



SquarePetals

Global Webzine



Literary Approach

Unlocking a young writer
importance of Book & reading

War Story

Ukraine War Scenario

Health & Fitness

Malnutrition

Poem

Bouncy House
Long awaited homecoming
The Owl

Top Trends

Art Work

Rangoli Designs

Personal Development

Dare to Dream

Flavor Special

Mushroom stuffed Potato

Children's
Day
Edition

Cover story

Internationally acclaimed Child Artist
& Actor of Bollywood...

Diaan Talaviya



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beautifully!*

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2022

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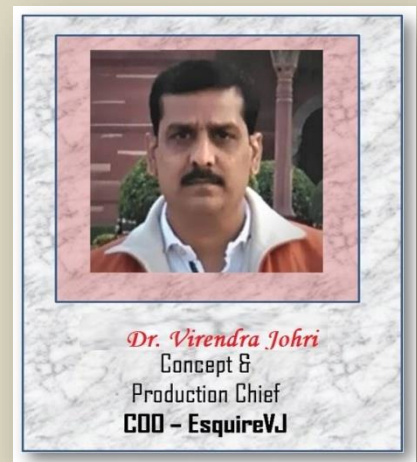
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FROM THE DESK OF Editor-in-Chief

Starriness and pleasing cold, as the night unfolds....

Dear readers,

November brings marking change in the climate as the winters come jingling! Now is the time for barbecue in the fog of the night, its the time to flaunt your stylish winter wear, its the time for hot beverage and vegetables delight, and, last but not the least... its the time for the Children's Day edition of SquarePetals Global Webzine!

We proudly feature, celebrity child actor 'Diaan Talaviya', the little royal prince Male Rao Holkar on Sony TV in the Television series 'Punyashlok Ahyabai Holkar'. Wishing all the Children of the world a bright and secure future, good health and blessings of virtues, which is the true wealth.

We have for you refreshing infotainment this month, write us your feedback : squarepetalsmedia@gmail.com

Happy Reading..

Love & regards.

Sansriti Johri

Dr. Sansriti Johri
Editor-in-Chief

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SquarePetals Podcast

Pen Speaks



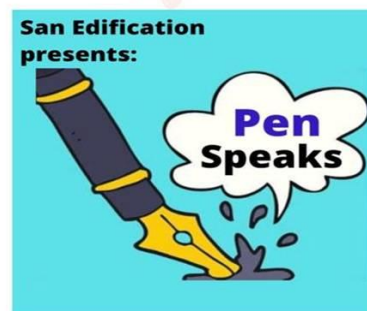
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My Reminiscences With Life

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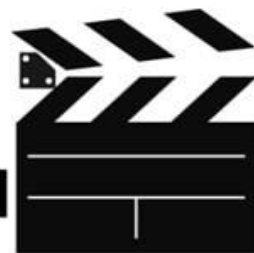
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Cover Story

Diaan Talaviya is that popular child actor in today's entertainment industry whose acting skills are superb and so he perfectly gels with any lead character, be it a TV series or a Film. In recent times there is an upsurge in the demand for child artists in the film and television industry. Diaan Talaviya is one of the talented and potential child artists. He was born on the 13th of March in the year 2011. Diaan is immensely adorable and cute, his curly hair give him that dashing appearance. Diaan has won many hearts with his style and marvelous acting skills.

Diaan Talaviya played the character of Munna in Hindi Daily soap, Nazar, which was a serial based on supernatural powers, and Diyaan played the son of a protagonist in the serial. He played his character with extreme diligence. It was clear that this budding and promising actor will surely achieve milestones in his life and career.

Diaan, along with his academics is working very hard on the work front. He has been working on Hollywood projects also, in addition to the Bollywood projects. We all have loved him in the roles he has been working on.

Diaan was shone in:

1. Nazar Show on Starplus TV
2. Dharm Yodha Garud on Sony SAB TV
3. Kashmr an International Music Video Part 1 & 2 with 30+ TVC's
4. He has been featuring in Digital & Print ads for top clothing brands in India.
5. He is immensely loved in his role as Maley Rao Holkar in Punyashlok Ahilyabai Holkar on Sony TV.

Child actors who have been performing in Films and TV win our hearts with the cuteness and appealing talent. On Children's Day today, we have brought the success story of celebrity child actor : Diaan Talaviya, who has made impression in the minds by his intense acting, and has won hearts with his lovable personality. He has been playing the roles of many popular charcters on TV or in Films and has been appreciated always for his effective work.



<https://youtu.be/OwaeIZR3 YY>
<https://youtu.be/qWfjqb3iYpl>
<https://youtu.be/9KMyhyArLm0>
<https://youtu.be/Zi5-Zd6eMgc>
<https://youtu.be/xA5q9zXVGno>
<https://youtu.be/uVubbnkiSdU>

Diaan is blessed with his stunning looks, attitude and acting skills, and one cannot miss is glamorous transformation. He grand appearance and superb performance is outstanding. We at SquarePetals Global Media wish Diaan Talaviya all the best for his future endeavours in the field.
Happy Children's Day!

Punyashlok Ahilyabai is an Indian Hindi-language historical drama television series that premiered on 4 January 2021 on Sony Entertainment Television. It is based on the life of Queen Ahilyabai Holkar, who reigned over the region of Malwa from 1767 to 1795. Diaan Talaviya who is portraying the very powerful character of Maley Rao Holkar, the third generation Prince of Subhedhar Malahar Rao Holkar and son of Khande Rao Holkar.

