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Vol.7. February 2020



Cover Stor

Life Style Vastu Science **Psychology Raising Love** Literary Bytes **My Cousin** Flavor Special **Sweet & Sour** Fest Zest Season Spring Tech News **New Launch** 

**#MPIM** 9th Feb 2020

Sh. Krishna Prakash II

RACE Director

op Trends

DP's

1<sup>st</sup> I.G. Rank Ironman & Ultraman Finisher

# 1st Maharashtra Police International Marathon

# Bollywood With MPIM



Disha Film Creations Producer Sh. Sohan Sharma Supporting MPIM 2020 with Sh. Krishna Prakash IPS- IG Maharashtra Police, Mumbai The Race Director













1st Maharastra Police International Marathon



# **Bollywood** With MPIM









"SquarePetals" The Global Webzine, Feb 2020









Run for health!
Run for Maharastra Police!!
9th February, 2020



1<sup>st</sup> Maharastra Police International Marathon

# Celebrities With MPIM









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# **Bollywood With MPIM**









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#### SquarePetals Vol.7 Feb 2020

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## FROM THE DESK OF

#### **EDITOR - IN - CHIEF**

Dear Readers,

Its Spring time and the earth is blooming with fragrance. SquarePetals Global Webzine brings a vibrant issue this month.

The Maharashtra Police International Marathon, scheduled for 9th February 2020, symbolizing the importance of energy and fitness in discharging duties by the very efficient and world class Maharashtra Police is the prime feature, and the limelight is on the Iron Man IPS – IG Krishna Prakash, who is the Race Director of this big event. Bollywood and Television Celebrities have expressed their support and appreciation for the Maharashtra Police Force, and it's so pleasing to watch video bites from Varun Dhawan, Sonu Nigam, Raveena Tondon, Shilpa Shetty, Manoj Vapyee, Padmshree Anup Jalota ji and many more!

Celebrating spring in the Literary bytes, we also have interesting short stories you will enjoy reading. Lifestyle Vastu, budding star kid, Personal Development and Love Psychology are also in the infotainment package this month.

"Fragrant air It's crazy essence Intimates your presence adjacent."

Love is in the air, relish the sweet & sour recipe in the Flavor Special section and Befallen.

We are sending bundles of love to our dear readers from The SquarePetals Global Webzine.

Keep smiling, enjoy life and don't forget to join in at the Maharashtra Police International Marathon on the 9th February 2020 in Mumbai, India; plz be there!

STAY UPDATED & STAY BLESSED.



(Sansriti Johri)









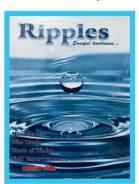




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Pictureresque presentation of appealing words, to drive away boredom from your life....



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# The Bedside Book

Ripples is magic of words, with a wealth of emotions; one would love to read in between the lines as well. It is a technically designed bedside book so that people do not put a lot of reading stress on their eyes before going to sleep. The beautiful presentation of words in harmony with the unique picturesque backdrop will attract you into it as soon as you open the book, and will make you connect instantly. And the best part is, you can enjoy reading Ripples on any page you turn to; you don't have to remember the page number or sequence... just relax, read and treat your mind to something special after the day.

Ripple is not just another book, it is a well thought and programmed concept that tunes your brain with natural thoughts, brings a smile and sets you for a happy sleep. Please remember, the right kind of sleep is important for good health and therefore... 'Ripples' is available now...

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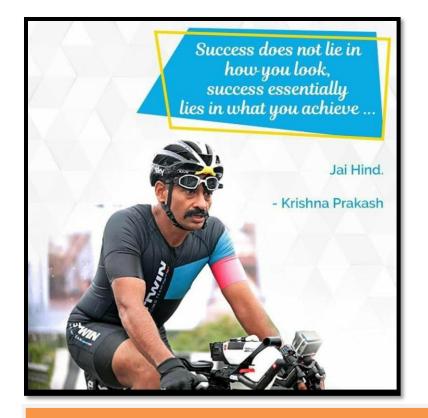
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# COVER

# STORY



Our Race Director Shri Krishna Prakash IPS IG Admin Maharashtra Police, Mumbai. An IPS officer of the 1998 batch being an avid Sports Athlete himself has brought many laurels to the nation through his participation in various endurance sporting events. Shri Krishna Prakash brings his rich and valuable experience to guide the entire team for a flawless and successful execution of this Marathon. He is the 1<sup>st</sup> Indian to finish Race Across West (RAW Event), World's 1<sup>st</sup> IG Rank IRONMAN & ULTRAMAN Finisher. Apart from sports, Shri Krishna Prakash is a great orator who has been delivering motivational speeches at various forums and his creative writing has been widely published and appreciated by one and all.





# Being blessed for making history as a very 1<sup>st</sup> Government & CiVil Servent to become an IRONMAN TRIATHLETE.



# आयपीएस आयर्नमॅन

आवडीला प्रबळ इच्छाशक्तीची जोड मिळाली की अशक्य असे काहीच नाही. हे करून दाखवलंय आयपीएस अधिकारी कृष्णप्रकाश यांनी. फ्रान्स येथे झालेल्या आंतरराष्ट्रीय आयर्नमॅन ट्रायथलॉन रेस ही जागतिक स्तरावरील तीन खडतर टप्प्यांची आव्हानात्मक स्पर्धा कृष्णप्रकाश यांनी विक्रमी वेळेत पूर्ण जगभरात देशाचे आणि पोलिसांचे नाव सुवर्णाक्षरात कोरले आहे.

