



SquarePetals

Global Webzine

Featuring
SquarePetals Writer's Award

Health & Nutrition
Eat Locally & Stay Healthy

Travel
A Journey to Mystical Kasar

Social
Some Flying Experience

Poem
Soulful Prescription

Ukraine War
Wagner Group's Prigozhin
rebels against Putin

Personality Development
Your Decision Determines Your Future

Legal
Law of Trade Mark

Art Work
Hatching Sketch

Recipe
Kaju Modak

Cover Page Photographer
Ms. Shivangi Khushwaha

FROM THE DESK OF EDITOR-IN-CHIEF

Hello readers!

Dear readers, Winters blush in as October sets in. Winters bring green veggies so that we stay in the pink of health. So enrich yourself with Vitamins and minerals by eating lot of Spinach, carrot, cucumber, cabbage, mint and parselay. Keep fit and stay glowing. And do keep reading the comprehensive magazine, SquarePetals Global Webzine, to enrich your mind as well. Happy reading.

Love & regards

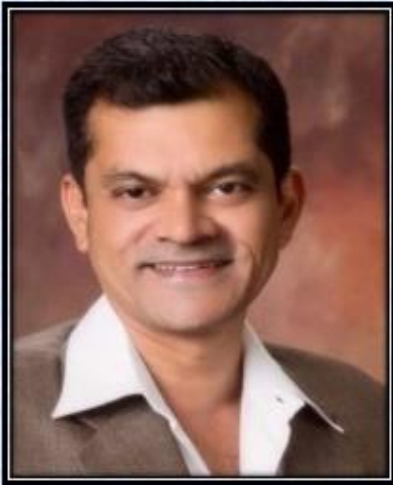
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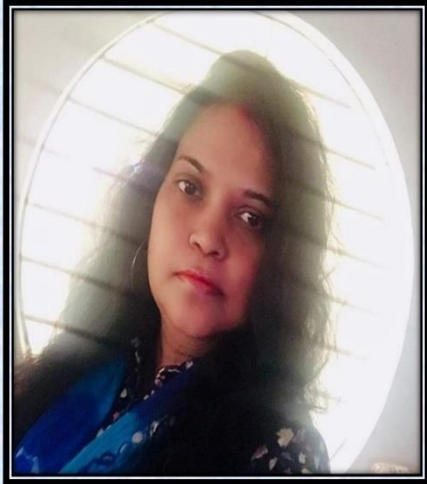
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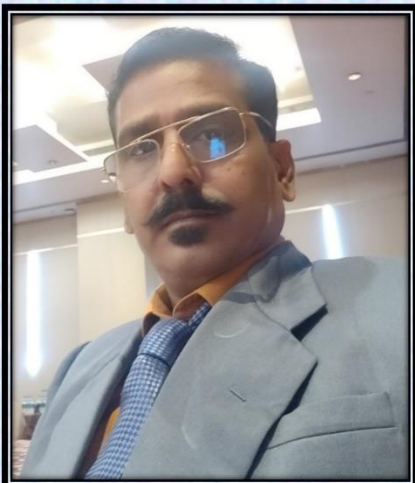
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2023
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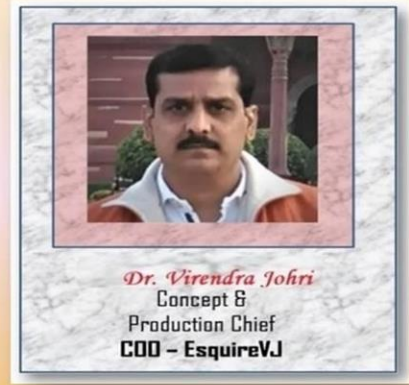
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in the field of *Clinical Nutrition*

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Ms. Nancy Quinn ,
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2023



SquarePetals Global Webzine

Author Nancy Quinn

Jury

Writer's Award 2023

SPWA 2023

A momentous series of events with the Wagner Group marching on Moscow and then backtracking on its stance.

The immediate crisis has been defused, but it brings out glaring weaknesses in Russia and Putin's own position. All this coming at a time when the Ukraine offensive is slowly picking up.

Wagner Group's Prigozhin rebels against Putin

Later the Wagner Chief said that his troops were halting their march to Moscow to avoid bloodshed.

