



SquarePetals

Global Webzine



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Operation SpiderWeb
Another Angle
Limitless Potential
Rethink Cooking



Monsoon Story
Relaxation Therapy
Gulab Jamun- Doughnut Bomb
Top Trends

Welcoming Gen Beta with augmented leadership

From The Desk of Editor-in-Chief

Hello readers,

In every edition of SquarePetals, we strive to reflect the world as it unfolds—layered, curious, poignant, and bold. The July 2025 edition is a tapestry of stories that stretch from the deeply personal to the globally relevant, inviting you to pause, reflect, and engage.

The Feature Story on Dr. Sahdev Singh, Director, Ministry of Agriculture & Farming whose vision and voice continue to inspire thought leaders across disciplines. With our article. Then with 'Operation Spiderweb', We uncover threads of intrigue and resilience, while 'Another Angle' challenges the way we interpret what lies before us.

The account of the 'Air India Crash' is sobering, reminding us of the fragility of systems and the depth of human courage. In contrast, 'Limitless Potential' explores boundless creativity and ambition—traits that define not just dreamers, but doers.

'Rethink Cooking' sizzles with innovation, merging culinary wisdom with modern trends, and 'Gulab Jamun Doughnut' offers sweet proof that fusion is a flavour of imagination. Let 'Relaxation Therapy via Musical Instruments' soothe you, while 'Poetry: Monsoon Story' stirs nostalgia and renewal with lyrical grace.

We close with a gaze into what's shaping the now and the next: 'Top Trend' captures shifts in culture, design, and lifestyle that are worth watching—and questioning.

As always SquarePetals is not just a publication, it is an evolving dialogue, a mirror to creativity, and a space where every idea blossoms.

Here's to Volume 62—may it spark new visions for you.

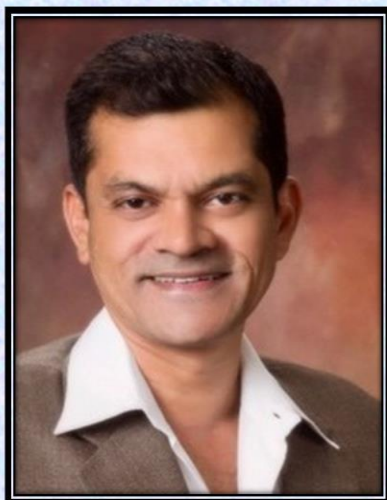
Warm regards,

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



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Feature Story

*Dr. Sahdev Singh - Director (Admin)
Ministry of Agriculture & Farmer's Welfare*

Geopolitics / Defence

*Operation SpiderWeb,
Another Angle*

Society

*Welcoming Gen Beta with Augmented
Leadership,
Rethink Cooking*

Personality Development

Limitless Potential,

Psychology

*Relaxation Therapy via Musical
Instruments*

Flavor Special

Gulab Jamun Doughnut Bombs

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गाज़ीपुर, उत्तर प्रदेश

Knotty Love Story ...
when it's nomads, it's intense!

Feature Story



Dr. Sahdev Singh:
Director (Administration)
Ministry of Agriculture &
Farmer's welfare Govt of
India

Dr. Sahdev Singh stands as a pillar of dedication and service within the Indian Government, boasting an illustrious career spanning a remarkable 25 years. His journey into public service commenced immediately after completing his 10th-grade education.

Starting his government service as a Personal Assistant in the Ministry of Health and Family Welfare, Dr. Sahdev Singh quickly ascended the ranks. His journey led him to the esteemed position of Section Officer in the Ministry of Shipping, Government of India. His contributions in this role were instrumental in shaping the nation's maritime policies.

Being a Central Secretariat Service cadre officer, Dr. Sahdev Singh has held pivotal roles such as Under Secretary in the Department of Justice, Law & Justice, and the Ministry of Home Affairs, Government of India. In these capacities, he managed critical portfolios and played a vital role in shaping legal frameworks and policies.

Currently, Dr. Sahdev Singh holds the esteemed position of Deputy Secretary to the Government of India in the Department of Agriculture and Farmers Welfare under the Ministry of Agriculture and Farmers Welfare. His dedication to public service continues to drive meaningful change in the nation's agricultural landscape.

In a noteworthy detour from his central government service, he embarked on a deputation as Assistant Commissioner / Deputy Assessor & Collector in the

South Delhi Municipal Corporation, now MCD, demonstrating his versatility and commitment to civic governance.

Dr. Sahdev Singh's academic pursuits are equally impressive. He holds a Master of Arts in History and an LLB from Delhi University. His thirst for knowledge led him to Malta and London, where he pursued an LLM in International Maritime Laws from the International Maritime Organization's renowned Maritime Law Institute. His academic achievements also include Post Graduate Diplomas in Constitutional Law, Parliamentary Procedures & Institutions, and International Law and Diplomacy. He is a recipient of a Parliamentary Fellowship, showcasing his commitment to legislative excellence.

Notably, Dr. Singh holds a multitude of degrees, including MA, LLB (DU), LLM (Malta-London), Post Graduate Diplomas in Constitutional Law, Parliamentary Institutions & Procedures, Post Graduate Diploma in International Law & Diplomacy, and an array of prestigious honorary doctorates.

Recently, Dr. Sahdev Singh was honored with a Doctorate in Public Administration (honoris causa) and a Doctorate of Philosophy (PhD) in International Law of Human Rights. His contributions have also been recognized with the title of Honorary Doctor of Laws (LLD). Furthermore, he has received numerous National and International Awards and Medals from distinguished organizations.

