



SquarePetals



Global Webzine

War Story
Third Battle of Panipat

Health & Fitness
Millet

Spirituality
Bhagwat Geeta Saar

Personality Development
Maximize your youthfulness

Interview Coverage
Ms. Victoria Roberts Siczak

Photography
Kakatiya Rudreshwara Temple

Art Work
Oil Pastel Painting

Poems
Sport is a Poem
Grief

Flavor Special
Pigeon Peas Kachori



Cover Story

Major General Jagatbir Singh

**When Major General Jagatbir Singh hung up his uniform in 2018,
he had much to look back upon.**



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2023

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2023 January						
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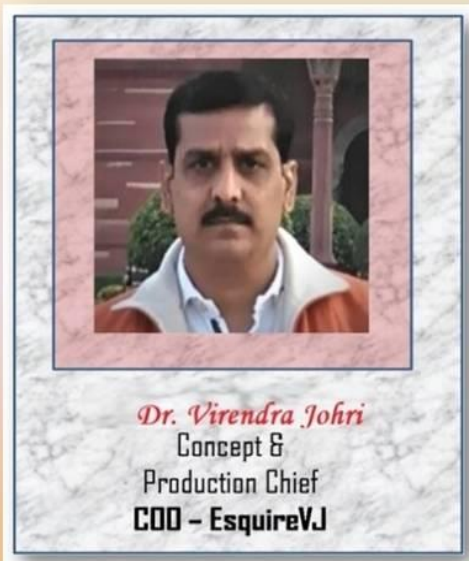
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FROM THE DESK OF Editor-in-Chief

Dear readers,

Greetings to the proud Indians on Republic Day, 26th January 2023.

India is a country pacing ahead in all the sectors. We are today having the Chairmanship of G20, and a lot more glory will be unfolding day by day. Indians are characterized with the feelings of compassion and empathy, and that is our true identity. India is a nation rich in culture, heritage, education, potential and values. India is unique, India is incredible and India is great. I am honored to be signing for this Republic Day India Edition of SquarePetals Global Webzine.

**Jai Hind.
Happy Reading..**

Love & regards.

Sansriti Johri

Dr. Sansriti Johri
Editor-in-Chief

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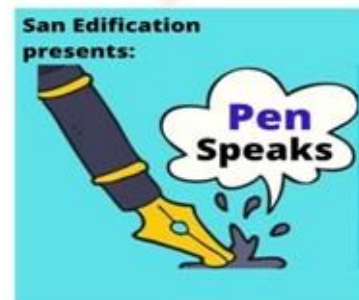
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Maj. General Jagatbir Singh

Cover Story



General Jagatbir comes from a family with a proud military lineage. His father Lt Col Jasbir Singh was in the Army and his great grandfather Major Prem Singh, joined the Army of the Nizam of Hyderabad.



discussions on national security. Even now, he is a Distinguished Fellow with United Service Institute, a national security and defence services think tank which is the oldest think tank in the country.

General Jagatbir comes from a family with a proud military lineage. His father Lt Col Jasbir Singh was in the Army and his great grandfather Major Prem Singh,

HAVING WORN THE UNIFORM WITH PRIDE

When Major General Jagatbir Singh hung up his uniform on 2018, he had much to look back upon. From commanding a tank regiment, an Armoured brigade and then an Armoured Division, being instructor at both the Indian Military Academy and the prestigious Defense Services Staff College (twice) to serving in the United Nations, till he finally retired as Director General Resettlement, looking after the onerous task of resetting army personnel after retirement, he has done it all. And even when he hung up his well-earned spurs he continued in the world of defence – writing articles that have appeared in a range of magazines, articulating his very balanced views on television and participating in seminars and

joined the Army of the Nizam of Hyderabad where he rose to be a Major and was the Military Secretary to the Nizam Mir Osman Ali Khan. His maternal grandfather Maj Gen Harnarain Singh was Military Secretary to both President Rajendra Prasad and President S Radhakrishnan and awarded the Padma Bhushan for his distinguished service. Like all military children he travelled across the country with his father, doing his schooling in different cantonment schools, till he graduated from St Stephens College, Delhi. A keen sportsman, he excelled in Squash and was part of the College team. And then it was but natural to follow his calling – the Army. He joined the Indian Military Academy at Dehra Dun, and was commissioned in Dec 1981 in 18 Cavalry- one of the oldest and most distinguished Armoured Regiments of the Army – one which his father himself had commanded.



His Regiment itself has a very proud history. It fought in both the World Wars – and was even pitted against the great German General Rommel in the siege of Tobruk during the Second World War. It also fought both the India-Pakistan Wars, reaching the outskirts of Sialkot in 1965, and then fighting heavy odds in Fazilka during the 1971 war. Even during the standoff with China it was in the forefront in Eastern Ladakh.

