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# SquarePetals

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Polish Cultural Ambassador...

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# Kinga Orlicz

Literary Bytes

Exploitation via Flattery

What is Love

Art

Kerala Mural

Art Work





presented to

**Shashwat Johri**  
CEO  
SquarePetals

In Recognition of Outstanding Professional Achievement &  
Contribution in Nation Building

Harish Chandra  
Executive Director

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**Art & Photography:** Neema Bhasi  
Hetvi Parmar

**Design & Publication:** EsquireVJ Publications

**Write to us @** [esquirevj@gmail.com](mailto:esquirevj@gmail.com)  
[info@esquirevj.world](mailto:info@esquirevj.world)

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## FROM THE DESK OF

**EDITOR - IN - CHIEF**

Dear Readers,

Finally 2020 is about to end, much to the relief of the world. The Pandemic affected our lives drastically. Fear & death surmounted all the time and we have been through it together. The worst phase and dreadful days undoubtedly!!

The ray of hope is seen clearly now as the vaccines are within reach and soon human being will be living joyfully again. Let us all remember to be ethical to the fellow humans and animals as well, so that such a curse does not fall upon humanity ever again.

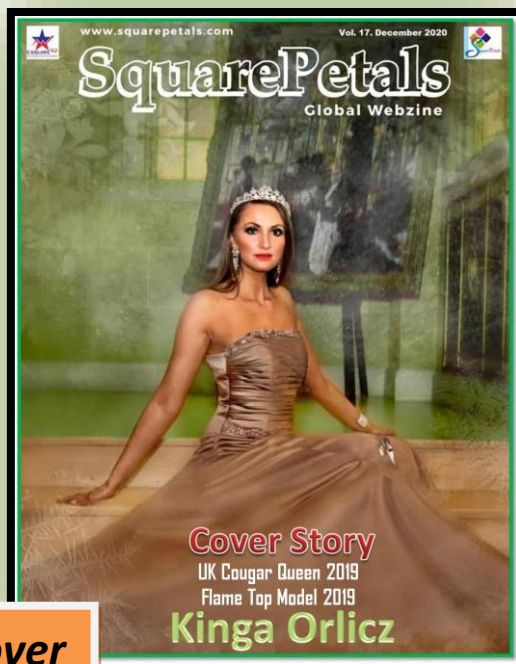
Every cloud has a silver lining and SquarePetals would like to thank our Writers, Models, Artists, and Photographers all the achievers, Crown Winners who have been with us in the journey 2020 and have brought in, their positivity during the tough days. This has made remarkable difference and given us the reason to smile....

“Have a Splendid December 2020”



**Sansriti Johri**

[www.sansritijohri.com](http://www.sansritijohri.com)



**On The Cover**

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# Cover Story

Kinga  
Orlicz

Ms. Orlicz loves her hometown and she always spends her holidays at the Baltic Sea.

Kinga Orlicz started her career at eighteen, with her participation in Miss Poland contest 2000. She qualified for the final eight from Central Pomerania. After that Ms. Kinga started working in collaboration with the modeling agency 'AC Fashion & Promotion' on the local and nationwide basis as well. In 2003 Ms. Kinga Orlicz took part in the beauty pageant again, this time winning the title

of Miss Polonia in

An International Top Model and Artist, Judge on Young Creative Talent organized by fantastic photograph Violet Butler. Ms. Kinga Orlicz was born in Ustka which is called the summer capital of Poland and during the season it is visited by over a million tourists.

the Slupsk region. Soon after that, she started working with the Strongman Federation. She now took interest in sports and healthy diet. She also won a beauty Pageant 'Miss Syrenka' in Ustka, Ms. Kinga also became a model for



the Ustka Mermaid monument for an artist. Ms. Kinga never looked back since then and went on to win many local beauty contests in Poland.

It was the love and support of her parents which was the motivational force and she then in 2006 she moved to London, the city of possibilities, and there she found her husband and they settled happily together. In England, Ms. Orlicz continued doing many fashion shows, but over time she was more focused on her family and gave up modeling for a while. She then started working as a Sales Administrator in the automotive industry. As her passions are sports, fashion and of course cars, the automobile sector was quite fascinating for her.

Ms. Kinga devotes her free time to her family and their common hobby is cycling together. Then after some years of routine life, Kinga Orlicz decided to take part in the Miss Generation UK pageant when urged by a friend. The goal of the event was to promote women of all age groups,

from 25 to 50, and Miss Kinga Orlicz won two titles in the competition which gave her the confidence and faith, that it is never too late, to pursue dreams. She then returned to her passion of modeling and collaborations with outstanding designers.

Ms. Orlicz says that these moments are unforgettable for her as she met many wonderful people, and during the competition the women were able to present not just the external charm, but also their personality - the true, inner beauty of a woman.

She believes that the most important thing is to accept be yourself and find a moment for self. And that a woman can fulfill her dreams irrespective of whatever her age is.

One of the designers Ms. Kinga collaborates with is Yana Flame, whose Flame Festival shows is held at the beautiful Royal Horseguards Hotel in Westminster, and are

very popular. These photos appear in the media around the world, and recently photos from the event were published by the Chicago-based Red Silk Carpet newspaper. Ms. Kinga Orlicz is very proud of working with



Ms. Orlicz also works with other designers, including Pierre Garroudi, who organizes a spectacular Fashion Show, where the make-up

and styling are very artistic and unique. Fashion is like a different world for her, she loves the catwalk, where she feels like a fish in the water, she absolutely adores the very process of preparing for the performances, although the work is very intense - many hours of rehearsals, trying on, adjusting makeup, hairstyles, setting the schedule.

Added to this is a lot of competition, so there's a need to stand out with something, and also have a lot of humility and self-confidence. For her, it is a great passion.

Unfortunately everything has changed this year due to the coronavirus epidemic, however, Kinga Orlicz believes that getting back on track is only a matter of time. She was noticed by the organizers of the UK Beauty and Brains Pageant, which is a completely different kind of contest, where not only beauty is assessed, but also the achievements of the candidates. The final is scheduled for 5th June 2021 at the prestigious Hilton Hotel on Canary Wharf, and Ms. Kinga Orlicz is to perform in the "MS" category, in the 30-40 age group. Most importantly, all profits of the competition will be used to reduce knife crime in the UK. It's a great cause to which Ms. Kinga Orlicz wants to add her





contribution. The pageant it's about women empowerment - highlighting women's achievements and various stages of life and finding winners who "have the option" to be inspiring role models for vulnerable women, who are usually forced to get involved in gang related crime by hiding knife/drugs for criminals.

You can follow Ms. Kinga's progress on the [www.ukbeautyandbrains.com](http://www.ukbeautyandbrains.com).

