



# SquarePetals

Global Webzine



After The Floods  
Will Pakistan go under?

Personal Development  
Getting Ready for Life

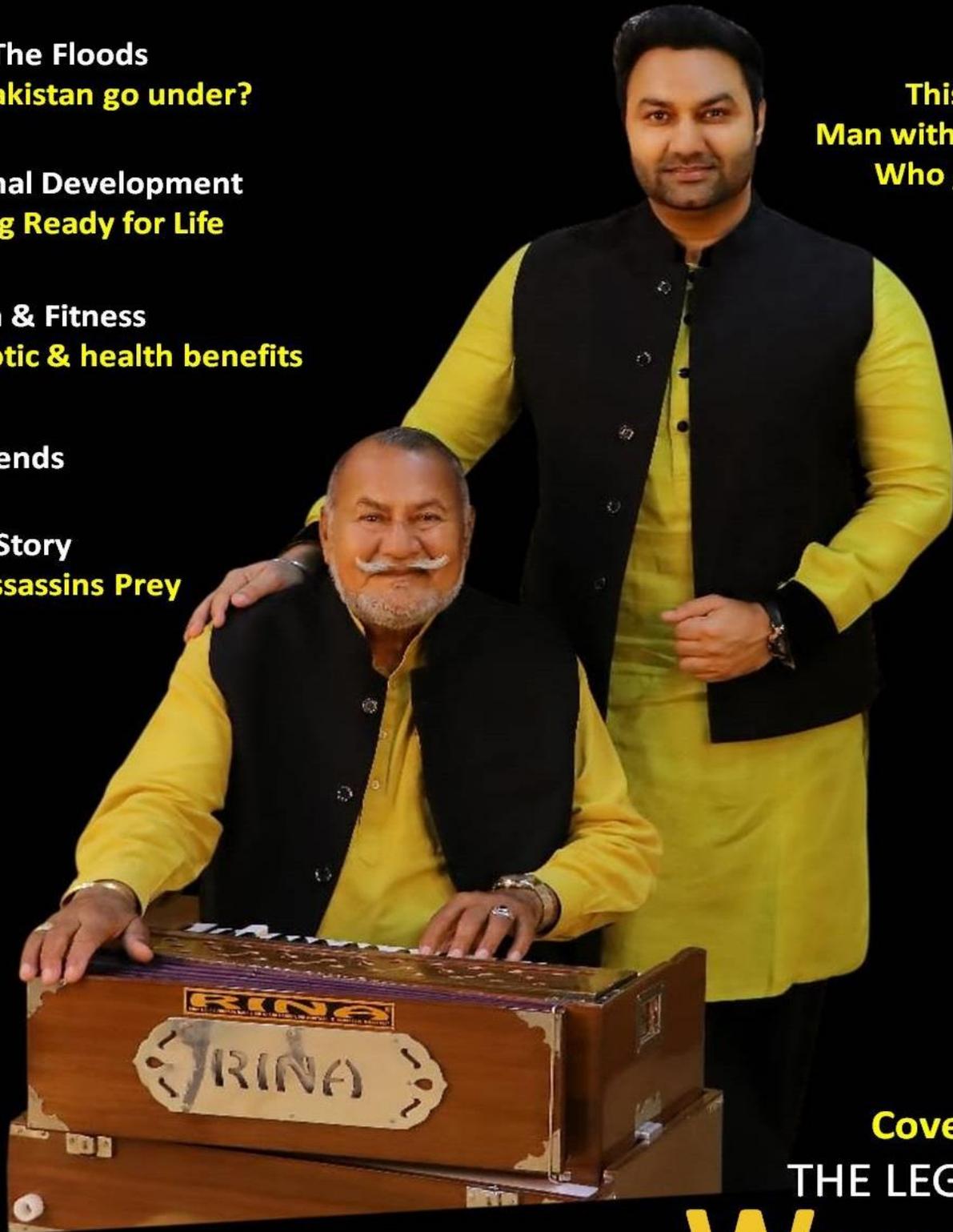
Health & Fitness  
Probiotic & health benefits

Top Trends

Short Story  
The Assassins Prey

Poems  
This Tale is Mine  
Man with Filthy Hands  
Who / Where am I

Flavor Special  
Cheese Paneer Samosa



Cover Story  
THE LEGENDARY

# WADALI'S

## Padma Shri

Ustad Puran Chand Wadali & Lakhwinder Wadali

# The Editorial Board

## SQUAREPETALS GLOBAL WEBZINE



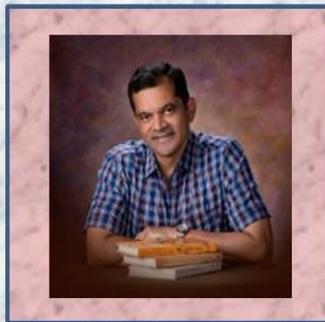
**Dr. Satish Verma**  
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Asth. Editor  
Student at  
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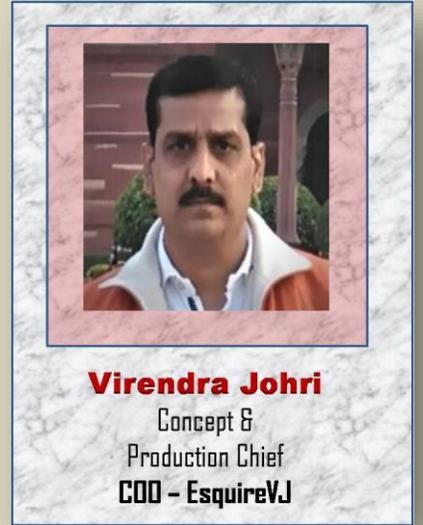
[www.squarepetals.com](http://www.squarepetals.com)

[info@esquirevj.world](mailto:info@esquirevj.world)

[info@squarepetals.world](mailto:info@squarepetals.world)

[esquirevj@gmail.com](mailto:esquirevj@gmail.com)

(M)+91 7778896891 / 137



## Article Writers:

Michael Ediale  
Col. Ajay Singh  
Yogesh Bansal  
Moin Khan Pathan  
Dr. Neeru Bhatt  
Falguni Thakkar  
Arya Patel  
Shambhavi Solanki  
Tisha Gheewala

## Top Trends:

Dr. Sunehri Johri

## FROM THE DESK OF Editor-in-Chief

Rains quench thirst  
Joys outburst  
30 days in September  
Of downpour & upthrust!

Hello readers,

Rainy season teaches us the importance of maintaining a balance in every field of life. Just as rainfall is so important as it gives us water which is indispensable for living, and it brings awesome climate. The beauty in drizzling and the magic of moisture in the winds show effects in the blooming vegetation cover ; nature is seen at its best during the rains. On the other side, non stop heavy rains can cause flooding sorrows to those who lose their house and belongings in the calamity! Sometimes it gets worse as land slides, lightening strikes and some people even lose their life.