The war in which little has gone as per plan, received another twist in the tale, when Yevgeny Prigozhin gave a call to his Wagner Group to withdraw from their positions and march on to Moscow, against "the corrupt, self-serving generals and ministers." But adding another twist later in the day, he ordered his soldiers to pull back from their march to Moscow, so as not to escalate the crisis.

By then Wagner's moves had sent tremors in the Kremlin and for the first time, struck directly at Vladimir Putin's hold on power.

Just two months ago, Prigozhin and his group were feted as heroes after their successful capture of Bakhmut. But even then, the rift was apparent. Prigozhin had repeatedly accused the Defence Minister Sergei Shoigu and armed forces Chief General Valery Gerasimov, of conspiring to undermine his group and denying them supplies and ammunition. His comments that "the generals should be shot for their handling of the war" ruffled quite a few feathers as well. Perhaps he was getting too big for his own boots and in June, a proposal was put up by the Defence Minister to amalgamate the Wagner Group into the Russian military by 1 July. This move, supported by Putin himself, would put Prigozhin directly under the Defence Minister and weaken his own position.

Prigozhin refused to sign the agreements to that effect, and instead launched an expletive laced rant, in which he told Russians that the war was a lie, and an excuse for "a small group of scumbags to promote themselves". He also accused the Army of launching a missile strike at one of their training camps and killing their



fighters and demanded that the Defence Minister and Army Chief come to meet him. When the outrageous demand was ignored, he ordered his fighters to abandon their positions in the frontlines of Ukraine on 23 June, and March on to Moscow, in what was claimed as “not a military coup, but a march for justice”.

The 35,000 strong Wagner Group in Russia-Ukraine comprises their most battle-hardened fighters, who have been manning the frontlines for a year now. They are very well equipped, though they lack air support and have no internal logistics. In addition, around 15,000-20,000 fighters are protecting Russian interests in Sudan, Syria, North Africa and the Middle East. It is a formidable fighting force, more so since they swear loyalty to only one man—Prigozhin himself.

The group marched on Rostov-on-Don and Voronezh, the two centres that Russia uses as bases for their war effort in Ukraine. They quickly captured the military bases in both cities and took control. Russian air attacks on their convoys reportedly caused some casualties, but the group claimed to have even shot down three Russian helicopters and even set a fuel dump in Voronezh ablaze. At one point of time they were barrelling down in T-72 tanks and BMPs along the M4 Highway from Rostov to Moscow and were just 400 km away from the city.

The Wagner mutiny, though not directed at the military leadership and not at Putin himself, is a challenge to the Russian President; more so since Prigozhin was his close friend and he himself had built him up. Criticism of the war also reflects on him directly. Putin appeared

weak and defensive when he denounced the action, by calling it “a stab in the back”. But he appeared conciliatory, and even appealed to the fighters, offering amnesty if they surrendered.

Prigozhin’s action has got the war dangerously close to Moscow, which has seen machinegun posts coming up along the main roads. He has tapped on the growing anti-war sentiment, by appealing to the soldiers to join him instead. The success of his actions will depend on whether the Russian soldiers remain loyal. At the moment there seems no uprising in the military itself, but should he spark a mutiny in the ranks, the movement will threaten not just the war effort, but all of Russia.

The timing of his action has come at a delicate stage. The Ukrainian offensive is just picking up steam. The vacation of positions by around 30,000 Wagner group fighters, has opened up large gaps in the front lines which can be exploited. This will weaken the Russian defensive layout, more so since Russian troops

will now also have to look behind their shoulders should the Wagner fighters now turn against them. With Rostov and Voronezh under siege, the Russian logistics too will be severely curtailed. Even if the mutineers are halted short of Moscow, the Wagner Group still holds Rostov. That town will have to be cleared and the Russians may face a repeat of Bakhmut in their own territory. The prevailing chaos is an opportune time for Ukraine to exploit the gaps and push ahead. A series of military reverses on the battlefield will weaken Putin even more. Could we be seeing a 1917 or a 1991 moment in Russia? It is too early to say, but Prigozhin had warned of “weaknesses” for months before this action. He has revealed that the biggest ‘weakness’ of Russia lies within. Should that weakness be further exploited, Putin’s war may just unravel very fast.