Ms. Kinga Orlicz purpose is to help vulnerable people on National and International level as she is a Human Rights Activist as well. Kinga participates in various charity events and has been awarded the title of Charity Princess Wages UK . Ms. Kinga Orlicz has been nominated for The Mayor of Ealing Achievement Award and Honorary Award Women Appreciating. She is Polish Cultural Ambassador for Wages Women & Girls Empowerment Support LTD. She believes it is very important to have multicultural meetings and campaign for peace with international ladies.

Ms. Orlicz reveals that her strength is, being organized and her sense of responsibility, which allow her to keep a balance between professional work, pursuing her own passions and the family. She affirms that all this was possible because of the support she has from her husband, and she is thankful for it.

"Coming such long way is not an easy task, there have been moments of doubt, but in such situations, motivational books helped me. I was particularly influenced by Joseph Murphy's 'The Power of your Subconscious Mind'. Its main message is based on the principle: If you believe something without reservation, visualize it, remove the obstacles,

and it becomes a reality. And that's how I feel every time I reach my goal." These are the valuable words of the super achiever Ms. Kinga Orlicz, Miss. Polonia 2003, Flame Top Model 2019, Charity Princess Wages UK, and lot more! SquarePetals wishes her to get adorned by many more of such remarkable titles.







# Feature

Even during the Covid-19 scare, when people are compelled to stay at a distance from each other in order to survive, Dr. Hitesh Thakkar of Sri Sai Ashirwad Hospital at Anjar, is engaged day and night incurring the sick of their ailments and pain. He has kept his own safety concerns only after his patient's well being, and their recovery from the sufferings

has been his topmost priority. He has been consistently providing treatment, much to the relief of people who are in need of medical support for various chronic diseases, but during Covid 19 threat, it was very difficult for them to approach clinics and doctors. Sri Sai Ashirwad Hospital has maintained all the necessary sanitization measures, to be able to





**ડૉ. હિતેશ ઠક્કર (એમ.એસ.)**  
**અધિક્ષક અને જનરલ સર્જન**

help patients in the routine manner, and this has been like a divine support for the people of the region.

Sri Sai Ashirwad Hospital is located in the town of Anjar, amidst the beautiful surroundings of Kutch. People here have high regards for Dr. Hitesh Thakkar, who is committed to his noble profession and his patients. He has been providing all the medical facilities at much economical rates since nine years. Along with the reasonable fees, patients are provided with nutritious food and other facilities to make it easy for them when admitted at the hospital, till they

recover and get discharged from there. Such welcoming and 'at home' environment certainly makes it easy for those who are suffering with pain and ailment, and are in need of such care, concern and the right medical treatment.

Dr. Thakkar holds a place in the hearts of people and is a reputed personality of Kutch. SquarePetals expresses gratitude to Dr. Hitesh Thakkar, M.S. for his dedicated input incurring people of their misery even during the tough pandemic outbreak situation, and we acknowledge and appreciate his immense support for the society, we wish and pray to almighty that Dr. Hitesh Thakkar and his team be blessed always and keep on doing the great service to the society, with regards.



# Online Event

Online Contest

**SquarePetals**

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Prince & Princess  
T20**



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Mr. Karan  
Bhambhani**

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## **HEALTHY LIFESTYLE -7** **EYES..**

### **The most exigent organ of human body, but do we care?**

Eyes are the most exigent organs of human body, but do we care?

The day begins as we open our eyes; eyes, or the eyesight brings light and color in our lives. We all know this but still many people are heedless towards eye care. People take it for granted and believe that the eyes will continue to function normally, in a self maintained manner, without our necessary care and concern. Habits such as keeping awake all night, staring TV and mobile screens and zero exercise for the eyes are common in today's lifestyle. It is seriously a matter to worry that some parents are thoughtless in the matter and they do not bother to guide their children about it. It's no wonder that these days we find a number of kids who have put on heavy spectacles!!

Eyes being delicate have been provided safety by the Nature itself; they are placed in a bony socket of the skull called the orbits, which provides them a strong physical protection. The eye lids and eye lashes act as sensors, and shut down instantly if there is any external danger to our eyes. Not only that, in case any particle falls into the eyes, they start watering so that it gets washed out. Also, tears have

antiseptic properties which is a sanitization-like safety provided to our valuable eyes.

Why eye care is important and how it must be done, to understand that let us first know a little bit about the structure of our eyes, so that we are aware about its intricacy. Eyes are made of three layers of cells, outer sclerotic, middle choroid, and the inner most is retina. The sclerotic is transparent in the front, to allow light to pass through and reach upto the innermost layer, retina which has special cells in the shape of rods and cones that detect the light and color respectively. The retina is connected to the master organ, the brain, by an optic nerve. Image of an object that we see, is formed inverted on the retina, but it is read as correct as it is reverted by the brain. The second layer, the choroid plays its role of forming the iris part which not only determines our eye color, but also regulates the amount of light entering our eyes via pupil, the hollow small window, so that too much of intense light does not enter into eyes suddenly, as that could damage the delicate cells. Thus we see how nature has taken utmost care of our eyes through the designing, functioning and placement. So when the eyes have been provided to us with so much care, they must be handled with due care, for our own good.

On the contrary, we not only ignore eyes care, but also impose unnecessary strain to such beautiful and valuable little organs. Just think about those who have lost their eyesight or are born without it, life becomes miserable for them. We ought to value our eyes, more than the valuables in our lockers. See, nature has provided prime safety to the eyes, only because they are so precious. Staying awake all night or not having enough sleep deprives



Functioning of eyes is like the study of light and lenses in Physics. As we all know that light travels in straight lines mostly and any distortion disturbs the focus which may consequently blur the perception of images. In fact, if vision gets affected, one is not able to read or write also properly; therefore the career too may get adversely affected. So we see how important precise eyesight is!

Awareness is primary, so that we think about it and live accordingly. Exertion due to constant exposure of TV screens and the more damaging cell phone screens can make one lose eyesight gradually, or make one suffer



Unfortunately the people with a weakened sight may not be able to walk about or drive at night, they can't see properly in dim light. In case of occasional power cuts or on the stairs they are more likely to fall accidentally, they even cannot read important papers before

Eyes get nourishment from Vitamin A, therefore don't forget to include such food in your diet that are Vitamin A rich or contain the precursors. These are mostly the yellow or red colored vegetables which contain carotenes for the synthesis of Vitamin A. Vitamin A is a fat soluble vitamin indispensable for the functioning and maintenance of retinal cell receptors. Therefore, eating plenty of carrots, capsicum, cucumber, pumpkins, spinach, and green leafy vegetables is very good for our vision and beneficial as a healthy lifestyle. Cod liver oil and eggs are excellent sources of Vitamin A.