So let us be cautious and helping to each other in times of need, that is what humanity is all about. Wishing you all a great time and fun in the changing seasons, with the August - September 2022 edition of SquarePetals Global Webzine.

We are bringing you refreshing infotainment, write us your feedback : [squarepetalsmedia@gmail.com](mailto:squarepetalsmedia@gmail.com)

**Happy Reading..**

*Sansriti Johri*

Dr. Sansriti Johri  
Editor-in-Chief

# CONTENT

## COVER STORY

**Padma Shri Ustad**

*Puran Chand Wadali Ji &  
Lakhwinder Wadali Ji*

08

## After The Floods

*Will Pakistan go under?*

12

## PERSONAL DEVELOPMENT

*Getting Ready for Life*

16

## HEALTH & FITNESS

*Probiotic & health benefits*

21

## POEMS

*This Tale is Mine*

23

*Man with Filthy hands*

24

*Who / Where am I ?*

28

## Short Story

*The Assassins Prey*

27

## Top Trends

30

## FLAVOUR SPECIAL

*Cheese Paneer Samosa*

31



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**Pen Speaks**



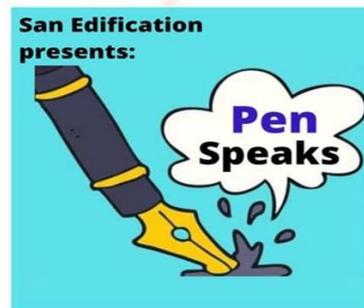
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**Speaker:**

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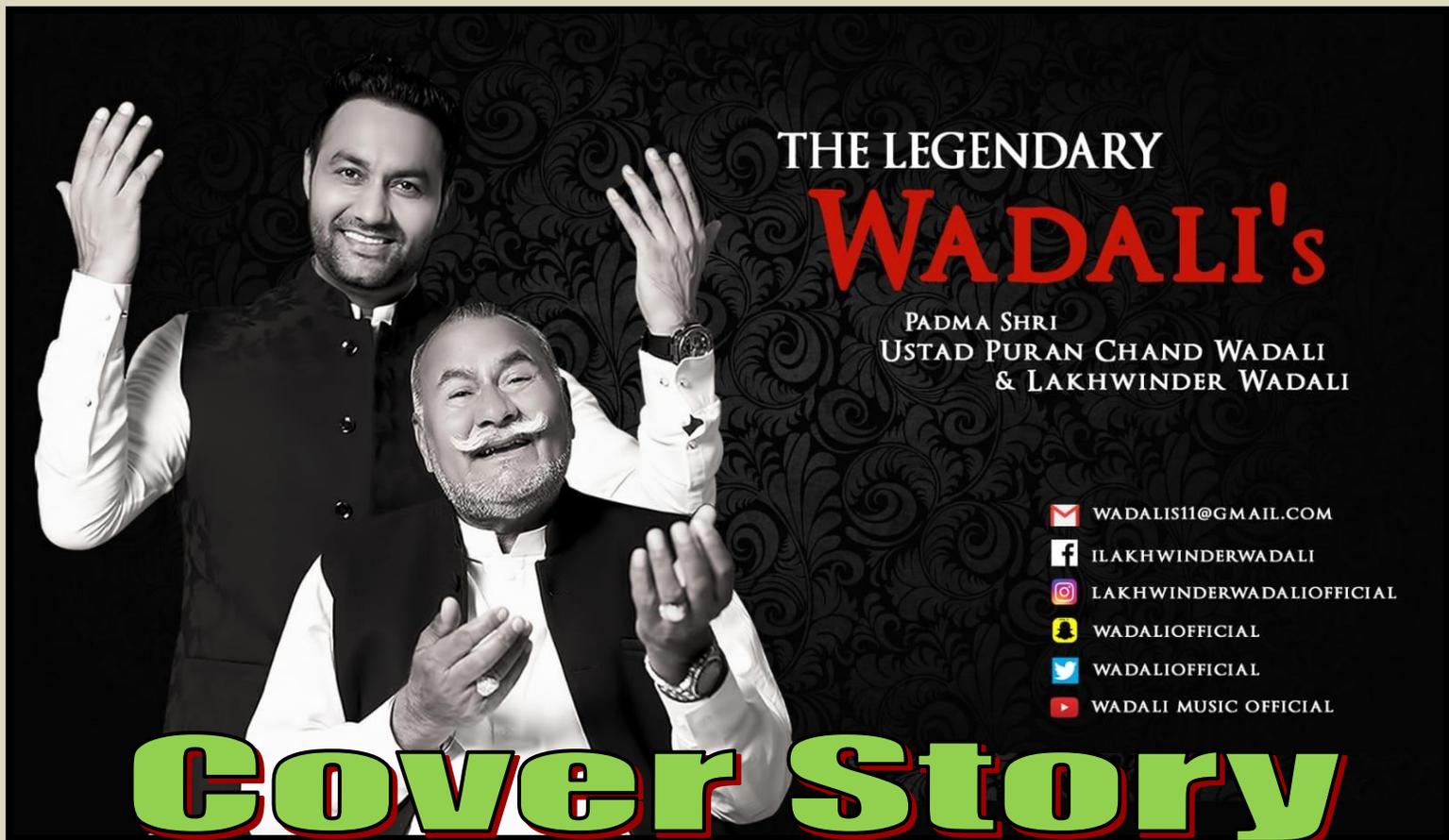


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# THE LEGENDARY WADALI's

PADMA SHRI  
USTAD PURAN CHAND WADALI  
& LAKHWINDER WADALI

-  WADALIS11@GMAIL.COM
-  ILAKHWINDERWADALI
-  LAKHWINDERWADALIOFFICIAL
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## COVER STORY

### ***PADMA SHRI USTAD PURAN CHAND WADALI JI***

By now, PADMA SHRI USTAD PURAN CHAND WADALI JI needs no introductions for those familiar with the trends and artists of the music world, especially Usta Puran Chand Wadali JI associated with the Sufi style of singing. Ustad Puran Chand Wadali Ji the Sufi singer and musician from Village "GURU KI WADALI" the Birth Place of Dhan Dhan Shree Guru Hargobind Sahib Ji in the Amritsar District-Punjab, India. Ustad Puran Chand Wadali Ji born into the fifth generation of musicians given to singing the messages of Sufi saints, Ustad Puran Chand Wadali Ji dabbled in the most unexpected of professions before they became Sufi Singer. While Ustad Puranchand Wadali Ji, was a regular in an "Akhaara"(wrestling house) for 25 years.