Diaan's Work speaks for him:

<https://youtu.be/9JXs2saBzdc>
https://youtu.be/CeGmuJt_wmk
https://youtu.be/tll2w8Oh7_g
<https://youtu.be/O-I8C6ZkGug>
<https://youtu.be/k0YbS5Bmaug>
<https://youtu.be/QXBuKscGL-4>
<https://youtu.be/k6jYmzY9sOE>
<https://youtu.be/nQ3KNgxSlPg>
<https://youtu.be/KauQLQOYVEA>





UNLOCKING A YOUNG WRITER'S MIND

You could say that **Arjun Arya** grew up with books. Even as a child, the smell and feel of books permeated his home, as his publisher father – Rajan Arya of Pentagon Press – got new volumes virtually every day for the family to see and read. As he himself puts it, “My earliest memories are around books and the family conversation often revolved around them. But in my younger days, I was not actively involved or engaged in them.” This young student of Springdales School, Delhi, was more into sports and athletics which had won him shelves of medals.

The change came during the pandemic. Cooped up at home – like millions of others, during the COVID induced lock-down – he delved deeper into the world of books. Like any other 13 year old, he was more into his mobile phone and the digital world of Netflix and OTT shows, but slowly the written word caught his fancy. He began reading and more importantly began to write - a fragment here, a chapter there, and started putting his thoughts on paper. As a teenager, he could relate with children and understand their thoughts and feelings. He could also understand their aspirations and how they could attain it. And he tried to see what he could do to help piece it together.

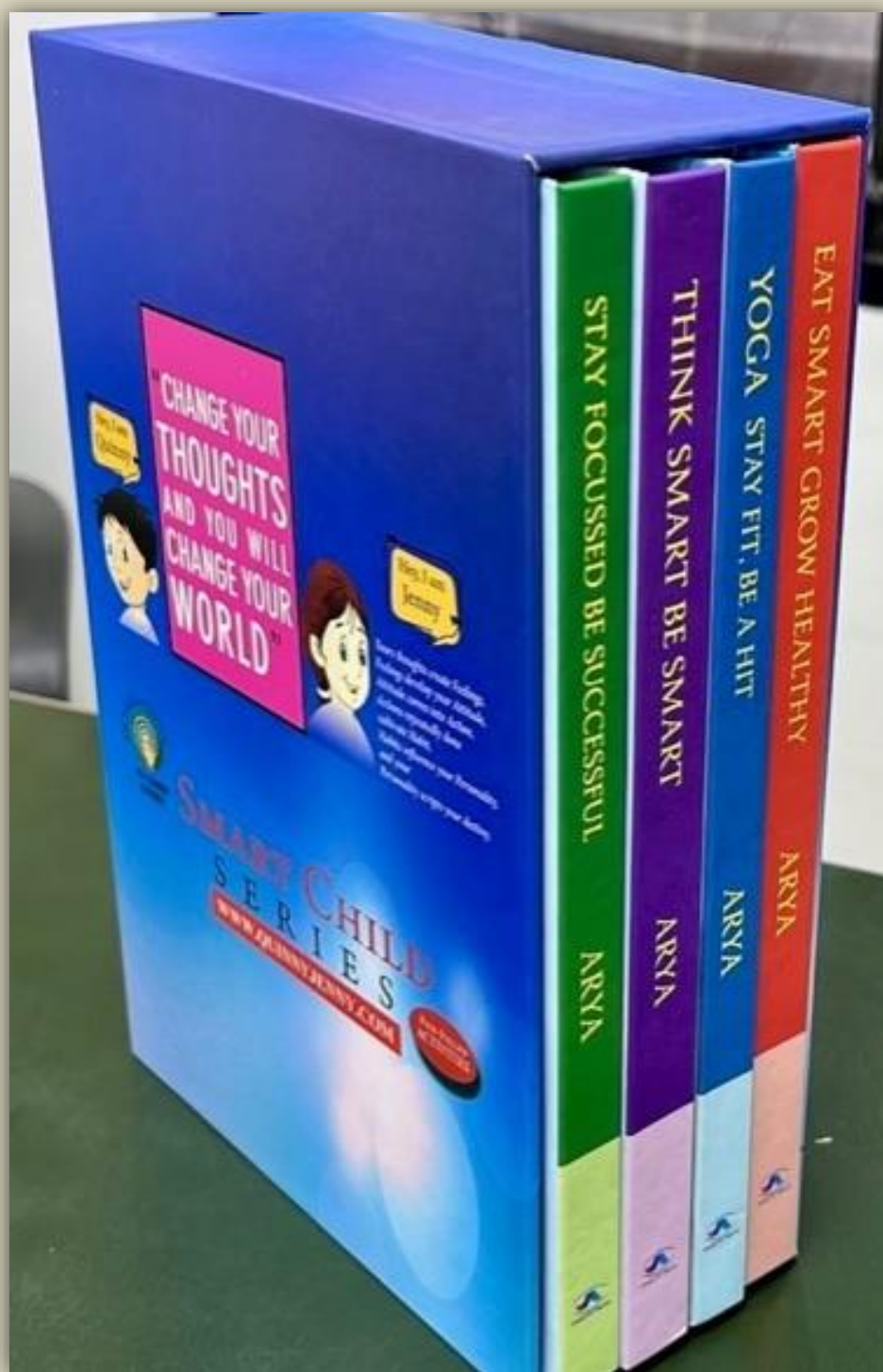
He put his thoughts together to write a series for children and adolescents, in which he created two characters – Quinny and Jenny, one given to flights of fancy, the other a practical, grounded one. Through their talk and actions, he brings out stories that tell how to train the mind, how to eat well, stay healthy through Yoga. He created situations that children could readily identify with and showed directions and prepared exercises that

would help develop the imagination and unlock potential.

It took almost two years of writing and what followed was a set of four books; “Stay Focused, be Successful,” “Think Smart, be Smart,” “Yoga, stay fit, be a hit,” and “Eat smart, Grow Healthy” that addressed the development of the mind and body alike for children and adolescents. He unfolds the secrets easily without ever appearing to preach. When we met him at his Delhi home, he admitted, “I conceptualised a series of four books for the young minds. The books are meant to help them to be future ready and face any kind of challenge with all the power in the world. How? To be successful as an output, there are some inputs which are essential. To think smartly in difficult situations your mind needs to be calm and relaxed, how can you be calm and alert, good eating habits and yoga which will include meditation. And meditation will help you stay focused for longer and hence making you even more productive.”