Throughout his illustrious career, Dr. Sahdev Singh's quest for knowledge has led him to attend numerous short courses, meetings, workshops, and conferences at renowned institutions and educational centers. His global perspective is reflected in his visits to approximately 10 countries.

In the past, while serving in the Ministry of Shipping, Government of India, Dr. Sahdev Singh played a pivotal role in matters related to maritime shipping and navigation, lighthouses, national and inland waterways, and ports, contributing significantly to the nation's maritime infrastructure.

Furthermore, as Under Secretary in the Ministry of Human Resources Development, he spearheaded initiatives in the realm of higher education, with a focus on universities, NAAC, and Indian research councils, including ICSSR, ICPR, and ICPHR.

Dr. Sahdev Singh's commitment to knowledge dissemination is evident through his roles as Visiting Faculty in different universities to impart the wisdom to

not only to LLB, LLM students, but also enlightened M.Phil/Ph.D. students on various branches of Law.

In recognition of his outstanding contributions, Dr. Sahdev Singh has recently been promoted to the esteemed position of Deputy Secretary to the Government of India.

Now-a-days, he is looking after dual charges in Department of Agriculture and Farmers, Government of India like - Deputy Secretary in the Department of Agriculture & also additional charges as Director (Administration), Directorate of Marketing Inspection (DMI), an attached Office of the Department of Agriculture under Ministry of Agriculture & Farmers Welfare , was set up in the year 1935 to implement the agricultural marketing policies and programmes for the integrated development of marketing of agricultural and other allied produce in the country with a view to safeguard the interests of farmers as well as the consumers. It maintains a close liaison between the Central and the State Governments.

The Directorate has its Head Office at Faridabad (Haryana), Branch Head Office at Nagpur (Maharashtra) and 11 Regional Offices at Delhi, Mumbai, Chennai, Kolkata, Hyderabad, Chandigarh, Jaipur, Lucknow, Bhopal, Kochi and Guwahati and the Central Agmark Laboratory at Nagpur.

Also looking additional charges as Director, Chaudhary Charan Singh National Institute of Agricultural Marketing (CCSNIAM), Jaipur is an Autonomous Organisation under the Department of Agriculture and Farmers Welfare, Government of India.

It is a premier National level Institute set up by the Government of India in August, 1988 to offer specialized training, research, education and consultancy in the field of Agricultural Marketing. CCS NIAM is playing a vital role in expediting the reform process and availability of quality managers through its mandate. CCS NIAM is engaged in organizing training programmes in the field of agricultural marketing and allied areas for senior and middle-level officers from various line departments of State Governments, Cooperatives, Marketing Boards and Agribusiness Entrepreneurs. The institute is also playing an active role in orienting agricultural extension personnel towards agricultural marketing.

His unwavering commitment to public service and his remarkable achievements continue to inspire generations of civil servants and scholars alike.



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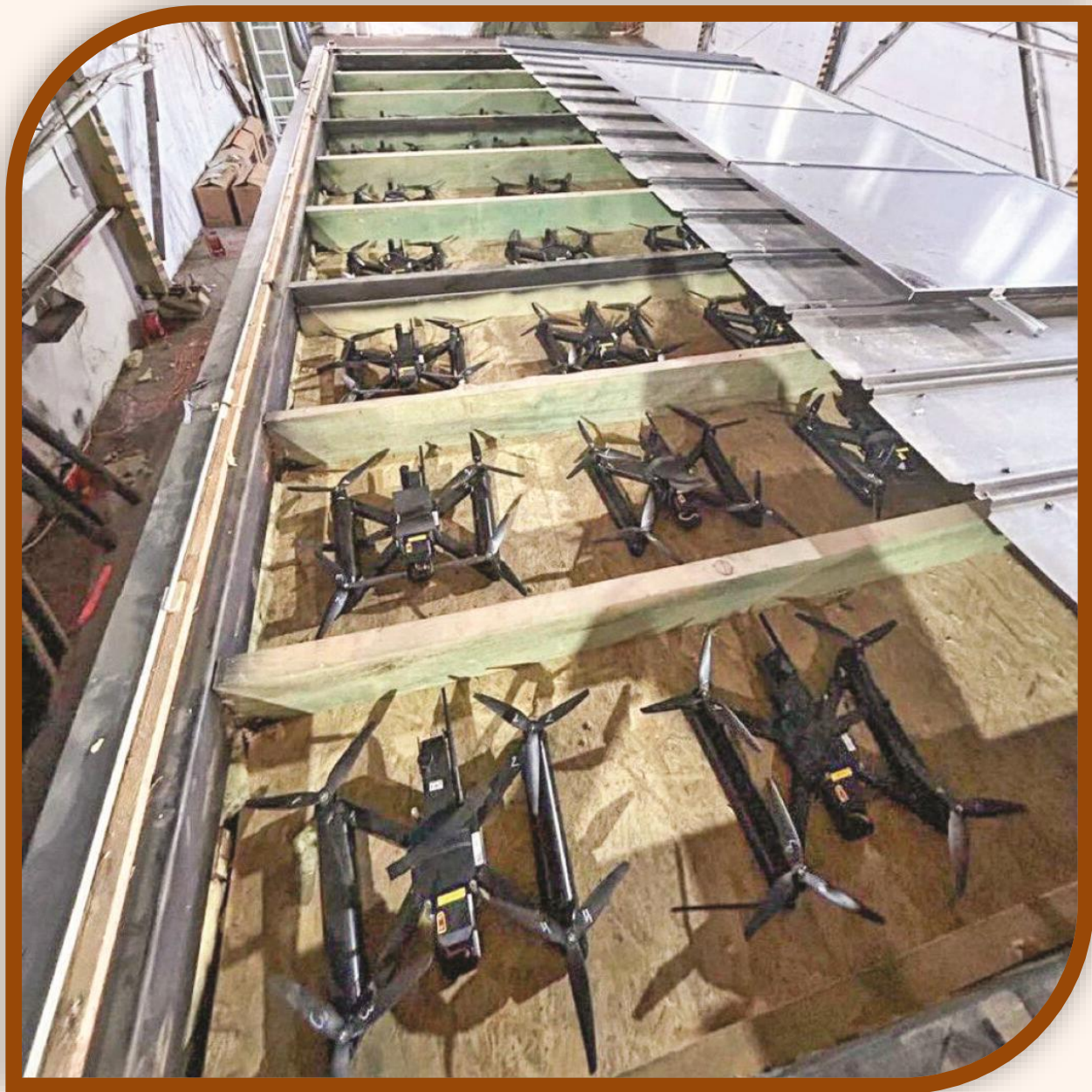
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View of the drones that were used to attack the Russian aircraft. Picture from X.

