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Vol. 3, October 2019

SquarePetals

Global Webzine

Cover Story

Mrs. India UK &
Mrs. England
Universe 2019

Dolly Ahuja

Literary Bytes

A walk in the Woods

Travel Story

Befallen

Fest Zest

Navratri

Health:

Yoga & Fitness

Flavor Special

Maalpua

Insight: Mahatma Gandhi

Personality Development
Self Esteem

Lifestyle

Vastu Science

Top Trends

Fashion

Budding Models

Experimental Psychology



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FROM THE DESK OF

EDITOR - IN - CHIEF

Dear Readers,
Flowers and fests, the flourishing October is here! We have for our dear readers a delightful issue...
Let us celebrate Navratri on the Garba rhythms, relishing our sweet delicacy, Flavor Special.
Peep into the glamour world; presenting with pride Mrs. India UK & Mrs. England Universe 2019 Dolly Ahuja in the Cover story. The Fashion section also showcases our future models and upcoming stars.
Catch up with Healthy Lifestyle, it's about Yoga & Fitness this time.. Experts write-up on Self-Esteem, Vastu Science and Tarot solutions. Also, hear the solutions of life problems from the Life Coach and Mentors.
Literary Bytes in this edition is impressive, a prize winning poem and another one by a young writer who takes her stand in the society. A social message of organ donation has been narrated by an artistic sketch, look into the meaningful pages.
What it takes for an ordinary man to become a Mahatma - remembering Mahatma Gandhi on his 150th birth anniversary.
We are introducing 'The Tech News' section with this issue, to keep our readers updated in today's hi-tech world!
Hope you will appreciate an appealing October'19 edition of The SquarePetals Global Webzine.
Love & regards.

This October issue has in store, infotainment and more.

We welcome your feedback/response, do write to info@esquire-vj.com.

STAY UPDATED & STAY BLESSED.

Sansriti Johri

(Sansriti Johri)



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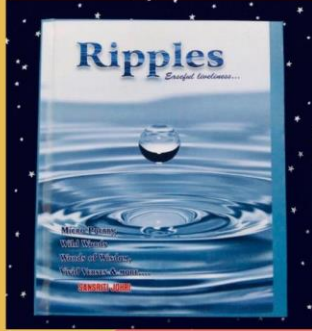
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Mrs India UK
Mrs England Universe 2019
Dolly Ahuja

A Fighter, Survivor and a Rebuilder on a mission from years who is empowering women, children and elderly in helping them create beautiful life. Dolly is a woman who believes in working hard until the goal is achieved by channelizing her energy onto positivity and controlling her mind rather than the mind controls her! Being a cyclone and earthquake survivor she takes an optimistic approach towards life, as she has seen death very closely and believes life is a beautiful gift – she values, cherishes, respects each moment and

each human she comes across. She also emphasize on the fact that life is a journey not a race and loves to be kind towards every creature of mother nature, as she feels everyone is fighting a battle. The only thing she does is to spread love and make someone smile by doing ‘Good deed of the day’. Dolly is born in Baroda and brought up in Gandhidham (Kutch) both are in Gujarat, India. She is settled in UK for past 12 years and now happily staying with her 17 months old baby boy Aarnav and wonderful husband Suraj in Rugby, England, United Kingdom.

Cover Story

Dolly has been involved in giving back to the society since the age of 16 as that was the time when she offered free tuition classes to children; it naturally comes to her as she has always seen her parents and grandparents working hard for the welfare of the community and society. Being a Teacher, Counselor and an Advisor she has learnt to be focused and dedicated towards her goals. Her keys to getting success are the 4 D's Dedication, Discipline, Determination and Diligence. Her approachable and empathetic attitude allows her to win trustworthy long term relationships.

She has been providing voluntary counseling services to women, children and the elderly in need, also is consistently empowering women by helping them to build confidence and believe in themselves across UK, US, Africa, India and Mauritius since years as she gets her utmost satisfaction in helping people. She is supporting children orphanages in Africa and Orissa by providing help in basic educational, food and clothing needs along with funding girl child education. Her recent philanthropist activities are celebrating Valentine's Day in a Women's Refuge Centre, on her



birthday also being a Red Nose Day she participated in the charity event to raise money for Cosmic Relief Charity organized by BBC local radio, she organized a pamper evening in collaboration with a beauty salon on Women's International Day to raise money for Mind Charity, participated in 5k run for Zoes place baby hospice covered by BBC Channel, attended World Water Day Event in House of Commons and participated in Carnaby supports WWF Earth hour day in London.

Awareness and campaigns she created were for Domestic violence where she also raised money for Purnata (Human Trafficking) supported by Ketto, Allergy Awareness, Plastic, Pins and Needles India, Water Aid, Save Earth by creating various posters and videos, also showing her support by signing petitions.