General Jagatbir went on to command his Regiment, after going through the gamut of duties in his steady rise in his career. He held varied command, staff and instructional appointments and served in varied terrains in the country and abroad. He has also served in a United Nations Peace Keeping Mission as a Military Observer in Iraq and Kuwait in the

period between the two Gulf Wars which included being deployed in the Demilitarized Zone (DMZ) as well as in Baghdad where he acted as an interface between the UN and Iraqi Army.

After commanding 18 Cavalry, he went on to command an Armoured Brigade as part of the Desert Corps, where he was responsible for the conversion of the Brigade to Arjun tanks as well as development of a military station at Jaisalmer to include large scale infrastructure projects for housing, water supply, electricity and education. He then commanded the prestigious First Armoured Division as part of the Strike Corps and was involved in major exercises to validate certain operational concepts. During his command his focus was on maintaining a high level of operational

preparedness and readiness and carrying out intensive training at all levels.

After almost four decades of service, he retired in February 2018 as the Director General Resettlement under the Ministry of Defence where he focused on imparting training to the almost 60,000 Servicemen that retire each year, and skilled them for their second innings. The focus was on Training which varied from Courses at prestigious IIM's to Vocational and Skill Development Institutes, Reservations in Central Government and State Government jobs as well as placement with both the private sector and public sector and self-employment opportunities which included Security Agencies.

He himself went into his second innings serving initially as COO of a manufacturing company dealing with the export of high technology machines for manufacturing of filters. And then he went on to his next great calling – writing and speaking about defence and security issues. He has spoken at public forums and Army Institutes and is a prolific writer with his articles having been published in various newspapers and magazines to include Tribune, The Sunday Guardian, The First Post and Financial Express and magazines to include Salute which he edits, and Centre for Joint Warfare Studies (CENJOWS) and United Service Institution of India (USI). He has also appeared on TV to include Sansad

TV, Bloomberg and TimesNow as well as participated in Seminars as both a speaker and moderator.

Square Petals salutes this brave soldier and are sure he will soldier on in different capacities for many more years to come.



14th January 1761 – 'THE BLACKEST DAY IN INDIA'S HISTORY'



Third Battle of Panipat

14 January 1761 - the auspicious day of Makar Sankranti - was the "Blackest Day in Indian History". On this day, 50-60,000 Marathas fell during the Third Battle of Panipat. Another 20-30,000 women and children were captured and taken as slaves, and the Maratha Empire received a death blow from which it could never really recover.

The roots of the battle can be traced to the rise of the Maratha Empire and which brought it into conflict with the Durrani Empire of Ahmad Shah Abdali in Afghanistan. By 1755, the Marathas were the dominant power of the

sub-continent. Its influence encompassed the Deccan, most of Northern India and even Calcutta. In 1759, a Maratha expeditionary force had reached Kandahar in Afghanistan and they had established garrisons in the major cities of Punjab.

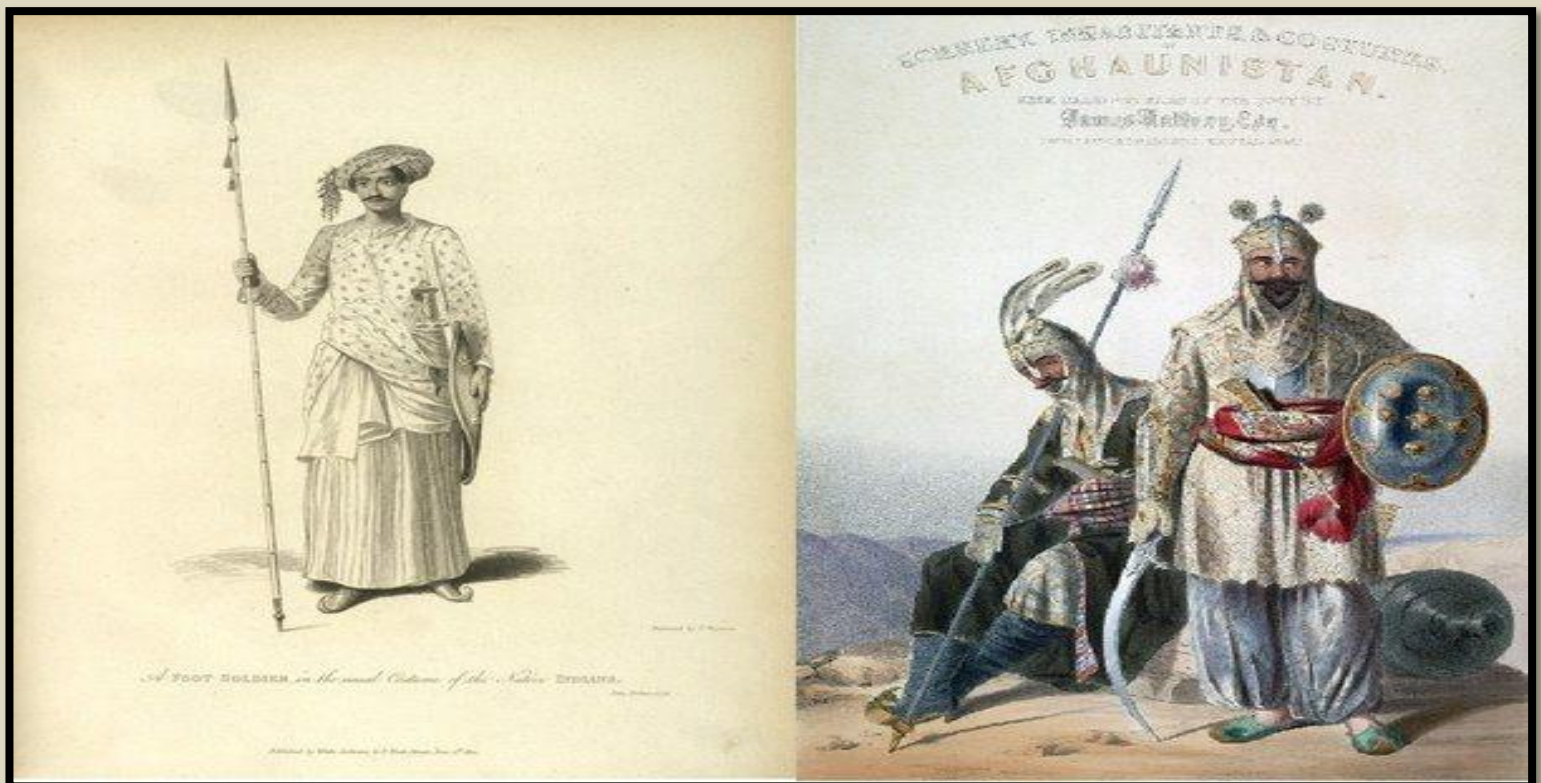
The rise of the Marathas was viewed with fear by the Muslim rulers of North India. Led by Najib-ud-Daulah of Rohilkhand (modern day Western UP) and Siraj-ud- Daulah of Awadh, they invited Ahmad Shah Abdali to wage 'jihad' against the Marathas. The call was sweetened by a purse of Rs 2 Crores and after his initial hesitations, Abdali decided to come to India to contest the Marathas.