"OPERATION SPIDERWEB":

Non-contact warfare may be the new norm



Col. Ajay Singh

**Renowned writer & Historian |
Army Veteran | Author of 8 Books |
International Award Winning Author |
200+ Articles Published |**

The meticulously planned Operation Spider web marked a new point not only in the Russia-Ukraine war, but perhaps in the concept of war fighting itself.

The Ukrainian attack on five air bases deep within Russia, was perhaps the most audacious action of the war. A small fleet of 117 First Person View drones were concealed in crates and carried by long haul container trucks across Russia near their intended targets. At the right time, 1205h on 01 June, the drones were activated which flew out and slammed into the aircraft parked at the bases. According to Ukrainian sources, 41 strategic bombers were “beautifully burning”—though the actual figure was around 20 aircraft. The attack hit five airbases—Belaya, over 4,000 km from the Ukrainian frontier; Olenya, near the Arctic Circle; Ivanevo and Ryazan in Western Russia; and Amur in Siberia—over 4,300 km apart and extending over three time zones. Almost a third of Russia’s strategic fleet, including crucial TU-22 and TU-95 strategic bombers and A-50 surveillance aircraft, was destroyed in a strike that brought the war deep into Russia, caused an estimated \$7 billion worth of damages and enormous loss of prestige and face.

The meticulously planned Operation Spider web marked a new point not only in the Russia-Ukraine war, but perhaps in the concept of war fighting itself. Planned over 18 months and overseen by President Zelenskyy himself, it involved placing 117 drones in wooden crates. These crates were then transported by container trucks that were then parked close to the targeted areas. Commercial trucks were used and, in most cases, the drivers did not even know what they were carrying—they were merely told where to drive and where to halt. At a signal given remotely, the top of the crates slid open and the drones were activated.

Subsequent video footage showed drones flying out of the trucks, hovering briefly and then speeding off towards their targets, some of which could be seen burning in the distance. Each of the drones was controlled by individual pilots who guided them at low altitudes towards the bases, and directed them to the aircraft parked alongside the hangars and runways. Fiber optics were used for the initial guidance, and the drones were infused with artificial intelligence to identify their targets. Once the cameras of the drones identified the bombers, they homed on to them and smashed into the most vulnerable parts, like fuel tanks, engines and weapon systems, setting them ablaze. Real time videos of the attack were sent back to Ukraine, by the operators who had probably planted in Russia months, if not years, earlier. SBU, the Ukrainian intelligence agency that had executed the strike, gleefully announced that one of the operators was located right next to the headquarters of Russia’s FSB, and conducted the operation virtually under the nose of its premier intelligence agency.

The timing of the attack coming just as the Russia-Ukraine talks were ongoing in Istanbul raises questions of what Zelenskyy hoped to achieve. Perhaps it was a message that Ukraine could still inflict tremendous damage and could continue the fight even if US and Western aid dwindled. But the strike effectively scuttled any prospects of peace, and it is no surprise that the talks ended inconclusively with little but a prisoner swap.