महाराष्ट्र पोलीस दलात विशेष पोलीस महासंचालक (व्हीआयपी सिक्युरिटी) या पदाची जबाबदारी सध्या कृष्णप्रकाश यांच्याकडे आहे. आपली ड्युटी उत्तमपणे सांभाळतानाच कृष्णप्रकाश यांनी आपला छंद जोपासला. धावणे. आव्हान कृष्णप्रकाश यांनी लीलया पेलवले. त्यांनी हे तीनहीं टास्क १४ तास ८ मिनिटे आणि २३ सेकंदांत पूर्ण करून एक विक्रमच रचला. याआधी हिंदुस्थानातून अभिनेता मिलिंद सोमण यांनी हे तीनहीं टप्पे यशस्वीरीत्या पूर्ण केले आहेत. पण त्यासाठी त्यांनी १५ तास १९ मिनिटे इतकी वेळ घेतली. त्यामुळे विक्रमी वेळेत ही स्पर्धा पूर्ण करणारे कृष्णप्रकाश एकमेव आयपीएस अधिकारी ठरले आहेत.

एक कर्तव्यदक्ष आयपीएस अधिकारी म्हणून कृष्णप्रकाश यांची महाराष्ट्रात ओळख आहे. मुंबईसह पुणे, सातारा, सांगली, बुलढाणा, नगर या ठिकाणी त्यांनी बजावलेली कामगिरी



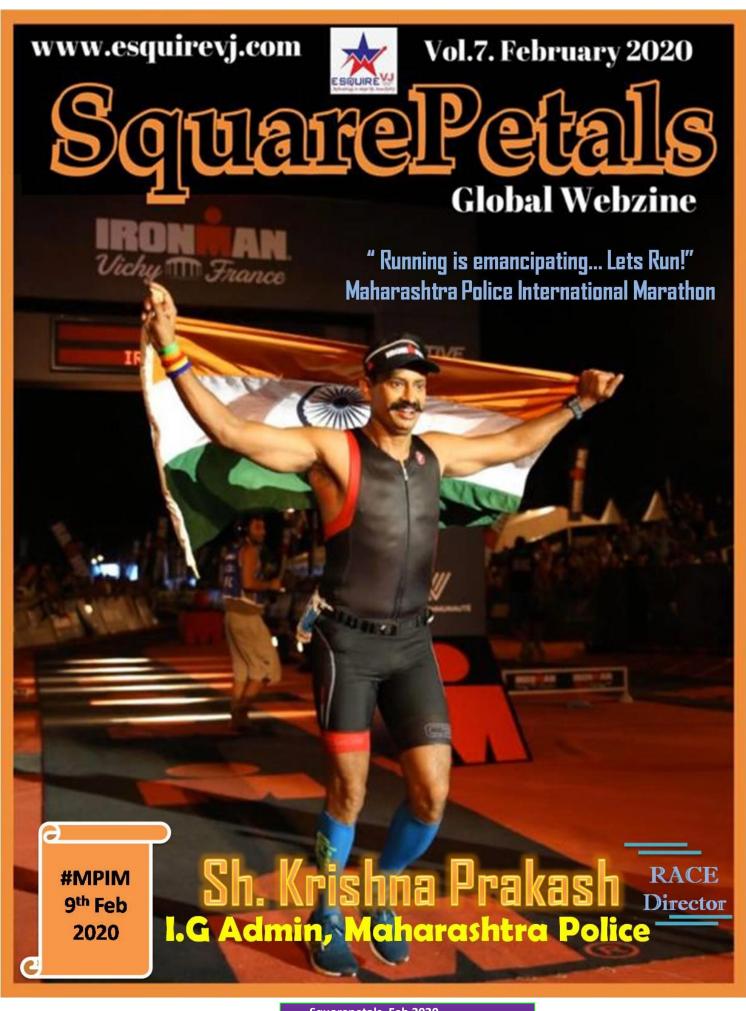
कष्ण प्रकाश

पुलिस की ड्यूटी अपने-आप में सब्न का इम्तिहान है और आईपीएस आईजी कृष्ण प्रकाश हमेशा से इसपर खरे उतरे हैं। उनकी उपलब्धियां इसकी प्रमाण हैं। फ्रांस की वर्ल्ड आयरनमैन ट्रॉयथलॉन प्रतियोगिता इन उपलब्धियों में सुर्खाब के पर की तरह है। एक ही दिन में पूरी करने की बाध्यता के कारण विश्व में कठिनतम मानी जाने वाली दौड़। 3.86 किलोमीटर तैराकी, 42 किलोमीटर की दौड़ और 180 किलोमीटर साइकिलिंग

बगैर रुके महज 14 घंटे 8 मिनट में पूरा कर वे 'आयरन मैन' बन गए हैं। भारत के ऐसे पहले प्रशासनिक अधिकारी और निश्चित रूप से मुंबई पुलिस के सबसे फिट अफसर।

मूल रूप से झारखंड के रहने वाले कृष्ण प्रकाश 1998 के महाराष्ट्र काडर के आईपीएस हैं और बहरहाल, मुंबई में वीआईपी सिक्युरिटी में इंस्पेक्टर जनरल की पोस्ट संभालते हैं। इससे पहले दक्षिण मुंबई में वे बतौर अंडिशनल सीपी काम कर चुके हैं।

# Sh. Krishna Prakash: IPS- IG Mumbai Ironman in 2017 Ultraman in 2018 RAW in 2019 5 times Finisher Medalist





# Run with the Police & Earn the Pride!

Start from the iconic Gateway of India and experience running on the Sea-link!

