

WAR STORY
THE THIRD BATTLE OF PANIPAT

FLAVOUR SPECIAL
THE BEATROOT TREAT

TOP TRENDS
PLANT MORE TREES



Vol 30, February 2022
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PERSONAL DEVELOPMENT
TERMINATE YOUR FAILURE WITH DETERMINATION

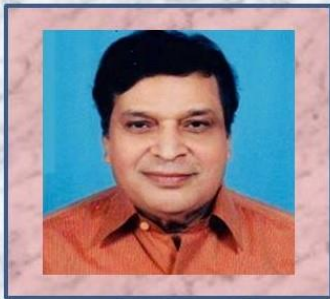
POEMS
NATURE WEAVES
COMPASSION FATIGUE
BEFORE YOU CAME
THE WINTER WILD FLOWE

Cover story

Seema Seal
MRS QOS WORLDWIDE INTERNATIONAL

The Editorial Board

SQUAREPETALS GLOBAL WEBZINE



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Award Winner Author, Editor &
Former Govt. Officer,
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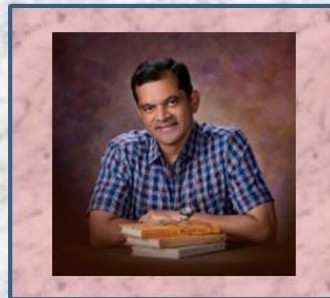
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02.

Methodology to shape life, beautifully!

February



Shivin Jat

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Top Trends:

Dr. Sunehri Johri

FROM THE DESK OF Editor-in-Chief

Hello friends,

**The greens, the fruits, the dropping leaves
The weather, the birds, and whistling trees
Gratifying bliss around me...the nature weaves.**

Spring summer time brings pleasant warmth. There is a picturesque view outside my window along with melodious chirping of birds, as I am writing here for our readers of SquarePetals Global Webzine.

Nature has abundance for all of us; let us all live together in peace. Let there be no war again.

Hope this February 2022 edition creates value time and brings smile.

**Regards,
Stay safe , stay happy.**

Sansriti Johri

**Dr. Sansriti Johri
Editor-in-Chief**

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SquarePetals Podcast

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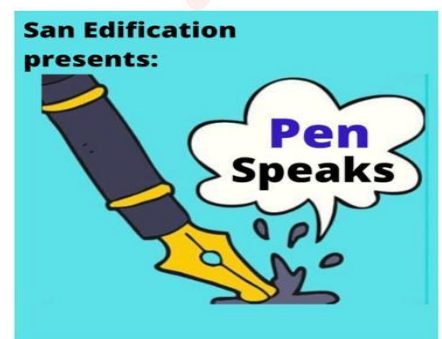
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Speaker:

Dr. Sansriti Johri

Author, Officer, Entrepreneur



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Cover Story

Mrs. Seema Seal

MRS QOS WORLDWIDE INTERNATIONAL

"Seema Seal, aged 51, is a mother of two young adults and is a doting wife to a Marine Maestro. She has a Bachelor's Degree in Sociology and an advanced Diploma in International Travel and Tourism along with a Diploma in Personality Development. She

moved to Singapore from Mumbai in 2014. She is a trained Indian Classical and Folk dancer and is the winner of the Singapore Spotlight 2016 edition of the very popular Indian Dance Show, 'Jhalak Dikhhla Jaa' telecast on Colors TV channel. In the last 5 plus