During her talent round Dolly performed a dance number on **Dholi Taro Dhol Baje..** dedicating the performance to the people of Gujarat, as garba is the traditional dance form of Gujarat and its Dolly's home state. Academically she holds a Bachelor's degree in Commerce, Business and Admin NVQ, Diploma in HR, Diploma in Counseling and Domestic



Dolly Ahuja

Squarepetals, Oct 2019

Violence course training. She believes that education is a Human Right and every human must be educated. Along with being a Winner of Mrs. India UK 2019 she also bagged prestigious titles like Mrs. England Universe 2019, Mrs. Brand Ambassador 2019 and Mrs. Glamorous 2019.

She has an active fitness regime by going to the gym and following a healthy lifestyle, in her spare time she also enjoys dancing and cooking. Exploring different places and meeting new people by travelling along with making spontaneous trips. Her strong interests are in make-up, photo-shoots and helping people.

Dolly has come a long way as she has been through a lot of hurdles in her life. She is keen on providing help and support to women and is actively engaged in many social activities where at present providing confidence building sessions to a group of women along with other curriculum activities. She is a woman who doesn't believe in giving up and will continue to work hard until the goal is achieved.

Dolly is also Community Ambassador for Women's Aid and recently has launched her campaign called

#voiceagainstinhumanity
#domesticabuse
#domesticviolence
#dollyahuja

At the end of this year Dolly is going to compete in Mrs. Universe 2019 on an international level where approximately

88-90 countries are going to participate in China!

Dolly strongly follows her core values of "Humanity, Kindness and Compassion". Her belief is to "Respect even those who disrespect you", and her vision is to create a "Fear free future for women by encouraging Martial Arts and educating on Domestic Violence, continue to bring awareness on Child Education, care for Elderly and create a home for all where they feel loved and respected".

To follow Dolly's journey please visit and like the following:

Official Facebook page -

<https://www.facebook.com/Dolly-Ahuja-Mrs-India-UK-2019-Winner-408033193306384/>

YouTube -

<https://www.youtube.com/channel/UCIM5YmSYYSFTMT3Y7jklj6Q>

Instagram -

<https://www.instagram.com/dollyahuja/>

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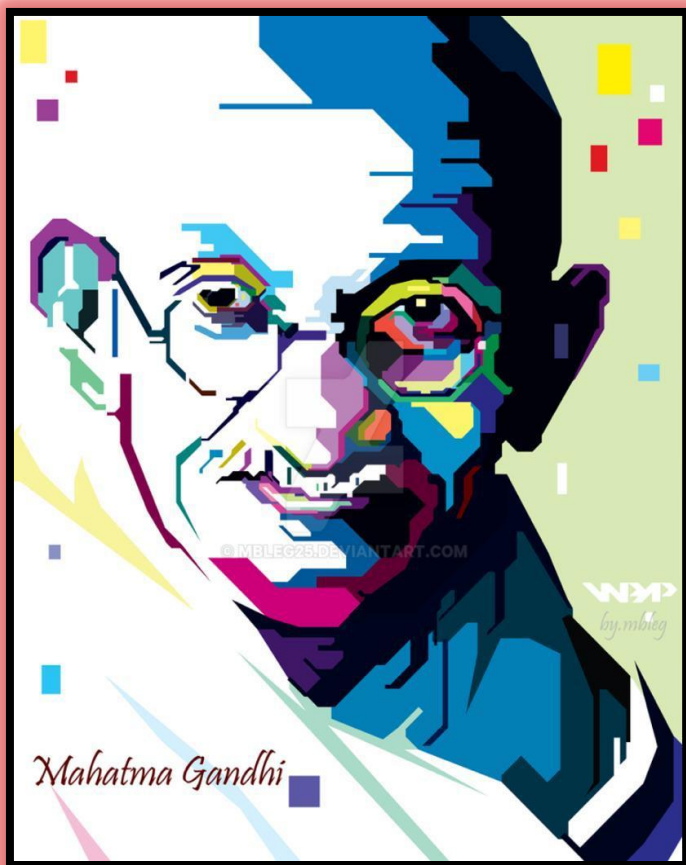
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Gandhi an Icon of Freedom:

So far incredible things have been done in the world through commitment, and wondering about it, one such name that pops up in minds of all of us is the name of Mahatma Gandhi. If we be honest to ourselves and take a look into the life of Mahatma Gandhi, we would come across what actually made him a great man.

Born on 2nd October 1869 in a middle-class business family in a coastal city Porbandar (Gujarat), as a child he did not show any such great potential. In fact, he was neither an extraordinarily intelligent man or an artist nor even a good lawyer. But as history reveals that this noble man made a commitment towards changing the world, which made him the actual hero of the country and a person, whom we still remember, especially on 2nd October every year (i.e. Mahatma Gandhi's Birth Anniversary).

On his 150th Birth anniversary, an abridged glimpse of his great life presented below, as symbols of solicitations.