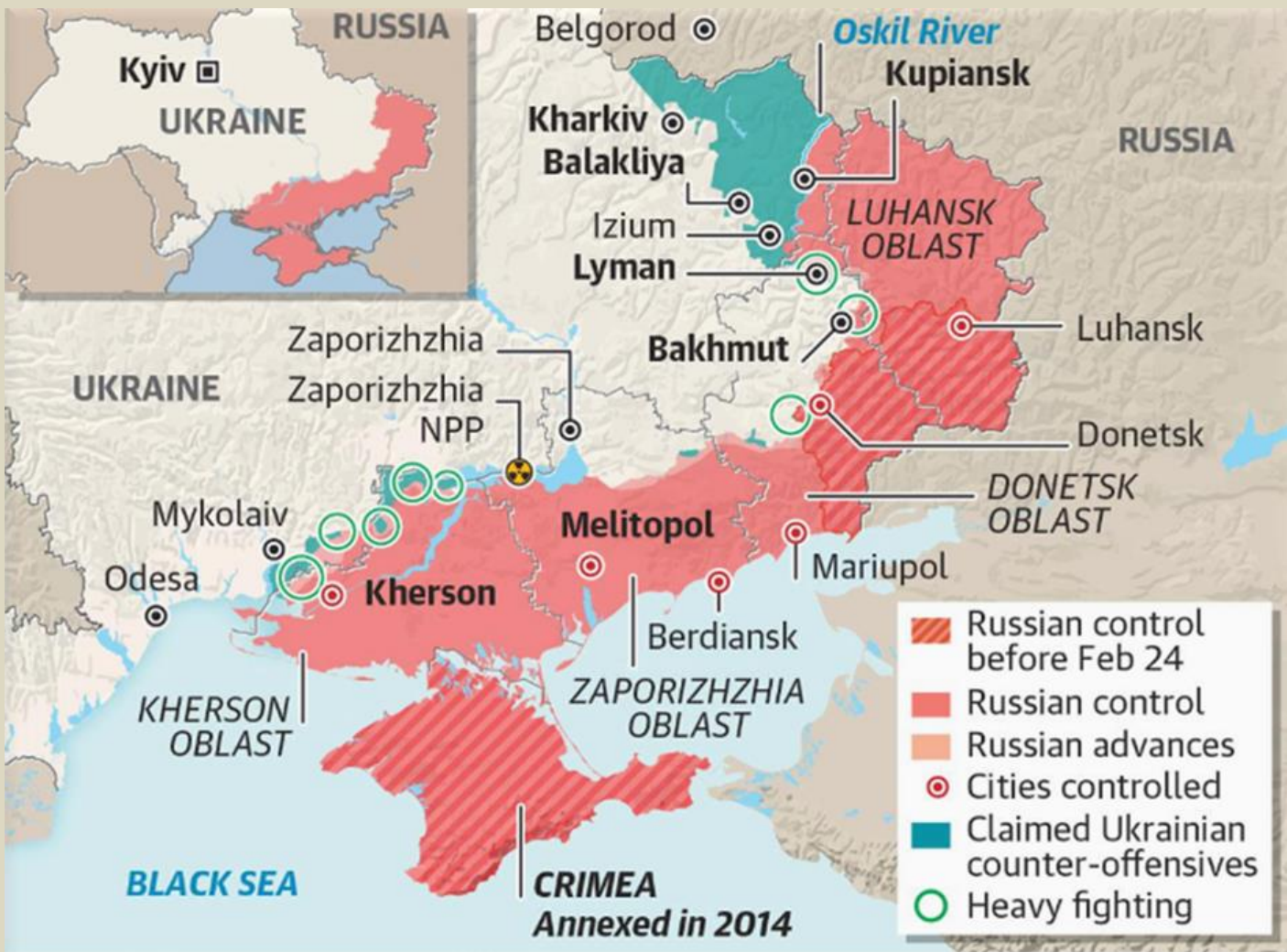
“But, Yes, I do believe learning should be fun and knowledge should be experience. That is why I put it across in this manner.” Going through the four books – which will be the first of what he calls the “Smart Child Series” – we can understand the essence of what he says. The books do strike a chord and appeal to the mind of

both children and adults. Perhaps Arjun’s writing will inspire hundreds of others, and set them on the path to unleash their full potential. We wish more power to his young pen and look forward to seeing much more of his work in the coming months and years ahead.



Scenarios in which the Ukraine war could end

vast



One scenario is that the war becomes an interminable frozen conflict, with neither side being able to change the status quo. Almost a year of war with no clear signs of how it could end. A war which no one really believed would take place; and when it did break out, expected to be done and dusted in a week, still rages on inconclusively. From the initial heady days of the invasion on 24 February 2022, to the determined resistance by the Ukrainians which halted each of the Russian thrust lines, to the slow occupation of the Donbas, and then the Ukrainian counter-offensive in the northeast and the south, which has recovered

swathes of occupied territory, the war has seen many twists and turns. The offensive pushed Russia on the back foot, more so since it has claimed the provinces of Kherson, Zaporizhzhia, Donetsk and Luhansk as “Russian territory” after the “referendum” held there. The war entered another phase and where could it go from here? After months of war, both armies are exhausted and depleted. The continual attrition has taken a toll on men and equipment, even though Ukraine has received aid and trained reservists to make up their losses and Russia’s partial military mobilization would make another 200,000 or so conscripts

available to fill their tired and ragged lines. With winter setting in and then the melting snow and slushy ground of spring—the dreaded Rasputina—there would be a pause around November or so till around March. Both sides will make maximum gains and perhaps even bring the war to a conclusion before that. But it seems difficult. It will be a long war, akin to the titanic struggle between Germany and the Soviet Union from 1941 to 1945, that moved from one extreme to the other. It is difficult to predict the timelines or even the manner in which the war could end. But let us explore some of the likely scenarios.