Though neither of them Ustad Puran Chand Wadali Ji went to school for any formal education, Ustad Puran Chand Wadali Ji come to occupy the position of masters in the music world largely because of their dedicated approach to learning and understanding great Indian classical music which runs in their blood, their father Ustad Shri Thakur Dass Ji, forced Ustad Puranchand Wadali into music. Ustad Puran Chand Wadali Ji studied music from celebrated masters like Ustad Pandit Shri Durga Dass Ji of the Patiala Gharana.

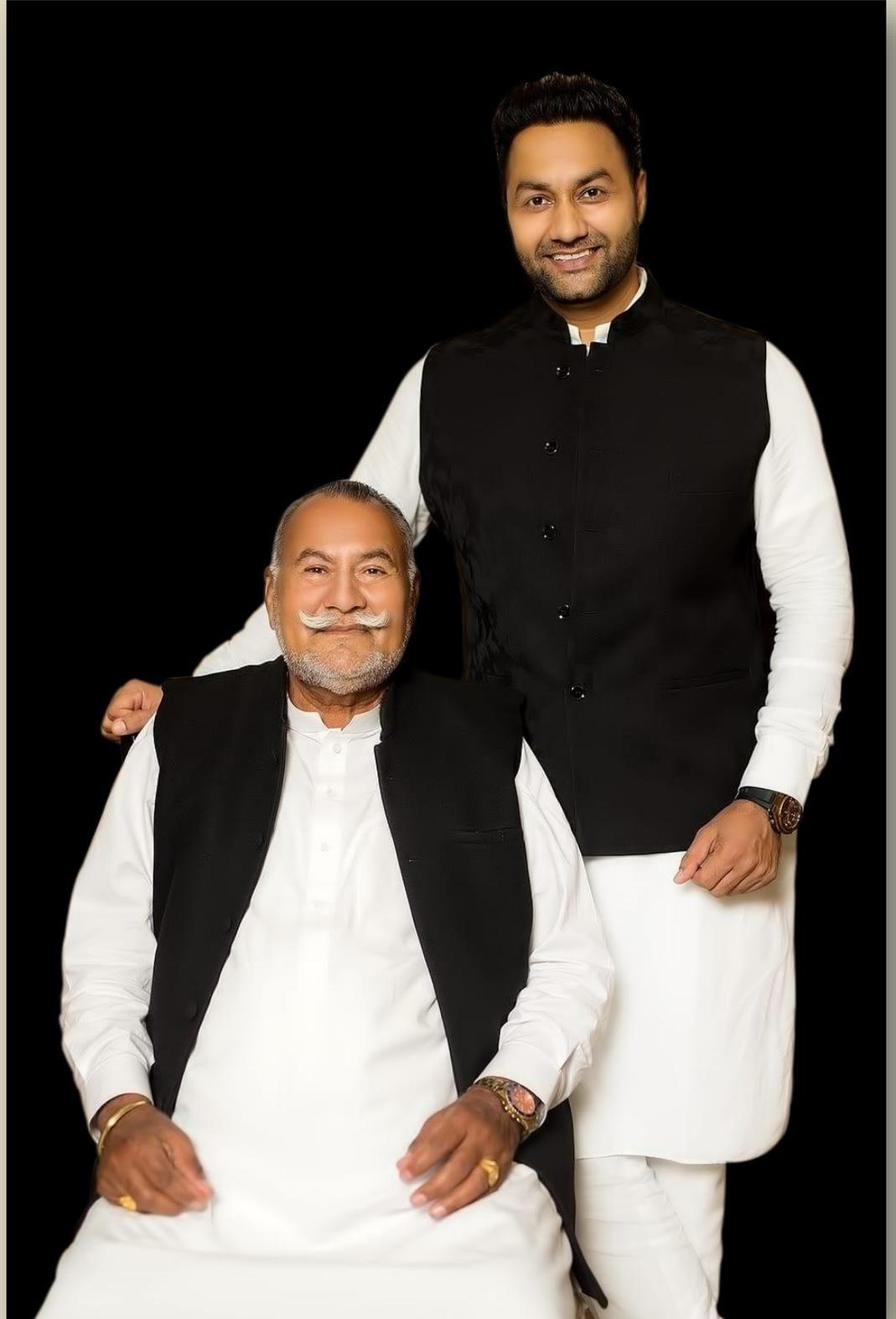
Humility is their hallmark unlike in the case of many other artists, their first musical performance outside their village was in Harballabh Temple in Jalandhar. Ustad Puran Chand Wadali Ji went to Jalandhar to perform at the Harballabh Sangeet Sammelan, but was not allowed to sing because their appearance did not pass muster. Disappointed, they decided to make a musical offering at the

Sangeet Sammelan Jalandhar, where an executive of All India Radio, Jalandhar, spotted them and recorded their first song.

Ustad Puran Chand Wadali Ji sings in the gurbani, kaafi, ghazal and bhajan genres of music. They live in their ancestral house in Guru ki Wadali, and teach music to those who promise to preserve it. They do not charge their disciples, and lead a very simple life devoted to the divine one.

Ustad Puran Chand Wadali Ji was able to perceive the significance behind his voice which was different from that of other singers. Encouraged by the interest shown by his listeners, Ustad Puran Chand Wadali Ji believed in the Sufi tradition deeply. They consider themselves as a medium through which the preaching of great saints has to be passed on to others. They have never indulged commercially and they have only a handful of recordings

to their name (mostly from live concerts). Ustad Puran Chand Wadali Ji believes in singing freely as homage to the divine one. Ustad Puran Chand Wadali Ji do not feel very



comfortable in using electronic gadgets in their music, and stress on Alaap and Taans. They believe that spiritual heights can only be attained if you sing unreservedly, in a free atmosphere. They are particularly at ease in presenting the verses of Baba Farid Sahib, Baba Bulle Shah, Shah Hussain, Shiv Kumar Batalvi, besides folk tales associated with Sassi-Punnu, Laila-Majnu, Jugn , Heer-Ranjha, etc . The utterances of Sufi Fakirs like Amir Khusrou Sahib and others are a fact of their music. Ustad Puran Chand Wadali Ji attended many other Cultural Programmes in the United States Of America, United Kingdom, Canada, Pakistan, Dubai, Singapore, and a number of other countries.

Recently they stepped into the world of Bollywood music, rendering music director and writer Gulzar's soulful lyrics in their unique style in the film PINJAR, DHOOP, TANU weds MANU, MAUSAM, HAWAIZAADA, TEENA KI CHABI, CLASS MATE and many more Films.