Col. Ajay Singh
***A renowned writer & historian,
international award-winning author
of six books and over
200 published articles.***



EAT LOCALLY STAY HEALTHY

Eating is an inherent attribute of all living organisms and food is the essential component to successfully carry out the process. Food is a substance that basically consists of proteins, carbohydrates, fats, and other nutrients (minerals and vitamins) used by an organism to sustain growth and vital processes and to supply energy. Food should be fresh, tasty, appealing and nutritious because the overall physical, mental, emotional and spiritual health as well as nutritional status of a person may depend upon the foods consumed. Fresh food or products largely obtained from close proximity, are commonly known as local foods. Although there is no universally accepted definition of local foods. In the Food, Conservation, and Energy Act 2008, locally

produced agricultural food product is defined as any food product sold or marketed either 400 miles or fewer from the place where it was originally grown or raised or in the state where the product is produced. Locally foods or locally grown foods are trending extensively and over the past decades, governments worldwide have actively promoted local foods.

The concept of eating local food was initiated in the 1960s as hippies had a protest against processed foods. The first farm-to-table restaurant, Chez Panisse, was started in 1971 in Berkeley, California by Alice Waters an author and food activist. In 1994 the UK-based Sustainable Agriculture Food and Environment Alliance published the Food Miles Report – *the Dangers of Long-Distance Food Transport*. The report emphasized comprehensively the environmental and social implications of food traveling long distances before reaching the dining plate and also created a whole spectrum of responses and actions by industry,

government and the community. In the year 2009, the USDA (United States Department of Agriculture) established the *Know Your Farmer, Know Your Food* Initiative, and invested over one billion US\$ in local and regional food projects. The Canadian government recently created the *Local Food Infrastructure Fund*, a five-year, CAN\$50 million initiative ending in 2024 aiming at supporting community-based organizations with a mission to reduce food insecurity by establishing and/or strengthening their local food system. The European Commission also started the *Farm to Fork* Strategy in 2020, with a view to enhancing the resilience of regional and local food systems. India too is contributing to this initiative.

The Indian government has implemented a *Vocal for local* initiative to promote locally manufactured items including agricultural products. Besides, the National Institute of Naturopathy, Pune is conducting Sensitization Programme, on Disease-Free India/ Rog-Mukt Bharat, each month focusing on one particular aspect of health impact self-care measure. In order to promote local foods the month of April 2022 was dedicated to the theme *Food Go Local and Seasonal*.

Locally grown foods that are allowed to ripen naturally and are eaten soon after harvesting contain higher levels of vitamins, minerals and antioxidants, that guard against a number of diseases, than produce that has traveled long distances and remained on grocery store shelves for an extended period of time. It's my personal experience that local foods are tasty, crunchy, smell nice and take lesser time in cooking. They are cheaper than imported ones and incur less

spoilage. Local foods encourage the diversification of local agriculture, which reduces the reliance on monoculture single crops grown over a wide area for a longer time, resulting in the detriment of soils. Local foods are helpful in keeping local farms economically viable by creating local jobs at farms and in local food processing units and supply chains. Also, ensures food safety standards and strict regulations regarding additives, pesticides, herbicides, etc. Food that is cultivated and harvested locally has a better nutritional value since food that travels further loses some of its nutritious worth. Since, local foods have shorter supply chains, which reduces food waste and spoilage during transport and storage. Local foods promote agri-tourism and create more vibrant communities by connecting people with the farmers and food producers who bring them healthy local foods. Locally grown foods cut down the dependency on commercially produced foods that not only have a high carbon footprint but also make communities vulnerable to hunger and malnutrition because food travels much less distance to nearby markets than a typical fresh or processed grocery food store, therefore using less fuel and generating fewer greenhouse gases. Turning to local foods can improve diets and help protect communities from economic and environmental disasters and the community ecosystem. The lone drawback of local foods is, at times, they may be monotonous and lead to short supplies and scarcities.



Dr. Neeru Bhatt

Managing Editor,
Canadian Journal of Clinical Nutrition

“Cleanliness is like Godliness, keep clean your house, your surroundings, your city. Do not feel ashamed in picking up the broom, do not depend on maids and take up the task if they don't turn up. Cleanliness brings good vibes”

Dr. Sansriti Johri - D.Lit



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YOUR DECISION DETERMINES YOUR FUTURE

According to the Law of probabilities, if you try far more different ways to be successful, the odds are that you will eventually find the right way for you at the right time. You must think carefully and make the decisions quickly. You must discipline yourself to act and to execute the decisions you have made. If you discover you've made a mistake, quickly correct it and try something else. Changing direction and strategy is never quitting, but it is to look for a better way out to get to where you dream to be.