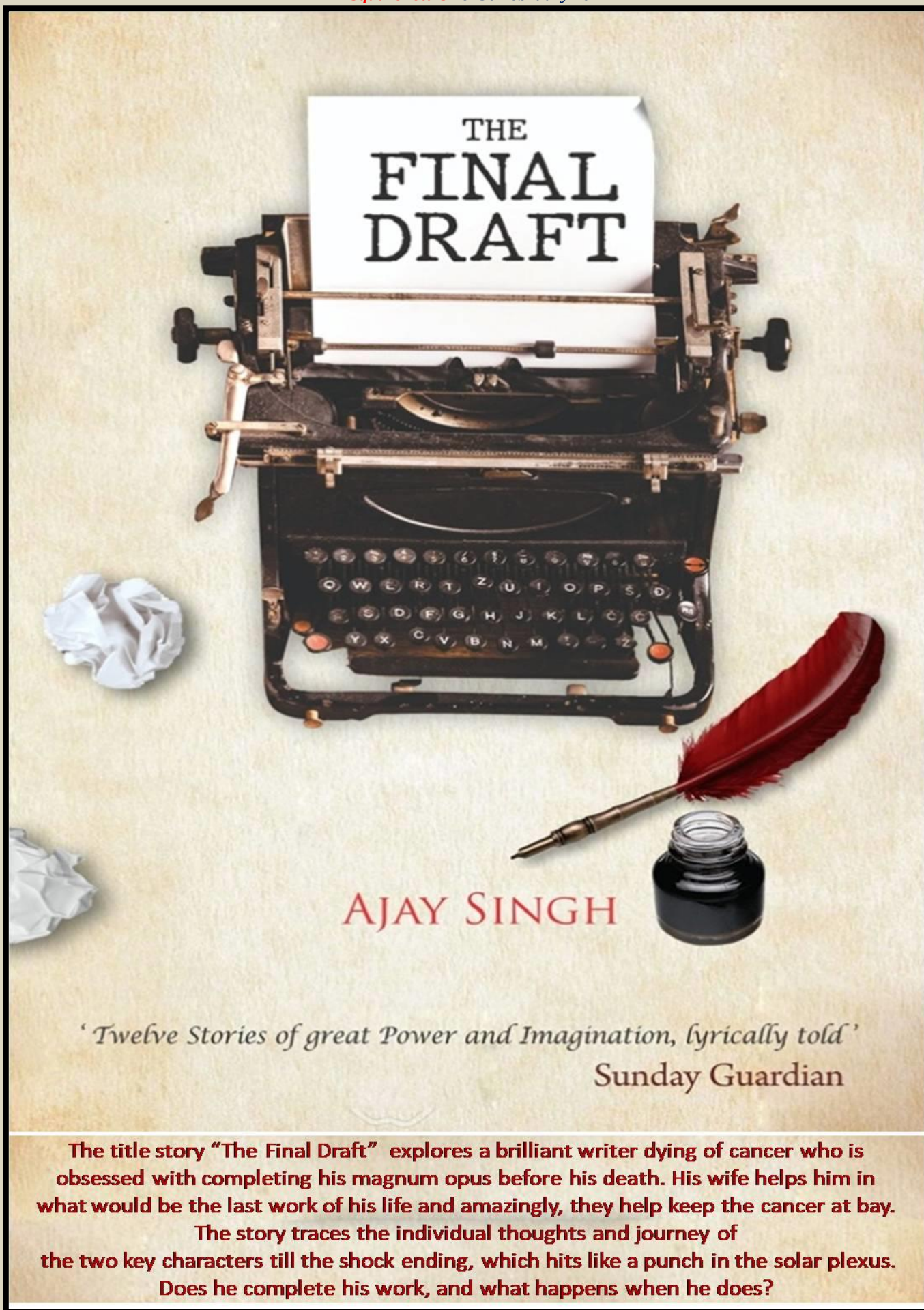


of the finalists. She is on the panel of judges for Lumiere International and Allure Fashion Tours in Singapore and is a Fashion & Dance Choreographer and an Image & Beauty Consultant."

years in Singapore, she has performed numerous solo dances at various Community Centres and has also performed at Singapore's National Day 2016 celebrations at the Queenstown Community Centre.