Abdali entered India through the Khyber Pass in January 1760. His armies brushed aside the Maratha garrisons in Punjab and forced them to withdraw. He then moved his armies to Anoop Shahr (around 70 kilometers east of Delhi near Saharanpur), in the kingdom of his ally Najib- ud- Daulah, and camped there awaiting the Marathas. The arrival of Abdali and the defeat of their garrisons had worried the Marathas and in March 1760, the Peshwa Nanasaheb , decided to send a large expeditionary force under his most capable general - Sadashiv Rao Bhau- and his own son, the 17 year old Vishwas Rao to contest Abdali.

The Maratha army left Udgir (near Nashik) on 07 March 1760, with around 40,000 cavalry, 15,000 troopers and around 200 pieces of artillery. It was joined along its advance by forces from the Holkars of Indore and the Scindias of Gwalior. Yet in spite of its size, it was ill-equipped and lacked administrative support. The army was told to live of the land

as it advanced, a strategy that led to looting and pillaging of the country side over which it advanced and earned it much antagonism in its northwards move. The army was also encumbered by the presence of around 15-20000 ladies and children and camp followers, which slowed the advance of the army as it moved slowly over three months, before it reached Delhi on 21 July.

The Marathas captured Delhi easily and ransacked it, camping there for over three months. The army of Abdali and his allies were in Meerut – Saharanpur, the two armies separated by the Yamuna River. Though patrols and skirmishes were frequent no major clash of arms took place as yet. Then in end October Sadashiv Bhau led his army out of Delhi and moved towards Kunjpura, a fortress on the west bank of the Yamuna which was a major supply hub of Abdali. Kunjpura was strongly held with over 10,000 Afghans but was captured in just two nights after a intense



attack using artillery and cavalry in close coordination. Kunjpura fell on 18 October and was the last major success of the Marathas.

Bolstered by this success, the Marathas moved further towards Kurukshetra hoping to block Abdali's return route completely. Then Abdali launched his master stroke. On a rain swept night on 25 October, he crossed the swollen Yamuna River. Even though over 200 soldiers were swept away, his entire army got across over two nights completely taking the Marathas by surprise. The tables were now turned. Abdali was now behind the Marathas and had cut off from their route back to Delhi and the Deccan. With their escape routes blocked, the Marathas established a camp in the vicinity of Panipat. For three months, the Marathas remained besieged within their camp. Disease and starvation was rampant as they were cut off from their supplies. Skirmishes took place almost on a daily basis causing heavy casualties on both sides. Worse, winter was setting in and the Marathas were ill-equipped and unprepared for the North Indian winters.