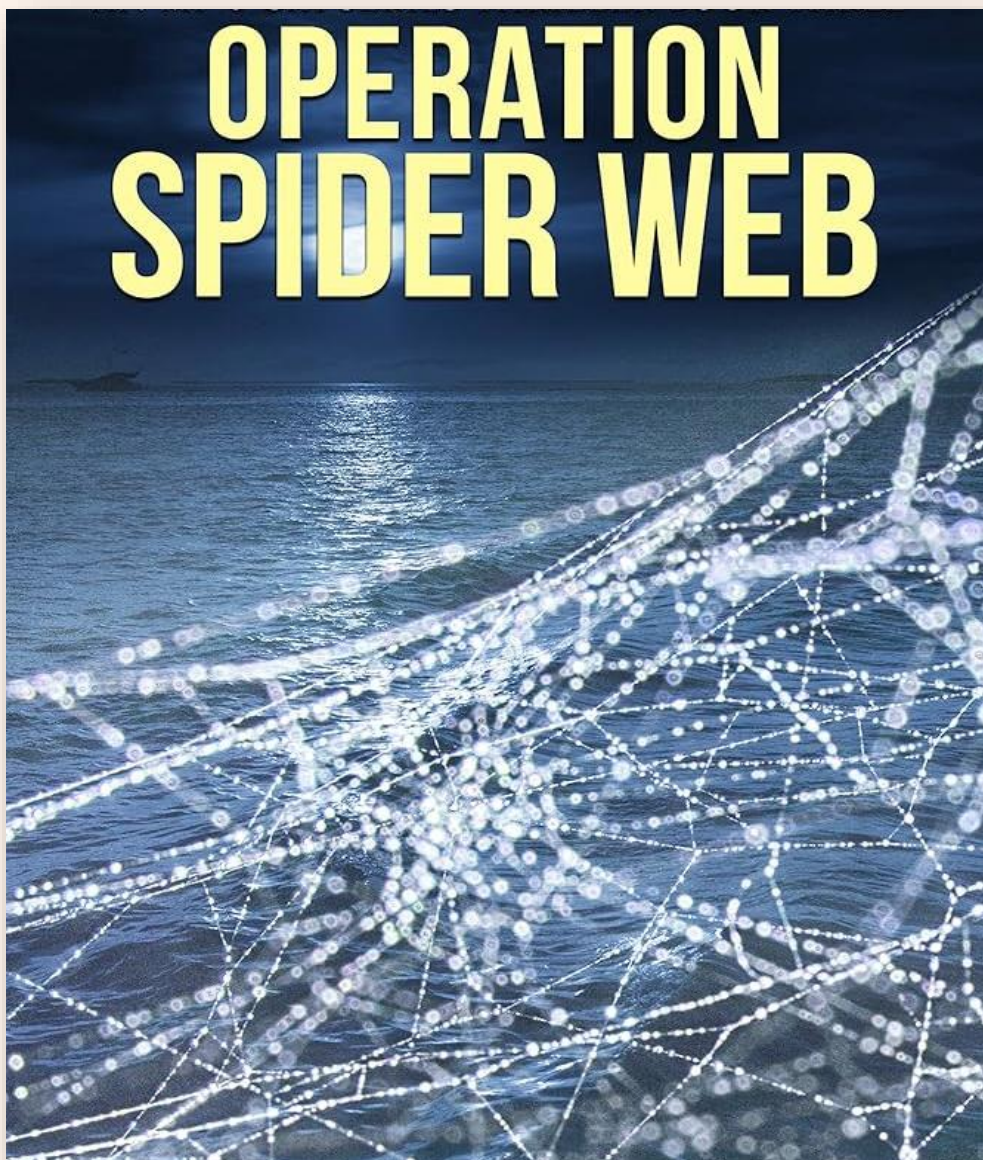
Ukraine followed it up with blasts on railway bridges that derailed two trains in Kursk and Bryansk. An underwater blast also damaged one of the pillars of the crucial Kersh bridge — Russia’s only land link to Crimea.

Both sides have fired drones and missiles deep into each other's territory, but rarely at such a depth and scope. Ukraine attacked Moscow during its Victory Day celebration on 10 May. Russia has been hitting Ukraine virtually on a daily basis and had struck Kyiv with a salvo of 367 drones just a week earlier. Russia has predictably responded by striking Kyiv and hitting all of Ukraine with over 400 drones and over 40 Iskandar and Kalibr cruise missiles—and there will be more to come. Even as the ground war slows, this long-range battle marks a dangerous escalation to the war.

THE INDIA-PAKISTAN EXCHANGE

This kind of non-contact warfare seen in Ukraine, was also visible in the 88-hour India-Pakistan conflict between 7-10 May. There was little physical fighting barring a few raids and skirmishes along the LOC, but it still extended in scope across the entire western borders. India struck targets over hundred kilometers deep without its aircraft even entering enemy airspace. Air and ground strikes launched well within own territory, could hit terrorist camps, air bases and air defence sites with pinpoint precision. When aircraft engaged each other, the dogfights were done at distances over 100 km apart, using Beyond Visual Range missiles. Some of the air-to-air missiles were guided by satellites—implying that the aircraft did not even have to switch on their own radars and thus pre-empting detection. This long-range war also saw drones used on an unprecedented scale in the sub-

continent. Pakistan used swarms of up to 500 drones, mixing sophisticated armed drones with hordes of cheap expendable ones, so that at least a few could get through to their designated targets. It is to the credit of the Indian air defence, that virtually all the drones were detected and shot down. India's own innovative use of drones was far more effective. Drones designed to mimic aircraft signatures forced enemy air defence radars to open up. Their radar emissions were picked up by loitering Harpy and Horop drones, which homed on to the targets and smashed into them. This tactic



has been credited with neutralizing at least one HQ-9 air defence radar at Lahore, and crippling half a dozen other targets. The Indian attack on 11 Pakistani air bases and radar sites on the last night of the war, inflicted more damage on Sargodha, Nur Khan, Bholari, Rahimyar Khan and Murid bases, than the combined damage caused by repeated air attacks on them in the 1965 and 1971 wars. All this, using Brahmos and SCALP long range cruise missiles that obviated the use of aircraft or pilots.

Although the ground forces of both sides had concentrated along the border and LOC, they were fortunately not utilized. But perhaps the commanders would have been watching the skies for incoming drones and missiles even more than watching the ground for enemy action. The huge impact of drones on the battlefield has significantly changed the way armies wage war now. In the Russia-Ukraine war, over 70% of all tank and vehicle casualties and 50% of personnel casualties have been to drones—far more than artillery, mortars, mines and small arms fire. This has forced ground forces to restrict movement, operate in smaller groups, and develop a suite of defensive measures against this omnipresent threat. Armies need to revise their tactics to deal with this increasing form of non-contact and long-range attacks. Organizations could be made leaner, faster and smaller, and use a greater component of unmanned vehicles for reconnaissance, surveillance, as part of the “kill-chain” and for specialized roles like mine laying and clearance. Doctrinal changes would have to be made, right from platoon to higher levels.