The key to success is in the decisions you make and the actions you take. Look at the life of successful people, they are decisive, and they try far more things than other people do. Unsuccessful people are indecisive. They know what they should do or stop doing certain things, but they do not have the will power to make firm decisions. This is the reason that makes many people unhappy, unfulfilled and unsuccessful in life.

They settle for less than what

all is possible for them.

Your destiny is not a matter of chance; it is a matter of choice. Get out of the middle of the road; standing in the middle of the road is very dangerous; you can get knocked down by the traffic coming from both directions. Decisions are what transform our dreams into reality. You are entitled to choose what is right for you. You have the power to decide how your life should be. What you commit yourself to be is still possible for you. You may be bruised by life's challenges, but you can decide not be crushed.

Decisions are so powerful because they determine our future and destiny.

When you become decisive and action oriented, you shift your entire life into high gear. You get far more done in a day than other people. You move ahead faster than the people around you. You get more motivated, passionate, energetic and enthusiastic that propels you forward towards achieving your goals.



Author Michael Ediale

Best-Selling Author / Motivational Speaker

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A Journey to Mystical Kasar

Once upon a time, in a small picturesque town nestled in the beautiful hills of Uttarakhand, named Almora, there arrived a curious adventurer named Rajeev who lived a fast pace life in the hustle and bustle of Mumbai. He had always been enchanted by tales of mystical places and hidden wonders, and one such place that had captured his imagination was, Kasar Devi. The stories spoke of its serene beauty, ancient temples, and an aura of spiritual energy

that pervaded the surroundings. Rajeev, fueled by a thirst for exploration, decided to embark on a journey to this enchanting destination. As the sun rose, casting a golden hue over the landscape, Rajeev packed his backpack with essentials, a camera, and a notebook to document his experiences. He set off on a winding road that led to Kasar Devi, his heart filled with anticipation. The journey took him through verdant valleys, thick forests, and cascading waterfalls. Every step brought him closer to the hidden gem he sought.

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After a few hours of travel, Rajeev arrived at the foot of the mountains that cradled Kasar Devi. He began the ascent, marveling at the towering peaks that seemed to touch heavens. The air grew crisp, and a gentle breeze

whispered tales of ancient mysticism. He could feel the energy building around him, a palpable presence that enveloped his senses.

As Rajeev reached the summit, he was greeted by the sight of the renowned Kasar Devi Temple. The temple, adorned with intricate carvings and colorful flags, stood as a testament to centuries of devotion. Rajeev entered the temple, his footsteps echoing in the sacred space. He felt a sense of tranquility wash over him, as if the temple itself held the secrets of the universe.

After spending an hour or more in quiet reflection, Rajeev ventured beyond the temple grounds. He wandered through the village, its narrow lanes lined with traditional stone houses. The villagers greeted him warmly, sharing tales of the mystical powers attributed to the land. He discovered that Kasar Devi had been a haven for spiritual seekers, artists, and philosophers for decades. It had drawn the likes of Swami Vivekananda, Bob Dylan, and countless others who sought solace and inspiration in its mystical embrace. The experience of bitterly cold breeze felt in Vivekanand's cave still gives Goosebumps to Rajeev's spine.

As the day waned, Rajeev found a peaceful spot overlooking the valley. He sat there, witnessing

the breathtaking sunset, painting the sky in hues of gold, orange, and pink. The mountains stood as sentinels, guarding the ancient secrets of Kasar Devi. The surrounding hills seemed to whisper tales of ancient civilizations and the wisdom they left behind.

In the evening, Rajeev joined a gathering of like-minded souls at a quaint cafe. They shared stories, music, and laughter, as if the energy of Kasar Devi had brought them together in a cosmic dance. The night sky was adorned with a thousand stars, painting a celestial masterpiece above their heads.

As Rajeev bid farewell to Kasar Devi the next day, he carried with him not only memories but a profound sense of inner peace and inspiration. The journey had taught him the importance of seeking solace in nature, connecting with one's spiritual side, and embracing the wisdom of ancient places. With a heart filled with gratitude, Rajeev descended from the mountains, forever changed by the magic of Kasar Devi. As he embarked on his journey back home, he knew that a piece of Kasar Devi would forever reside within him, reminding him of the beauty and wonder that lies beyond the ordinary.