Govt. Of India & Late Dr. A.P.J. Abdul Kalam former President of India Honored to Ustad Puran Chand Wadali Ji With **"PADMA AWARD"** in year 2005

**ALBUMS: Aa Mil Yaar, Paigham-e-Ishq, Ishq Musafir**

**Folk Music of India: Yaad Piya Ki, Tere Naal Prita Pakiya, And More Albums.....**

**AWARDS: Sangeet Natak Akademi Award 1991, Tulsi Award 1992, Punjab Sangeet Natak Akademi Award, 2003.**

**Padma Shri- In 2005 and Many More National and International Awards.**

## **LAKHWINDER WADALI**

Lakhwinder Wadali Born on 20 April 1978 in Guru ki Wadali village of Amritsar (Punjab), Lakhwinder Wadali belongs to the Wadali

family (Wadali Brothers) of Patiala Gharana, Punjab. He trained extensively in the art of singing folk music under the guidance of his father Padma Shri Ustad Puran Chand Wadali Ji and uncle Ustad Shri Piyare Lal Wadali Ji (Well Known As Wadali Brothers).

Among the leading folk and Sufi singers of his generation, Lakhwinder Wadali has evolved an individual style in his presentation and has gained wide popularity. His style of singing combines a fine blend of classical and contemporary music. Alaaps and Taans are the vital aspects of his music. He has performed with many eminent musicians such as Himesh Reshamia, Rahat Fateh Ali Khan, Shanker Mahadevan, Mikka Singh, Shan, Shreya Ghoshal, Ila Arun, Anand Raj Anand and Mohit Chauhan. Lakhwinder Wadali has performed widely in the country and abroad.

The foremost exponents of Punjabi Sufiana qalam, Lakhwinder Wadali Ji, have a diverse repertoire and excel in singing Sufiana qalaam by Baba Bulleh Shah, Shah Hussain, Baba Farid, Guru Nanak Dev Ji and Sultan Bahu. The rich gayaki of the Patiala gharana is evident in their soulful singing.

For his dedicated work in preserving and promoting Punjabi folk music, Lakhwinder Wadali Ji has been honoured with several awards including the PTC Channel Punjabi Music Award for "Best Debut Album" by PTC Channel Punjabi (2005), the "Best Sufi Singer of India" conferred by Watno Dur Channel in Toronto, Canada (2005), the PTC Channel Punjabi Music Award for "Best Sufi Song" awarded by PTC Channel Punjabi (2007), the Best Singer Award given by Canadian Government in Toronto, Canada (2009), and the Hamdard Award (2013).

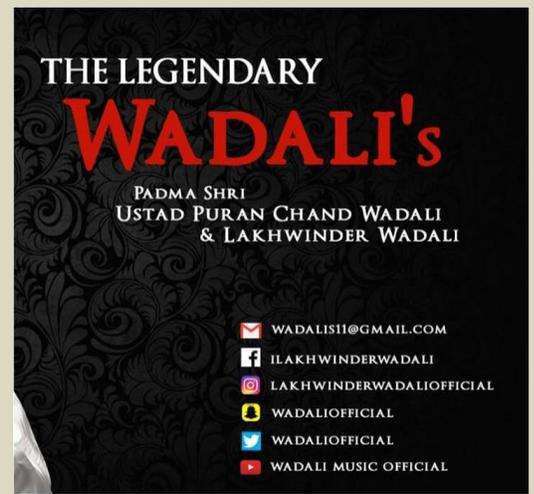
Lakhwinder Wadali Ji is awarded the Ustad Bismillah Khan Yuva Puraskar of Sangeet Natak Akademi (Ministry Of Culture, Govt. of India) for the year 2012 for his notable talent in the field of folk music of Punjab.

<https://www.youtube.com/watch?v=TEmAYbIN-8&t=625s>

<https://www.youtube.com/watch?v=EUbSdGWPE70&t=9s>

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*Mr. Yogesh Bansal  
Manager – The Legendary  
Wadali's*



## AFTER THE FLOODS – Will Pakistan go under?

*Many of Pakistan's problems are due to their hostile relationships with India, a fact which is increasingly emerging in Pakistani media and was even voiced by General Bajwa. Lifting the nation from their flood of woes would require good ties with India, but for that, its policy of sponsoring terrorism in Kashmir has to stop.*

The monster monsoon that hit Pakistan this August, wreaked the worst floods in recent memory – even stronger than the floods of 2010. The country went through eight cycles of incessant rain, receiving three times the annual rainfall, which submerged one third of the country, affected 33 million people and caused over \$12 Billion of damage to homes and infrastructure which will take five years to rebuild. One third of its cultivated land has been inundated and over 300,000 livestock – the bedrock of livelihood for many – have perished. As the waters recede, Pakistan stares grimly at impending epidemics,

starvation and social unrest in a population that has been pushed to the brink.

The flood waters have also washed away the sites of Mohenjo-Daro – the ancient Indus Valley civilization that perished 5000 years ago by similar floods. In a way, the floods are symptomatic of global climate change. It is a part of a cycle of floods and drought, which will visit many parts of the world with increasing frequency. Ironically, the sub-continent – which has been amongst the lowest emitter of greenhouse gases in the world – will be amongst the areas most susceptible to climate



Image tweeted by @anis\_uji



debt is to China, whose CPEC has cost Pakistan \$64 Billion and given it infrastructure that does not generate return on investment. The signs of Pakistan's disillusion with CPEC comes in the manner they have recently

change, and Pakistan has been identified as amongst the nations most likely to succumb to it.

The floods have been called almost 'Biblical in nature' but there is more to it than just climate change. Much of the havoc has been caused by systematic neglect and erosion of canals, distributaries and rivers and water channels which would have otherwise funneled the waters away. (Just like the floods in Bangalore were caused by encroachment of its lakes and neglect of infrastructure). But the malaise in Pakistan is more deep-rooted than that. At the heart of all its problems lies the economic, political and social turmoil within the country.

The floods will provide a body blow to Pakistan's economy which is already stagnating at \$347 Billion, having a miniscule rate of growth of 0.4 % per annum; a debt of \$250 Billion and foreign reserves just enough to cover six weeks of imports. Much of the

dissolved the CPEC Authority. But that will solve nothing. So deep is Pakistan into the project, that they will now have to approach China for further loans to pay off existing ones, and fall into an endless debt trap which will be impossible to get out of.

The standard solution has been to approach the IMF – which Pakistan has already done 22 times before. But with the IMF, like most of the world, there is a Pak-weariness. It has released a tranche of \$1.17 billion of the promised \$6 Billion but the conditionalities include hiking electric tariffs and imposing levies on petroleum products. This led to an increase of Rs 50/ per liter of petrol and sparked inflation to a 47 year high. The destruction of crops and livestock will lead to further shortages and raise prices to prohibitive levels. The signs are all there for an outpouring of public anger and violence that was seen in Sri Lanka earlier this year along with its attendant political and social chaos.

And, in the midst of it all, the FATF team had come on a five-day visit to check the measures Pakistan has taken against financing and sponsoring terrorism. Should it continue to remain on the FATF Grey List, beyond the next review in October, receiving further aid will be difficult, even from traditional benefactors like Saudi or UAE.