The reason behind his success to achieve his aim was that he always believed in himself. He believed that he had a great responsibility to free India from bondage, and had complete faith in himself. He was aware of the fact that he would play a significant role in the freedom of India and so, he did it successfully.

Mahatma Gandhi wasn't a great orator and neither did he possess a very attractive physique; in fact he lived a life of simplicity and avoided limelight as much as he could, but still he is regarded as one of the greatest persons to have walked on earth.

People always like to exhibit their best advantage, particularly the snobs. But true greatness rarely exhibits itself in such a way; believing this analogy, there are only a few people.

God's good man never seeks occasions, and this is narrated from the life of Mahatma Gandhi, the Father of the Nation, India. He worked hard in the transformation of Mohandas Karamchand Gandhi to the Mahatma Gandhi, needless to mention. He fought hard to help India and its citizens to get their deserved freedom from British slavery.

The British were able to rule India for about 200 years by overpowering the minds of Indians. Psychological war was going on between Indians and the British men and it was a cumbersome task to change the minds of Indians towards new dimensions. So Gandhi ji designed his new model of Ahimsa and truth and he was able to call upon lakhs of Indians to take part in Freedom fight, without fear and

killings. Hence he became the leader of the disarmed army of the poor and dumped millions, and soon he became the unique Freedom Icon.

The voluminous works of Mahatma Gandhi cannot be narrated in an abridged presentation or explanation. Besides this great Independence Fighter, was also a significant social reformer. Gandhi ji dedicated his full life for elevating the poor and the depressed class of people including harijans.

Mahatma was more than just a political leader, who gained independence of country through his creative and innovative ideas of using Ahimsa and Truth, the weapons of Fight for free India. He was also a master of strategists and an exemplary leader, whose ideas and strategies carried great meaning for Corporate World, particularly in India.

On the eve of the 150th Birth Anniversary of the great man, let us unite together and pay homage and respect to the departed soul.

Remember 'united we win, divided we fall' the preaching given by Gandhi ji, and let's pledge to implement his ideologies in our thinking and the deeds.



S. C. Verma
Award Winning Author & Editor

A WALK IN THE WOODS

Taller trees made another sky
Shattering the drops of dew
Veiled by greens the blue hide
Voices around, very few

Calmness flowed like blood
Every nerve became dull
Peace was like river flood
Box of thoughts became null

Dew drops silenced everything around
Time became still
Alone in the nature's sound
I was unable to leave

I was walking yet still
In the midst of chaos yet at peace
Thoughts rushed but no spill
And everything just eased

I was home
Home where my soul was free
With cooling breeze
Around the trees

I found
What my soul craved
What my heart felt
Where I want to dwell
with NATURE....



ARCHI PATEL
Award Winning Poetess

!



Human Life: Mind & Body (Guidelines for our dear children)

Yes, the human life is very precious! We are lucky to be born as human beings. So, we must try to make it as beautiful and valuable as possible, by our original efforts.

Do not copy others because, there are differences between you and others. These differences can be due to the variations in climate, economic status, life-style, customs and traditions, cultures, hereditary etc. We live through, as per our own circumstances. For ex. Our food habit is as per our needs or as we can afford. Only thing universally important is that food should be good for health.


Look at our ancestors! They were very successful in life by following the right rules and regulations. So, now also we all salute them and show the regards for their great works by following the footprints. They were also the common humans like us but by their good habits, they became ever-strong with their mind and body powers. Let us do the same! We should enjoy life but keep control over incorrect desires, this is important. Self care should be a priority. We should eat fresh fruits and vegetables, regularly, to keep ourselves fit. Avoid carbonated beverages and junk food. Spicy and oily foods make us unhealthy. Do not eat excessive food unnecessarily. Obesity in itself is an illness. Also, do not eat less food for dieting! By eating insufficient, the body becomes weak and we

cannot work, properly. So, always, take balanced and timely diet for proper growth of the body and the brain, also. Proteins (veg. or non veg), iron and calcium are very useful for the growing body and this is found in pulses, milk, eggs, chicken, mutton, fruits etc. Drink 5 liters of clean water daily. Be cautious about your health! Only a strong body can gift you a bright future. And of course, we must practice exercises, regularly.

Just like a strong body, we also need a strong mind, simultaneously. And for a strong mind, we should practice meditation regularly. We can do this in the Vedic ways, such as, chanting on the "AUM " daily, ॥6 + ॥6 + ॥6 + ॥6 4 times minimum in 24 hours. This way, a life becomes divine, the human life!



Anjali Denandee,
Writer & MOM



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SELF ESTEEM

HOW TO BUILD A POSITIVE SELF –ESTEEM

“What a man thinks of himself is what determines, or rather indicates his fate.”