With their strength weakening, Sadashiv Bhau called for a meeting of his Chiefs on 12 Jan and the War Assembly decided that rather than remain besieged, they would make one concerted attack to break through the Afghan positions and make their way back to Delhi and thence the Deccan. Ceremonial paan was served as a gesture of farewell, the Quartermaster was ordered to distribute the remaining food amongst the troops and the chieftains went to prepare their men for battle. The die was cast for the most decisive battle in India's history.

The Bloody Makar Sankranti

At dawn on 14 January 1761, the Maratha army moved out of its camp to the sound of conches and ranbakuras. Around three to four kilometers opposite them, the Afghans had arrayed in battle formation with a force of around 60,000 cavalry, infantry and artillery. The Marathas attacked first from their left flank – an attack led by Ibrahim Khan Gardi, a Muslim chief who would be one of the heroes of the battle. It was an ordered, disciplined attack with nine battalions, with one moving forward as the other gave fire support. The attack made slow, but gradual progress, and inflicted heavy casualties on the Afghan right flank opposing them. But as Gardi's troopers were inching forward, the Cavalry attacked pre-maturely moving ahead of Gardi's infantry and preventing them from firing. The assault petered out, but still managed to make a small breach in the Afghan right flank by around noon.

Simultaneously with the attack of his left flank, Sadashiv Rao Bhau had launched the main attack with around 20,000 crack troops – the Huzarat - directed at the Afghan center. He led the attack himself and its sheer force and momentum tore through the Afghan center causing them to break in disarray.

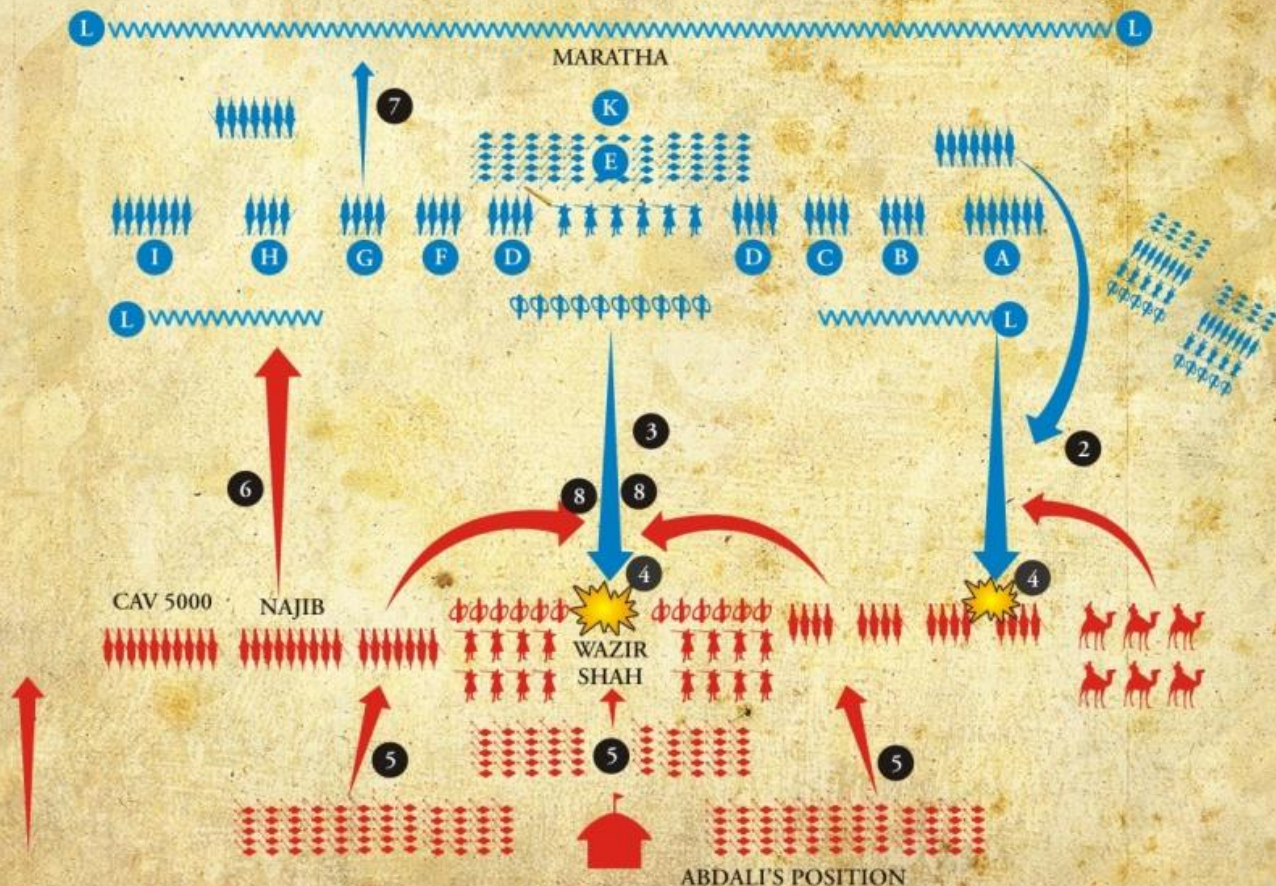
Around midday, the Marathas were well poised. They had broken through the right flank and the Center. Their right flank, under Holkar and Scindia were to have attacked after the Afghan lines were breached, but inexplicably they did not move. They remained static even though Sadashiv Bhau sent a personal message to Holkar. The reluctance of their right flank to attack, cost the Marathas dear. It gave time for Abdali to position his

military police to round up all who were fleeing the battle and send them back to the front lines (with a few summary executions of those who refused). He also sent around 10,000 of his reserves to reinforce the crumbling lines. By around 2 pm the Afghan lines were steadied and any hope of a Maratha breakthrough vanished.