Seema represented India in the 2017 edition of Mrs Worldwide International Beauty Pageant held in Singapore and was one





AJAY SINGH

'Twelve Stories of great Power and Imagination, lyrically told'
Sunday Guardian

The title story "The Final Draft" explores a brilliant writer dying of cancer who is obsessed with completing his magnum opus before his death. His wife helps him in what would be the last work of his life and amazingly, they help keep the cancer at bay.

The story traces the individual thoughts and journey of the two key characters till the shock ending, which hits like a punch in the solar plexus. Does he complete his work, and what happens when he does?



14 January 1761 – ‘THE BLACKEST DAY IN INDIA’S HISTORY’

THE THIRD BATTLE OF PANIPAT

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

The roots of the battle can be traced to the rise of the Maratha Empire, 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 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, the rulers invited Ahmad Shah Abdali to wage ‘jihad’ against the Marathas. The call was further sweetened by a purse of Rs 2 crores and, despite of 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, forcing 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, hence 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; 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 off of the land as it advanced- a strategy that led to looting and pillaging of the country side over which it advanced – which earned it much antagonism in its northwards move. The army was also encumbered by the presence of around 15,000 to 20,000 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. Abdali's army and his allies were in Meerut – Saharanpur, both separated by the Yamuna River. Though patrols and skirmishes were frequent, no major clash of arms took

place as of yet.

Then in end of 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 an intense attack using close coordination of artillery and cavalry. Abdali and his army were on the opposite bank of the river, and though he could see and hear the plight of his men, he was unable to cross the flooded Yamuna river to aid them.

Kunjpura fell on 18 October and was the last major success of the Marathas. They now had access to Abdali's supplies and better yet, were still in a position to block his return to Afghanistan. Bolstered by this success, the Marathas moved further towards Kurukshetra hoping to block Abdali's return route completely. That is when Abdali launched his master stroke. On a rain swept night of 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 had now turned, Abdali was now behind the Marathas and had cut off 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 were 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 January and the War Assembly decided that rather than besieging, they would make one concerted attack to break through the Afghan

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. Yet more than the numerical superiority of over 20,000 which the Afghans enjoyed, what made the difference was that, Abdali's army was a well-knit, cohesive force with the



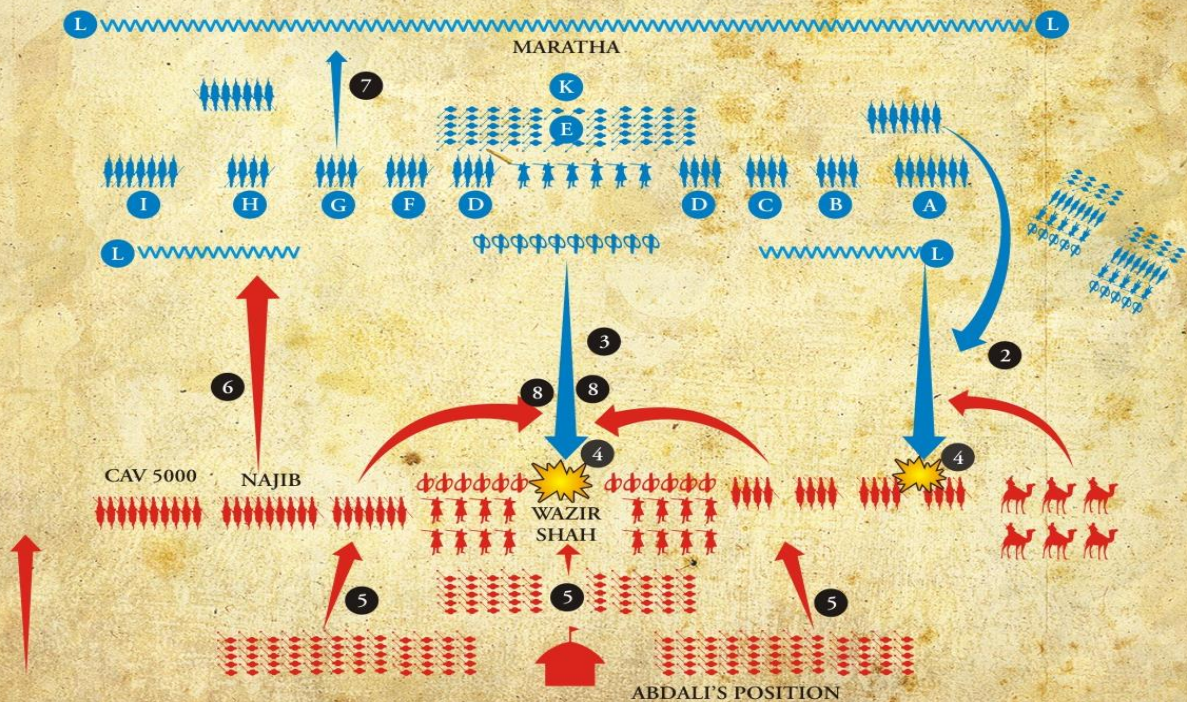
positions and make their way back to Delhi and thence the Deccan. Ceremonial '*paan*' was served as a gesture of farewell, the Quartermaster was ordered to distribute the remaining food amongst the troops and the chieftains went to prepare their men for battle. The die was cast for the most decisive battle in India's history.