SCENARIO 1

Russians launch a renewed offensive to attain their military aims.

After months of sustained action, the Russians have taken over most of the Donbas and the southern regions—including most of Luhansk and Donetsk and virtually the entire coastline along the Sea of Azov. The Ukrainian counter-attacks have pushed them back from some of the occupied territories, but they still hold 15% of Ukrainian soil, which they consider as their own. The Russian war machine is weakened but still a formidable force. The Russians could consolidate and launch a fresh offensive with fresh troops or the infusion of around 200,000 recently mobilized conscripts (which will be available later). They could try to regain the lost areas of the Donbas, perhaps go back again towards Kharkiv in the northeast. They could even push ahead in the south towards Odesa, the one vital port on the Black Sea which the Ukrainians still hold. The capture of this port would block all Ukrainian access to the sea and also give the Russians the launchpad to develop operations further west

towards Moldova. Here they could take over the Russian speaking areas of Transnistria in much the same way they took over the Donbas. Should they achieve this, they would attain their original aim of gaining control of a swath of land over 200 kilometers deep from Kharkiv to Odessa, block Ukraine completely from the sea, and make it land-locked and dependent on Russia for all future trade. The Russians could also launch a fresh thrust towards Kyiv from Belarus, along the same axis that they had used in the initial days of the war and strike the nerve center of Ukrainian resistance and political leadership. After all Belarus is still a staunch Russian ally, and troops are still positioned on its soil. A thrust towards Kyiv, even if not fully successful, will divert Ukrainians from their own offensive in the east and south, and enable Russia to hold on to their gains there, consolidate the hold on the occupied areas, and push the Ukrainians back on the defensive.

LIKELIHOOD: This is the end state Putin would have desired when he set out on the war. The gains they made in the east and in the south have come over months and at huge cost. While Russia has had reverses in both the northeast and the south, they can hold on. The generals are under pressure to show some results, and perhaps with the infusion of additional troops—maybe additional divisions on the Siberian border (which were used by the Soviet Union in December 1941 to drive the Germans back from Moscow) they do have the capability to launch a fresh offensive. Perhaps even Kyiv could be a likely target, and the recent pounding of the city shows a renewed focus there. The likelihood of a renewed Russian offensive is high, though one cannot predict the gains it could make, or in what time frame

SCENARIO 2

A successful Ukrainian counter offensive pushes the Russians back into their own territory.

The Ukrainian offensive has made sizeable gains both in the east and in the south. Buoyed by their success, and replenished with western arms and freshly trained reservists, the Ukrainians could continue their offensive to recapture the lost cities of Kherson, Melitopol, Zaporizhzhia and the crown jewel, Mariupol, in the south. This would push the Russians back into the Crimea, but evicting them from there would be virtually impossible. Concurrently, they could continue operations to retake the lost areas of the Donbas, by launching a pincer movement from the south from Mariupol and in the north from Kharkiv. Like the Russian advance to capture these areas, their movement of the Ukrainian forces to recapture these territories could be slow and tortuous, since the Russian positions there are held by frontline troops who are well supplied and equipped. However, they will be able to inflict continuous attrition on Russian positions and logistics by long range strikes, which they seem to have mastered. Should the Ukrainians attain decisive gains in the south and east, they could even reach the Russian frontier. That would put them within reach to strike Russian bases at Smolensk and Belgorod, hampering resupply to all Russian troops inside Ukrainian territory. The Ukrainian aim of getting the Russians back to the pre-2014 boundaries (less in Crimea) would thus be attained. It would of course, provoke a massive retaliation from Russia, in the form of air and missile attacks across Ukraine, but in spite of increased nuclear threats, hopefully more balanced minds within

the Kremlin will ensure that it stops short of using nuclear weapons. This military defeat could increase the unrest within the population, especially as news from the front percolates through increased casualties. As more and more fingers point towards Putin and his handling of the war, he could be removed in a palace coup (though he could be still propped up as a face to show a united front, but with his powers severely curtailed). This could lead to a negotiated solution in which Russia moves all its troops back across the border, but is permitted to hold on to Crimea. Ukraine renounces its aim to join NATO, and defers its intention to join the European Union, thus providing a face-saving exit to Russia and a negotiated end to the war. The flip side to that, of course, is that Russia will resort to nuclear weapons in case of severe military reverses. That would change the entire complexion of the war. **LIKELIHOOD:** Although this is the most desirable end state, the ability of the Ukrainian forces to retake all the lost areas is a little "iffy". In spite of the flow of weaponry which the West helpfully provides to keep the war going, they too have been severely weakened after months of war. The Russians have developed strong defensive lines and fortifications along the depth areas which they have occupied which will be very difficult to overcome. Also, there is a fear that the Ukrainian counter offensive could get over-extended and thus vulnerable to a counter stroke. A complete Ukrainian victory, in the near term, at least, could be difficult.

SCENARIO 3

The war becomes an interminable frozen conflict, with neither side being able to change the status quo. Both sides dig in along the

positions they hold which becomes the Line of Contact.

In spite of being pushed back by successful counter-offensives, the Russians have been able to hold on along the line of the Seversky Donets River in the east and the Dnipro and Dnieper rivers in the south. They have good defensible positions which are well fortified, and can hold on indefinitely. On the western bank of the rivers, the Ukrainians too have done the same to prevent further Russian advances in the east or in the south. There could be a stalemate along the line held by Russian and Ukrainian troops along which low intensity fighting could continue interminably. The same situation exists in the Donbas since 2014. Russian separatists and Ukrainian forces have occupied defensive positions opposite each other along a line which is called the Line of Contact. Low level fighting, artillery duels and raids have continued for over eight years, but the line remained largely static. A similar Line of Contact could come up along the line of the territories that Russia has annexed, and now calls its own. Since Ukraine will never accept it, the fighting would continue but with neither side really able to change the status quo. This LOC would become the dividing line not only between Russia and Ukraine, but between Russia and the rest of Europe as well. **LIKELIHOOD:** This seems to be the most likely scenario. Both sides already seem to be preparing for it by occupying defences along geographical lines in both the south and east. Although Putin will not fully attain his war aims, the occupation of Donbas and the south will give him a measure of military victory. Ukraine will never accept it, but would be unable to change the overall picture. It would be akin to the LOC in Kashmir between India

and Pakistan which came up in 1948, and after a while, gradually became the status quo.