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Sr. Teacher & Mentor
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Some flying experience:

ont. from previous month issue....

Undercover Air Marshals Are Real

A sky or air Marshall is someone who protects passengers and crewmembers from any criminal and terrorist attacks on board a civil aircraft. You may have watched the movie *Non-Stop*, in which a US air marshal receives threatening messages from someone demanding that his airline immediately transfer 150 million dollars to an offshore account. Just like Liam Neeson in this movie, air marshals must remain unnoticed and you really shouldn't be able to recognize him or her on your flight. You might think that there would be an air marshal on every flight however, they're actually only on approximately 5% of flights.

Flight Attendants Must Meet Certain Beauty Standards

Some flight attendants shared that there are very rigid sets of criteria that they need to follow in terms of presenting themselves before each flight. And even beforehand, in the interview and hiring process! Things like age, weight, personal grooming, makeup, and outfit choices are all carefully considered. Although some airlines don't make their flight staff follow these strict beauty standards anymore, they once dominated the industry. Airlines do however continue to emphasize that flight attendants must have a professional appearance of course. They even have height parameters to ensure that the flight staff can easily perform all of their duties.

Plane Seats Really Are Getting Smaller

Many people have complained about airplane seats being way too smaller; it even feels like they're shrinking as the years go by. Well, that's



not exactly a lie. The amount of legroom has gone from an average of 35 inches to just 31 inches today, including the seats themselves being around 16 inches as opposed to 18. Now airlines can squeeze more seats onto a plane than ever before to increase profits. Before you know it, airlines are going to start asking for height and weight; otherwise, there's no way people can continue booking seats and expecting to fit if they're only getting smaller.

Here's the Safest Place to Sit on a Plane

If we look at the statistics from studies of aircraft crashes, we'd find that the seats in the rear of the plane have the highest rates of survival. This data is so specific that it even shows us, that those in the rear third row of the plane have the best chance of survival as compared to the front or middle rows. Your chances also increase if you are sitting on the aisle seat or near an exit. Despite your seat choice, your chances of survival severely drop if you don't fasten your seat belt. Though this is

all very scary information, the US government suggests that the majority of airplane accidents are indeed survivable.

Planes All Over the World Get Struck by Lightning Almost Daily

It's actually incredibly common for planes to get struck by lightning! Although that sounds scary, your flight crew is used to it. In fact, aircrafts are designed nowadays to withstand lightning strikes and undergo many tests to ensure they can withstand hits. Maybe there will be a temporary flickering of the lights, but for the most part, all is fine. So if the weather is terrible, don't be too scared to fly! Even if the plane is hit, it undergoes complete inspections to ensure everything is perfect once it arrives at its destination.

Pilots have the Ultimate Authority

Pilots hold a lot of power and have the ultimate authority in an airplane. This includes leading the flight crew, making command decisions,



and even handling passengers who may be causing trouble. There is an urban legend that if someone on an airplane is being problematic, there is nothing you can do! Well, pilots actually can make an arrest mid-flight, they can contact authorities and have someone arrested once the plane lands. Pilots have to undergo large amounts of training to qualify for their position, after all, they have to communicate with air traffic control and monitor the plane with hundreds of lives on their hands!

This Is the Best Time to Travel by Plane

As flight crews travel the most, they are the ones who know all about the best times to fly. The bad news is, you'll have to wake up early. Although there is no guarantee, it is said that morning flights have less turbulence and

therefore fewer cancellations or rescheduled flights. There is also usually less hassle at the airport. Your plane is even less likely to run into thunderstorms or weather issues. The basic rule about choosing the best day of the week to fly is Tuesday or Wednesday. Since there are fewer people who would like to fly mid-week it usually ends up being the cheapest and the least busy.

Planes Don't Carry That Much Gas

You would assume airplanes need tons of fuel for a long flight, but actually, they are only allowed to carry up to 45 minutes of extra fuel onboard. That seems concerning, but apparently, it's because if it were to carry more fuel, the plane would be much heavier and

release more carbon emissions. So it's best to avoid this by carrying the minimum. In this

definitely reassuring to know if any medical emergency happened on board, they would be

case, the plane just has to fuel up more frequently! Luckily, fuel exhaustion is not very common, so it doesn't need to become a cause for concern. You can continue to fly in the friendly skies without worrying.