The Maratha attack petered out and Abdali launched a counter stroke from his own left

flank behind the Marathas. His cavalry and 'Zamburaks' – camel mounted swivel guns poured a relentless stream of fire on the Marathas, who were gradually being compressed in a tight knot ahead of the Afghan positions. Afghan bullets took a deadly toll on the bunched Maratha infantry and one of the bullets hit Vishwas Rao, the Peshwa's son on the head killing him instantly. The death of Vishwas turned the battle

Third Battle of Panipat (14 January 1761)



MARATHAS

1. Initial attack by Maratha Left Wing under Ibrahim Gardi.
2. Premature launch of Maratha Cavalry.
3. Sadashiv Bhau's main attack in the centre.

4. Initial headway made by Maratha attack on Afghan Right Flank and centre.
5. Reinforcing of Right Flank in Centre by Abdali.
6. Launch of left flank under Najib-ud-Daula.
7. Withdrawal of Maratha Right Flank.
8. Cutting off of Maratha forces in Centre and their ultimate destruction.

dramatically. Seeing him fall, the troops lost heart. Sadashiv Bhau himself dismounted from his elephant to come to see Vishwas and without his rallying presence, the Marathas troops panicked and began fleeing the battlefield. In the unruly chaos that followed, Abdali launched another attack with the rest of his reserves that swung in from the rear and sides of the beleaguered Marathas.

What followed was slaughter. Weakened after the day-long fighting they were cut to pieces as the Afghan cavalry tore into them and bullets rained upon them. Their right flank under Holkar and Scindia took no part in the fighting and melted away from the battlefield, moving to Delhi and then their home bases. For the rest it was carnage, as they battled desperately in isolated pockets. Over 30-40,000 Maratha soldiers fell that day alone (another 20,000 had been lost in the skirmishes of the preceding months). The vengeful Afghans who had lost around 30,000 of their own, ran amok in the Maratha camp, slaughtered the menfolk and took the women and children as slaves. That night, the moon was full and the fleeing Marathas were chased

and cut down in the open fields around Panipat. An estimated 60-70,000 lives were lost in that one day which has often been called 'The Bloodiest Day of the 18th Century'. Of the estimated force of 70- 80,000 that set out, only around 15,000 or so succeeded in making their way back to the Deccan. Abdali left back for Afghanistan soon after the battle, receiving a hefty compensation from the Muslim rulers. The Peshwa died of shock after the disaster and Maratha power now waned. Its decline set the stage for Imperial rule in India. Devoid of any major challenger, the British consolidated their position and established British rule in India that would last 200 years. That perhaps was the greatest tragedy of the battle.

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

COL AJAY SINGH (RETD.)





Interview

Victoria Roberts Siczak was born in upstate New York and lived on the shore of the Oneida River during her childhood. She attended Oswego State and Syracuse University and published many short stories and poems. Victoria moved with her family to Tennessee in 1994. She is a wife, a mother and grandmother and momma to one spoiled beagle/terrier. Victoria is a storyteller with the unique ability to blend science-fiction, fantasy and mystique, with realism, spiritualism, and historical actualizations. Her own intrinsic character portrays a distinctive mystique in her writing and her life. Victoria lives in the southeast and enjoys reading and writing almost as much as she enjoys spending time with her family and friends.



I write mainly Science-fiction, fantasy...so my mind wonders, What If?

5. Are the characters inspired or based on real-life people?

I take traits of people that I know and weave them into my characters. Even the elementals and monsters!

6. What do you think happened to the characters after the book ended?

My characters live on inside my mind and provide guidance to new stories!

7. How do you do research for your books? How do you come up with titles?

I read a lot, research on the web, and lay in bed at night thinking about alternate worlds and supernatural and alien beings. Titles change frequently as the story progresses.

8. As a writer, what would you choose as your mascot/avatar/spirit animal?

I love Native American mythology. The legend of the Spider Grandmother who inspired Dream Catchers, I believe holds my thoughts until I turn them into stories.

SquarePetals Global Webzine applauds the contribution of Victoria Roberts Siczak in the literary world. We wish her more glory in the years to come.

1. When did you know you wanted to become an author?

I didn't think about being an author, I just wanted to tell stories.