SCENARIO 4

A NATO-Russia war.

The NATO is actually the caucus belli of this war. It was Ukraine's desire to join it, and the fact that this would have brought the alliance right at Russia's doorstep, that led to the war. Even as the war continues it seems unlikely that Ukraine would be able to join the alliance in the near future. If Ukraine gets membership, NATO would be sucked directly into conflict under Article 5 of the NATO charter, that states that any attack on any member state is considered as an attack on all. NATO will continue to prop up Ukraine with infusions of arms and aid, which will keep the conflict going. After all, this state suits them where they can continue to weaken Russia "to the last Ukrainian" without being directly involved. Neither does Russia want a direct confrontation with NATO—one in which they would lose. But while neither side wants it, they could still slip into a NATO-Russia conflict that sets off a European, or even a global war. The crossing of a "Red Line" could draw NATO into the conflict. It could be the use of a chemical, biological or a nuclear weapon, or maybe even a particularly devastating attack on a civilian target. Should NATO enter the war, Putin has warned that he would use his nuclear weapons. NATO too has warned that any use of nuclear weapons would not go unchallenged even if it brings the world to "Armageddon". The use of any nuclear weapon, even a tactical low-yield one, would draw NATO into the war, and send it spiraling towards WW III. Even an inadvertent strike by Russia into a NATO member's territory could provide the

trigger. Should a Russian missile strike on Lyiv—where western aid is stockpiled and is just 20 kilometers from the Poland border—fall into Poland’s territory, it would constitute an attack on a NATO member and draw in all members. With Sweden and Finland having joined NATO, an inadvertent air or naval confrontation around the Baltic Sea could again provide the trigger. In the turbo-charged environment of the day, a minor incident could rapidly go out of control.

But how would NATO respond? The crossing of a “Red Line” could lead to a limited NATO involvement initially—perhaps the imposition of a “no-fly-zone” or moving of additional forces close to Russian frontiers. But NATO’s entry would escalate the situation dangerously, perhaps to the point of no return. It would push Russia, and Putin personally, against the wall, and he could lash out indiscriminately, maybe even using the nuclear option, “against an existentialist threat to Russia”. Putin is aware of the power of his threat and this knowledge stays a direct NATO involvement, so far, at least.

LIKELIHOOD: It seems unlikely that NATO will get directly involved and thus escalate the situation. But should a situation spiral out of

control and lead to NATO involvement, it would mean certain defeat of Russia against their combined might. That could also suck in Russian allies like Belarus, Iran and Syria, and even China, which can set the stage for World War III. A NATO involvement would trigger off the “Armageddon Response”—a nuclear exchange in a scenario so horrific that it will encompass the rest of the world. This worst-case scenario will be examined in detail in the subsequent issue.



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

COL AJAY SINGH (RETD.)



Your dream positions you for greater success in life. Great dreamers are world changers. You can only change your life when you start to dream. Imagine that you have no limitations on what you can be, have or do in life. Just for the moment that you have all the time, all the money, all the education, all the experiment, all the friends, all the contacts, all the

resources and everything else you need to achieve your desired goal. If your potential was completely unlimited, what kind of life would you want to create for yourself and your family?

You can have your dream home, car, job and family. There is nothing that you cannot dream about. The good news is that you have the liberty to dream; you can dream and imagine anything. No one will chastise you for dreaming as it is your personal choice. You cannot succeed without dreaming about it first, as it is a 'dream' that ignites your burning desire for

success. Success can be created by dreaming first.

Practice back-to-the-future thinking, a powerful technique continually utilized by successful people. This way of thinking has a great effect on your mind and attitude. Here is how it works: you have to project yourself

forward five years. Imagine that five years have passed and that your life is now perfect in every aspect.

What does it look like? What are you doing now? Where are you working now?

How much money are you earning? How many investments and businesses do you have? What kind of lifestyle do you have?

Create a dream list for your life and look for ways to make it real. You can turn your dream into a vision. The clearer vision you have of health, career, finance, happiness and



fulfilment the more successful and unstoppable you will become, and the faster you will move forward towards becoming successful. The quicker things will begin to work in your life. This involves you creating a clear mental picture of where you are going in life. You will become more positive, more motivated and more determined to make it a reality. You will trigger your natural creativity and come up with idea after idea to help make your dream come true.

You always tend to move in the direction of your dominant dreams, desires, and visions. The very act of allowing yourself to dream big dreams elevates your self-belief, self-confidence and self-esteem, and causes you to love and respect yourself more. It improves your self-concept and increases your level of self-confidence and happiness. There is something about dreams and visions that is exciting and stimulates you to do and be better than you have been before.

Dreaming big dreams is the starting point of achieving your goals. The number one reason why people never succeed is that they believe that they can never dream big. That is a failure mentality and as a result, they never try. They never get started. They continue to go around in circles, living unhappy and unfulfilled life.

Dreaming big has power and magic in it; it is capable of changing your life. The day you begin to dream big will be the day your life starts to change. You will begin to do things differently, see things differently and live differently. Bit by bit, the direction of your life will change for the better. Dreaming big dreams is the starting point for having the right attitude for success.

Don't give up your dream because of what others will say or think about you. This shouldn't stop you from dreaming. You can live up to your dream. Don't just dream it, live it. Put your dream into action. You can only prove your critics wrong by doing what it will take you to make your dream come true.