MAHARASHTRA POLICE INTERNATIONAL MARATHON

MAHARASHTRA POLICE INTERNATIONAL MARATHON
MUMBAI 2020

# Date: 9th February, 2020

5 km | 10 miles | 21.097 km | 42.195 km

Register on: www.mpimmumbai.com

## **Highlights of the Most Exciting race of 2020!**

- Timing chip for all race categories
- Attractive race goodies
- Dry fit T-shirts
- Finisher medal
- Finisher certificate
- On route hydration medical & physio support
- Post race refreshments
- Race photographs
- Sports towel
- Attractive backpack



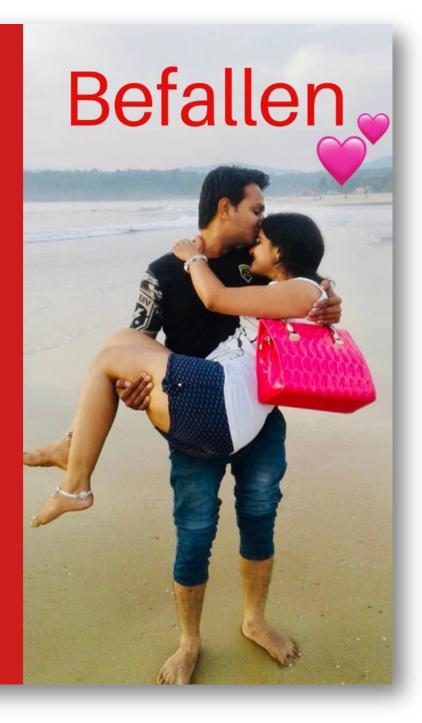




Disha Films Creation & EsquireVJ wish a Grand Success
To the Maharashtra Police for MPIM on the 9th of February,2020
at Mumbai, India

Shashwat Johri Director Operations – 'SquarePetals'

# Valentine Special .... **Girish & Jyoti Samnani**



Befallen ... That's how I describe some of the days, and this one was literally so! It's not because I fell down the stairs from the lovely little ferry top and rolled down almost into the waters, till I was luckily saved by my hero. And why wouldn't he save me, after all I was secretly eyeing him when clasped by his charmed I had misstepped. My cheeks red due

to embarrassment and pain but I winked at him to make things appear light, this was best possible reaction at the moment.

Well it was a fine sunny day in the month of June and we were on a date, me with my fiancé, so it becomes a dream travel naturally. We were going to see the Elephanta caves and travelling across the sea in a ferry when nature decided to create a thriller out of it! Seated beside Viren and sipping Fanta together (two straws in one bottle I mean) the blue sea was merrier than ever with colors of

Ships passing by making

it all very spectacular. My little Walkman, the cute music box very popular those days was dancing inside my handbag and the sweet melody was binding us together, as each earplug was respectively in one of our ears. The ferry moved steadily and other fellow travelers, though did not make much significance for us but were all smiling and enjoying the boat ride.

There was a jovial welcome as we stepped on the Elephanta island, as one naughty little monkey jumps almost upon me and got hold of the carry bag in my hand! He pulled it to take it away, I don't know I could react like this that I pulled it back screaming, go away its my favorite fruit cake! The monkey replied in his own language and was not ready to leave the packet. My fiancé had to intervene, putting his hand around my shoulders he said, give it, I get you many more. I blushed to see him laughing and the money had disappeared, also the plum cake!

A little walk from the sea shore Elephanta caves is a set of ancient Shiva cave temples located at an island 11.2 kms from Mumbai city. These were a place of Hindu worship but the Portugese destroyed the place and broke the beautifully carved idols. Presently it is being maintained by the ASI and is a UNESCO world heritage site.

Visiting a cave temple was quite a fantasizing experience as I have learned Bharatnatyam dance with true dedication for almost 6 years. How exhilarating it was, posing the mudras in the prevailing serenity of the caves and perceiving the aura Shaivik divinity. The 20 feet tall Trimurti Sadashiva, the Natraja and the Yogishwara all majestic creations made of rock carvings are appreciably adorable and it was a heavenly experience.

Godly peace was my plan but God wanted to make my day a happening one. So another bolt from the blue as we were returning back to Mumbai; some dark clouds in the otherwise clear blue sky. These scary clouds wandering about, did not really matter much in the pleasantness of the Happy day initially but very soon the cloud cover got thickened, concealing sunlight totally. The afternoon

appeared to be a late evening now and I felt restless to be in the middle of the Arabian Sea. It was becoming jerky with the alarming winds demonstrating violent power. Sky took its side and sudden rains horrified it further. The pleasant sea waves acquired ghostly forms and waters splashed in, from the sky and the sea as well. The fellow passengers, nearly a 100 all turned pan icy and the boat staff struggling to get control urged all to cooperate and be seated. Nothing was visible at all soon and it was risky to move the boat as there were other ferries in the same plight around which were hardly visible. The horn was being sounded loud but the roaring winds turned down its significance. I felt like the Rose on the Titanic with my fiancé, I was shivering with cold and fear still fantasizing, OMG writers are crazy.