This form of non-contact warfare that we are witnessing in recent wars could well become the norm. It is cheap and inexpensive and can be used by even a smaller adversary with impunity. The Houthis used it effectively against the Saudis and the US causing billions of dollars of damage with little cost to themselves. It minimizes risk to pilots and soldiers, and reduces loss of life—which has its pros and cons. It could embolden political leaders to embark on a military venture, knowing that the adverse impact of body bags would not be there. This would indirectly lower the threshold for the initiation of conflict, and thus increase the frequency. But once the conflict begins, there is no way to prevent it from spiraling out of control. Each strike would be met with a response and could lead to a series of attacks that would slowly climb up the escalatory ladder. There would be the underlying fear that any of the strikes could be a nuclear one, or could be directed at the nuclear arsenal of a nation. This will increase the uncertainty and even reduce the threshold of use of nuclear weapons. Worse, this form of conflict does not recognize geographical boundaries, which can carry the war deep into each other's nations and blur the distinction between civilian and military targets. The Kargil War, though intense, remained confined to the area of conflict. This bout saw missiles and drones flying along the entire length of the IB and LOC, attacking targets hundreds of kilometers deep. All this increases the chances of a misstep which could lead to drastic escalation.

Will this form of conflict be a new norm? Quite likely. It can also be adopted by terrorists and terrorist sponsors, to reduce accountability, and impose huge costs. This kind of non-contact warfare will only increase in scope and frequency, and in that, lies its real dangers.

Col. Ajay Singh (Retd.) is the author of eight books and over 200 articles. A recipient of the Rabindranath Tagore International Award for Art and Literature, he is a regular contributor to SquarePetals Global Webzine.

Welcoming Gen Beta with Augmented Leadership



Col. Vineet Dev. Sena Medal

Global HR & Operations Leader |

Army Veteran | IIM Alum |

Building Scalable, Ethical & High Impact Organization |

Author | Leadership Mentor

As we are now in 2025, the arrival of **Generation Beta** marks a pivotal shift in societal norms, workplace dynamics, and family structures. Born into a world shaped by AI, hyper-connectivity, and dissolving boundaries, this cohort is set to inherit a vastly different landscape.

Characteristics of Generation Beta

- **Integrated AI-Natives:** Gen Beta will navigate life with AI as seamlessly as they breathe air, making them hyper-adaptive yet potentially blind to the human ingenuity behind technological marvels. They may face challenges like over-reliance on technology and AI, which could stunt the development of critical thinking and decision-making skills.
- **Hyper-Global Connectivity:** As true global citizens, they'll value cross-cultural collaboration but may grapple with local or national identity.
- **Digital Emotional Intelligence (DEI):** Gen Beta will pioneer new forms of empathy and relationships within the digital and augmented realms.
- **Focus on Individuality and Purpose:** They'll chase roles that demand creativity, innovation, and societal impact, with purpose taking precedence over profit.
- **Post-Scarcity Mindset:** Raised in an era of technological abundance, they may face challenges in resilience when confronted with real-world adversity.

Relationship with Millennial and Gen Z Parents

- **Collaborative and Tech-Enabled Parenting:** A tech-savvy approach to parenting will empower Gen Beta from an early age, fostering a strong parent-child bond. Shared values of sustainability, equity, and purpose will align family values and actions.
- **Single Parenting and Unique Challenges:** Single parents will face the dual task of fostering independence and providing guidance in a rapidly evolving world.
- **Building Emotional Resilience:** Parents will play a pivotal role in nurturing emotional strength amidst an era of information abundance.
- **Open Emotional Dialogue:** Mental health awareness will encourage open communication, strengthening family bonds.
- **Acceptance of Individuality:** Gen Beta's individualism will require society to embrace diversity in thought and emotional needs.

Intra-Generational Dynamics of Gen Beta

- **Highly Collaborative:** Gen Beta will excel through collective intelligence, blending teamwork with AI.
- **Blurring of Online and Offline Worlds:** They'll navigate social interactions across digital and physical spaces, demanding adaptive strategies for inclusivity. Constant digital interaction may hinder real-world empathy and interpersonal relationships.
- **Digital Activism:** Gen Beta will use digital platforms to drive social justice and global change.

Professional Relationships with Leaders

- **Collaborative Leadership:** Gen Beta will seek leaders who are mentors and collaborators, valuing co-creation and innovation.
- **Purpose-Driven Workplaces:** They'll expect work aligned with societal impact, pushing companies to integrate CSR into core operations.
- **Job Market Challenges Ahead:** AI and automation may lead to job displacement, requiring leaders to help Gen Beta navigate the future landscape.
- **Ethical Awareness:** Leaders must instill ethical decision-making to ensure sustainability and societal well-being.
- **Building Emotional Agility and Resilience:** Gen Beta will need tools to manage emotional complexity in a post-scarcity environment.

What Leaders Must Do to Change in the Next Few Years

- **Return to Basics with AI Augmentation:** Leadership must blend timeless qualities with AI-driven insights for future-ready leadership.
- **Adapt Leadership Styles to a Hyper-Connected World:** Traditional top-down styles will become obsolete; leaders must embrace collaboration and flexibility.
- **Champion Data-Driven Decision-Making:** Gen Beta will use data to inform decisions; leaders must lead by example in utilizing analytics.
- **Foster Cross-Generational Collaboration:** Leaders must promote collaboration across generations, recognizing diverse strengths.