– Henry David Thoreau–

A beggar was sitting under a tree in the street with a bowl full of pencils. A young cooperative dressed looking man passed by and dropped a dollar into the bowl, but didn't take any pencils. He then boarded a cab. Just before the doors were to close, the corporate dressed young man went back to the beggar. He grabbed a bunch of pencils, and said, “I will take some pencils, they are priced right. After all, you are a business person and so am I”, and he dashed back on to the cab.

Six months later, the very young man attended a party. That same beggar was also present there, dressed in a suit and tie this time! The beggar recognized the young man and went up to him, he said, “You probably don't recognize me, but I remember you.” He then narrated the incident that had happened six months ago. The young man said, “Now that you remind me, I do recall that you were begging that day. What are you doing here, wearing a suit and tie?”

The beggar replied, “You probably don't know what you did for me that day. Instead of giving me charity, you treated me with dignity. You grabbed the bunch of pencils and said, “They are priced right. After all, you are a business person and so am I.” After you left, I said to myself – ‘what am I doing here? Why am I begging?’ I decided to do something constructive with my life. I packed my bag, started working and here I am.

I just want to thank you for giving me back my dignity. That incident has changed my life.” What actually changed that beggar's life? What brought up the change was that his self-esteem increased and so did his performance. This is the power of self-esteem in our lives. In Simple words, self-esteem is how we feel about ourselves, our attitudes, our actions, and the opinion about self, critically influences everything, our performance at work, our relationships and our accomplishments in life. Self-esteem is a major component in determining success or failure. High self-esteem leads to happy, gratifying and purposeful life. Unless you perceive yourself as somebody of worth, you cannot have high self-esteem. Self-esteem gives you internal drive. All great world leaders and teachers throughout history have concluded that one must have confidence in order to succeed.

Developing a positive self-esteem will increase your self- confidence and self- worth. Your self-esteem gives you an idea of your personal value and self – worth. How much you appreciate yourself, love yourself and think about yourself will determine the capacity of your self- esteem. Low self -esteem is destructive and places a limit before you, affecting your achievements, accomplishments and happiness.

“Try not to be a man of success, but a man of value.” - Albert Einstein-



Michael O Ediale

**Life Coach, Amazon Bestseller Author,
Motivational Speaker**

Fest Zest: Navratri



Navratri is celebrated differently in India's various regions. For many people it is a time of religious reflection and fasting; for others it is a time for dancing and feasting. Typically the festival's nine nights are dedicated to different aspects of the divine feminine principle, or *shakti*.

Colorful flares of women's skirts swirling to the loud drum-beats and the men adding their style to steal the show! This is Garba, the popular traditional dance of Gujarat. It is performed during the Navratri festival, expressing the joyful happiness in the celebrations. Claps sound in unison and feet move in synchronized steps during a Garba and this sets the hearts thumping!

A variety of songs are sung aloud on a high pitch of voice, mostly of religious nature, also some others, appreciating the beauty and the night, the moon and moonlight. Men and women dressed up in delightful traditional outfits with full make-up and heavy jewellery, are seen dancing with their partners, and celebrating the joy of togetherness. The air

around got charged up and electrified in the magical night, nine days of Navratri.

People pray and thank the Goddess of power, Durga by keeping awake at night during Navratri and celebrating the divine blessings showered upon by the Mother Goddess.

Shashwat Johri
Award Winning
Author



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Healthy Lifestyle -3 Exercise and Fitness

Fitness is the opposite of laziness and laziness is the biggest enemy of a person. Everyday exercise is a fitness charge-up for keeping pace with the routine of a disciplined life, and discipline is the route to success. Thus all the essential aspects of life are interconnected and mutually dependent; just like the four wheels in a car. Even if a single tyre is removed or gets punctured, the car cannot move properly. Similarly, Exercise and Fitness are very important aspects of healthy lifestyle that keep the wheels moving for a smooth going in life.

Fitness emphasis has been a part of our primary education and in fact, Indians have gifted the world with Yoga which is the best fitness theory ever and is an effective way of shaping life

beautifully. Yoga is functional in the upkeep of physical and mental health as well; it is for the mind and the body both. In addition to this, Yoga also generates positive vibes around us. Yoga was designed by our learned sages, ages ago, who had divine wisdom to create this complete package for tone up and fine tuning the realms of living for the best results.

The breathing exercises, 'Anulom-Vilom" and "Anunasika" infuse oxygen into the body and generate the right pressure from the respiratory system so that this oxygen immediately reaches into the blood cells, thus enriching us upto the unitary level. Yoga therefore provides distinct long lasting results. The 'Surya Namaskar" is well known for providing the complete exercise for all the body parts, and bowing down to the Sun also means getting blessed with a lot of will power within. This moulds us into healthy fit individuals with a strong will power and high

energy, and nothing can stop such a being from working hard effectively and achieving success. The chant of 'Om' in the 'Yog Mudra' or the 'Dhyaan Mudra' brings in positivity and develops the ability to focus and concentrate on the goal.