Compounding all this, and ensuring that they can never put up a unified front against the many problems facing the nation, is the unfolding political drama. After Imran Khan was removed from power (orchestrated by the same army that installed him) he has taken to the streets with anti-government rallies across the nation. All eyes are now set on the forthcoming elections – with the Sharif government somehow hoping to complete its term till they are due in 2023, and Imran Khan all set to discredit it further so that fresh elections can be announced earlier (a cost that Pakistan can't afford now). His pitch is to play the card of being pushed out of power because of his honesty and refusal to cow down to 'external forces.' And seeing the popular support he receives, and the manner in which his party has won the provincial elections in Punjab, he does have enough appeal to push the government into a corner.

Imran's brand of street politics has succeeded to some measure. He is taking on both the Army and the Government and has morphed into an Asian Donald Trump, lashing out at all, even if it means destroying established practices and institutions. In his quest to demean the Sharif government, he is also bringing the house down on himself. His own shady deals for party funding are under investigation. He has been charged under the Anti-Terrorism Act for threatening the

judiciary and police. His party has tried to sabotage the IMF deal by leaking videos stating that Pakistan would be unable to comply with its conditions. He has also taken on the Army, by stating that the "Sharif and Zardari" families wanted to appoint an Army Chief of their choice when General Bajwa retires in November, to "protect their looted wealth." It indicates that he is pitching for elections before November, when if elected, he could have a say in the appointment of the new Chief.

Imran's challenges to the government and the Army have created further divide in an already divided nation. How the Army reacts to the threat to its position remains to be seen, but it is unlikely to take it lying down. His street-fighting tactics is making it increasingly difficult for Shahbaz Sharif to address any of Pakistan's pressing issues – including the flood situation. Even here, Imran has set up his party's flood relief fund – distinct from government aid measures - as a parallel mechanism. The indicators all point to him pressing for early elections. But fresh elections not provide the answer to Pakistan's internal problems. They will only delay the process of focusing on their problems, and if anything, only accentuate them.

To alleviate Pakistan's problems what is needed most is the incorporation of long-term structural changes – akin to the one 's India undertook in 1991 which opened up its economy and changed the country. Reforms and some tough measures would have to be implemented, which would require long-term political stability and consensus of all parties. But the sheer slugfest of Pakistan's politics would not permit it.

To compound its woes, the one major success that it boasted of in recent times, has rebounded. The Taliban have not proved to be the pliable ally they hoped for, and rather than attain 'strategic depth' there is actually greater hostility against in Afghanistan. The recent killing of Ayman al Zawahiri in his safehouse in Kabul has been attributed to the fact that Pakistan shared information with the USA for his assassination and that could well lead to an intensification of activities of the Tehrik e Taliban Pakistan. A peace deal with the TTP- in which Pakistan virtually gave in to all their demands – has collapsed. Now, with greater political and economic ferment, the ground is ripe for them to resume their actions and move into the hinterland.

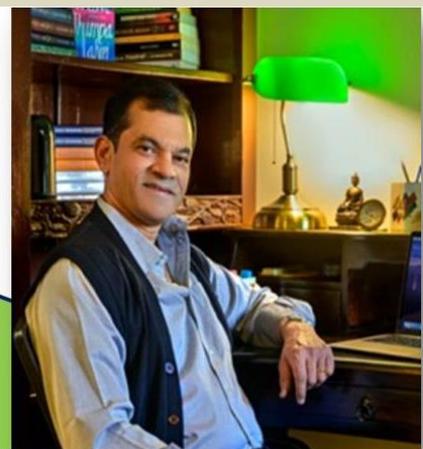
The Biblical flood which has hit Pakistan is just part of the problem. But its timing could not have been worse. It has accentuated all that is wrong with the nation. And honestly, though it has evoked sympathy for the people, there is little more. Calls for aid has evoked a muted response. The Indian offer of aid was turned down (just as the \$5 million offered during the floods of 2010 was refused). The offer to resume trade and send fresh vegetables and grain to relieve their shortages, was again rebuffed on the grounds of Article 370. Prime Minister Modi and Sharif are to meet in the sidelines of the sidelines of the SCO conference later this month, but there should be no expectations of any great breakthrough.

Many of Pakistan's problems are due to their hostile relationship with India – a fact which is increasingly emerging in Pakistani media and was even voiced by General Bajwa. Lifting the nation from their flood of woes would require good ties with India – but for that, its policy of sponsoring terrorism in Kashmir has to stop. Unfortunately, that does not suit any of the political parties or the Army, and so this state of affairs would continue.

The flood waters have receded for now, but the waves of economic, social and political turmoil continue to wash over Pakistan. But will it go under? No. These travails have occurred repeatedly in its history, but invariably this nuclear armed state has clung on. It would stay afloat this time as well – if only barely so - and move from one cycle of churn to the other. Permanent change would require long term change to its policy and outlook – especially towards India. That is unlikely to happen, and it is a reality we must accept and live with.

**A renowned writer and historian ,  
Author of five books and  
over 200 published articles.**

**COL AJAY SINGH (RETD.)**



## Getting Ready For Life

*Nido Qubein once said, " Your present circumstances don't determine where you can go; they merely determine where you start."*

As you are about getting ready for life you should bear it in mind that you are responsible for your own future. The future begins today, right now not tomorrow. Whatever you do today and Whatever you do daily determines how your future will look like. The most interesting thing is that future can be created. You design and create your future. The future picture of the future you want to feature in is right within your reach. Whenever you see an old man pushing truck at old age. You will see a man that spent his youthful life chasing rabbits in the bush. You have the opportunity right now to maximise your youthful resourcefulness. These steps will help you get ready for life and maximise your future.

### 1. Believe in yourself

80 percent of Success is mental and emotional not technical and physical. Psychologist made us to understand that we are what we think about all the time.

Whatever we feed our minds with becomes part of us. To become a success or a failure in life begins with our mental and emotional projection. This begins with self confidence. Having an unwavering and unshakeable belief in one's self, ability and capability. When you have unshakeable belief in yourself and you ability to succeed, you

become unstoppable like a hurricane. Self confidence grows, the higher your level of self- confidence, the bigger your vision and goals, the faster you will bounce back from Setbacks and difficulties of life. The more you will achieve in a very short period of time. No matter what you need to like and appreciate yourself. No matter what people tell you, they don't know you better than you do. The more you like yourself the more confidence you will have in your self.

Your self-Image, self esteem and self efficacy is defined by how much you believe in yourself and how much you love what you do. Psychologist will say that everything you do in life affects your self esteem in some way. Almost everything you do is to either build yourself esteem , protect it or diminish it by other people and circumstances. Avoid people and circumstances that tends to destroy yourself esteem. Everything that you do to build your self confidence, builds your self esteem. When you truly love yourself, and see yourself as a valuable and important person, you become more positive and cheerful and completely unafraid to go after your dream and make a difference in life.