Light exercise of the eyes is very beneficial. But please be careful not to do it without expert guidance, as any sudden jerky movement can be risky, eyes are very delicate. Yoga and eye ball rotation exercises take hardly five minutes and keep your eyes fit and fine, provided it is done under expert guidance. Also, pamper your eyes with rose water cotton-ball eye pack occasionally. This is also quite relaxing.

A word of caution: Some people are fond of stylish sun glasses but they totally ignore the glass quality which could be substandard and damaging to the vision. Therefore, it is advisable to use proper brand sunglasses. And do the routine eye check-up, at least once a year especially after 40 years age. Even those luckily not having specs, should get eyesight checked once a year at least, because an early action saves our eyesight from deteriorating further. Using contact lenses is alright in fashion, but then one should be careful about cleaning their hands before they put in or remove the contact lenses as any unhygienic handling can cause infections. And, lenses must be kept well when not in use. There's another caution for those working in a Laboratory, or in Glass factory etc. 'Don't wear contact lenses at your workplace, use spectacles instead. In case you accidentally go near a furnace which is at a high temperature, the plastic lenses might melt down and you can lose your eyes forever! Finally, let me wind it up with the few important tips of Eye care:

- 1) Take at least 7 to 8 hours of sleep at night.

- 2) Do not over strain your eyes, blink in between while watching TV, and take a break.
- 3) Eat food that provides Vitamin A nutrition for your eyes.
- 4) Light yoga for the eyes under expert guidance is really good.
- 5) Do not wear sub standard eye shades.
- 6) Wash your eyes gently when you return home after work every day.
- 7) Pamper your eyes occasionally with soothing eye packs or rose water.
- 8) The area of face below the eyes is very delicate. Therefore apply cream or cosmetics very gently and do not impose pressure.
- 9) Ladies must remember to remove any eye make-up before going to bed.
- 10) Do not sprain your eyes over mobile phone at bed time. When the light is dim, the damage to the cells due to radiation and glare is much more. Therefore, try reading a bed side book instead, for a calm sleep.
- 11) This is really important: Please do not allow your children to get addicted to mobile games. When kids are gazing into cell phones into for hours, it unquestionably weakens their eyesight which may badly affect their career and their life as well.

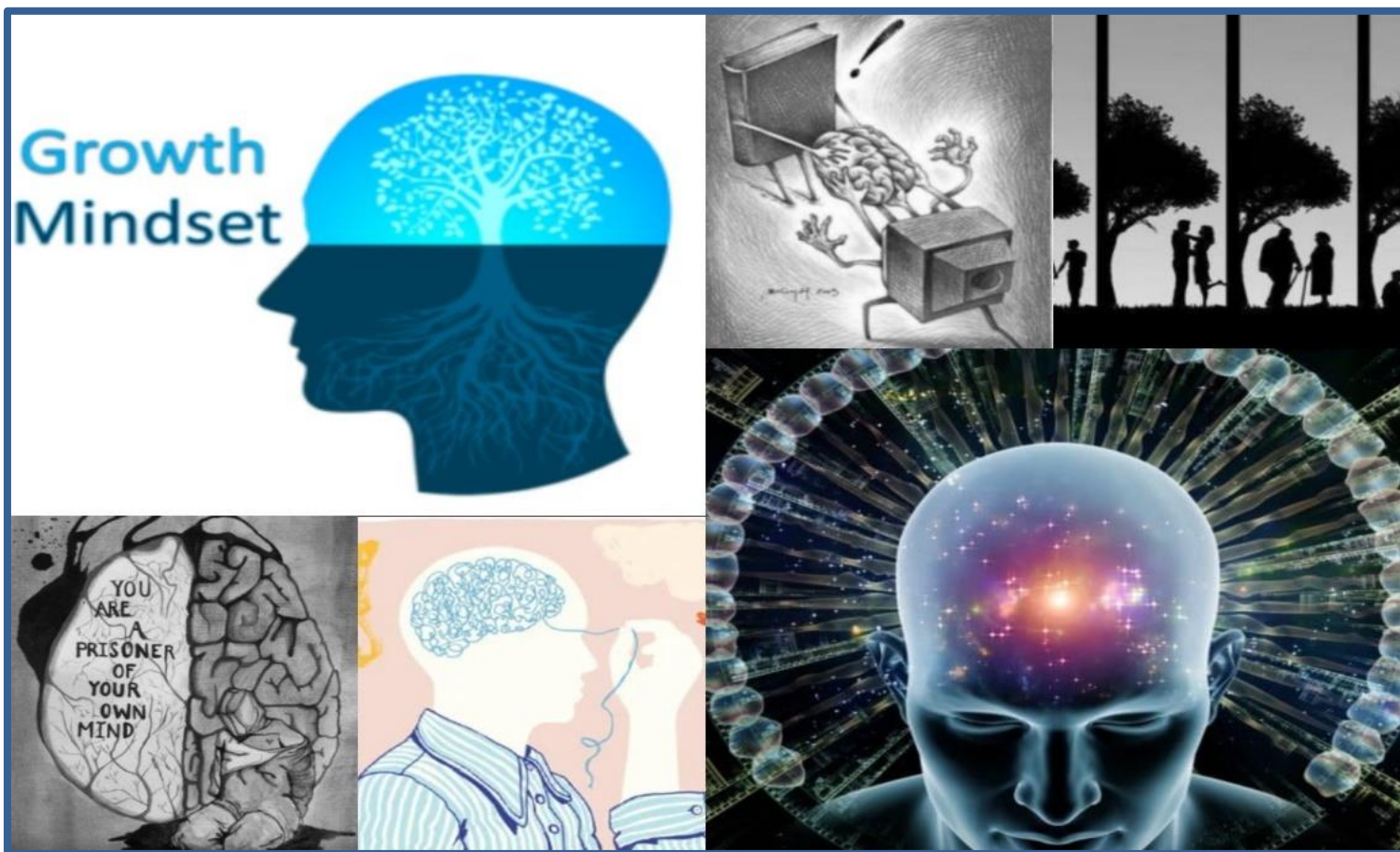
Take care friends, I will be back soon with another write-up on Healthy Lifestyle, because I care.



**Sansriti Johri**

Author, Editor, Entrepreneur





### ***THE ART OF DYING: A MEANINGFUL CONCEPT***

*“Prepare your Soul for departure of Ego state”*

Initially, Psychology was popularly defined as the study of soul which depicted that the soul is, somewhere, the controlling agent of existence of organisms. However, several developments in the field led to the belief that Psychology can be considered as a study of mind and behavior. Eventually, we all have forgotten the soul which is the invisible epicenter for controlling all our thoughts, emotions and movements at every moment.