The Crew Members Usually Skip the Airplane Food

Did you know that those in the cockpit usually eat different meals? While there is no written rule by aviation authorities, airlines sometimes like to differentiate the meals between pilots and co-pilots. The reasoning behind this is, that if there happened to be a rare occurrence in which the pilots had food poisoning, it's better to have one healthy pilot than two sick! The flight attendants are often offered the same food as the passengers but more often opt to bring their own food on board. Airplane food is not exactly known to be gourmet so packing your own food on your next journey isn't that bad of an idea.

Flight Attendants Go Through Extensive Training

Believe it or not, there were days when flight attendants used to only serve food and beverages to passengers on flights. But those days are long gone! Now, they do much more than wait on passengers, they must go through rigorous training and be prepared to handle various incidents regarding safety. Flight attendants are currently trained to administer CPR, AEDs, EpiPens, and defibrillators. It is

prepared. Flight attendants are also given courses in self-defense to handle unruly passengers. As well as being equipped with any knowledge necessary for an emergency evacuation or attempted hijacking of the plane.

The Brace Position Myth

Okay, let's talk about the brace position myth. Do you know the one where you bend over in your seat, head between your legs, and hands on your neck? Well, the commercial aviation security procedures always recommend passengers adopt this specific position to brace themselves for impact, whether that be on



water or land. Though many conspiracies have come about that insist this position actually leads to a quicker death. But good news, experts reject these conspiracies and say it is completely safe. According to experts, the purpose of this brace position is to compact the body in a way that your vital organs are protected from any injury.

The Most Stolen Item from Airplanes

Surprisingly, the most common stolen item off of airplanes is the life vests! Do you know the pre-flight emergency procedures all the flight attendants demonstrate? Well, that includes the briefing about how to use the life jacket to help you float. Apparently, people aren't using it for what it's intended because they're disappearing off of more and more flights. You may want to check that your flotation device is there before the plane takes off next time! If you're considering taking one of these, don't!

It's strictly needed for emergencies, and how terrible would it be if there weren't enough when a real crisis happened?

Budget-Friendly Airlines Are Just as Safe

If you have ever traveled on a budget airline, you may have wondered whether purchasing a ticket at a discount means you are also gambling on your safety. Thankfully you can relax because there is no need to worry about this sort of thing! Airlines would never compromise on the safety of passengers while determining ticket pricing, so your safety can be guaranteed just as it would be for a full-price ticket. For plane tickets that are cheap, airlines usually customize other aspects such as seat selection, baggage fees, and legroom amenities to make more money.

(Article courtesy <https://www.travlerz.com/en/flight-attendants-reveal-40-secrets-that-airlines-dont-want?ly=>)





"LAW OF TRADEMARK"

Dr. Shashwat Johri

**CEO SquarePetals Global Media,
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Ontd. From previous month issue:

Trademark Infringement

Definition of trademark infringement

Trademark infringement refers to the unauthorized use of a trademark that is likely to cause confusion, deception, or misunderstanding among consumers regarding the source or origin of goods or services. It occurs when a person or entity uses a trademark that is identical or similar to a registered trademark or one that has acquired substantial goodwill and reputation, without the permission of the trademark owner.

Infringement can take various forms, including:

1. **Unauthorized Use:** Unauthorized use of a trademark on goods or services that are identical or similar to those covered by the registered trademark.
2. **Similarity of Marks:** Use of a mark that is visually, phonetically, or conceptually similar to the registered trademark, leading to consumer confusion.
3. **Likelihood of Confusion:** Use of a mark that is likely to cause confusion, mistake, or deception among consumers as to the source of the goods or services.

4. **Dilution:** Unauthorized use of a famous or well-known trademark in a manner that weakens or dilutes the distinctiveness or reputation of the original mark. Dilution may occur even if there is no likelihood of confusion.

5. **Trade Dress Infringement:** Unauthorized use of the overall appearance, packaging, or trade dress associated with a registered trademark, leading to consumer confusion.

Trademark infringement can result in legal consequences, including injunctions to stop the infringing activities, damages or financial compensation for the trademark owner's losses, and potentially the destruction of infringing goods or materials. It is important for trademark owners to monitor and enforce their rights to protect their brand identity and prevent consumer confusion in the marketplace.

