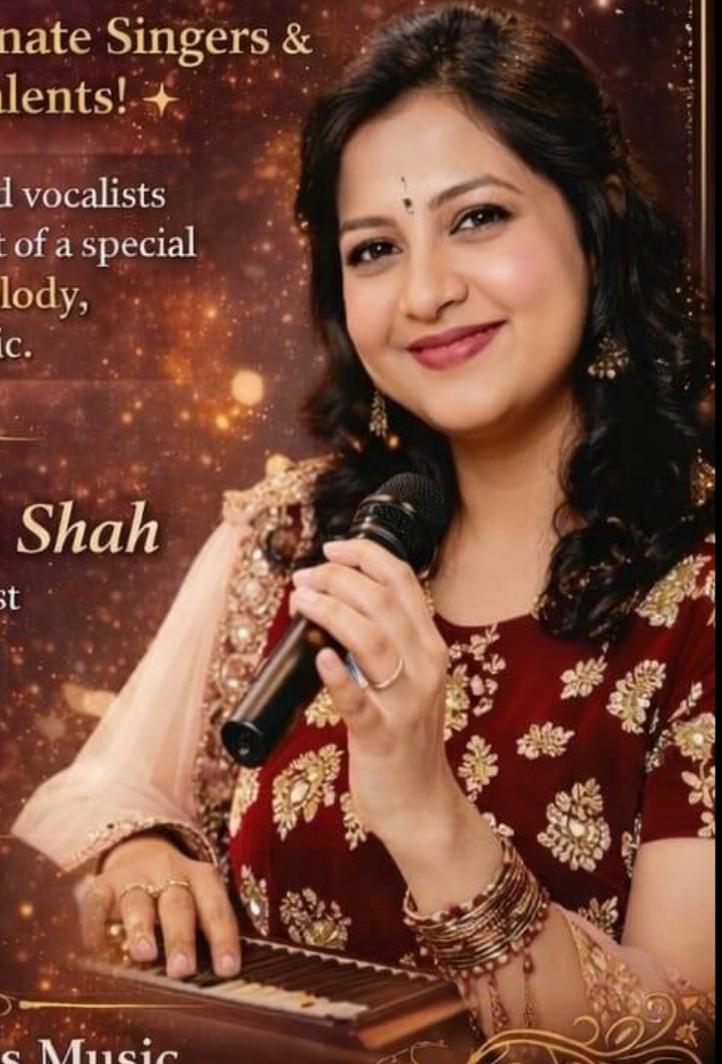
Renowned Sufi & Ghazal Vocalist

- ✦ Limited performance slots available
- ✦ Solo singers welcome
- ✦ All melodious genres encouraged

Register Your Entry Now

📞 9974583331

An initiative by SquarePetals Music



Published by

7 years of Excellence

EsquireVJ Publication House

Book Publishing

Print on demand

Editing

Proof reading

Audio books

Book marketing

Book reviews

Kindle e-book

Cover design

Awards nominations

Reach us..

Ph: +91 7778896891 / 137

Email: esquirevj@gmail.com

www.esquirevj.biz