Since the ages we all are trying to make our lives meaningful by learning ART OF LIVING. Life and Death are two truths from which nobody could escape. Anyone who has taken

birth on Earth has to die one day. Every single day, hour, minute, second, we are coming closer to death. Dr. Sigmund Freud was the first Psychoanalyst to come up with the concept of Libido, Eros (Pleasure principle) and Thanatos (Death instincts); and Id, Ego and Superego. We all are afraid of death because since birth we all have been conditioned with fantasy world stories where everything seems to us like a rosy bed future. Humans are being programmed and nurtured to live and survive in this competitive world while maintaining quality of life.

ART OF DYING literally means to cope up adaptively with the ego clashes in order to make life meaningful. We all can learn this art by letting go of prejudices, discrimination,

distortions and the other norms, rules, customs and beliefs created by mankind. The only way to Learn Art of Dying is To LOVE PIOUSLY AND UNCONDITIONALLY! If we develop this ability to analyze with utmost care and attention, it will be possible to extract valuable lessons into our daily lives to deal with a series of daily problems. Between Life and Death there is a space. In that space is our power to choose and give meaning to life. In our meaningful lives lie our growth, freedom and happiness.

**Ms. Kavita Gupta**

Assistant Professor  
Department of Psychology  
Faculty of Education and Psychology,  
The Maharaja Sayajirao University of Baroda



## ART OF DYING

We have become conditional  
We have become judgemental  
We expect a lot  
And hurt others a lot  
And lose our temper  
By displacing our anger  
Humans have lost their basic nature  
And bounded by societal features  
Human is becoming coward

Deceiving their souls to move forward  
Caught in customs, traditions and beliefs  
Resulting in psychological disturbances  
Life is not short, Death is short  
We live each day  
And getting closer to DEATH day  
Life is not beautiful  
Life is to be made meaningful  
Learn the ART OF DYING  
By loving, caring and respecting  
The emotions of other humans  
With a condition of piousness

To love piously  
And unconditionally  
Has become the need of hour  
To end the internal state of war  
We have forgotten to spread positive vibes  
Let ripples of pious Love  
Influence and heal people worldwide  
First at least learn ART OF DYING Then see how  
you enjoy everyday LIVING!

**Dr. B. S. Parimal**

Assistant Professor  
Department of Psychology  
Faculty of Education and Psychology  
The Maharaja Sayajirao



University of Baroda  
Vadodara, Gujarat (INDIA).



There are people who have houses, billions of dollars piled in their bank accounts, and they can travel to the best places in this world, but they are really unhappy with their lives. Until you don't limit your happiness to anything and resolve to be happy with what you are, you will never find inner happiness.

Dennis Prager said in a Readers Digest article as he differentiated

"When a man has put a limit on what he will do, he has put a limit on what he can do."  
- Charles Schwab

between pleasure and happiness, "Fun (pleasure) is what we experience during an act; happiness; is what we experience after an act. It is deeper, more abiding emotion." He says that going to an amusement park or ball game and watching a movie or television are fun activities. They help us relax, temporarily, forget our problems, and maybe even laugh, but they do not bring happiness because their positive effects end when the fun ends. Again, until and unless we're happy with ourselves, we are unlikely to be happy.

Attitude is a habit. Happiness is an attitude. Just as Will Rogers said, "Most people are about as happy as they make up their minds to be." You are the instigator and creator of your happiness. You are the only one responsible for your happiness. If you are unhappy with your life, you need to do some soul searching to see if you have placed a limitation upon yourself. People who are victims to self imposed limitations are unhappy and unfulfilled people. They have no reason to be happy for anything. They have lost the value and essence of life.

A life that lacks happiness will remain boring and unfulfilled. Many people have limited themselves from being happy. They allow the ugly events that had happened to them deprive them of happiness. Happiness gives life a meaning and lack of it makes life tormenting.

You should never deprive yourself of happiness. Happiness is an inside job. It is what you can give to yourself not what anyone can give to you. Many people misunderstand pleasure for happiness. The fact that something gives you pleasure doesn't mean it can make you happy. Nothing and no one else can make you happy, but you.

There are people who have made up their minds to never be happy. They allow life issues to dictate how they live their lives. Many people believe that they will be happy when they have their own home, make a lot of money or find the right relationship. Attributing happiness to such things only limits the level of one's real happiness.



Mr. Prager also points out that “The way people cling to believe that a fun-filled, pain free life equals happiness, actually diminish their chances of ever attaining real happiness. If the fun and pleasure equated with happiness, then pain must be equated with unhappiness, but in fact the opposite is true. More times than not, things that lead to happiness involve some pain.”

You can set yourself free to be happy. Happiness is a matter of choice. You can choose to be happy and attract happiness into your life when you let go of those limiting thoughts and habits holding you back. Remember that happiness is the secret to enjoying a healthy and longer life. The most boring and unhappy people in life are those who have enslaved themselves to limitation and closed their minds from being happy as a result of events and circumstances of life. Don't live such a life. Happiness is a by-product of who you are, what you do and what you believe. The level of happiness that flows in you determines the level of inner peace and freedom that your mind generates. Happiness gives freedom and lack of it gives boredom. It's left for you to choose between freedom and boredom. In our today's world, people have resorted to alcohol, drugs, pornography, gambling and illicit sex, in search of happiness. These addictions only destroy one from enjoying the real happiness, thus limiting their real happiness.



Happiness is something that you build on your own. Not what something else creates or gives to you. It is something that you strive for, on your own and it is not going to depend on something or what someone else does for you or to you. It is true that we all deserve to be happy. Yes it is, but we should free our minds from those things that limit us from being happy.

Be it a heart break, failed relationship or the disappointments from the people we love. We should be responsible for our own happiness and not depend on others to make us happy. James Allen said, “We are what we think.” When we think about the things that make us happy and give ourselves reasons why we should be happy, happiness will radiate into our lives. Happiness starts with you. When you free your mind from negative thoughts of limitations, you can find true happiness. If you will forget about your past failures and mistakes and forgive those people that hurt you in different ways, then you can enjoy inner peace of mind. Resolve to make happiness your ultimate goal in life, and until you free your mind, you may never find it. Happiness boosts your mental health and enriches your life. Happiness gives you the right mental attitude to live your life the way you desire.