Your dream should be on your mind. Your business is to focus on your dream and put in all your efforts to make your dream work for you. Dream big dreams. Think about bigger things and disciplined bigger things. The right attitude for success is in doing things that others can never do. It is in daring to attempt bigger things. Never engage and allow anyone to shrink your ability to dream big dreams. Dare to dream great dreams and you shall change your life and change your world.

A portrait of Michael Ediale, a man with short dark hair, wearing sunglasses, a blue suit jacket, a white shirt, and a pink tie. He is smiling slightly and looking towards the camera. The background is dark.

Author Michael Ediale

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



Importance of Books & Reading

I take this opportunity to share my views about 'The Importance of reading books' in our life. Happy is the man who acquires the habit of reading when he/she is young. He secures a life long source of pleasure, instruction & inspiration by reading good books. As long as he has his favourite book hand, he would never feel lonely. He always has an interesting engagement for leisure time and so can keep boredom away!

Actually speaking, every book reader is the possession of wealth, more precious than Gold. Ruskin bond calls books as "Kings" and I say **that books are King Makers.**

Libraries are treasuries, filled not with gold & silver or precious stones, but with riches much more

valuable than these, i. e. knowledge, noble thoughts & high ideals. A man who does not read is indeed poor & empty is his life.

The blessings which the reading habit confers are manifold, provided we choose the right kind of books. Reading gives highest kind of pleasure. Some of the books are meant for mere entertainment e. g. story books and good novels. When we are tired, or the brain gets weary due to stress or hard work, it is healthy recreation to get involved in some absorbing stories written by the best writers.

Just as we need plain, wholesome food for the body, so we must have refreshing reading stuff for the mind. There are many noble books on history, biography, philosophy religion, travel & science which we ought to read, and which are not only enjoyable but also educate us. This way we develop a taste for quality reading which provides us infotainment.

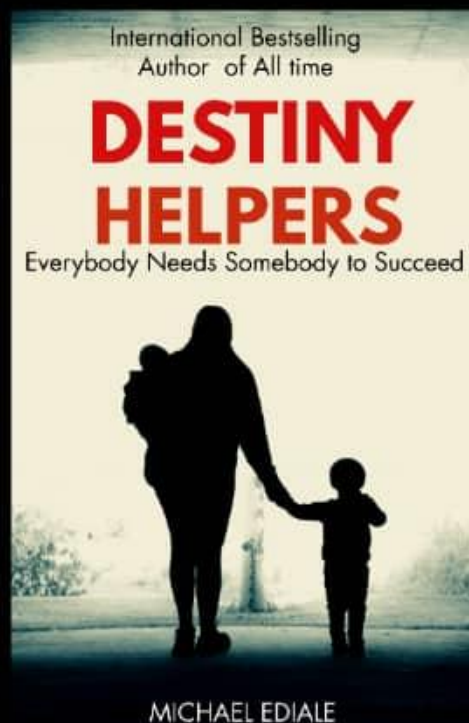
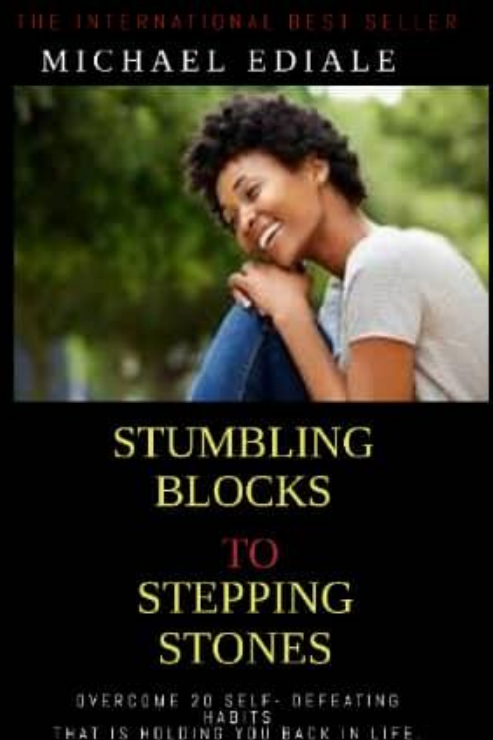
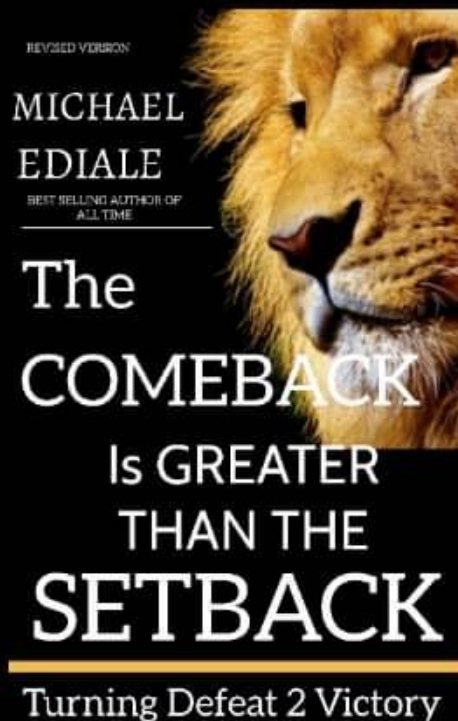
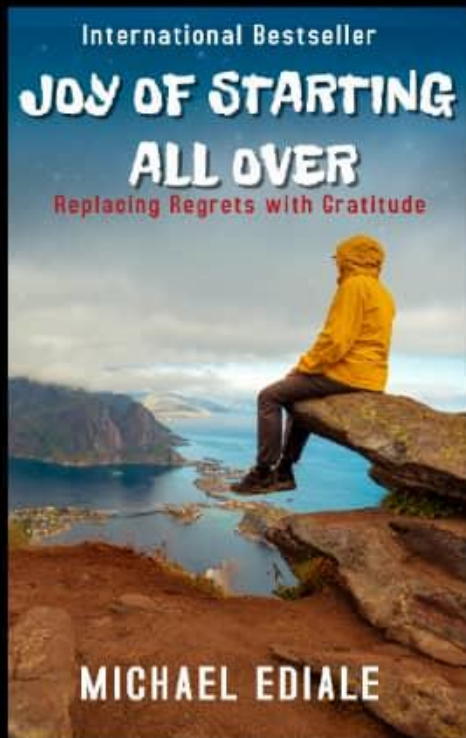
Lastly I would like to say that books are the most faithful of friends. Our friends may change but our books are always patiently waiting to give us company, anytime!