After sometime the nightmare got over as we touched the shore, feeling lucky to be safe indeed. The lesson learned I must share, that is....

Never trust Mumbai rains, They may alight anytime and drastically surprise

Watch out, weather plays games!



Sansriti Johri Author, Editor, Columnist Entrepreneur and Social Worker



## People in My Life #4

I have spent the better part of my life between ages 3-9 constantly following my cousin brother around. A typical joint family household - my bua's family and ours stayed together in the same house. I spent pretty much every waking moment with my brother, making it easy to tail him around.

I am sure that there were certain moments when he was gratified with the star struck attention that I gave him. And I am equally sure that more often than not he would have been thoroughly irked at the figure stuck to his side like a useless appendage he couldn't get rid of! Ironically my sister followed me around pretty much the same way I did him. Therefore at times my poor brother was stuck with two useless appendages instead of just the one!!

The innovative lengths he used to go to get rid of me were so many. But in his defense, his friends faces would show disgust when they

would see me tagging behind him - as it meant they would have to play "simple" games taking my "age" and "delicacy" into consideration.

His most favored method of avoiding me was shimmying up the nearest tree. He was pretty good at it and I had never seen a tree which he couldn't climb. He would hurriedly climb up the tree leaving me down looking up at him. He would stay up till I got tired and went home leaving him alone. This worked till one day I figured out how to follow him up there too.

However there was one incident where our situations were reversed. It wasn't me who did the following that day. At the age of seven, I had joined a Carnatic music class. Our music teacher lived on the first floor of a building in our colony itself. She took the class twice a week mid afternoon, for me and a couple of other girls.

Our classes were held in her living room. It had a large window which occupied an entire side with leaving just around a foot of wall on all 4 sides.

Halfway through one class, all of us heard a voice exclaiming my name, "Vidi!", shouted through the window. My teacher turned her head towards the window and gasped halfway through her singing. Mouth open, her throat convulsively swallowing the unfinished note as her eyes popped out in shock. We turned too, to see my brother's head float seemingly without a body at the window. Then after a silent moment we ran, teacher and all, towards him. We found my brother with lips stretched wide in a grin, his hands clutched at the grills and his legs crouched on the building wall at least 15 ft above ground.

Not surprisingly, my teacher and I had different reactions. I was bursting with pride while my teacher was about to burst into a tirade. She yelled for him to get down; then pulled at my hand lugging me all the way towards my house with my brother in tow. All of us, my mother and aunt included, heard an earful that day. Consequence of this was my music lessons came to an abrupt halt.

There was yet another incident during the year where my brother's building climbing skills came in handy. This was in my very own building. Our second floor neighbor managed to get herself locked outside her empty house with keys still inside! As it was in those days, our entire building gathered in the compound below her balcony contemplating the best way to remedy the situation. Some came up with valid suggestions like using the services of a locksmith while most others stared helplessly up at the balcony.

We kids gathered around too, in a group of our own, mimicking our adults at staring intensely at the balcony. Where the adults looked upwards trying to get logical solutions, we were probably discussing telekinesis as a possible solution.

While all this was happening around us, my industrious brother decided to take matters into his own hands and feet.... literally. Before anybody realised his actions, he had already started scaling the wall of the building. With a speed that would put an ape to shame, he went up pipes and grills, hands grabbing and feet placed in footholds that seemed to mysteriously appear just to support his agile climb. Whereas below waited a sea of neighbors who watched mouths agape at the 9yr old boy wonder, who pulled a "Tom Cruise like Mission Impossible" feat.

Many elders yelled for him to get back down but they were too late. For in no time at all, he had entered through the balcony into the house and ran towards the door to open it from the inside. Most of us sped up the stairs to find my brother victoriously open the door. The adults looked on shell shocked, not knowing whether to applaud him or pull him by his ears. I think in the end they tacitly decided to say nothing... neither offer praise nor an anti climatic criticism. They just warned him of how dangerous his actions were.

The year I turned nine, my aunt and family moved away into a house of their own. With the much needed distance he and I got from each other, I soon outgrew my role as his unwanted tail. However this also ensured that my trees climbing days were over. Even today when we get nostalgic, these incidents get our special attention and have us clutching our sides in laughter

Vidya Krishnaraj Writer & Editor, SquarePetals - Mumbai







# Siddhi Gaurangi Bhutani

Siddhi Gaurangi Bhutani is a promising child actor who is winning hearts with her performance in the entertainment world. Her confidence and cuteness make give her a catchy persona.

Siddhi is a 12 years young kid bubbling with sweetness. Dance, singing, acting; and her hobbies include playing football! remarkable achievements at this young age through her dedicated efforts and shines out with her immense talents. As a kid model she has done many print shoots and also a video album with Prince Nirula and Yuvika Choudhary. Siddhi has also been engaged with her shoots with the MH1 channel on Mother's Day and Lohri fest as well.

Siddhi loves her parents dearly for being so supportive in the perusal of her marvellous activities and she also acknowledges the inspiration she has got from Mrs. Sudha Gupta, the Chairperson of Presidium & Mother's Pride, Mrs. Manvinder Kaur, the Vice Principal, Presidium, Mrs Rekha Chauhan, HOD Counselling & Special Education. The closeness to these wonderful ladies is an effective motivation behind the success of the little angel Siddhi Bhutani; who also sang in the Tihar Jail on the new year to bring in positive vibes with her loving voice.