**Michael Ediale**  
Life Coach, Motivator  
& Best Seller Author

# NEVER TOO LATE



# TO BE GREAT

**Learn how ordinary people  
achieve extraordinary results**

**MICHAEL EDIALE**

**International Bestselling Author**



## Exploitation via Flattery: **A SERIOUS CRIME**

Image from “The Fox and the Crow” story

Flattery is not just about manipulating one’s psychology; it is a form of crime which seems to be kind and mood brightening on the surface. In today’s world where everyone is bound to have a mask on their face, you never know how much hideous face they actually cover. Well, to be clear, let me tell you, I am not talking about your outer facial appearance or the face masks that you wear to avoid transmission of Covid19. Think of it as a masquerade used to manipulate, control and ultimately abuse the other person without direct molestation, physical harm, pressurizing or bullying.

It becomes more dangerous when this game of flattery is played by the people who are smart, educated and believed to be trustworthy. I don’t mean to say that everyone who praises you or gives you a compliment wants to exploit you. There is a significant difference between compliment and flattery which one needs to understand; compliment is an unconditional

reward of honor while flattery is just to win a favor with a hidden torture at the end of the day. The most interesting aspect of flattery is that it doesn’t allow the person to generate the conditioned response which that person would have given against a direct abuse, assault and Physical harm.

Now a day’s most people are alone inside, insecure and in search of external confirmation which could make them feel good or worthy about themselves. This is one of the main reasons that they get influenced very easily by the players of this game and feel deceived at the end. Flattering can be observed everywhere, be it politics, relationship, workplace or your own home.

Most of you also have experienced this at some point of your time if you are not living in caves. I am sure a lot of people would encounter this situation again; you just need to observe little stuffs more carefully.



**AKSHAY KUMAR SINGH**  
Student of ‘The Maharaja  
Sayajirao University of Baroda



## Words Heal Us

"We've tried our best," the doctor rushed past me.

"No, doc!" I caught him by the arm. "There must be a way!"

"Mr Khan," he put his hand on my shoulder, "she is mentally disturbed. She's not ready to listen to anyone."

"Call a psychologist!" I roared, lifting him up by the collar. "There HAS to be a way! There HAS to be!"

"We have call—" the doctor said.

"Beta!" a sweet voice called.

My hands were trembling. I cooled down on seeing my mother.

"I'm sorry, doc, for—" I rubbed my forehead.

"I understand, my friend," he went the other way.

"What is it, beta?" she read my face.

"Doctor said Hamida is mentally disturbed," I said.

"What!" she fainted.

"Ammi!" I caught her in an instant.

"Here, Ammi," I held back my tears, "sit down. Drink some water."

"Khansahab!" a soothing voice called.

"Hamida?" I rushed into the hospital wing.

"Before I leave you, can we have a little talk?" she asked, embracing me.

"Don't say that, Hamida!" I exclaimed. "I'm with you. Nothing shall harm you. NOTHING!"

"No, no," she wiped my tears, "who said I'll leave you? I'll always be there with you. I'll come in your dreams."

"Hamida!" I cried in her arms like an infant.

"I'm sorry, ji," she said, "but, it's all over. It's time for me to go."

"No, no," I sat beside her, "why do you say so? You've saved lives of hundreds of people, haven't you? When the doctors said the case

was impossible, you cured them. Do you remember Zakir?"

"Yes, yes," she sat up, "that boy who thought everyone was trying to kill him."

"You made him strong!" I said. "You treated him with your soothing words. Day by day, he got stronger. He started to eat. Do you know what he said to me after being discharged?"

"What?" she raised her brow.

"I've never been so happy in my entire life, sir. Dr Hamida treated me like an angel. I can never forget her generous nature. Like my late Ma, she understood how hurt I was. Tell her my regards. She's the best doctor!"

"And you say it's all over?" I said.

"Where are you going?" she called.

"I'll be back in a while." I pushed open the door. I had a surprise ready for her.

"No, Mummy ji, no," I heard Hamida as I entered the white room.

Ma was feeding her kheer. What a lovely sight!

"Your Papa hasn't eaten since," Ma said, "I'll be back in a short while."

"Do you remember Fatima?" I asked proposing her a bouquet.

"Which Fatima?" she mulled over.

"The one who lost her leg while trekking?" I gave her Fatima's photo.

"I remember her!" she said. "She was a sweet soul."

"Then who's she?" I pointed towards Fatima.

"Fatima?" Hamida almost screamed. "You can walk?"

"Yes, doctor," she lept for a hug, "I am so happy to see you!"

"Fatima," I called, "your mom's calling you."

"Take care, doc!" she left us.

"How can she—" she sat up.

"Lie down," I helped her, "let me tell you. When she was ill, didn't you leave a letter by her side? She read that. She told me she had never felt so

good. The letter promised a beautiful life ahead. How could she mourn over a broken leg? And she recovered faster than the doctors had imagined."

"What!" she smiled for the first time in a week.

"Oh my goodness!"

"Didn't I tell you?" I took her hand in mine.

"I never knew," she was almost in tears, "thank you very much, Moin! I'll never EVER leave you!"

"You stupid girl," I gently hit her head, "didn't you think about me before jumping from the building?"

"I'm sorry, Khansahab," she hugged me, "I was afraid. I failed my PhD exam. I thought it was all over. Thank you for everything!"

"Another surprise awaits you!" I walked towards the window.

"What is it?" she stared at the window.

"See for yourself!" I lifted the curtain.

"We...love...you...Dr Hamida!" she limped

towards the window.

I helped her.

"Love you children!" she called.

"These are the children you cured through your words." I said. "See, how happy they are!"

And then, my friend, Hamida not only completed her PhD, but also was awarded as the best psychologist of the year.



**Moin Khan Pathan**

**A young writer at the age when  
he is appearing for his  
12<sup>th</sup> Grade in School**

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# ***CENSORSHIP ON OTT PLATFORMS:***

## ***My view-point***

Recently, the Government of India declared that it will be having control over the content which is being shown on OTT platforms such as Netflix, Amazon Prime, MX Player, Sony LIV, etc. In simple terms, the OTT content which until now could not be censored will now become subject to censorship. This has invited mix reactions of the public at large. While some have welcomed this decision, some are also against it. This article aims to put forward my point of view.

These days, even adolescents have got access to an internet connection and a device such as a Smartphone or a tablet, which is the only mandatory requirement for viewing any OTT platform. While this has also made several programmes which increase knowledge levels of an individual available on demand and all the more accessible, it has also made them vulnerable to several series which have content that may instigate the young viewer to take a socially unacceptable path. At the same time, there are also series which can open a new door of opportunities for the individual.

Being active on social media, I have observed that people as young as 10-11 years have an account on social media platforms, which have various memes that often, contain cuss words, which are based on any particular series. These memes more

than often instigate the individual to at least “try watching it once”. Add to it the willingness to try something new, peer group influence and the easy availability of these platforms; and we find that the new generation has become all the more susceptible to the vices of the world, making them especially vulnerable to the wrong path in case of the lack of parental supervision over them.