- **Prioritize Mental Health and Well-Being:** Gen Beta will prioritize mental health; leaders must create supportive workplaces.
- **Invest in Personalized Growth and Development:** Gen Beta will demand personalized career development; leaders must offer tailored opportunities.
- **Promote Flexibility and Autonomy in the Workplace:** Gen Beta values autonomy; leaders must offer flexible working options.
- **Prepare for Ethical Leadership in a Tech-Driven Future:** Leaders must prepare for ethical challenges arising from new technologies.
- **Encourage a Culture of Experimentation and Innovation:** Gen Beta will embrace new ideas; leaders must foster a culture of experimentation.
- **Provide Real-Time Feedback and Recognition:** Gen Beta will expect ongoing feedback; leaders must adopt continuous performance management.
- **Support Their Passion for Sustainability and Social Impact:** Gen Beta will demand social responsibility; leaders must integrate sustainability into business.
- **Embrace the Hybrid Nature of Leadership and Workspaces:** Leaders must manage hybrid teams effectively, leveraging AI tools.
- **Stay Ahead of Emerging Tech Trends:** Leaders must remain lifelong learners, staying ahead of technological advancements.
- **Nurture a Global Mindset:** Gen Beta is growing up globally; leaders must promote cross-cultural competency.
- **Lead with Transparency and Trust:** Leaders must build trust through transparency in communication and actions.
- **Encourage Ethical Reflection:** Leaders must guide Gen Beta in understanding AI's societal impact, fostering ethical reflection.

Conclusion: Welcoming Gen Beta with Augmented Leadership

The emergence of Generation Beta is a call to action for leaders, parents, and educators to embrace change and support this unique cohort. By blending fundamental values with cutting-edge technology, fostering purpose-driven environments, and emphasizing collaboration and inclusivity, we can ensure that Generation Beta not only thrives but also propels the world toward a brighter, more connected future. The question is, are we ready to meet their expectations and guide them to reach their full potential?

*Something's hijacking Air India.
A cold-blooded message.
A warning to every Indian who dares.*



Another Angle



**Dr. Virendra Johri – COO,
Concept & Production Chief
SquarePetals Global Webzine**

Air India was flying too high. Too fast. Until invisible hands reached into the cockpit... And pulled the throttle. Then came the crash, not just of metal, but of trust. A descent so sudden, so scripted... It felt like a message.

And someone, somewhere, wanted it that way. But who are they? Whose fingerprints blurred the black box? Whose whispers echoed inside our skies?

And the real question, why now?
This isn't a post.
It's an X-ray.

Read slowly. Because the villains don't wear masks. They wear suits. And they fear one thing above all: An India that flies without permission.

January 2022. Tata took the controls. A fallen giant was rising. September 2022. Vihaan AI The revival blueprint: A 5-year mission to restore Air India's lost glory.

\$400M for fleet revamp, \$70B aircraft, order 20,000+ jobs, 3,800 engineers for tech upgrades 12 new global routes 800+ weekly flights market share doubled: 12% to 24% (2021–2024).

Target: 30% global share by 2027. India wasn't just flying. It was becoming the world's runway. And that, was the threat.

Then, like a switch flipped, the skies turned sour. Flights turning mid-air. Crash in Ahmedabad. PR disasters from London to San Francisco. Delays stacking. Reels flooding timelines.

Every day, a new dent. A new "coincidence."

But I don't believe in this many coincidences. Not when billions are on the table. This wasn't chaos. It was choreography. As Air India expanded... others panicked. Because this wasn't just business. It was a threat to global aviation order.

India was becoming a hub. Navi Mumbai airport rising. Jewar Airport Asia's largest. 200+ airports revamped. Bilateral agreements. Local MRO industry rising. And just when that vision started breathing... the sabotage began.

Who stood to lose?

Emirates: Premium fliers rerouted

Turkish Airlines: Istanbul hub devalued

Gulf carriers: 70% India–Europe transit at risk

Dubai economy: Hit from reduced stopovers

Luxury brands: Indian buyers not flying via Gulf

Western MROs: Losing contracts

Foreign think tanks: Losing leverage

Deep media: Losing control of the India narrative

You see it now? It was never just about Air India. It was about India, that threatens old empires.

So how do you stop it? With Narrative. Foreign vendors in airport ops: Strategic chokeholds in ground services. Then came the crash. Then the spiral. Flaw after flaw. Layer after layer.

Like someone knew exactly.

It wasn't random.

It wasn't sudden.

It was a black swan op.

A cabal of oil dynasties, Gulf monarchies, Western cartels, Deep-state insiders. All terrified of one simple truth: India was learning to fly without them. And they will crash everything before they let that happen. So next time a flight is delayed—pause. Smell the smoke. Ask yourself: Is it just a glitch... or a ghost?

Because when India stops being a passenger... and starts building the aircraft—that's when turbulence begins.

And the war is already mid-air.

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Beyond Boundaries: Unlocking the Limitless Potential within You

In every one of us lies a seed of greatness — a spark of potential waiting to be ignited. But too often, that seed is buried beneath layers of fear, doubt, limitations, and societal expectations. We live inside invisible fences — boundaries set by what we've been told we can't do,

shouldn't try, or will never become. It's time to tear those fences down. It's time to live Beyond Boundaries.