A crown winner as the youngest all rounder participant at the Mrs. India Pageant at Elite Club, and after getting appreciation for her work in the short movie by Moonlight Productions named Gumrah - 2, Siddhi Gaurangi Bhutani is now into Bollywood as child artist in the upcoming movie "Balli in Helicopter" by Disha Films Creation. Presently she is also canvassing the event 'Maharashtra Police International Marathon'.

**Best Wishes!** 





# HUMANIST

One day while I returning from the college I was so tired - demonic hunger killed my energy how much, before you I can't express. I failed to take up walk forward, more so I stopped in front of a shop and I purchased bread with sweets. When I started eating it, an old man came up and extended his hands saying, "For two days I am unfed, even when I am going drink water I can't, as hunger strikes my empty stomach." On listening about his helplessness, I couldn't go on eating and simply offered it to him. Happiness I felt, comes when you give food to the hunger struck victims.

#### Don't insult other.

One day a bird was flying in the sky aiming to reach so high in the sky, as she wanted to know if any bird reached at that height, what kind of feelings came in its mind. When she reached high in the sky, she found the world 20

most beautiful and wonderful. The other birds who earlier underestimated that bird were now praising for the achievement. The bird said, "Don't insult any on one his failure as because everyone in this world has some or the other talent to showcase. And when one realizes that, then it makes you feel uneasy, leaving a question in your mind why did we underestimated him or her when he happened to fail earlier. So respect every talent.

#### Real Lover

- "I have sealed my fate with you"
- " No sorry I don't believe you. "
- "You are in my heart, in my soul. "
- " I don't believe you as do you know, Sofie also loves me so I am confused. "
- "Ok if you like to go with Sofie, you can go, but still remember you will not get anyone so innocent like me who will love you from the core of heart, from the soul."

Saying that Elisa crossed the road crying, but when Ricky was about to cross the road a car

" I have sealed my fate with you"

"No sorry I don't believe you. "
"You are in my heart, in my
soul. "

dark. Without you I can't think of my life, my love."..( Part 2 to be followed..)



Parnashree Kundu Author & Script Writer Member- writer.org

coming from the opposite side of the road tussled him from behind - Ricky fell down shouting "ah!" Coincidentally, at that time Sofie's car was also passing from there, but she did not stop the car for providing any help to Ricky. But when Elisa saw Ricky met with an accident, she rushed towards him. "Oh my God! You are bleeding so much! No my love, I will not let anything happen to you. Someone please help me." "Listening to her shouting away for help, some men who were going office rushed towards the victim and with their efforts Ricky was taken to the hospital. Now Ricky realized what is real love, looking at Eliza

A Lover saves his Love

Rina meets her boyfriend at eight in the morning. Heavy rain is beating her soft rosy cheeks, the world around her seemed unclear but she easily could identify her love standing in front of her. When she sees her beloved standing near her, she rushes towards him. Suddenly a car is seen coming towards her in high speed!! Her boy friend sees that the car is about to crush his beloved, he leaps upon her, and pushes her away from there! Rina is clinging at him and starts crying, "If you're not in my life, my world will become

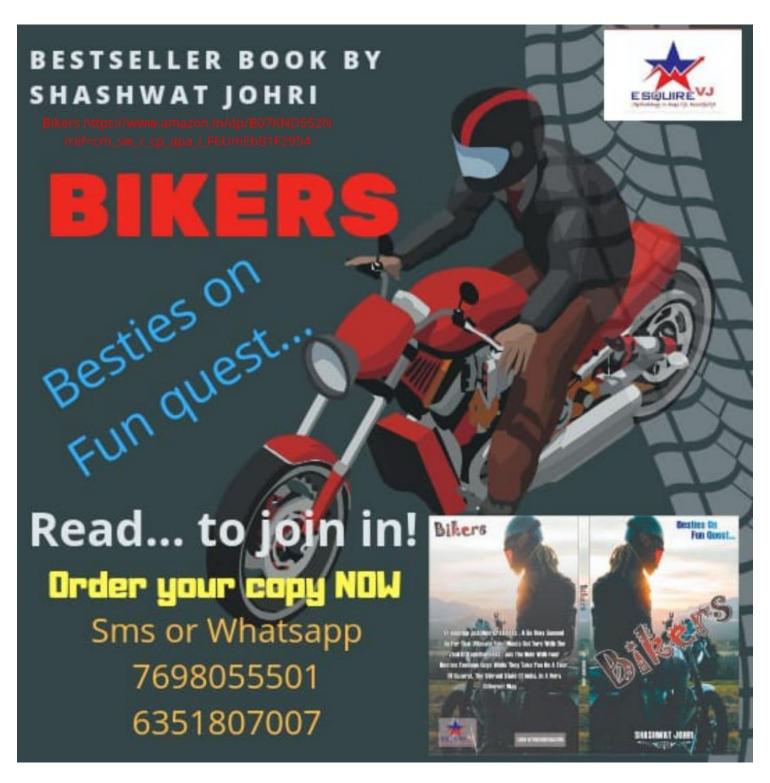


## Love's Own Ways

I've broken my heart so many times, stitched it back together so many times, but every time one stitch comes undone, the part where I lost you, the part where I lost who I was with you, not here with you, but always here for you, this is not the end, the love is buried but not dead



Shivalika Singh Poet, Writer, Published Author



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## The Diary Life: @the\_diarylife

he account The Diary Life on Instagram is not merely an account like any other accounts we see. It's definitely much more than that. Here they hold monthly poetry contests where writers take part by filling a Google form, paying some very minimal amount and most importantly following the proper guidelines. All the participants get e-certificates. And like we all know, the winner is ultimately announced. He/she gets cash prizes, an e certificate signed by a famous author, Ajay K. Pandey.