Recently, confessions from young people involved in crimes such as murder, drug or substance abuse have revealed that some of them had been inspired by web series and television programs such as Saavdhan India, Crime Patrol, etc. While in case of television programs and even films, the government had the liberty to legally regulate the concerned content; it did not have any such authority in case of OTT platforms until now.

To conclude, I think that the move of the government to bring OTT under its radar was a much needed step and it will certainly have an effect on the quality of content being served to people on such platforms and the subsequent effect that it has on the individual both in the short run as well as in the long run.



***Divyarth Antani***  
***Student – Political Science***  
***The Maharaja Sayajirao University***  
***of Baroda***



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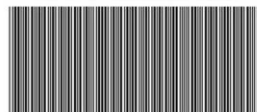
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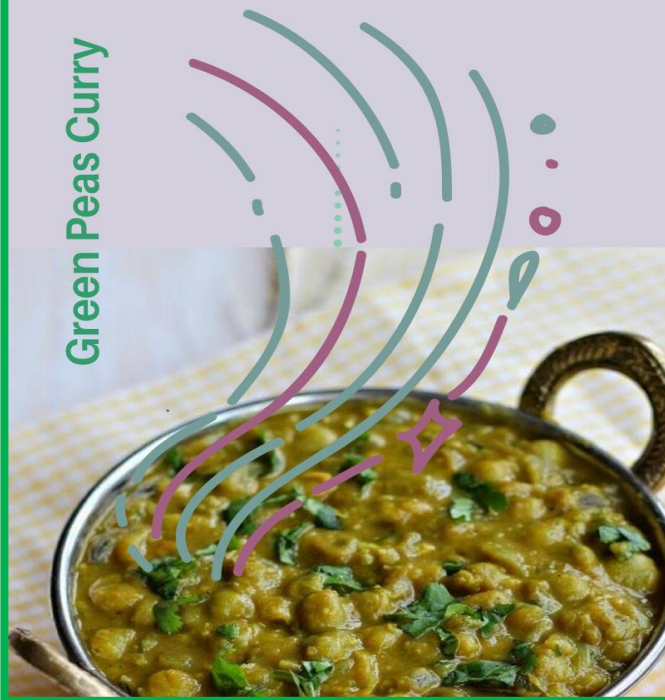
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## Matar Sadabahar

Green Peas Curry



### **Preparation:**

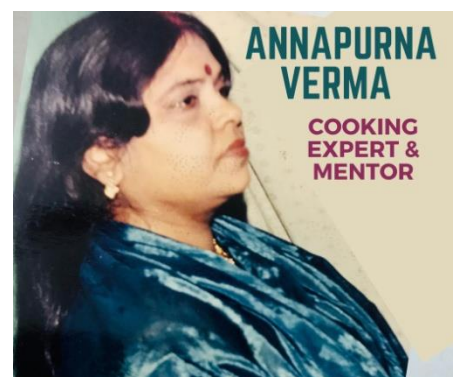
Divide the green pea seeds into 2 halves. Grind one half of it and take the remaining half as such. Make a paste of onion, tomatoes, ginger and garlic.

Put pressure cooker on gas stove and add little oil. When the oil is heated add a pinch of asafetida, then add 4 glasses of water very carefully. Put the cloves, cardamom and cinnamon in the water and cover it, bring to boil. Now add onion and tomato paste, ginger garlic paste, chili pieces, turmeric and then add the grinded peas. Mix well then

**Green peas: 1 kg**  
**Onion: 2**  
**Tomatoes: 2**  
**Garlic: 1 full, small**  
**Ginger: 1 small piece**  
**Green chili: 2 or 3**  
**Jeera (cumin seeds): 1/2 teaspoon**  
**Turmeric: 1/4 teaspoon**  
**Cloves: 4 to 4**  
**Cardamom: 4**  
**Cinnamon: 1 piece**  
**Asafoetida: little bit**  
**Frying Oil: 2 table-spoons**  
**Salt: as per taste**

add the whole peas. Put salt and pressure cook upto 2 whistles.

Matar Sadabahar (Green peas curry) refreshing and nourishing delicacy is ready to relish with chapatti or jeera-rice.





## **PANJABI SIZZLER** (PANEER PATIALA)

### INGREDIENTS:

1 bowl of mixed vegetables, sliced (cabbage, peas, beans and cauliflower)  
150 gm of paneer (cottage cheese)  
1 tbsp of chopped dry fruits (cashew, raisins)  
A pinch of cumin powder  
A pinch of turmeric powder  
A pinch of chili powder  
Ready gravy 1 tablespoon  
Salt as per taste  
1 teaspoon butter, for gravy  
1tbsp of oil

### Spices:

1 bay leaf  
2 small cardamoms  
1 big cardamom  
1 small piece of cinnamon  
1/2 tsp of cumin seeds powder  
1/4 cup cashew  
1/4 watermelons seeds  
1/2 cup curd  
1/2 cup of onion paste  
1/2 tsp of turmeric powder  
1/2 tsp of red chili powder  
1/2 tsp cumin powder

### Method:

For stuffed paneer tikki..

For preparing the stuffing, heat butter in a pan. When it crackles, add chopped dry fruits and all the chopped veggies. Stir and add salt, mix well. Add fresh coriander, mix and switch off the flame. Keep it aside.

Cut 2 slices of paneer in round shape. Now scrape a small circular portion from one round shaped paneer slice and make cavity-like in the centre of paneer tikki. Add the filling prepared above in the cavity and cover it. Grill this paneer stuffed tikki on grilling pan and keep aside.

For making gravy..

Heat a pan with oil. Add onion and chili powder as tadka (tempering). Add all the whole spices. When they crackle, add a paste of all the other spices made in water. Make a paste of chashew and melon seeds in curd. Put it in the pan and sauté, add the spices and dry fruits paste and cook in one cup hot water. Add all the spices and sliced vegetables. Stir and cook for a few minutes and add 50 gm crumbled cheese in the gravy.

For serving, take the gravy on a sizzler tray and top it with stuffed grilled paneer pieces.



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





Why do we constantly crave for it all our lives? And why does it hold such an important role in our philosophy, our traditions, our beliefs?

In layman terms love is something that makes you look forward to going back home. It gives you a sense of security like nothing else can. It makes you feel alive, hopeful and enthusiastic. It even helps conjure up medical miracles at the most critical moments. There is no other force like love, be it platonic, familial, romantic or any other. Perhaps this uniqueness and beauty that we associate with love is what makes us crave for it so much. Human beings are social animals: we need someone to hold on to if we want to be sane and function well, both physically and mentally. It doesn't matter if someone keeps getting hurt because of this same force being acted out in the wrong ways: they will still continue their search for it.