Gym is another cool option for shredding extra pounds in a short time. Obesity in itself is actually a diseased condition; let me show you how. It is a passive disease that is the actual culprit behind two very common ailments. One of these is the cardiac arrest. This is because, as

we all know, the function of the heart is solely the circulation of blood. The oxygenated blood has to reach to the cells and tissues and the deoxygenated blood is drawn to the heart for purification. So the heart is performing this double function 24*7 without rest. Now, when the body becomes obese, this pumping work

load on the heart is increased for sending blood over a larger body area and vice versa. This brings fatigue to the cardiac muscles and therefore the risk of a heart failure is increased. Another strain caused by obesity is a direct physical load on the pelvic girdle and the knees, due to an overweight carried upon! This could bring sufferings due to joints pain, and in extreme cases during old age when the bones have become fragile, bone breaking may occur, which is a pathetic state. It is therefore better to make hay while the sun shines and so, better control your body weight before it is too late!

As far as I think, people do know well the consequences ignoring the fitness routine; still they don't take much effort for it. This is probably due to the hectic life style today, where even multitasking doesn't spare us the sufficient time for self care. In that case my suggestion is to keep your fitness essentials nearby, so that you can make use of it whenever a little time is available. Like, the weight checking machine should be placed near your bed so that one will spontaneously keep a record of one's weight without even thinking to

go for it. I must say that a weight checking machine is the first essential step towards fitness. As long as one is not aware about becoming overweight, efforts in that direction will not be initiated. Once the person has come to know about it, then in the second step he will be careful about it, somehow or the other. Similarly, a mini gym with one



trade mill and cycle exerciser should be an essential part of your TV room, where you spend at least two hours a day watching TV. Those who are exceptionally busy can use this formula of multitasking by doing the fitness exercises when they are also watching TV. A wise channel selection then could be, some songs and dance, and you will then have real fun during exercise. Go for it and trust me, it works!

Another reason why people don't do enough for their fitness is that they do not make it a priority. Going to office on time to earn a living, commuting distance, dropping children to

school, keeping the house tidy, cooking food and maintaining social relations, all this are important part of our routine which no one can skip, so consequently fitness efforts remain ignored and find no room. I would therefore like to draw people's attention towards the actual importance of fitness in our life. A fit person remains active and can therefore perform better in his duties on job. He can commute distance without getting tired and therefore maintain office timing. A fit and energetic person will feel no lethargy in running to places, like kids' school or market, for any necessary work, whereas an unfit one will get tired and frustrated, and so he or she may not be able to fulfill all the responsibilities.

A person in good shape is complemented with an attractive personality and therefore gets a better response in work and business. This helps in earning social respect also. Fitness adds to our happiness as we can wear the trendy clothes of our choice and get appreciation from friends and relatives. A fit person can stay safe from ailments and pain, and this is true happiness. So for such big bundle of joys, a little bit of effort for keeping fit is worth, isn't it?

I would like to share my favorite fitness formula, and that is, a night stroll after dinner with some music on FM. It is a heavenly experience that works to tune up body and mind, soul-deep I must say. I enjoy my night walk with ear-phones; this prevents any distraction so that it is only about me and with my favorite music, the classy moon and stars glittering above! I have done this for years and it is also the best for stress management. You can add to it, your own choice like walking with your loved one by your side, or else with your pet. There is a popular saying:

'After lunch sleep a while and after dinner, walk a mile.' Well, a walk of around 3 Km is fine, if done religiously everyday! It can be one and a half Km to start with & can be gradually increased.

Finally, the fitness summary:

- 1) When you wake up in the morning, sit up by turning to your left side.
 - 2) Rub your palms together and place it on your eyes for a few seconds. This is for blood circulation and positive vibes.
 - 3) You may not find time for all the yoga exercises, but do not omit the 'Pranayam' in the morning fresh air. This oxygen booster will fuel you up for the whole day!
 - 4) Try doing Surya Namaskar, for fitness and gaining power.
 - 5) If possible go for a short nap after lunch, or else just relax a bit.
 - 6) Evening gym is fine, otherwise sports like badminton, tennis etc also work well.
 - 7) Those who are not interested in sports can join a dance class, for entertainment and enjoyment along with fitness.
 - 8) A home gym in the TV room is a convenient option.
 - 9) Go for a night stroll, it really works.....
- And most important one is:
- 10) Keep a weight checking machine near your bed.

So that's all this month friends. I will write about a very important and sensitive issue next month, and that is, Mental Health. It is vital and the awareness about mental health must be communicated to all the homes; this is for the Happiness Quotient which we must realize and work for in the future, and that will be the true development.

So keep fit and stay tuned.



Sansriti Johri

Author, Columnist, Blogger & Social Worker, Healthy Lifestyle Mentor

The Tarot Empress



The body, the mind all need due care by replenishing the necessary and removing the waste out. Well, so does your life!