2. Who is your biggest inspiration?

My dad. he was an avid reader and wrote script at times for movie plots.

3. How many books have you written?

Thirteen so far. Working on the next project which Netflix showed interest in, so taking script writing classes as well.

4. How do you come up with the subjects of the books?

MAXIMIZE YOUR YOUTHFUL RESOURCEFULNESS

The glory of youth is their strength but when this strength is spent in frivolous activities, the youth will not have any influence on the future. It is very important to maximize your youthful resourcefulness. A person who when young reads a book weekly will go far in life than the one who spends a whole week watching movies. Every youth that wants to make his life count in life must engage in resourceful activities. A youth that decides not to be resourceful will never be enjoyable, fruitful and ripe for age. We have seen people in their old age regretting for not maximizing their youthful resourcefulness.

Youthful days are meant to prepare you for a

better, brighter and greater future. You can decide that what you would become in the future. The choice is up to you and that future is what you create or make with how resourceful you are today.

The major problem with most of youths is that they are mentally lazy. They do not make good use of their money to purchase a book to read. There are some youths who have not read a single book after they graduated from school, while those in school only read to pass examination. So they lack real information and knowledge that will make them relevant in life.

Knowledge means knowing beyond your edge. You need to expand your knowledge beyond the walls of the school environment. You need to read good books that will motivate, inspire and empower you for the real battlefield of



life. You can only win battles based on the information you have accumulated. There is no youth that can get ahead in life with an empty head.

Make your life worth living and more rewarding by maximizing your youthful years by being resourceful. A resourceful youth is concerned and focused about preparing himself for the future. A non resourceful youth is undisciplined. He loves fun and easy going life, loves the passing pleasures of the moment and is incorrigible.

As a youth that wants to stand high above his peers and achieve his dream faster than he possibly imagine should maximize his youthful resourcefulness. You can get materials to build a bridge to your future. There are two kinds of materials used in building one's life, one is tangible and the other is intangible. The intangible materials are not something that can be handled or seen exists only in consciousness. It exists only in thoughts; it exists only in the mind. It is the ideas, thoughts, imagination and perceptions. The intangible material is that skill you have acquired developed and perfected.

When as a youth you are fit, so go wherever you want and be strengthened up for removing future obstacles in the race for honour, success and wealth. If there is anything that is responsible to the failures, it is their lack of courage to go after their dream. They remain in their comfort zones until time passed away and left them behind. They lacked the initiative to take the right steps, action and make the right decisions that could change their lives.



Have you counted what indiscipline, lack of resourcefulness and productivity will cost you about twenty years later? And what time mis-management will cost you? Have you considered what your life would have developed into, if you had added a little discipline and resourcefulness to your life, if you had switched off that TV set, if you had studied a little, if you had done a little more research?

Those men and women destroy their lives at youth level itself by actually wasting the opportunity to develop their mind and abilities. If you don't allow the boy/girl in you to grow up, then when you eventually become an adult, that undisciplined boy/girl

that you refused to checkmate will definitely keep you at the bottom in the race for success.

The most important question we should be asking our selves today is not who am I, but, who am I becoming and what am I developing into? Where am I steering my future to? What will become of me when I grow up? There are many youths out there who just sit down at the border doing nothing; wanting nothing; wanting some kind of magic to throw them overboard to the island of treasure and success, instead of improving for self development and acquiring skills.

As a youth, what is your commercial value? By your own estimation, are you a first class material or a second class material? Are you at the bottom of the intelligence or ace of self-development and still hope to work as first class? How developed are you? How do you see your life 10-20 years from now? With the kind of intelligence you have today, what position will you occupy, how far can you go in life? Where will you will lhow your association determines your future success and failure?

It is never too late to make changes and amendments in your life. You can make a difference like some great men who had a impact in our world, who despite their handicaps, made it to the top. Men like Lord

Kelvin, Sir John Ambrose Fleming, Michael Faraday, Dr. FrankDoyd, Benjamin Disbranch, MacArthur, Hubbard, Colonel Robert Cillowry, Christopher Columbus, Edward W. Bok and a host of others. I have also read about men who made exploits during their youthful days.Their stories will inspire you.