There is no single definition for love, although there are a lot of studies trying to narrow it down as much as possible. It does feel unfair, to be honest, that people want to dissect love into its parts so they can understand it better. These are the same people who believe the sum to be greater than its parts. I wonder whether they remember this while studying such a complex emotion as love. It is

multifaceted, it can take many forms, it differs from person to person, for person to person. However it is these same characteristics which make it all the more intriguing. Since ages philosophers have been trying to come to a consensus about the notion of love; now there are scientists and researchers too. I wonder what it will be like when someone finally, decisively, can tell the world they have uncovered the true meaning and functioning of love. Will the world ever be the same again? Won't it become just a world devoid of subjectivity, where everything is predictable and there are no surprises? Where is the excitement in that?

Whether or not people find out about the mechanisms behind love, its presence in various cultural and religious texts is quite interesting. They all point towards the same opinion, that love is the ultimate weapon, elixir and mediator. There is nothing love cannot do. There is something about it that could either paralyse a person's sensibility or make sure sensibility forms the basis of whatever decisions they make. It can remove distrust, establish faith, give hope, provide comfort, become a reason to live. Such intricate balance, such powerful extremities! If humankind does really manage to unravel the secrets of this extraordinary sensation, is it even ready to face its consequences, whatever they may be?

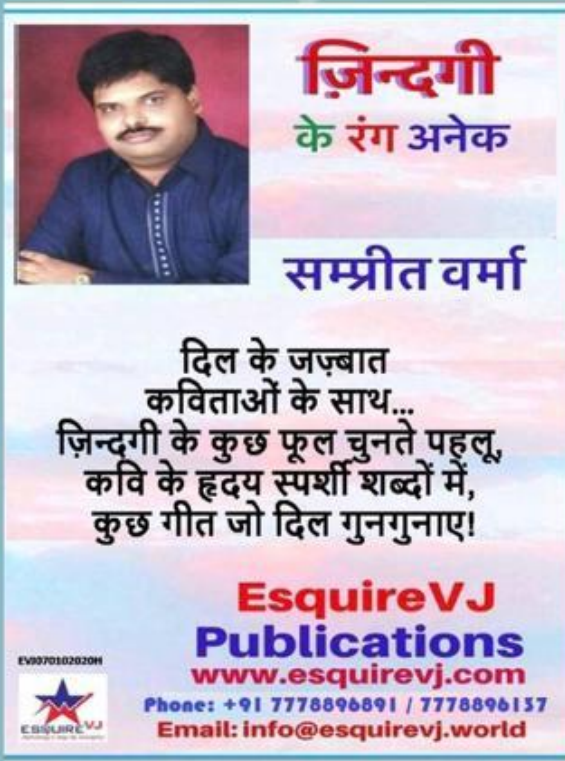
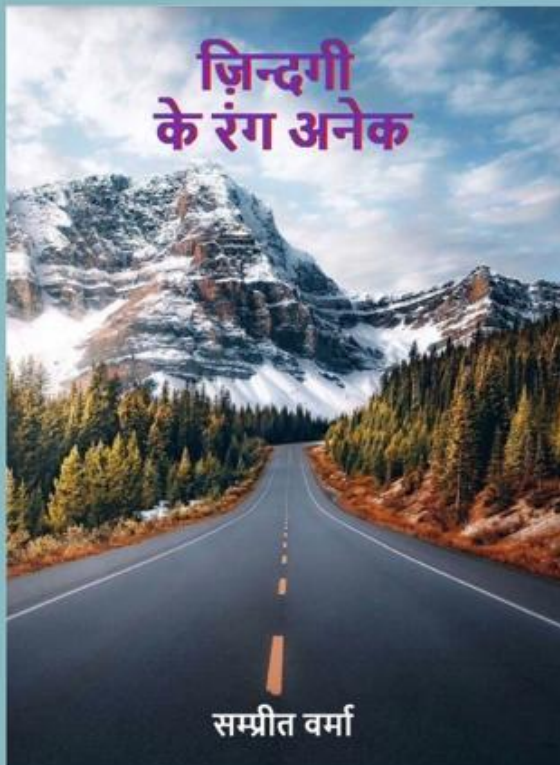


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# **Penvibe International Poetry Contest**

If you search for beauty,  
Search for your soul.  
Because as somebody who writes its my duty,  
To make you love yourself as a whole.  
Its my duty to make you believe,  
That the love you give isn't always the love you receive.  
Duty to make you feel,  
Not every person you meet is real.  
To write to make you understand,  
Not every person comes to hold your hand.  
Some are there for some fun,  
and leave when they are done.  
Its my duty to write to tell you that in the end,  
Even if the whole world falls for you ,  
you'll have to be your best friend.  
You'll have to be beautiful person,,  
stronger and boulder,  
In this world people pushing you down,  
you'll have to pat your shoulder



**Aish Sajjan**  
**1<sup>st</sup> Prize Winner**  
**Penvibe International**  
**Poetry Contest**



## **Soul mate**

I searched for him in the palace  
I couldn't find him there  
My soul whispered  
No he is not a Prince dear  
Alright I searched in the huts too  
There too I couldn't find him  
My soul said in a consoling sound  
No dear ,he is not a farmer  
In the dark night  
I walked through the streets  
In search of him  
I couldn't find him there  
No dear, he is not a beggar  
Said my soul  
With my messy hair  
Sleepy eyes  
Bleeding foots  
Consoled myself  
"Imagination is far removed from reality "  
I arranged my hair



Washed my sleepy face  
And let my wounds to heal  
Suddenly I look back  
I saw a man with lullaby  
In his lips who is  
Walking in the same soil  
Which was reddened  
By my bleeding feet  
My soul whispered  
Go dear let him know your existence  
Let him give meaning  
To your unfinished lines  
Let him hold your shivering hands  
In that day my soul got its mate



**Sethuparvathy Parvathy**  
2<sup>nd</sup> Prize Winner  
Penvibe International  
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I slipped off a banana peel  
while walking down the street.  
My nose came off,  
my head got twisted,  
eyeballs rolled down,  
And teeth escaped.  
Somehow, I fixed my  
downside up head,  
fixed my sight,  
then chased my teeth,  
Some succeeded in running away,  
some I caught and glued back in,  
but the nose was nowhere to be found,  
I searched and looked all around.  
I went to the market,  
I went to galleries of art,  
I went to the potter,  
I went to God,  
To find a replacement  
of my snout.  
Some noses were tiny,  
some were huge,



some were shiny,  
some were pale  
some were dripping and  
some were sharp as  
Alexander's sword.  
But nowhere I found,  
my nose alike.  
It's hard to survive,  
it's hard to exist,  
Without even a single nose,  
Now I am alone and empty,  
sitting beside road,  
eating bananas to  
soothe my pain.