It's worth noting that the specific legal standards for trademark infringement can vary by jurisdiction. The interpretation and application of trademark laws may differ, so it is advisable to consult with an intellectual property attorney to understand the applicable laws and seek appropriate legal remedies in case of infringement.

Elements required to establish trademark infringement

To establish trademark infringement, several elements need to be demonstrated. The specific requirements may vary slightly depending on the jurisdiction, but generally, the following elements are considered:

1. **Valid and Protectable Trademark:** The plaintiff must show that they have a valid and protectable trademark. This typically means that the trademark is registered with the relevant trademark office or has acquired common law rights through substantial and continuous use in commerce. The trademark should be distinctive and not generic or descriptive.

2. **Priority or Earlier Use:** The plaintiff must establish that they have priority or earlier use of the trademark. This means they used the mark in commerce before the alleged infringer or have a valid registration that predates the infringing use.

3. **Likelihood of Confusion:** The plaintiff must demonstrate that the infringing mark is likely to cause confusion among consumers regarding the source of the goods or services. Factors considered in determining likelihood of confusion may include similarity of the marks, similarity of the goods or services, the degree of consumer care, the channels of trade, and the strength of the plaintiff's mark.

4. **Use in Commerce:** The plaintiff must show that the alleged infringer is using the mark in commerce in connection with goods or services that are similar or related to those covered by the plaintiff's mark. Use in commerce generally refers to the use of the mark in connection with offering, selling, or advertising goods or services across state or national borders.

5. **Actual Confusion or Likelihood of Confusion:** While not always required, evidence of actual consumer confusion or a strong likelihood of confusion can significantly strengthen a trademark infringement claim. Such evidence may include consumer surveys, customer complaints, or instances where consumers mistakenly purchased the infringing goods or services.

6. **Damages or Likelihood of Damage:** The plaintiff must demonstrate that they have suffered or are likely to suffer harm as a result of the infringement. This harm may include loss of sales, damage to reputation, or dilution of the distinctiveness of the mark.

Establishing trademark infringement involves a careful analysis of these elements and presenting evidence to support each element. It's important to consult with an intellectual property attorney experienced in trademark law to understand the specific requirements in your

jurisdiction and to develop a strong infringement case.

Remedies for trademark infringement

In cases of trademark infringement, several remedies may be available to the trademark owner to address the unauthorized use of their mark and seek compensation for the damages caused. The specific remedies can vary by jurisdiction, but some common options include:

1. **Injunctive Relief:** One of the primary remedies sought in trademark infringement cases is an injunction, which is a court order that prohibits the infringing party from using the trademark in question. An injunction can be temporary (preliminary) or permanent, and it aims to prevent further harm and protect the rights of the trademark owner.

2. **Damages:** The trademark owner may be entitled to monetary damages resulting from the infringement. These damages can include actual damages, which cover the actual financial losses suffered by the trademark owner, and may also include any profits made by the infringer through the unauthorized use of the mark. In some cases, statutory damages may be available, which are predetermined amounts set by law.

3. **Destruction or Seizure of Infringing Goods:** In certain situations, a court may order the infringing goods, labels, packaging, or promotional materials to be destroyed or seized to prevent further distribution of the infringing products.

4. **Corrective Advertising:** In cases where the infringing use of the mark has caused consumer confusion or damage to the reputation of the trademark owner, a court may order the infringer to engage in corrective advertising or other corrective measures to inform the public about the true source of the goods or services.

5. **Account of Profits:** The trademark owner may be entitled to an account of profits, which

requires the infringer to provide a full account of the profits they have made as a result of the unauthorized use of the mark. This remedy allows the trademark owner to recover the financial gain obtained by the infringer.

6. In some jurisdictions, additional remedies may be available, such as treble (triple) damages or attorney's fees, to further deter trademark infringement and provide appropriate compensation to the trademark owner.

It's important to consult with an intellectual property attorney experienced in trademark law to understand the specific remedies available in your jurisdiction and to determine the best course of action based on the circumstances of your case.