The Bloody *Makar Sankranti*

At dawn on 14 January 1761, the Maratha fore army moved out of its camp to the sound of

disparate chiefs held together by the iron personality of Ahmad Shah Abdali. On the other side, the Marathas were driven by dissension, with their chiefs often at loggerheads with each other. The divisions would come to the as the battle progressed. 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

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.

attack made slow, but gradual progress, and inflicted heavy casualties on the Afghan right flank opposing them. Then the Marathas made their first mistake.

As per plan, Gardi's musketeers were to establish a foothold in the Afghan lines and then the Maratha cavalry was to attack from the flank. Yet even as Gardi's troopers were inching forward, the Cavalry attacked prematurely moving ahead of Gardi's infantry and preventing them from firing. The cavalry assault which should have given a decisive edge in the initial stage of the battle petered out, but in spite of that a breach was made 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 attack 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 dearly.

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 of 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.

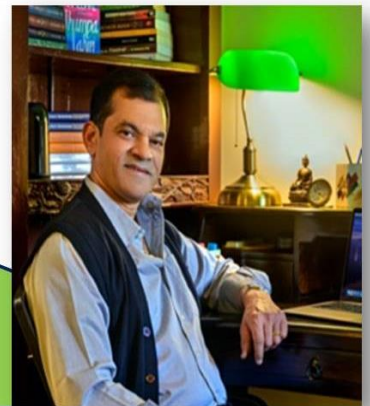
The death of Vishwas Rao turned the battle dramatically. Seeing him fall, the troops lost heart. Sadashiv Bhau himself dismounted from his elephant to come to see Vishwas and without his rallying presence, the Marathas troops panicked and began fleeing the battlefield. In the unruly chaos that followed, 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 a 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 30,000 to 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 60,000 to 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 70,000 to 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.**

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Dr. Shashwat Johri



FAILURE TESTS DETERMINATION OF SUCCESS. .

MICHAEL EDIALE

TERMINATE YOUR FAILURE WITH DETERMINATION

Failure is not an option and one should never make it an option. One must be determined to overturn every failure into success as success often comes in form of failure. Only positive minded individuals understand that failure is a success in disguise.

Whenever one discovers that they are experiencing series of failure, they should bear it in mind that they are closer to become successful.

Successful people are masters of failure. They understand the secret of success through failure. One only fails when they give up, they only fail when they have stopped trying.

Failure is not an end, rather an opportunity to learn something new. Experience and knowledge are two important things that one gains from every failure. Failure comes with a gem of wisdom. One can choose to be defeated by failure or can choose to profit from it. The man that gives up trying because of a temporary failure is a loser and losers can never be rated as winners. Winners hate losing, but each time they fail or lose, they press on. They keep fighting on; they never quit. Quitters are losers. Quitters will always be defeated by their failures.