**Wajiha Khan**  
Prize Winner (3rd)  
Penvibe Poetry Contest

Instagram account PEN VIBE , was created on 7th April 2020. From that very date till now, this account has gained so much amount of love and support from many people. It has got lots of opportunities for all the participants who take part in its monthly poetry contests. It's the sheer endeavor of its owner who always works hard for this account. It's because of his enthusiasm and continuous dedication that this account has got immense popularity within a very short time. The main motive this account holds is to help aspiring writers and also renowned writers to get a good plat form for their literary works. To know more, here is the Instagram handle for PEN VIBE: @penvibe390



# QUEST

In the busy days,  
I hear someone say,  
Your potential is much more,  
There are more horizons to conquer..  
In the contest of the day chores,  
I often feel I am made for something more,  
The rhythm of the day seeks,  
For me to dwell in moments of peace..  
In moments of silence,  
I hear my thoughts scream,  
Life is not in just doing,  
But in exploring it seems,  
In a jiffy of time,  
I see a new world mine,  
Untouched, Unexplored and Unknown,  
A new quest seems to manifest on its own.



**Neha Sama**

An IT Consultant

Poet by Virtue

Groomer by Profession



# Kerala Mural Art



The tradition of using mural painting to depict myths and legends in the Kerala region of India dates back hundreds of years, but by the beginning of the twentieth-century it had slipped into oblivion and most of the major murals had been destroyed through damage.

The materials used in mural art work like Pigments, Brushes, Gum etc are all taken made of natural materials like minerals and plants. The most frequently used pigments in Kerala murals are saffron-red, saffron-yellow, green, red, white, blue, black, yellow and golden-yellow.

**Mural Artist**

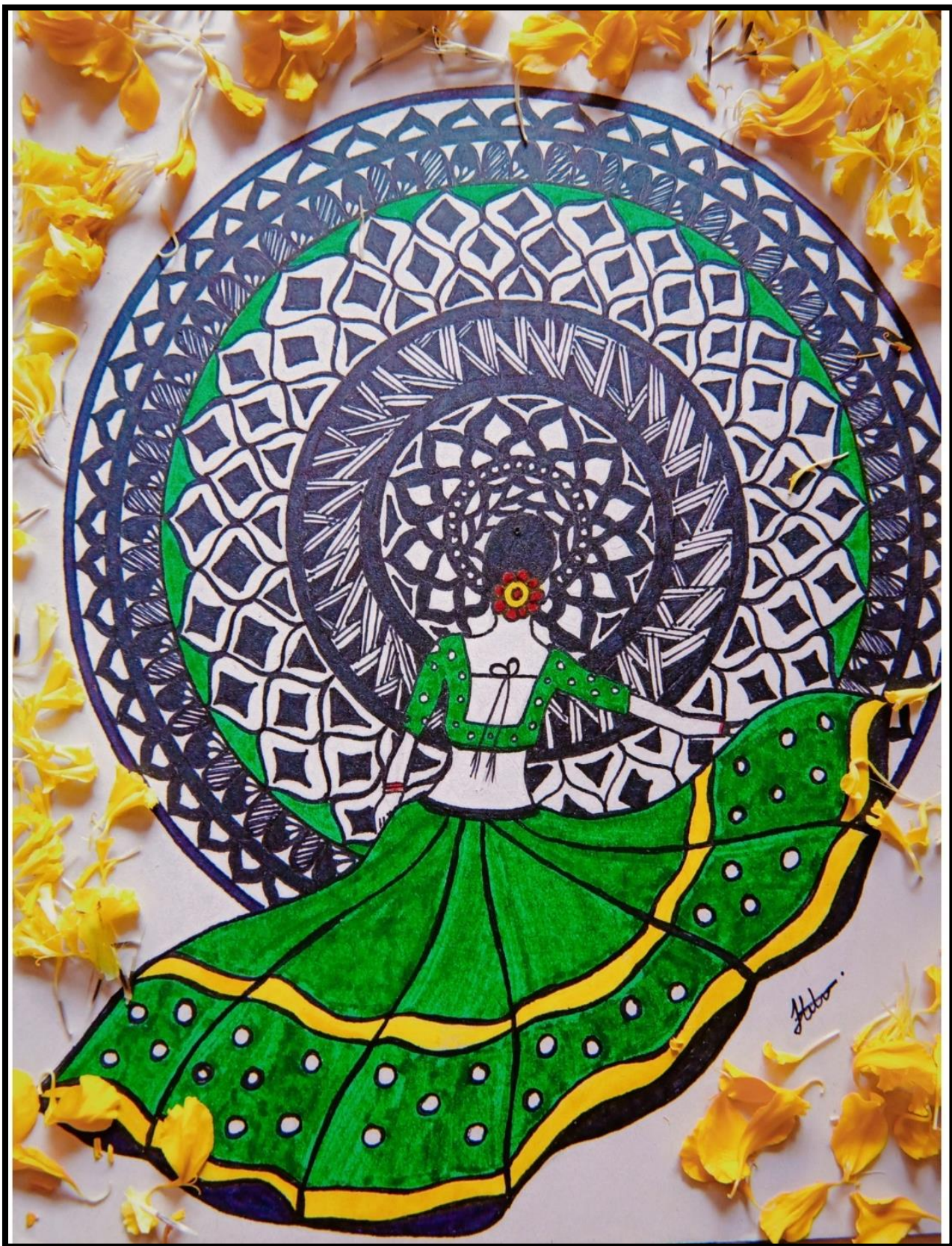
**Neema Bhasi**

Structural Engineer, Asst. Professor & HOD (Civil Engineering Dept.) RJS group of Institutions, Bangalore. Former Faculty of SRM





# Art Work



**HETVI PARMAR**  
STUDENT OF 2ND YEAR  
GRADUATION IN ENGLISH LITERATURE  
MSU BARODA





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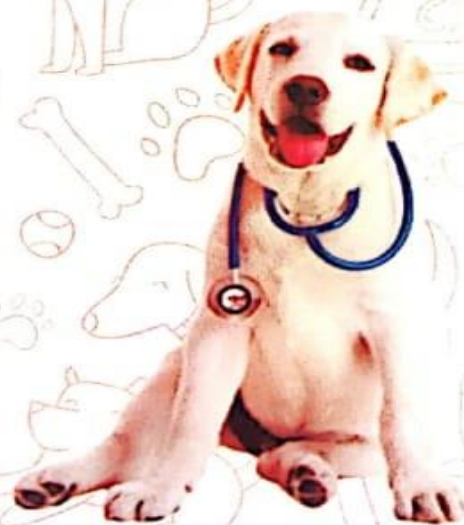


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