But this time, @the\_diarylife brings for you much more. The winner's work will be published in a **SquarePetals global web magazine - Webzine**, which is also available in hard copies.

Like it's already mentioned above, this account The Diary Life, is not just any other account it's because of the sheer endeavor of it's owner who always works hard for this account. It's because

of his enthusiasm and dedication that this account has got immense popularity within a very short time! And his P.R. Manager too works accordingly as assisted. She too does hardships for the sake of The Diary Life. Their motive is to help writers to get a good platform to show their literary talents. As talent shouldn't wait to come in front of the world.

So this is all about the team **The Diary Life**. Yes, it's a "team" and not a mere account.

To know more, here's the Instagram handle for **The Diary Life: @the\_diarylife** 





## Season Spring

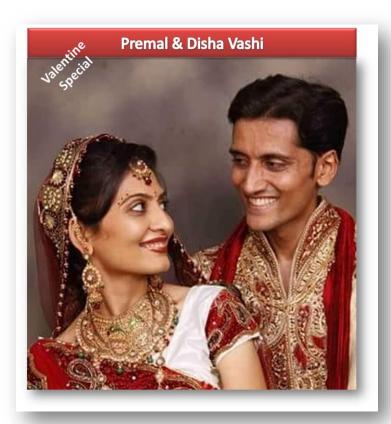
The Fragrance of Spring again arrived

The miraculous season has come again, giving a new spirit and zeal. It rejuvenates life, which became dull due to severe cold and chill. The nature shines and the grass is green, everywhere across the land and hill, It is a time for new emotions, excitement, zeal and thrill. The little kids, caught indoors so long during the cold, Now rush outside to play and hide. They shout and roar, With happiness wild, What fun indeed, to be a child! The biting, wintry days gone, Now hear the nature's sweet song, Catch its glimmer, the beauty of the season It is truly right, not in any way wrong. Feathered creatures nest with utmost care in cherry blossoms pink, lucrative and fair.

Perfumed scent of flowers Jasmine and roses flow, in the garden tender grasses grow. However spring is season of choice, that provide potentials to each creature of course. Gathering clouds come and gone, glorious colors come to birth on earth's vibrant bow. In the green and gallant spring, the couple prefer to love, enjoy and to sing, So, when in spring all around seems cheerful and sound, Let yourself lie quietly upon the ground, Take a moment to inhale rest for a while, and listen to Nature, how she tells her tale...

Satish Verma Award Winner Editor & Author





#### PSYCHOLOGY OF LOVE

"I have not seen magic in my life" he said "You will when you meet her" grandpa smiled.

Yes, love is magical and can bloom even on a battlefield. Most of us come-across people who may say that the heart flutters and nerve wrecks, one smiles away for no reason, sings in the shower, butterfly in the belly, adrenaline rush, and lot more stories. Love indeed is one of the necessities for survival, just like food, water, and shelter.

It is all about comfort in the companionship and about feeling secured. People fall in love with what they are in, where appearance and attitude play a major role.

When someone is in love, they deal with anything and everything with utmost

gentleness. The person could feel physically and mentally stronger than ever.

People in love are future-oriented. This emotion makes one a better human; like being honest, respecting thyself, feeling contented and happier.

True love is not about possessiveness, having doubts, seeking approval, getting tired or hurt, and, pretending or blaming anyone. Instead of falling in love, one should raise and improve their standard. It is one of the healthier emotions when people consider it as a driving force to achieve their goals. Genuine love respects, promotes, motivates, trusts, comforts, loves and itself generates Love.



Revathi Mohan Author, Counseling Psychologist



## WINNING MENTALITY

(Power of Perseverance)

It takes perseverance to become successful. There's nothing that can be achieved or accomplished in life without the application of perseverance. No matter how intelligent and talented you are, there is no guarantee for success without perseverance. There is no success without perseverance. Perseverance is

the thin line between the realization of your dream and success. You must follow through, to get things through.

Many people think and desire success but only few are willing to allow themselves go through it. I have seen many people who started very well in life. They had aspirations and

dreams. They got started, but never accomplished what they had started. They failed to achieve their goals because they refused to persevere when they encountered challenges, obstacles and setbacks.

There are two set of failures in life. The first set are those who never attempted anything in life because they are afraid to fail and the second set are those people who started and gave up along the way in the process of achieving their goals.

If you desire to become a winner in the game of life, you must think things through and follow through. It is perseverance that can get you through the challenges, obstacles and setbacks that will surface in your quest for success. Two things happen in life, it is either you are counted for or you are counted out.

Winning Mentality

Perseverance is power; it is the power that gets you going when motivation and enthusiasm begins to fail you. It is perseverance that will get you going when your energy and strength begin to diminish. In your quest to survive, perseverance is vital.

You need a lot of it to get to where you are

going ahead. It takes perseverance for the snail to reach the ark. The snail is a weak and slow creeping creature. The snail is not as fast as the cheetah. But the snail understands its level of strength and speed. It must rely on perseverance to take him through.