Every great successful person that you have

seen, heard or read about were people who went against all odds to get to the top. Some were poor, handicapped and uneducated, yet they never allowed their background hold them down.

You have to decide whether you do something about the failure or let it run life.

You are not a cast away; you came and still made a head way out of that failure. Every story of great success was born out of failure experience.

Never write yourself off or allow the opinions of others limit you to accept failure as portion in life. Even if you have failed in business, academics or marriage, it's never too late or early to overturn your failure.

You are never finished until you give up trying. You must eliminate your failure with determination, and you must be determined to succeed against all odds.

Stop waiting for people to assist you. You should ingrain dogged determination in pursuit of success.

If you are not running, you should be walking, if you are not walking you should be crawling, if you are not crawling, you should be moving. Never let it get to a point where you become complacent in life waiting for life to do whatever it wants to do to you. You must aim for bigger things in life.

Determination breeds Success. Forget about your failures and go after Success. The difference between a winner and a loser is the level of determination exhibited in achieving one's goals, visions and dreams.



Author Michael Ediale

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

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MICHAEL EDIALE**

**Starring
MICHAEL EDIALE, DARLENE
JOB, PEACE ADAKOLE,
SAMOBBY BAMSHAK GOYIN,
BETTY BELLO**



The greens, the fruits,
the dropping leaves
The weather, the birds,
and whistling trees
Gratifying bliss
around me...
the nature weaves.

Sun rays, moony glaze,
and stars amaze!
Butterflies spell grace,
flowers
perfume the days
Gratifying bliss
surrounds me,
& persists.

Dr. Sansriti Johri

COMPASSION FATIGUE



I am exhausted with what I am Doing.
I'm separating myself from reality.
I'm unconcerned about what's in front of me.
I've completely lost my sense of vigor.
Indifference is relentless.
Unwilling to let diligence take precedence.
The seed of insensitivity is planted.
Its militancy is growing stronger.
My spirit is gnawed by numbness.
Because of its avarice, it has been paralyzed.
Life's anesthetic has numbed me.
I don't have the desire to be set free.
I know I am indeed Strong
With many friends and social support along
Nobody is at fault
This is a phase making me stay at Halt
But Still...I am feeling Hollow
And unable to follow my Compassion!!!



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Before You Came

Before you came,
the coal burned miser red,
the Moon shone in the owl's eyes with a dull glint,
the moonflower's dew fell on earth,
piercing several armors of pebbles,
the stars floated on water
like snowflakes on lava.
I, loveless, wandered and wondered
into a raven's hollow eyes,
my heart had grown mushrooms.

After you came,
the coal burnt shy red,
the owl's eyes reflected an intoxicated moon,
the dew fell softly like rose petals,
and the stars twinkled in your eyes,
almost tempting me to kiss your face.
I found myself.