1. Break Free from Limiting Beliefs

The most powerful boundaries are not physical — they are mental. "I'm not good enough." "It's too late." "What if I fail?" These are not facts; they are lies we've rehearsed so well, we started believing them. But the truth is: you are stronger than you think. The moment you confront your fears, they lose their power. The moment you believe in yourself, new doors begin to open.

"You are confined only by the walls you build yourself." — Andrew Murphy

2. Stretch Beyond Your Comfort Zone

Nothing extraordinary grows in the comfort zone. Growth, success, and transformation happen when we step into unfamiliar territory. Every challenge you face is an invitation to become a better version of yourself. Your comfort zone is not your home; it's your cage.

"Life begins at the end of your comfort zone." — Neale Donald Walsch

3. Embrace the Power of Vision

See beyond where you are. Vision gives you direction and fuels perseverance. Don't define yourself by your current situation — define yourself by the future you're committed to building. Dream so big that it scares you and excites you at the same time. Visionaries are boundary-breakers.

4. Push Past the Opinions of Others

If you live for people's approval, you'll die under their rejection. People may not always see your value, your dream, or your potential. That's okay — they don't have to. What matters is what you believe. History is filled with people who were told "you'll never make it" — until they did.

"The people who are crazy enough to think they can change the world are the ones who do." — Steve Jobs

5. Choose Growth over Comfort Daily

Every day gives you a choice: retreat or rise, settle or strive, shrink or stretch. The habit of pushing a little further, trying a little harder, believing a little deeper — that's what creates champions.

Final Thoughts: You Were Born to Soar

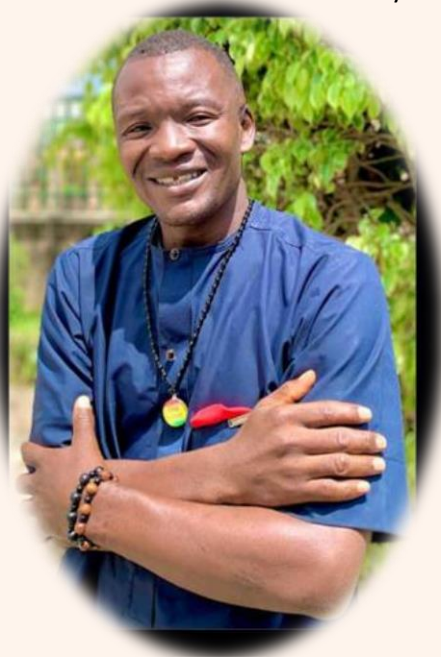
The eagle was never meant to nest with chickens. You weren't born to blend in — you were born to stand out. Beyond every boundary is a breakthrough. Beyond every fear is freedom. Beyond every failure is wisdom.

So rise. Run. Roar. You have permission to grow. Permission to shine. Permission to win. The world is not waiting for someone perfect — it's waiting for someone bold.

Go beyond the boundaries.

Remember: The only limits that exist are the ones you refuse to challenge.

#BeyondBoundaries #Motivation #BreakLimits #MichaelEdiale #RiseAbove
#NoLimits #GrowthMindset #YouCanDoIt #DreamBig
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Cooking has long been perceived as a feminine skill, with women disproportionately expected to take on domestic roles and culinary responsibilities. However, this notion is rooted in societal norms and gender expectations, rather than any inherent ability or natural inclination. In reality, cooking is a valuable skill that can be developed by anyone, regardless of gender.

A Complex Issue

The relationship between cooking and gender is complex, influenced by various factors such as culture, tradition, and individual experiences. While some cultures may emphasize the importance of cooking as a domestic skill for women, others may view it as a shared responsibility or a skill that can be enjoyed by anyone. By recognizing the historical and cultural context of cooking, we can begin to break down the stereotypes that have limited our understanding of this valuable skill.

Challenging Stereotypes

It's essential to challenge the notion that cooking is exclusively a feminine skill. Men and non-binary individuals can be excellent cooks, and women can excel in various fields beyond cooking. By promoting equality and inclusivity, we can work towards creating a more nuanced understanding of cooking and its place in our lives. This requires recognizing and challenging the stereotypes that have been perpetuated by societal norms and cultural expectations.

Empowerment through Choice

Ultimately, cooking should be a matter of personal choice and interest, rather than a societal expectation based on gender. Individuals should feel empowered to pursue their passions, whether that's cooking or other areas, without being constrained by traditional gender roles. By promoting this kind of empowerment, we can create a more inclusive and supportive environment for individuals to explore their interests and develop their skills.

Developing a Valuable Skill

Cooking is a valuable skill that requires practice, patience, and dedication. It's not an innate ability exclusive to women, but rather a skill that can be developed by anyone. By recognizing the importance of cooking as a skill that can be learned and enjoyed by anyone, we can work towards creating a more inclusive and empowering environment for individuals to pursue their interests and passions.

Conclusion

In conclusion, cooking is neither exclusively a social dogma nor a natural skill for women. It's a complex issue that requires a nuanced understanding of the historical and cultural context, as well as a willingness to challenge stereotypes and promote equality. By recognizing the value of cooking as a skill that can be developed by anyone, we can work towards creating a more inclusive and empowering environment for individuals to pursue their passions and interests. Whether you're a seasoned chef or a beginner in the kitchen, cooking is a skill that can be enjoyed and developed by anyone, regardless of gender.