So I would here by suggest and request you all to inculcate the divine habit of reading and grow into a better version of yourself.



Binod Kumar Dubey
PGT(commerce)
Mount Litera Zee School,
Ghazipur, Uttar Pradesh

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Shrimad Bhagwat Geeta

5 Harming others brings trouble to yourself. Don't harm others, not for their sake, but for your own sake.

Gurudev



20 lessons from Bhagavad Gita for a better 2022

6 Joy doesn't reside in the fame, wealth, power or position you have. Joy is within you. In fact, you are joy.

Gurudev



7 After all this time, have you become simple, natural, loving and kind with everybody? This is what matters.

Gurudev



20 lessons from Bhagavad Gita for a better 2022

8 Emotional upheavals keep happening in life but there is something in you that remains unaffected by everything. Latch on to that.

Gurudev



20 lessons from Bhagavad Gita for a better 2022



The physical, emotional, and spiritual wellness of humans is largely dependent on food, which is intricately woven into tradition and culture to foster a sense of belongingness. Foods are made up of a variety of elements (carbohydrates, proteins, fats, minerals and vitamins) together referred to as nutrients, and a steady supply of nutrients in sufficient amounts is important to maintain a healthy body and mind. Any deficiency, excess, or imbalance of nutrients may lead to a condition called malnutrition, though; there is no universally accepted definition of malnutrition.

An overall lack of nutrients or lacking one or other nutrients or even a lack of a single vitamin or mineral (e.g. iron, iodine, zinc, vitamin A or folate). Deficiencies of micronutrients are likely to affect growth and immunity but some are responsible for specific clinical conditions such as anemia (iron deficiency), hypothyroidism (iodine deficiency), or xerophthalmia (vitamin A deficiency). Poverty, lack of information, political disturbances, economic insecurity, lack of resources, the unequal status of

women, natural disasters and wars are a few causes of malnutrition. Additionally, therapidly growing fast-food hubs, ready-to-eat, and takeout foods catapult the problem. Fries, grilled and barbecued cuisine, pies, and a range of cakes and pastries appeal to adults as well as children and educated youth. They frequently put more emphasis on pleasing their palates than on prioritizing nutrition.

Two terms have been coined to describe malnutrition, undernutrition and overnutrition. Undernutrition, manifested by stunting (low height for age), wasting (low weight for height), and underweight (low weight for age), is a problem among preschool children (1–5 years) in most developing and under developing nations. Undernutrition can harm both the physical and intellectual development of a child. Undernourished children are less likely to attend school, and those who do attend are less likely to benefit from it. Undernutrition contributes to the morbidity burden among children as well. Undernutrition is the single biggest cause of the global burden of disease, Undernourished children are more prone to having pneumonia, diarrhea, or a clinical malarial attack. The risk of mortality increases with severely malnourished children. Besides, the serious health consequences of undernutrition, it also affects the economy of nations directly or indirectly. The poor physical condition, poor cognitive function and learning deficits increase health expenses.

Overnutrition is a type of malnutrition in which nutrients are overconsumed or oversupplied relative to the amounts required

for normal growth, development, and metabolism. Being overweight and obese are major outcomes of overnutrition. Obesity is growing like an epidemic. Physical inactivity, genetics, eating fat, salt, and sugar-rich diet, and the environment is responsible for obesity and it is the first step toward many metabolic disorders such as hypertension, diabetes, chronic heart diseases and various kinds of cancer.

Data collected by UNICEF-WHO-World Bank Group Joint Malnutrition Estimates indicated that 149 million children under 5 were stunted, 45 million were wasted, and 38.9 million were overweight or obese globally in the year 2020. Undernutrition is the cause of about 45% of deaths among children under 5 years of age and especially in low- and middle-income countries. On the contrary, childhood overweight and obesity are also on the rise in the same countries. Worldwide, more than one-third of child deaths and a fifth of the total disease burden are attributed to maternal and child undernutrition. In India, more than 33 lakh children are malnourished and more than half of them are severely malnourished. The highest number of malnourished children (6,16,772) was reported in Maharashtra, followed by Bihar (4,75,824), Gujarat (3,20,465), Andhra Pradesh (2,67,228), Karnataka (2,49,463), and Uttar Pradesh (1,86,640).

All nations around the world are currently struggling

with the burden of malnutrition and its consequences. In particular, aim 2.2, to "end all kinds of malnutrition by 2030," which is included in goal 2 to "end hunger, ensure food security and improved nutrition, and promote sustainable agriculture," will assist assess whether the world is on the track to meet the Sustainable Development Goals. The Indian government is very much concerned about malnutrition and taking numerous measures to tackle it. Poshan Abhiyan, Integrated Child Development Services, Matritav Sahyog Yojana, Pradhan Mantri Matra Vandana Yojana, Mid-day Meal Scheme, National Food Security Mission, National Nutrition Mission and National Nutrition Strategy are being implemented by the central government with the support of state government to curb down the number and degree of malnutrition among children and women. The global burden of malnutrition has substantial and long-lasting effects on individuals, their families, communities, and nations in terms of development, economy, social issues, and health. A collective, aggressive and systematic approach is therefore needed to eradicate malnutrition or at least bring down the cases significantly from the communities, and states, to create a healthy and prolific world.