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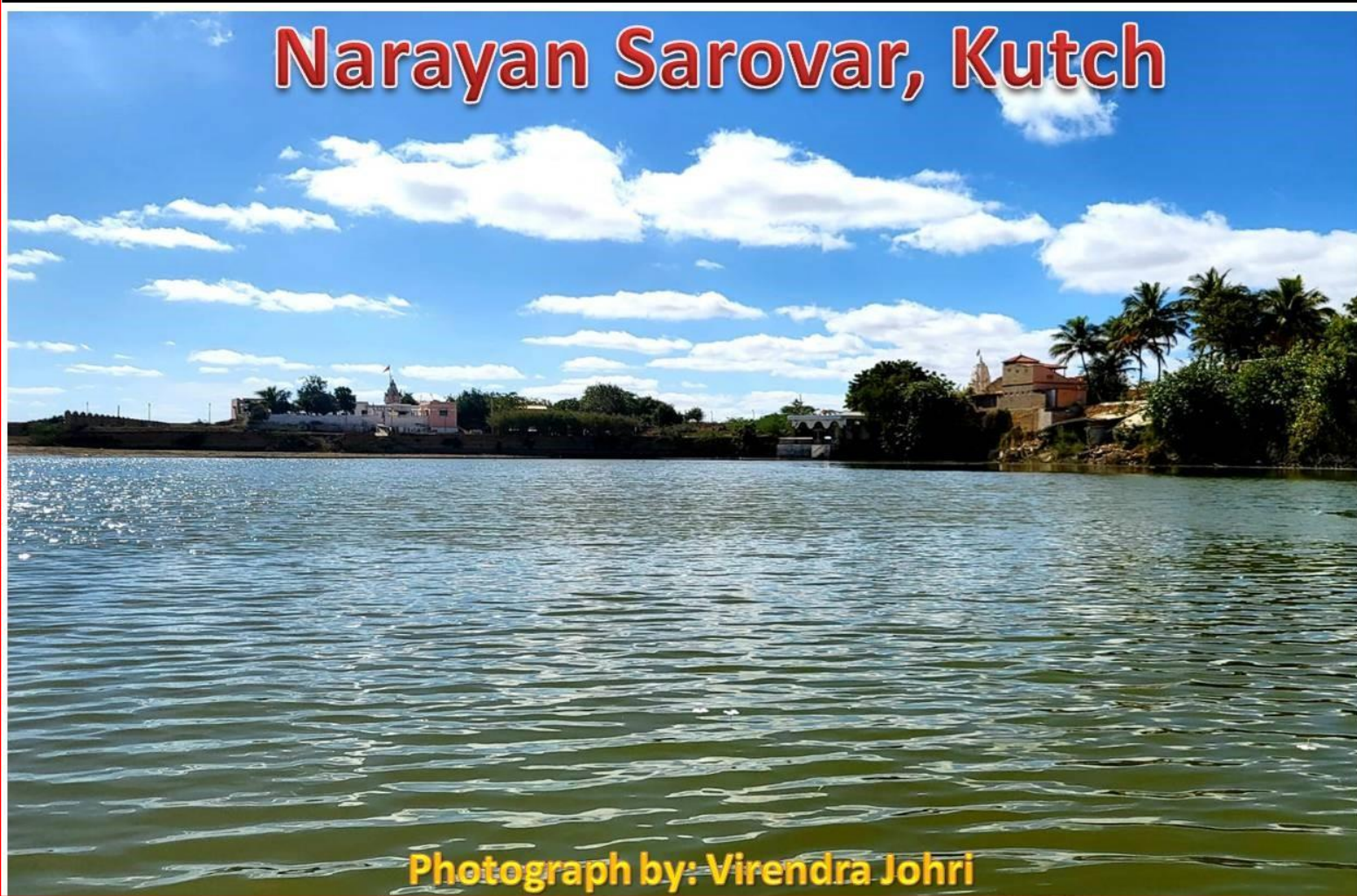


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Narayan Sarovar, Kutch



Photograph by: Virendra Johri

THE WINTER WILD FLOWERS



The dormant seeds have awakened,
With little attention from human intervention,
Grow all along the ignored corners of parks,
Ditches, verges of roads, Cracks in paths,
Waste grounds, woodlands, grassy blocks,
And even ruins of old buildings,
crevices of walls and hollow rocks.
Some are delicate, tender and prolific,
Tumbling precariously over boulders and cliffs,
Aromatic, lovely and self-propagating,
The rainbows of wild flowers are amazing!
Flamboyant yellow, blue, red, pink and white,
Orange tinged with violet on the outer side,
The smitten petals are attraction of butterflies,
Honeybees, wasps and insects too get mesmerize.
Bloom in different shapes; star, trumpet, round, or bell,
Whether in a spike-like cluster or single,
Winter wild flowers are far and wide,
Go for a walk or take a ride,
Up to the hill or countryside,
Make your outdoor experience electrified.