### 2 Ambitious

It was Napoleon Hill who said thar, " Burning desire was the starting point in all success and all riches." This has never changed through out history. It was Les Brown who said, " If you want to be successful, you got to be hungry." People who are ambitious in life

succeed in life than unambitious in life. If you are ambitious and determined enough to achieve your goals and be successful, nothing can really stop you. You must have high level of ambition to succeed in life because of the tremendous amount of failures, disappointment, difficulties and challenges.

Success is not what you sit and wait for. Success is what you go after. Success is like wrestling with a gorilla. You don't let it go until you subdue it. Ambition is the fuel in the furnace of achievement. The more ambition and drive you have, the more you will roll over the speed bumps of life. The more ambitious you are, the more challenges you can overcome. The more ambitious you are the more you will keep going until you finally get to the top.

### 3. Courageous

Fear is a robber of dream, future and destiny. You fight fear with courage. You must continually confront those fears holding you back. Courage is the key to dismantle fear a major obstacle to success. Fear of failure is the biggest single obstacle to success and happiness in adult life. It is not failure but the fear of failure that is dangerous. Everyone fails over and over. It is the thought of fear that paralyzes performance and cripples destiny. Fear of any kind can limit your potential. When you procrastinate a lot, delay and avoid to take action you are in captivity of fear. Ralph Emerson advised; " If you do the things that you fear, the death

of fear is certain." Take this advice and begin to act courageous doing those things you are scared of doing. Glenn Ford advised, " If you do not do the thing you fear, the fear controls your life."

The fact is it is impossible to succeed without failing. Top achievers fail more than average or underachievers. Do not give up to failure, learn and move on. The four magic words you can repeat over and over to overcome fear is to say. " I can do it! I can do it! I can do it!"

### 4. Commit to Excellence

Develop yourself mentally and creatively.

Learn a skill, trade or craft. Explore into your passion, talent and gifts and start earning a living from it. We are in the age of creativity. What your hands can do will make you stand out in this volatile economic world we are in. Be flexible minded to solve problems and not create problems. Become a producer, creator, initiator not a consumer and a liability. Its not enough to love what you do. You should be good at what you do. Develop your skills, build capacity and look for platforms to deplore your ideas and potential. Anything less than a commitment to Excellence is an acceptance of mediocrity. Keep improving and growing everyday.

## 5 Value Knowledge

Success is about self improvement. You need to expose yourself to knowledge.

Whatever you know today will be obsolete tomorrow. Stop trying to solve today's problem with ideas and knowledge of yesterday. Charles Darwin wrote that " Survival goes not to the strongest or most intelligent, but to the one who is most adaptable to change. Out world has dramatically changed and continuous to change and you must change with it. 2023 election is around the corner, campaigns are ongoing. It will interest you to know that neither Atiku, Obi or Tinubu has the capacity to change your life. The are all into the business of politics. You need to be in the business of your life. If you desire to change your life it is up to you to learn, unlearn and relearn. The more you learn, the more you see.

The more you learn, the more you earn The more you learn the more you know above your edge.

I leave you with this quotes as I conclude.

Harvey Mackay said,

" Find something you love to do and you will never have to work a day in your life."

Abraham Lincoin said,

" Always bear in mind that your own resolution to succeed is more important than any other factor"

George Sheehan said, " Success means having the courage, the determination, and the will to become the person you believe you want to be. " See you at the top.

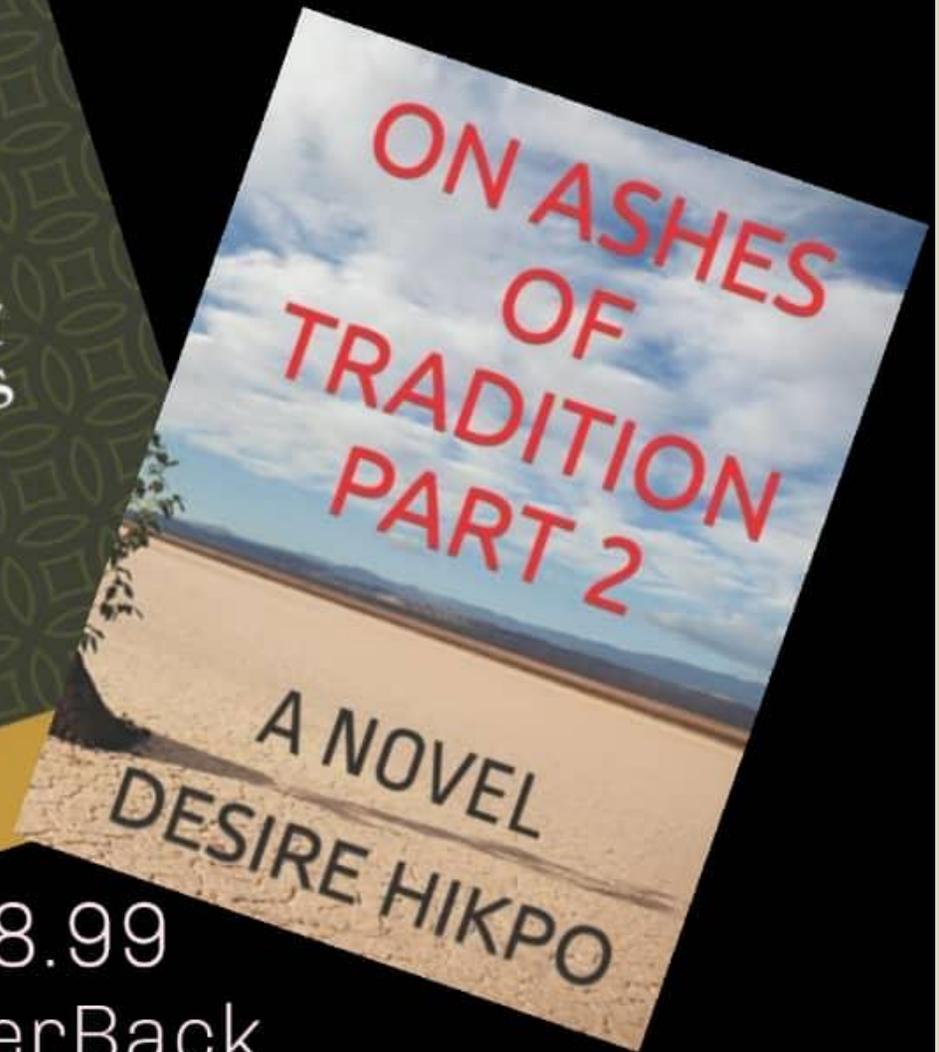
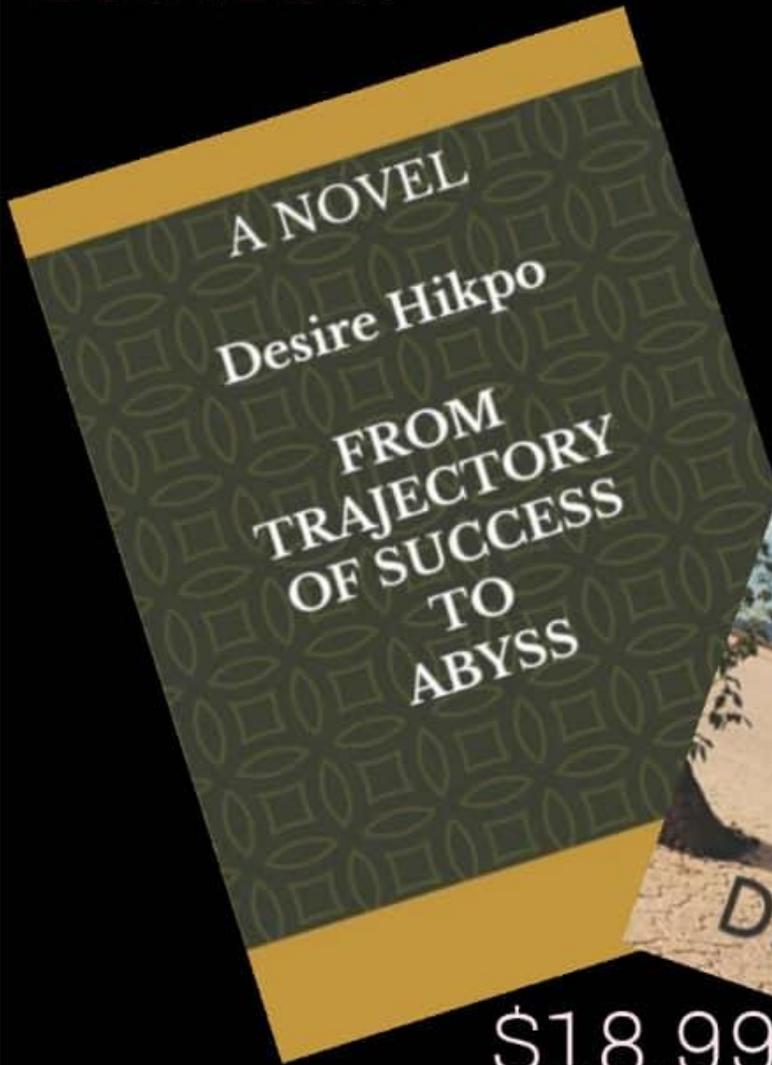