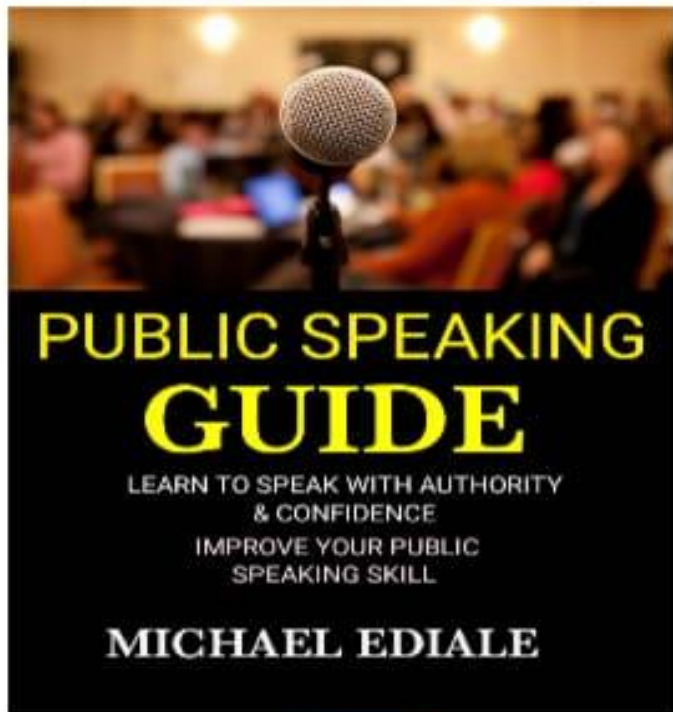
- Peal was in parliament before he was 22.
- Robert Browning was proficient in Greek and Latin at 12. He wrote atleast eleven poetry of no mean order before his 15th birthday.
- Alexander the Great assended the throne at the age of 20 conquered the then known world before he was 23.
- Galileo at the age of 19 saw the principle of the pendulum in the swinging camp in the cathedral at Pisa.
- Washington was appointed General at the age 19, was sent as an ambassador to France and won his first battle as a Colonel at age 22.
- An abundant life filled with great achievements awaits those who will maximize his youthful resourcefulness. Develop your God - given talent, gifts, ideas, intelligence and resources to attract commercial value.



Author Michael Ediale

Best-Selling Author / Motivational Speaker /
Film Producer / Performing Artiste /
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Dr. Sansriti Johri



Millets, one of the oldest and most significant food crops in the world has recently attracted interest again after falling out of favor in the past. The Food and agriculture organization of the United Nations has declared the year 2023 as the 'International Year of Millets'. It is expected that the UN's intervention will help to restore the forgotten glory of millets and also the production, utilization, export-import, and economies of millets-growing countries will catapult.

The word millet originated from the French word "mille", representing thousands, which infers a handful of millet containing thousands of seed grains. Millets refer to small-seeded grasses, widely grown around the world as cereal crops for human and livestock

consumption. Millets are broadly divided into two groups (1) major millets, viz., sorghum (jowar), pearl millet (bajra); (2) minor or small millets, viz., finger millet (ragi), little millet (kutki), foxtail millet (kakun), proso millet (cheena), barnyard millet (sawa), and kodo millet (kodon). Millets are a traditional staple food for half a billion people in Asia and Africa and are grown in 130 countries. India is the top producer of millets, producing over 170 lakh tonnes, accounting for 80 percent of Asia's and 20 percent of global production, followed by Niger and China, according to USDA, 2022. India also accounts fifth-largest exporter of millet in the world. All nine commonly known millets are grown in India, also most of the Indian states grow one or more millet species. The major millets producing states include Rajasthan, Uttar Pradesh, Haryana, Gujarat, Madhya Pradesh,

Maharashtra, Karnataka, Tamil Nadu, Andhra Pradesh, and Telangana. Besides Uttarakhand, Jharkhand, Odisha, Bihar and Kerala and some North Eastern states are also growing Millets.

Millets have comparatively higher protein and balanced amino acid profiles, hence, making them nutritionally superior to wheat and rice. Millet grains are rich sources of nutrients like carbohydrates, dietary fibre, good-quality fat, minerals like calcium, potassium, magnesium, iron, manganese, zinc and B complex vitamins. Being high in iron, calcium and zinc, millet can make a big difference in combating micronutrient deficiency in India. Besides, millets also contain a ray of phytochemicals that exert therapeutic properties owing to their anti-inflammatory and anti-oxidative properties. Due to their high fiber content and satiety-inducing effects, they are suitable for people with diabetes and other metabolic disorders. The lower calories and fat contents in millets make them a healthy option for body weight management.

Millet lacks gluten and is a boon for those affected by gluten-related disorders. Millets are often used as a staple food in many parts of the world where other grains are scarce or not well suited to the local climate. Moreover, millets are considered a resilient crop. They require only 20 cm of rain annually against 120-140 cm needed for rice and 50-100 cm for

wheat. They are resistant to pests and diseases and do not rely on chemical fertilizers and pesticides, therefore, by default millets are organic and are more environmentally sustainable to grow than some other types of grains.

Millets can be used as a cover crop to improve soil fertility and reduce soil erosion. Some millets, especially pearl millet is used as a source of biofuel.

Millet can be consumed as a whole grain, or milled into flour and popped like popcorn, A variety of food items can be prepared from millet flour such as porridge, flatbread, dosa and noodles. Additionally, they can be added to soups, stews, and salads as well as used in bakery products to produce bread, dumplings, and biscuits.