Defenses against trademark infringement claims

When faced with a trademark infringement claim, the accused party may assert various defenses to challenge the validity or applicability of the claim. The availability and effectiveness of defenses can vary depending on the jurisdiction and specific circumstances of the case. Here are some common defenses against trademark infringement claims:

1. **Non-Infringement:** The accused party may argue that their use of the mark does not constitute infringement. They may claim that there is no likelihood of confusion between their mark and the plaintiff's mark due to differences in the marks, goods or services, target consumers, or other relevant factors.

2. **Lack of Valid Trademark:** The accused party may challenge the validity of the plaintiff's trademark, arguing that it is not distinctive, generic, or descriptive, and therefore not entitled to protection. They may also argue that the mark is invalid due to abandonment, fraud, or failure to meet the registration requirements.

3. **Fair Use:** Fair use is a defense that allows the use of a trademark in a descriptive or non-

trademark sense. This defense typically applies when the accused party uses the mark in a descriptive manner to refer to the goods or services themselves, rather than as a source identifier. However, the scope and applicability of fair use defenses can vary by jurisdiction.

4. **Prior Use:** The accused party may claim prior use of the mark in commerce, arguing that they have superior rights based on their pre-existing use or registration of the mark. This defense may require proof of continuous and substantial use of the mark before the plaintiff's claim of rights.

5. **Consent:** The accused party may argue that they obtained the plaintiff's consent or license to use the mark, thereby negating any claim of infringement. Consent can be explicit or implied through a contractual agreement or business relationship.

6. **Acquiescence or Laches:** The accused party may assert the defense of acquiescence or laches, claiming that the trademark owner delayed asserting their rights and allowed the accused party to use the mark without objection for an extended period. This defense relies on the idea that the trademark owner's delay has prejudiced the accused party.

7. **Descriptive Use:** If the accused party's use of the mark is purely descriptive and not likely to cause confusion, they may argue that it falls outside the scope of trademark protection.

8. **Generic Use:** If the accused party can demonstrate that the mark in question has become generic and is commonly used to refer to the goods or services themselves, they may assert a defense based on genericness.

It's important to note that the availability and success of these defenses can vary based on the specific facts of each case and the applicable laws in the jurisdiction. Consulting with an intellectual property attorney experienced in trademark law is crucial to evaluate the best defense strategy and navigate the legal process effectively.

To be continued in next issue...



Kaju Modak

Ingredients:

250gm – Cashew

Stuffing:

1+1/2 tbsp - Almonds pieces

1+1/2 tbsp – Pistachio pieces

1+1/2 tbsp – Cashew pieces

½ tsp – Cardamom powder

½ tbsp- Powdered Sugar

1 tsp – Kesar (Soaked)

Chasni:

180 gm – Sugar

¼ Cup Sugar

1 tbsp – Ghee

Kesar Color

Pistachio Flakes

Method:

Take a Cashew and Make a Powder
Stuffing: Take above things and Mix together Keep aside.

Cashni: Take the Sugar and Water, heat making a 1 string consistency and put Cashew powder in it. Mix properly, add Ghee and Make a Thick Consistency.

Take a Silicon or Plastic mat keep the above Mixture upon it, knead it well to make a smooth dough.

Take little of the dough then add Kesar Color, Mix and Keep it aside.

Take a Modak Mould, put Some Pista flakes, Spread the kesar Mixed dough, white Dough, then put Pista Stuffing above if and close the Mould Make a Modak

Falguni Thakkar

Award Winner Chef &
Author of Hand to Heart





DR. ALOK KUMAR

DR. ALOK KUMAR

Hatching and cross hatching are linear drawing techniques that can be used to create texture, value, and the illusion of form and light. Typically used as an application technique when the medium is linear in nature, hatching and cross hatching are often used together. Both techniques work well with a variety of different drawing mediums including pen and ink, Graphite, colored pencils and pastels. Hatching and cross hatching can also be found in traditional printmaking techniques such as etching and engraving.

DR. ALOK KUMAR
 DR. ALOK KUMAR



“Soulful Prescription”

In words of care, a healing prose,
Prescription for the soul,
where wellness flows.
Hearts melt like the ocean deep,
a miracle profound,
Approaching the truth,
finding healing, I'm bound.

In empathy's light,
find soul's respite,
A healing journey,
where spirits take flight.
In the realm of verse, where
emotions are breathed,
We conjure life's miracles, 'twixt life
and death, we're wreathed.
A heart may falter, yet within, our
duty we faithfully heed.

By Vineet Agrawal and Teesha Mehta

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Antara Nandy

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