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1 One who is only thinking about the result of the action is bound. One who is focused on the action and gives his 100% to it, is free!

*Gurudev*



20 lessons from Bhagavad Gita for a better 2022

2 Chasing desire after desire makes you weak, restless and leaves you without peace. Like an ocean, be fulfilled within yourself, and just see how everything you need will come to you spontaneously.

*Gurudev*



20 lessons from Bhagavad Gita for a better 2022

3 A bottle of water has more worth in a desert, than when you are surrounded by water. When everything is falling apart, then being peaceful has value!

*Gurudev*



20 lessons from Bhagavad Gita for a better 2022

4 Your mind is your greatest friend and your mind is your greatest enemy.

*Gurudev*



20 lessons from Bhagavad Gita for a better 2022

# Health Benefits of Prebiotics

The concept of dietary prebiotics is quite new, but prebiotic-rich foods have been utilized to promote health since ancient times. The remains procured from the Indus valley civilization are evidence that prebiotics were consumed by the first settlers. Dried cave deposits in the northern Chihuahuan Desert show archaeological proof of intensive consumption of inulin-rich desert plants. Unlike probiotics, prebiotics are present in food itself and are typically fiber compounds that pass undigested through the upper part of the gastrointestinal tract and make themselves available as a substrate for indigenous microbes like bacteria, protozoa, fungus and other microbes. They also stimulate the growth or activity of beneficial microbial mass in the large intestine. In simple words, prebiotics is a group of nutrients degraded by gut microorganisms. An ideal prebiotic should be 1) resistant to the actions of acids in the stomach, bile salts and other hydrolyzing enzymes in the intestine 2) should not be absorbed in the upper gastrointestinal tract. 3) be easily fermentable by the beneficial intestinal microflora in the lower end of the gastrointestinal tract.

The term prebiotics was first coined by Glenn Gibson and Marcel Roberfroid in 1995 and defined as “a non-digestible food ingredient that beneficially affects the host by selectively stimulating the growth and/or activity of one

or a limited number of bacteria in the colon, and thus improves host health”. This definition was used for at least 15 years. A new definition of prebiotics was adopted at the 6<sup>th</sup> meeting of the International Scientific Association of Probiotics and Prebiotics (ISAPP) held in Ontario, Canada in 2008, as “a selectively fermented ingredient that results in specific changes in the composition and/or activity of the gastrointestinal microbiota, thus conferring benefit(s) upon host health”.

Prebiotics are found in almost all fruits, vegetables and whole grains in varying amounts. Apple, soybean, tomato, asparagus, cocoa, banana, strawberry, onion, garlic, leek, flax seeds, oats, wheat, soybean, and other legumes are excellent sources of prebiotics. Besides, honey and dairy products are also good sources of prebiotics. Synthesized prebiotics from the enzymatic digestion of starch or complex carbohydrates are also available. Synthesized prebiotics are lectosucrose, lactulose, isomaltose-oligosaccharide, gluconooligosaccharides, and xylooligosaccharides, whereas natural prebiotics are pectin, arabinoxylans, inulin, oligofructose, galactooligosaccharides, and lactulose. The most common prebiotics such as galactooligosaccharides (GOS), trans-galacto-oligosaccharides (TOS) and fructooligosaccharides (FOS), are naturally found in chicory, onion, artichoke, asparagus,

banana, garlic, soybean, and are also available in the synthesized form in the market. In a nutshell, all-natural food items necessary for daily diet in order to sustain life can provide ample amount of prebiotics. Fermentation of prebiotics by gut microbes produces short-chain fatty acids (SCFAs), including lactic acid, butyric acid, and propionic acid. These SCFs play an important role in regulating the intestinal barrier. Additionally, SCFs have a role in controlling the immune system and inflammatory response.