Millets have changed substantially from being 'Food for poor' to 'Miracle grains' or 'Nutri-cereals'. Generally, millets are highly nutritious and are good sources of protein, fiber, and other essential minerals. Millets provide nourishment, resilience, revenue, and a means of subsistence for millions of smallholder dryland farmers throughout Sub-Saharan Africa and Asia.



Dr. Neeru Bhatt
Managing Editor,
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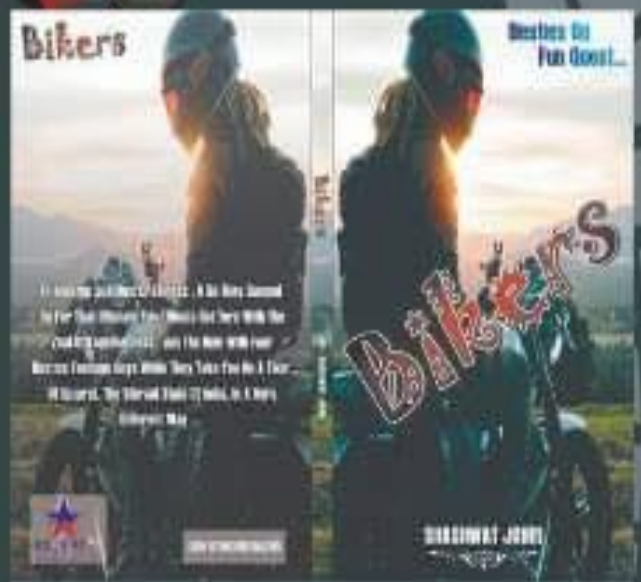
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I want to play !!!**

**Dr. B. S. Parimal & Ms. Kavita Gupta
Assistant Professors in Psychology
M.S.University of Baroda**



Grief

I walk in this weary state to where the way leads me,
I have no one to cry for, and that is why I see
Ghosts of happy thoughts flicker and disappear on touch—
They slip away, no matter how steadfastly I clutch.

O woeful verses! Can you utter my wretchedness?
To me? Can you truly calm chaos, and then confess
That why is it that I cannot bring myself to move?
To tears, vanish and this thorn in my heart remove?

The poems of grief don't make my eyes to overflow,
But only telling me to let those I love goes.
The woes I encountered in prose cannot be compared
To the loss I had, and the madness I, alone, fared.

But I still hope, and hopeful I will always be.
And recalling smiles I will never get to see.
I will not stop grieving, for I want them to live
Here, and watch the dreams I promised them to give.
Here, and watch me conquer dreams I had promised.



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13 That which you do only for yourself decreases your energy, tires you. But when you do something for the good of others, your consciousness blossoms. That will never lose its charm.

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14 The same people that you love and get married to, are the ones you fight with. Craving and aversion are a couple! You have to rise above both.

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20 lessons from Bhagavad Gita for a better 2022

15 A knowledgeable one also eats, gets angry & loves. But there's no disturbance to his peace. But a fool gets entangled in everything he does.

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20 lessons from Bhagavad Gita for a better 2022

16 Fearlessness, purity of heart & mind, curiosity, giving back, non-violence, and compassion for all beings are divine qualities. You're born with these qualities!

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Fresh pigeon pea kachori

Ingredients :

150 gm - Fresh Tuver Dana

100 gm - Green Peas

Grind Coarsely

Dough :

1 Cup – Maida, 1/4 tsp - Carom seeds (Ajwain)

1/2 tsp – Salt, 2 tbsp – Oil, 1/4 tsp - Lemon Juice

Mix very well with hand, 1/4 Cup - Wheat Flour

Make dough with using water ,make dough like Soft Puri dough

1/4 +2 tbsp – Water, knead Properly lastly add 1 tsp - Oil

knead it ,Give Rest for 15 min

Filling :

Take a Pan and add 2 tbsp – Oil, 1/2 tsp - Cumin Seeds (Jeera)

1/4 tsp - Asafoetida (Hing), 1 tbsp – Sesame add above Grinded Mixture

Saute little and immediately add

1/8 tsp - Baking Soda, 1/2 tsp – Salt, Mix very well and Close the lid for 2-3 Minutes

1/4 Cup - Deciccated Coconut, 2 tbsp – Raisins, 2 tbsp - Cashew Chopped

1 tbsp - Ginger Chilli Paste, 1 tbsp – Sugar, mix everything

1/4 tsp - Garam Masala, Mix very well and remove mixture in Plate ,let cool completely then add

1/4 Cup - Green Garlic Chopped, 1/4 Cup - Corainder Chopped,

1/2 tbsp - Lemon Juice

Take a dough again knead it make a small balls

Take a Filling mixture and make a small balls

Roll it thin Puri and keep green mixture and make a kachori and fry it in medium flame till golden

Falguni Thakkar

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





Art Work

Artist:
Bhawana Pandey

Photographs



The irregularity on the floor is due to the earthquake. It seems this temple was built using a "sandbox" technology of those times hence it withstood. We are so unaware of the rich knowledge in our country's ancient history's. It's a UNESCO SITE now.

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