There could be an accumulation of negative energy around you, disturbing your aura and the divine chakras, and you don't know about it as you can't see it, you only suffer the consequences which are in the form of hurdles in your success, dreams and money. In extreme conditions it can disturb your thinking process so that people get ruined drastically.

It's just like a doctor can only detect the cause of a disease and cure it, in the same manner spiritual disturbances can be cured by the experts, Tarot Readers.

The Tarot Empress are my services for spiritual healing and bringing in positivity and well being in your lives. My science is a combination of methodologies which detect negativity, remove it out, infuse positivity to set things right. I also run classes for teaching others, so that people can at least detect any such problems around their family members and children and provide them the first

aid at the right time; after that I am here for you all for complete cure. Stay blessed.....

Reach me through the EsquireVJ Welfare helpline no. +91 7698055501/02

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TTrue happiness lies in reaching out for meaningful support. It gives us immense pleasure that there are serious readers who want to have queries and doubts cleared related to their family, friends, and colleagues.

There were few questions from the readers which are a generic and many of us have faced it in the past or may be facing. Let's take few of them in this edition and learn the solutions and guidance from our **Experts Mrs. Kavita Hans, Author and Life Coach and Mrs. Revathi Mohan, Author, Psychologist & Story Therapist**

Question: I am a strong woman and can handle lot of things. Unfortunately people assume that I don't need support from anybody although at times I do need other people's care & support. How to make others understand that?

Kavita Hans:

Mrs. Strong Woman, first of all thanks for being courageous to ask this question so openly that even you need love, support and help from others. My question is that do you ask help from others, do you tell them that even you need support? Mostly it has been noticed that people who are strong and can handle most of the things by them, they somehow fail to communicate that they also need help because they are not willing to break their image of being strong. Strong people do not share their feelings to others easily, they do not allow others to peep into their zones, and instead they have created a very strong boundary around them unconsciously which is invisible to them but quite visible to others. Thus outside people dare not peep in to their lives leaving them isolated, alone and sad at times.

Strength is different than being strong; strength is in giving comfort to others, also in being vulnerable at times. It's okay to reveal your heart and mind to others who are close to you. Have you noticed that when someone shares the feelings or situations to others, people around not only listen but also open their heart very easily to them? Vulnerability=Courage. It's easy to hide yourself from others but it needs real courage to tell your true feelings.

"Courage starts with showing up and letting ourselves be seen." –Brené Brown

We do not hide feelings from others for the fear of other's judgments. We think what others would think about me, what if am not acceptable to them? Whether others would like me once they know about me? Do not think about how other people will respond to you and also do not have any expectations, instead just be vulnerable to share your real feelings with them. You should not restrict your life by thinking what others would think about you; instead, you should live your life openly, peacefully and happily.

If you are like a rock people can't see that you have cracks too. Having and revealing emotions is not the sign of weakness. Just asking for help, seeking support and telling people what you need is absolutely okay. So, Mrs. Strong, it's okay to be weak at times and allow people around to know about you. You can make others understand about you by allowing them to peep into your life what you think and how you feel genuinely. How can you do it?

1. Spend time with people who are close to you and who can take care of you.
2. Listen and discuss about your real feeling.
3. Do not judge others all the time.
4. Do not discuss about your work always.
5. Listen to others achievements and appreciate them.
6. Appreciate 3 people genuinely on daily basis.
7. Practice gratitude.
8. Ask for help when ever you need.

Practice this and let me know your feed back soon.
God Bless!

Question: I am a school student and I am already into professional modeling. But my teachers do not recognize that and pressurize me to study 8 hrs imposing heavy homework burden. This spares me to no time for my modeling practice. How to maintain my balance of life, please advice.

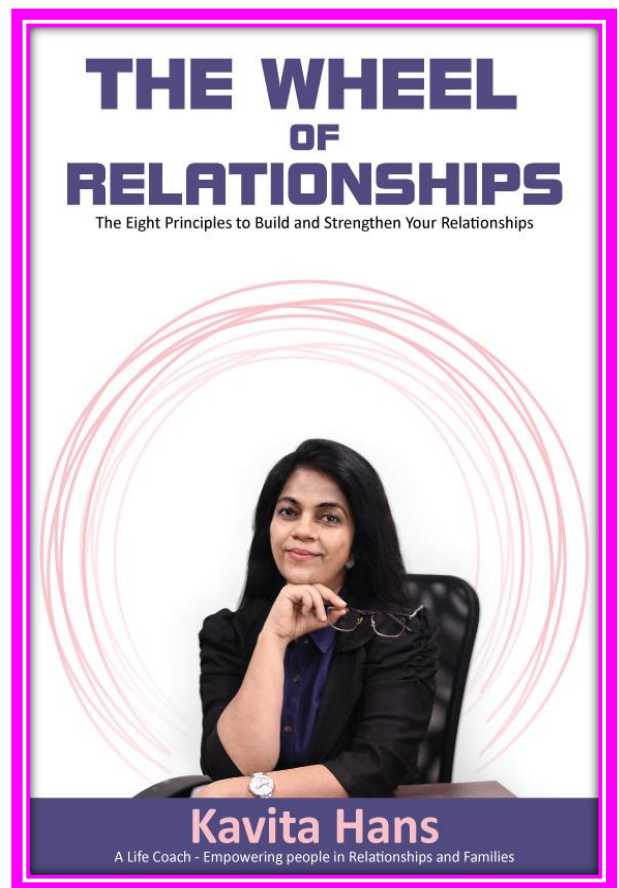
Kavita Hans:

As per your question it seems that you are interested in modeling and want to make your career in the same field. Since you have not mentioned your age I am assuming you are in the age group of 14 to 18 years. It's good that you have clarity on what do you want to do in life, but at the same time you must have taken into consideration the challenges of this career. You may be doing well in your professional modeling and this can be your plan A, but in life one has to be ready with a plan B and a Plan C as well. Please think on if Plan A is your professional modeling, then what other careers can be your Plan B and Plan C.

What are the other careers of your interest in which you can do well and what qualifications do you need for it. Many a times, students are clear what they want to do in life but they are unaware of the external risks associated with that career, so it is wiser to be ready with other plans also.

Once you are clear with your plans, you will realize that studies are necessary to pursue your goals in life and this may be the reason of the teacher's force for studies. Sit with them one on one and explain them what have you planned for your career and how are you going to pursue it. Once you explain the risks covered in professional modeling to your teachers and parents, definitely they will support you. If not 8 hours a day but do spend sufficient time on your studies so that you can pursue plan B or plan C in life if required.

Always remember **"Unless you reveal, you can't heal."**



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Do not depend upon luck for happiness in your Relationships.. You can create it!"

Kavita Hans

I dedicate this book, to all those people who are struggling in their relationships and they feel helpless in bringing in happiness and peace in relationships. My objective is to bring forth the various principles which affect relationships with the help of some real cases. I have come to know about these through the experience shared by my clients. I want to share certain guidelines with you all that will help in taking control of your relationships by understanding and introspecting each of these principles in your life.

This book will provide you with the insights to create and sustain healthy relations for years to come. Once you learn and understand how each of these principles is working in your life, you will be able to build up and maintain your relationships in the desirable way.

I am writing this book to bring forth the eight principles which are important to make the relationships strong and healthy and to maintain a positive balance in every family. If we ignore or take for granted these eight principles, then complications will be created which can be sadly unfortunate. The consequences in that case could be such as the people being hurt badly, or quarrelling unreasonably without any logical reason, thus making their days miserable and ruining the beautiful life. I have seen in my life that many families are struggling and are spoiling their valuable time worthlessly due to unawareness about some simple aspects of living. If they take care to apply these aspects in life, the ride on this planet can be a cake walk, full of creamy happiness.

These eight principles form the spokes in the **Wheel of Relationships**. On learning about them and then implementing them, you will be able to create healthy and happy relations. By careful introspection after acquiring the knowledge, one will understand which part of the wheel is working well and which part

requires due attention or maintenance. Even if your relations are healthy enough fortunately, still you may want to know about all the spokes of the healthy relationship wheel and you may further try to put in efforts in the right direction to be able to create close bonding with your loved ones.

The goal of this book is to help you improve Relations with your loved ones and this book won't be finished until this goal is achieved. Put the principles in this book to work and you will achieve love and happiness in your Relations.

This book is available on amazon at the following link..

https://www.amazon.in/dp/Bo7YP626MS/ref=cm_sw_r_wa_apo2LDbVMTQNCB

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Question: My son is 23 years old heartbroken by one side love. He is isolating himself, eating junk foods, burning papers and clothes inside his room. As a parent how could we help him?

Revathi Mohan:

As a parent you need to empathies and let your son know that you understand what he is going through. Let him cry if he wants to and share if he is interested to. Better not to probe information in this regard. Your hug and presence are most important. It is essential to listen patiently rather advice. You need to be cautious when talking with him.

'It's your fault'

'The girl is not lucky enough'

'You will get someone better than her'

These statements might irritate him and worsen the situation.

Instead

'Yes I understand, it hurts'

'Accept it's over'

'It will take time to process and fix the broken pieces'

Would sound appealing.

In this phase friend's support is much needed. It makes the person feel that he is cared by somebody and will keep him from taking any other unhealthy decision.

Isolating thyself and eating junk food are the minor signs that a person is mentally not well.

Burning papers and cloths are the severe symptoms that he needs counseling and medication.

In this case, distraction is the best medicine.

Encourage him to hit the gym and to indulge in sports that burn calories and negative energy.

Try the best possible ways to take him out to new places and to meet new people which will make your son to get distracted from what he is going through. Let him realize, it will take some time to get over and that many other things which he loves are there to cherish and to accomplish.