Prebiotics both natural and synthetic can enhance the growth and activities of probiotics, and gut microflora, which are beneficial to the health and well-being of humans and animals. Prebiotics like inulin and pectin exhibit several health benefits like reducing the prevalence and duration of infectious diarrhea, can normalize bowel movement, and extending relief from inflammation and other symptoms associated with intestinal bowel disorder. Prebiotics have anti-cancer and anti-ulcerative colitis

properties, and they are thought to be a possible chemo-preventive agent. Prebiotics can prevent obesity by encouraging satiety, and weight loss. They have the capacity to enhance the uptake and bioavailability of essential minerals, particularly calcium. In addition, prebiotics improve overall immunity, lower some risk factors for cardiovascular disease, and maintain blood sugar (the glycemic index). They hasten the process of food fermentation, which shortens the time food travels through the digestive system and safeguards the gut's cell linings, thus, preventing constipation and other gastrointestinal disorders. The topical application of prebiotic glucomannan hydrolysates has been shown to reduce acne. Therefore, fresh fruits, vegetables, whole grains, legumes, and dairy products should all be incorporated into a daily diet to fulfill the prebiotics requirements and improve overall health.



**Dr. Neeru Bhatt**  
Managing Editor,  
Canadian Journal of Clinical Nutrition

## *THIS TALE IS MINE*

*Little wings of hope,  
Climbing up the dreams' rope,  
Blue tail determined for a long sail,  
Across the beginnings and endings of her tale.*

*There are many tutors,  
But no one can teach to dance liken hers,  
For she is the music herself lost in the rhythm  
of colours,  
Fervently confused in love for her dream  
cellars.*

*But one day a dream will step out,  
And she will face a thousand doubt,  
The one that was meant to be her future,  
Aim calls for its archer.*

*Flapping her wings against the gust,  
With utmost trust,  
That, "This tale is mine"  
And no rain can cut the tunes of her faith's  
windchime.*

*She will pen the ink,  
Where tears will sink,  
She will dance the prance,*

*That will put a spell on time and send it to  
trance.*

*She will sing the song,  
Where all memories will flow along,  
She will paint the picture,  
Of her valor's clarity on the canvas of the fear  
of blur.*

*Dressed in horrors of how, when and why,  
She is swimming towards the light of learning  
to fly.*

*She will be there soon,  
Shining with her scars just liken moon.*

*I am so certain as I am the twinkle in her eyes,  
I dream of her rise even when she loses hope  
and cries.*

*I am a teacher,  
The silent touch of safety in her adventure.*



**Ms. Arya Patel**

**BA Psychology**

**M.S. University of Baroda**

## Man with Filthy Hands

The light turned red,  
This stampede of metal monsters  
All came to a halt.  
My window was tinted  
With the red and yellow and blue  
Of city lights,  
Reflecting off the sad raindrops.  
A man knocked on the glass.  
Drunk eyes, wrinkles of ruination  
Maybe he was a hippie Or homeless.  
His rough, scarred hand pressed  
Upon the thin glass  
That separated our realities.  
The dirt of his fingers  
Left a trail on the window  
The raindrops were not sad anymore  
They were filthy Like the man.  
But who am I to say  
With my clean clothes and unscarred hands.  
He wanted something  
Or maybe had something to say  
But I never knew The light turned green  
The tints on the window changed  
And so I never knew.



**Ms. Shambhavi Solanki**

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## THE ASSASSIN'S PREY

The time of dusk, the sun is blood red, hiding behind the Green Valley mountain, glancing at a small villa, as if warning the owner of the villa about a foreboding. There's a person, hiding in the shadows and staring at the villa with hungry eyes, like a tiger waiting for its prey. He has a trustee stiletto as his accomplice.

As darkness engulfs the villa and oil lamps are lit, the assassin's task commences.

"You are for the same purpose, eh?" a whisper alerts him, and he turns around only to discover a man in a black robe, while his robe is a grey one. Silence intrudes, and their movements freeze, only to be broken by a wolf's howl, although, neither of them notice each other's weapons.

"Yeah", he replies, "and are you here for the same purpose?"

"Of course", the other beams, "he can appear anytime now. Don't let him ambush us".

"What are you here for?" the black robe sits beside him, "I'm Derry, by the way".

"I'm here to settle the score", he replies, "my master has ordered to pay him with his life, Jayden".

"Let's split the treasure", Derry grins, "weapon in half".

"Sure!"

"Be on alert!" Derry says. "His assassination

occurs around dusk. He's infamous for Dusk Devil".

"I see", Jayden's voice trembled. Each of them has the same job, only their goals differ. Jayden hides his stiletto, for if discovered, he'll have a hard time. Derry is a popular escort, and even the strongest assassins were killed by him. He attacked like a snake; straight and lethal.

"I'm going in first", Jayden stands up "in case, something were to happen to the house Lord". "Go ahead!" Derry gets up. "I'll be on my hunt. We've been ordered to assassinate".

The next morning, Derry checks up on the house lord. He finds him sleeping in his Rocking chair. On closer inspection, to his horror, he finds him dead. Jayden was the Dusk Devil. Derry finds a letter in the house lord's hand.

It read: "Thanks for making my 100th kill easier.

Love Derry".



**MOIN KHAN PATHAN**

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

## **Who / Where am I ?**

**Is there anything between  
what I am seeing and  
what I am suppose to see  
Have I lost it?**

**Did I ever have anything at all?  
Am I a fool?**

**Or did I not know the concept of it at all**

**I don't have any place to hold on to  
Was I so out of this world  
So away from reality that now I'm suddenly lost  
How many lies did I say to myself?**

**Now when I'm finally here  
I feel as if I don't belong here  
It's strange**

**Because I do belong here  
I just don't know what to do**

**Where to go  
Whom to ask**

**It's all so confusing  
I am clueless**



**Ms. Tisha Gheewala**

BA Psychology

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~Sunehri Johri

## CHEESE PANEER SAMOSA

### Dough

Take a big bowl and add

1+1/2 Cup - Fine Flour

Salt to taste

3/4 Cup - Water

Mix Properly and knead soft dough and knead for 3 - 4

Minutes

Apply oil and again knead it properly and give rest for 10-15 mins

Take a big plate and add

1 Cup - grated paneer

1 Cup - grated cheese

1/2 Cup - Amul cheese Blend (Mozzarella + Cheddar )

1/2 Cup - boil corn

1/4 Cup - green Capsicum chopped

2 tbsp - green chillies chopped

2 tsp - Chilli Flakes

1/4 Cup - Coriander leaves chopped

Salt to taste

1/2 tsp - Black Pepper powder

1/2 tsp - Chaat Masala

Mix lightly with hand

### Slurry

2 big Spoons - Fine flour with water , make a thick paste or slurry

Take a dough , knead again properly. Make medium size ball

rolls in the flour and apply oil and keep other roti over it. Cook lightly from both the side and keep under

the cloth. Cut like a samosa patty  
Make a samosa using slurry and fry in hot oil till golden. Serve Hot.



**Falguni Thakkar**

**Award Winner Chef &  
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