If you can adopt the mentality of the snail. You will continually and consistently persevere through challenges, setbacks and obstacles without giving up.

Orison Swett Marden wrote in his book that, "
There are two essential requirements for success. The first is get-to-it-iveness." And the second is "stick-to-it-iveness." He wrote, "there is no failure for the man who realizes his power, who never knows when he is beaten; there is no failure for the determined

endeavor;
the
conquerable
will. There is
no failure
for the one
who gets up
every time
he falls, who
rebounds
like a rubber
ball, who
preserves
when

everyone else gives up, who pushes on when everyone else turns back."

Perseverance is the secret winning mentality for success. Successful people have learned how powerful it is to persevere through challenges, obstacles and failure to accomplish their goals. Successful people go to the hall mark of success because of their ability to persevere no matter their external circumstances. The ultimate quality that absolutely guarantees success in life is the

It is difficult to survive and thrive in difficult times without perseverance.

indomitable will power and the willingness to

stick with it even when depression and

achieving your goals.

discouragement sets in to hinder you from

Have you reached a point in your life that you felt your strength diminishing, or your

motivation going down and your drive declining? What will ensure your survival and success is the power of perseverance. Perseverance takes over when persistence fails. When you have tried not to give up on your goals. Something kept sustaining you to get going whether you are getting results or not. When perseverance stops, hope and passion for success and living are gone.

Anyone can get enthusiastic about his or her goal. But how much perseverance do you

have to sustain through the pursuit of your goal? The history of human race is filled with stories of the triumphs of perseverance. Every successful man and woman has had to endure tremendous challenges and trials before attaining the peak of success. That endurance is perseverance. Perseverance made them great.

You can be great and achieve great things when you endure through perseverance. The mountain climber can't reach the mountain top without perseverance. Challenges and setbacks are inevitable. They are part of our life. There will always be difficult and trial times. What will determine your outcome is your ability to persevere.

In 1985, America was in the grip of a terrible depression. A man living in the Midwest lost his hotel in the midst of this terrible depression and decided to write a book to motivate and inspire others to persevere in spite of difficulties facing the nation.

He spent a year writing every day and night. When he finally finished the last chapter of his book, being hungry and exhausted, he went into a cafeteria down the street. While he was away a fire out break burnt his manuscript, more than eight hundred pages, had been destroyed by the flames!!

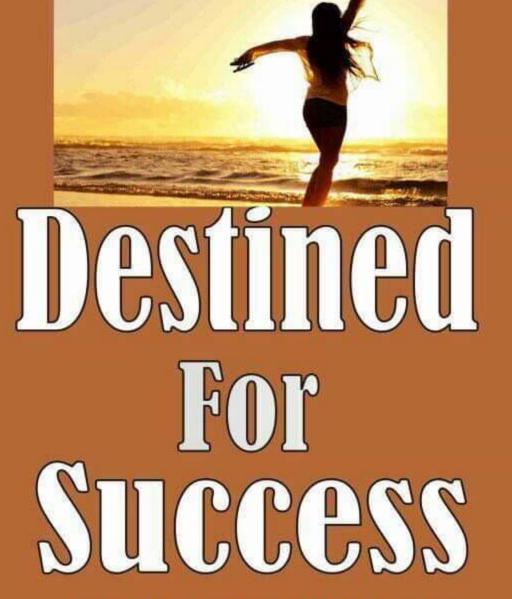
Nonetheless, drawing on his inner resources, he sat down and spent another year writing the book over again. When the book was finished, he offered it to various publishers, but no one seemed to be interested in a motivational book with the country in such a depression and unemployment increasing at an alarming rate. He relocated to Chicago and took another job. One day he mentioned this manuscript to a friend of his who happened to know a publisher. The name of the author was Orison Swett Marden, and the book is 'Pushing to the Front'. The book was subsequently published and became the runaway best-seller in the nation. This is the power of perseverance in action.

Perseverance is the winning mentality for success. If you can persevere enough you can win big.



Michael Ediale
Life Coach, Motivator &
Author

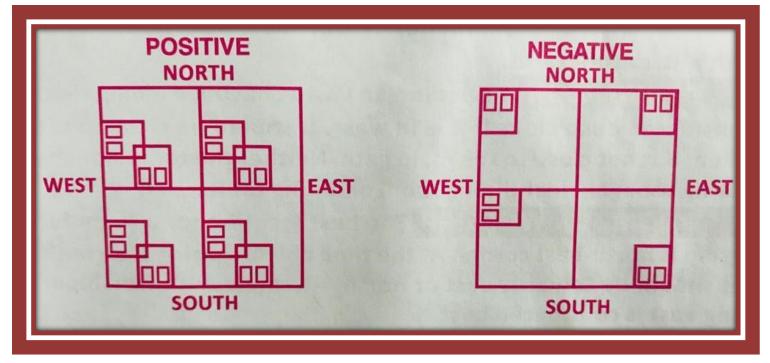
# MICHAEL EDIALE



Success is in you. You are destined for success. Failure has no power over you. Success is your birthright. Live your life to the fullest & achieve your dreams. This book is available on Amazon kindle store.

Rise above failure & mediocrity

http://www.amazon.com/author/michaelediale



## Internal lay out of a house

#### **Drawing room:**

There should not be many corners in a drawing room. Make it square, rectangular or round shape. Sitting arrangements should not be under any beam. Do not sir with either your face or back towards the doors or windows. Keep only that much furniture as is necessary. Do not keep sofa or table in front of the door.