Mr. Badrish Srivastava
Sr. Teacher & Mentor | Administrator
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MONSOON STORY

**Sun is tamed,
its a cloudy noon ,
and gentle rains
may follow soon .** 

**Summer ending ,
so did June ,
so pleasant rains
do follow soon** 

**Season changes
bring Monsoon
so showers of rains
then follow soon** 

**Drizzling, downpour
on thundering tunes ;
A lot of rains will follow soon** 



Dr. Sansriti Johri

**Many people cut trees and destroy forests depleting nature;
there are others who**

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SAN ED for a better world.

**We have taken food, wood, shelter, support &
immense blessings from nature. Let's do our bit to
replenish what we have received.**

**Plant a sapling and let us know which tree you are
adding to the earth's resources... your valuable
contribution to the world, the universe.**

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Relaxation Therapy via Musical Instruments:

Playing musical instruments is widely recognized as a valuable tool for relaxation and mental well-being

In fact, research suggests it offers a myriad of benefits, including:

Stress and Anxiety Relief: Engaging with an instrument provides a creative outlet and a distraction from daily pressures. The act of focusing on playing and creating music can help reduce stress and anxiety levels by lowering cortisol (the stress hormone) and promoting the release of endorphins, which are natural mood boosters. Studies have found that music interventions can significantly reduce physiological and psychological stress indicators like heart rate, blood pressure, and self-reported anxiety.

Improves Memory and Cognitive Function: Learning and playing an instrument stimulates various parts of the brain, including those involved in memory and problem-solving. It enhances cognitive abilities, potentially even mitigating age-related cognitive decline and improving recovery from conditions like stroke.

Boosts Self-Esteem and Confidence: As individuals progress in their musical journey and master new skills, they experience a sense of accomplishment that can significantly boost self-esteem and confidence.

Enhances Emotional Regulation and Expression: Music acts as a powerful channel for emotional expression, allowing individuals to explore, acknowledge, and express their feelings in a healthy and constructive way. This



process strengthens the areas of the brain involved in emotional control.

Increased Focus and Concentration: Playing an instrument demands significant focus and concentration, which can translate into improved attention span in other aspects of life as well.

Choosing an instrument for relaxation: several instruments are particularly well-suited for promoting relaxation, including:

Piano: Known for its calming melodies and rich harmonies, the Piano offers an expressive outlet that can soothe the mind.

Harp: The gentle plucking of the harp's strings and its unique sound can significantly decrease stress levels.

Flute: The soft, flowing sounds of the flute and the required breath control techniques can lower blood pressure and enhance mood.

Singing Bowls: These instruments produce soothing vibrations and meditative rhythms that can help align the body's energy centers and induce deep relaxation.

Guitar: Playing the guitar, especially strumming softly, creates a soothing sound scape that promotes relaxation.

Drums: (Djembe, Handpan): While seemingly energetic, the rhythmic nature of drumming can be incredibly therapeutic, releasing endorphins and providing a fun way to de-stress.

Ultimately, the best instrument for relaxation is one that resonates with you personally and brings you joy. Consider instruments that match your skill level and preferences to ensure a positive and enriching experience. You might even find it beneficial to explore various instruments through trial lessons to discover the best fit for your relaxation journey.

In conclusion, playing a musical instrument offers a holistic approach to relaxation and well-being, engaging both the mind and body in a constructive and fulfilling activity.



Mr. Rajan Sahasrabuddhe,

Musician & CEO @

Rajan Bhai Entertainment

Eddision – New Jersey

www.rajانبhaientertainment.com

"Gulab Jamun Doughnut Bombs"

A delightful fusion of rich Indian mithai

Doughnut Gulab Jamun With Rabri



Fusion: Soft, deep-fried doughnuts stuffed with Gulab Jamun, rolled in rose-cardamom sugar, and optionally drizzled with condensed milk glaze.

Ingredients:

For the Doughnut Dough:

- 1¼ cup all-purpose flour, • 2 tbsp milk powder, • 1 tsp active dry yeast
- 2 tbsp sugar, • ¼ tsp salt, • 2 tbsp softened butter, • ⅓ cup warm milk (adjust as needed), • ½ tsp cardamom powder, • Oil for deep frying

For Filling:

- 6–8 small Gulab Jamuns (syrup drained, pressed dry slightly)

For Coating:

- 3 tbsp fine sugar
- ½ tsp rose powder (or crushed dried petals)
- ½ tsp cardamom powder

Optional Glaze:

- 2 tbsp condensed milk
- 1 tsp milk (to thin if needed)
- Few drops rose water

Method

1. Make the Dough:

- 1) Activate yeast in warm milk with sugar. Let sit until frothy (5–10 mins).
- 2) In a bowl, mix flour, milk powder, salt, cardamom, and butter.
- 3) Add yeast mixture and knead into a soft, pliable dough (add flour if sticky).
- 4) Cover and let rise until doubled (1 hour).

2. Shape & Fill:

1. Punch dough down and divide into 6–8 portions.
2. Flatten each piece into a disc, place a mini Gulab Jamun in the centre, and seal well into a ball.
3. Place seam side down on a tray. Let rest for 15–20 mins.

3. Fry:

1. Heat oil on medium-low.
2. Fry dough balls until golden brown, flipping for even color.
3. Drain on paper towels.

4. Coat & Drizzle:

1. While warm, roll in rose-cardamom sugar mix.
2. Optionally drizzle with thinned condensed milk glaze.
3. Garnish with rose petals or pistachio dust.

Serving Tips:

- Serve warm.
- Plate on a black ceramic dish with rose petal garnish for impact.
- Pairs beautifully with saffron Rabri or Rose Kulfi on the side.



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