Dr. Neeru Bhatt

Managing Editor,
Canadian Journal of Clinical Nutrition

I Dreamt of a Bouncy House

I woke today with an intense urge to get up on a
bouncy house and jump
My black coffee went cold
And my breath was still raw
But my feet itched for the rough material of a
bouncy house
When did I stop?
What was the day?
I got on a bouncy house
Knowing not this is the last time I'll ever be here
If I knew better I would have never gotten off
I would have stayed
Built a life
Had a kitchen with a lovely pantry
A bedroom with a window letting in sun
In my little bouncy house
But now I'm out here
In a world that's
Not bouncy nor bright
I have a house
With a kitchen but no pantry
Bedroom with four walls hardly holding my bed
I have a house
And it doesn't bounce.



Shambhavi Solanki

M. S. University of Baroda

A Long Awaited Homecoming

Whenever I close my eyes and think about you,
I see you walking towards me, closer.
I wonder if you see the same vision;
Me walking towards you, closer and yet so far.
I may or may not be waiting for you to fall in my embrace yet,
But I must confess that I'd love to see us;
Together, in each other's sheltered embrace,
Feeling as if we finally belong somewhere.



Ms. Tisha Gheewala

BA Psychology
M.S. University of Baroda

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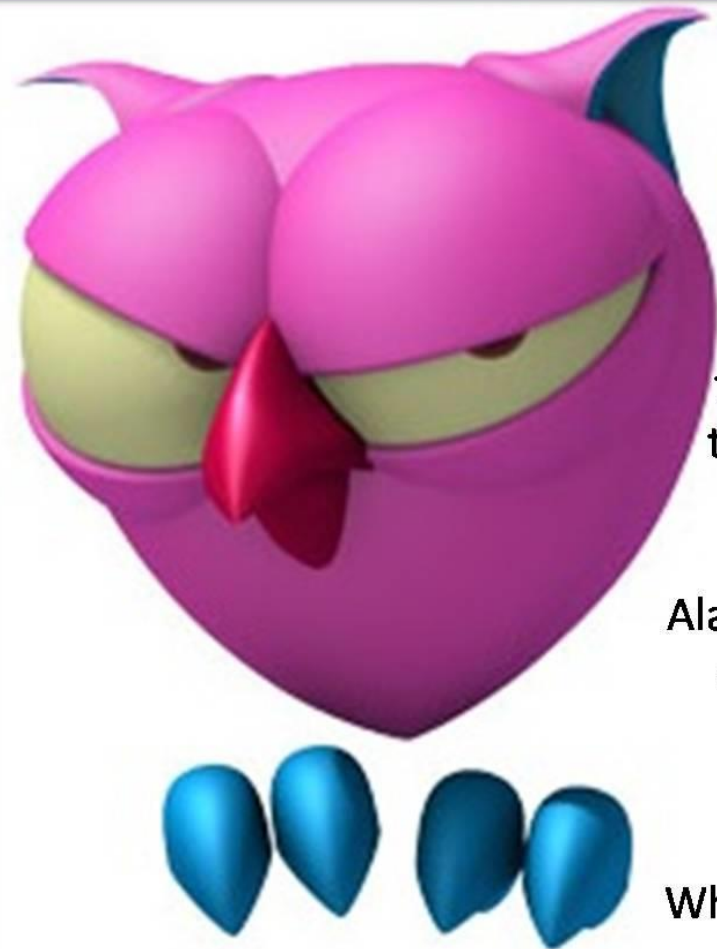
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THE OWL

While I sat into darkness peering,
thinking, wondering, mildly fearing
the eyes that see me with certainty,
like a prey wounded and weary.

Alas! The eyes have perched before me,
as I move, they chase and gulp me
whole, until I shiver in fright;
these eyes stare at me all night.

What fierce claws! What gleaming eyes!
Sharpness, at night, magnifies.
The eyes look into mine;
it is Death personified.

Its beak can pierce the mighty sky;
its feathers can blow away the storms;
the silent sea is broken by its cry.
Horror and terror has many forms



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Art Work



Rangoli Artist
ULKA VASU
Vadodara, Gujarat

Rangoli is an art form that originates from in the Indian subcontinent, in which patterns are created on the floor or a tabletop using materials such as powdered lime stone, red ochre, dry rice flour, colored sand, quartz powder, flower petals, and colored rocks. It is an everyday practice in Hindu households, however the colors are preferred during festivals and other important celebrations as it is time consuming. Rangolis are usually made during Diwali or Tihar, Onam, Pongal, and other Hindu festivals in the Indian subcontinent, and are most often made during Diwali.



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Baked Potato Stuffed with Cheesy Mushroom (Serve with lemon sauce)

Ingredients:

2 Boiled Potatoes
½ cup Chopped Mushroom
½ tsp. Grated Garlic
½ tsp. Black Pepper
½ tsp. Chilli Powder
1 tsp. Butter
½ tsp. Oil
Salt according to the taste
3 tsp. Scooping part of Potatoes
2 tsp. Grated Cheese

Ingredients for Lemon Sauce:

½ tsp. Butter
½ tsp. Grated Garlic
½ tsp. Mixed Herbs
½ tsp. Lemon Zest
½ tsp. Lemon Juice
½ tsp. Red Chilli Flakes
Salt according to the taste
½ tsp. Corn Flour

Method:

Cut the potatoes in half and scoop them nicely. Heat the pan, and add butter and oil to it. Add some of the grated garlic and sauté it until golden brown. Put in the chopped mushrooms and the scooped part of the potatoes, mix them nicely and add all the other ingredients. Sprinkle some water and let it cook for a while. Take the potatoes and stuff them with the mushroom mixture. Sprinkle the grated cheese and bake them in a preheated oven for 20 minutes at 180 degrees. Serve the dish with the lemon sauce.



Method for Lemon Sauce:

Take another pan and add butter once it is heated. Put in the grated garlic and sauté it. Add in all the other ingredients except for corn flour. Boil it for a minute. Add a little water in the corn flour and pour in the mixture in. Give it a good stir. Turn off the stove once the mixture thickens.

Falguni Thakkar

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





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