#### **Bed Room:**

Between a person and the energy gained in his bedroom there is special relationship. About one third portion of our life we spend there. Your bed should not be close your the door. Do not sleep with your legs pointing towards the door. Keep a curtain between the door & your bed. The mirror should not be exactly opposite to the bed. Keeping TV or computer in the bedroom is also not good. One or two hours before you go to sleep, put off your TV computer etc. Decorate your bedroom with beautiful paintings, flower pots, little tired made of glass, wood or earth, but do not put any fright full pictures or negative scenes in the bedroom. A person sleeping in a bed kept in North East corner is always troubled by the feast of events which are not going to happen. Whoever comes in contact with this person may do good to others but not too himself. If a senior citizen of the family sleeps in this corner he is benefited, his

age increases & he can be more spiritual. The corner between East & South is beneficial for married people. Ladies & unmarried girls lives in a South East room the outcome is good & of a pregnant women sleeps in a South East room touching the wall in either way or South, the possibility of her having a premature child increases. People who sleep in the corner between East & North are usually of of their home more often. If a guest room is constructed in this corner is much better.

If the position of the bed is in the South west corner it gives more strength then need. If one sleeps in the room so positioned, ones head should be towards South or West. The bed should be open on the 3 sides, never sleep in the centre of the room or is inauspicious.

Stay Tuned & Stay Blessed. Nikesh Rajendra Soni, Niky Vastu Consultant

To get personalized Vastu tips, suggestions for Vastu Correction about your House/ offices/ shops by Professional experts write to us:

> info@esquire-vj.com Or call up +91 6351807007 / +91 7698055502



#### HOT N SWEET CHUTNEY



#### **Ingredients:**

- Red tomatoes 1 kg
- Spices Mustard, Ajwain, Aniseeds, Kalongi, Cumin seeds.
- Cooking medium Refined Vegetable Oil.
- ❖ Jaggery 1/2 kg
- **❖** Tamarind 50 gms.
- Salt according to taste

#### Method:

Heat a pan, put some oil. Put the condiments for seasoning. Add sliced tomatoes and cook on medium flame till the tomatoes become soft.

Now add jiggery and then add salt as per taste and keep cooking on simmer flame.

Meanwhile soak seedless tamarind in hot water and keep aside and strain it to make a smooth paste. Check on the gas stove, when the tomatoes and jaggery get mixed up we'll, add the tamarind paste and red pepper powder. Mix well and switch off the flame. Allow it to cool down and store in a glass or porcelain container.

Shelf life - 1 month.

Enjoy the spicy chutney with fries n kababs, and tell me how it was!





EsquireVJ Showcase

**Entries Open** call up to register: 7698055501/02

info@esquire-vj.com



Mrs. England Universe & Mrs. India UK 2019



MRS GUJARAT T20

EsquireVJ Showcase

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Fashion Influencer

Mrs. India 2019

## When I was a kid

I remember how free I was,
No matter what I did.
But I always wanted
to grow up
Because I thought discipline & perfection
Was what my teachers sought.
So I did my best to impress
And I thought to my self that this was in
excess;

Why do all the elders always get to us?
Why do they have to make such a fuss??
When I grew up I was glad to see,
The elders had now stopped ruling over me.
I could make my own decisions,
I could come out of tough situations!
But then I felt the need of guidance
I felt the need to share my problems
I missed the happiness on their faces

When I won prizes...

So I got to know
when I was really free
Free to share the problems,
Free to make mistakes & take risks,
I saw the loving faces fade away in a brisk.
Now I miss them but
I can only cherish them.
That is why when I was a kid
I remember how free I was
No matter what I did.



Achala Gupta BDA Student





Display: 4.70-inch LCD display

Processor: A-13 Bionic Chip

Cameras: (12MP) & Front

Camera (5MP)

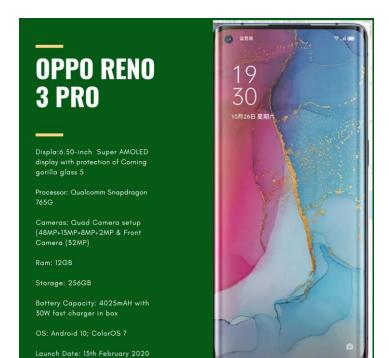
Ram: 3GB

Storage: 128GB

**Battery Capacity: 1750mAH** 

OS: IOS 13













# **REDMI K30**

Display:6.67-inch IPS LCD display with protection of Corning gorilla alass 5

Processor: Qualcomm Snapdragor 7.୪୩୯

Cameras: Quad Camera setup (64MP+8MP+2MP+2MP & Dual Front Camera (20MP & 2MP)

Ram: 8GB

Storage: 256GE

Battery Capacity: 4500mAH with 27W fast charger in box

OS: Android 10; MIUI 1



# SAMSUNG GALAXY Z FLIP

Display: 6.70- inch Dynamic AMOLED display with protection of Corning gorilla glass 6

Processor: Qualcomm Snapdragon 855+

Cameras: Dual Camera setup (12MP+12MP) & Front Camera (10MP)

Ram: 8G

Storage: 256GB

Battery Capacity: 3300mAH with 15W fast charger in box

OS: Android 10: One UI 2

Launch Date: 14th February 2020



# Tech News

By Shashwat Johri Best Debut Indian Author, 2019-20





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