Dr. Neeru Bhatt

Managing Editor,
Canadian Journal of Clinical Nutrition



BEETROOT HEALTHY TREAT

Today I made innovative and fusion dish
Healthy Treat. I made Beetroot Healthy Treat



Ingredients:

Beetroot Ring

Dough:

1 cup wheat flour

2 tbsp semolina (suji)

1 tbsp Oil

Salt as per taste

2 tbsp Microgreen

1/4 Cup Beetroot puree or as required

Stuffing:

1 Cup chickpeas boiled

1/4 tea spoon cumin seeds

Pinch asafetida

1/4 tea spoon fennel seeds

1/4 tea spoon coriander seeds

1 chopped green chill

Handful Microgreens

1/2 teaspoon turmeric powder

Salt as per taste

1 packet Maggi Masala-a-Magic

1 teaspoon garam masala

1 teaspoon aamchur(dry mango) powder

2 teaspoon red chili Powder

1/2 teaspoon black salt

1/2 tsp Channa Masala

1/4 cup grated paneer

1 tbsp Chopped coriander leaves

Recipe:

First, take a bowl and add wheat flour, semolina, salt, oil and microgreens in it. Mix it well and add beetroot puree to the mixture, knead it well to make a dough. rest it for 10 minutes. Roll the dough into an oval shape and cut 1-inch broad strips. You can take a bowl or a ring old to stick to stripes and prick them with a fork. Bake the rings at 180 degree Celsius for 8 to 10 minutes. Take out the rings

on a plate when they become golden brown and crispy.

For Stuffing:

Take a pan and add a little oil in it and when it is heated enough, add cumin seeds, asafetida, fennel seeds and coriander seeds, and let them crackle. Now add green chili, salt, red chili powder, turmeric powder, coriander powder, garam masala, aamchur powder, Maggi's Masala-a-Magic and mix everything well. Add boiled mashed chickpeas and grated paneer to the spices mix them well and let the stuffing cook for 5 to 7 minutes. In the end add microgreens and mix. The stuffing for the Healthy Treat is ready.

For plating, put a ring on the plate and fill it half with the stuffing and sprinkle some microgreens on it.

Lastly, take the beetroot dough and roll it out. With the help of a cookie cutter, cut out four small and round chapatis. Place all the chapatis in a way that they are overlapping each other and carefully roll them to make a Rose flower. Bake it for 7 to 8 minutes at 180 degree Celsius. Your Rose flower is ready.

Chickpeas Salad: Ingredients:

- 1 Cup boiled Chickpeas
- 2 tbsp Boiled sweet Corn
- 2 Tbsp boiled Peas
- 2 tbsp Red Green Capsicum
- 1/4 Cup Microgreens
- 1 packet Maggie Masala-a-Magic
- Salt as per taste
- 1/2 tsp red Chili powder
- 1 tsp olive oil
- 1/2 tsp Lemon Juice

Method: Take a bowl and add all ingredients. Mix everything well and lo, your delicious Chickpea Salad is ready.

Plating:

On a plate, spread the salad and keep the beetroot ring filled with stuffing. Garnish the dish with the beetroot Rose Flower and microgreens. The Healthy Treat is ready to serve.

Nutrition value:

Microgreens: Microgreens are packed with nutrients. They contain higher vitamin, mineral and antioxidant levels compared to the same quantity of mature greens. They reduce the risk of many disease like heart disease, certain cancer, diabetes.

Beetroot: Beetroots are rich in fiber, and fiber is an important part of a healthy diet and is linked to reduced risk of various diseases.

Chickpeas: Chickpeas are rich in fiber and protein. They also contain several key vitamins and minerals, which are necessary for bone, muscle, and skin health.

Paneer: It provides high-quality protein that is rich in all essential amino acids required for growth and development and helps stay health.

Falguni Thakkar

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





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2022