Hardly will it take a year to get over and for that the efforts taken by him matter the most. Wish him a speedy recovery.

Question: How do I know that I am pampering my child?

Revathi Mohan:

Pampering is treating your child with excessive care. Example: organizing their room, packing their school bag etc., arranging their needs right from sharpening the pencil, labeling the books to polishing their shoes.

Some parents feel guilty to say 'No' to their children, but in fact, refusing to help kids makes them to do things on their own and handle disappointments. Parents doing things for their kids when they are capable of doing it on their own makes them lazy. Parents might think they are helping their children out of love, but they are actually spoiling and making them a dependent personality. The best way is to guide rather help.

For any further assistance / guidance you are most welcome. Don't forget to write to us at:

info@esquire-vj.com



Revathi Mohan

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THE BIRTH OF VASTU PURUSH:

Nice to be back with you all again, and in continuation with my article in the September '19 issue, I am sharing the enlightening knowledge about Vastu Science as promised.

Vastu Purush is the concept of Indian Vastu Shashtra which is very powerful. According to Matsya Puran, (Sacred scriptures of Hinduism), when Lord Shiva was fighting a war with the demons (Aasuras), a weird personality was created from a drop of his sweat. This figure was a cruel being, horrifying and devoured everything that came on his way!! The deities got terrified and went to Lord Shiva praying for protection. Lord Shiva kept suppressed this weird man under his foot till the war was over. The weird man surrendered to Lord Shiva and begged for his forgiveness.

Lord Shiva named him as Vastu Purush and called him the Son of Lord Vishwakarma. Later, the Lord ordered him that he should go on the

earth and give health, wealth and happiness to the people residing there. He blessed him that the occupants on the earth will always worship him. Then 45 deities including Lord Brahma, the Creator of the Universe, collectively caught hold of Vastu Purush and threw him on the earth with his face downwards, head in the North-East and his feet in the South-West. Each body part of the Vastu Purush was given the name of the deity who touched it while holding him. Lord Brahma touched the Navel of the Vastu Purush, so it was given the name of Brahma, and therefore the centre of the house in Hindu mythology where Vastu Purusha's Navel is supposed to be, is called as the Brahmasthan.

The whole idea of classical Vastu Science is based on the Vastu Purush. We follow this system which gives us a very accurate diagnosis of any problem in that place, and therefore we can exactly tell the occupant about the happenings in the house. So the cure of the problem related is very satisfying.

Vastu Purush was born in the month of Falgun of Bhadrapad date 3rd day Saturday constellation tritiya yoga yatipath in the midst of Bhadra, vistikaran during the auspicious time of Fuik. Hence, those who construct a house after conducting the worship of Vastu Purush and then enter the house will always get the perfect protection and positive vibes.

In the next edition, wait to know the secrets of Vastu and Panchtatva.....

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

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THE PEOPLE IN MY LIFE

"Everyone who we meet in our lives is our teacher; If not anything else they teach us what not to do". Bottom line... nobody is completely self-taught. All of us are influenced greatly by the people around us. They make us who we are. My thoughts, my beliefs, my behavior... how it would be like, I often wonder, if I was the only soul in the universe. Would it even exist? Well, we are lucky that we aren't alone. All surrounded by this sea of humanity that we have taken for granted. Human beings - so varied and so different! We have definitely met an interesting combination of people in our lives. I certainly have. What I am today, I believe, is directly due to the people I have met and interacted up to now.

We all believe that we are good and every action we take, whether negative or positive is all with good intentions. So if we think from other's point of view, what's not to like, I ask? There have been rarely such instances when I have disliked the people I have met (I am human too). We get most influenced by our near and dear ones – our family, our friends. I take this medium to share my learning's and experiences with these cherished people of my life. Hope to have an interesting journey of relearning and reliving JUMPING NUTS

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since this is a journey of sharing my life experiences with the people in my life, I believe an apt beginning would be with the Editor-in-Chief of the very magazine you are reading... my dear, dear, friend Sansriti Johri and the quartet of friends we formed a long time ago. Since then she has labeled us the "Jumping Nuts". Well we certainly used to jump and am sure many thought us "nutty" – so a suitable label. San and I were part of this faction that is most peculiar to Mumbaikars. We were, what, for want of a better word are referred to as "train friends". Many such groups are very common in the Mumbai local trains comprising of individuals who regularly traveled in the same train, saw each other's faces twice a day for God only knows how long – before one day they get bonded and become "Train friends". If we were to ponder on how each of us would have met or how we came to communicate, I think very few could actually remember how it came about. In a very such similar way, we four also came to be friends. While three of us were native Mumbaikars, San had moved, at that time, due to her career bringing her here. A more unlikely foursome one would not have seen. Outwardly we seemed to be - the boisterous Sonu who was Miss out going personified while on the inside she was a deep one, the seemingly quiet and reticent Neetu who was

actually an imp to the core and our nerdy and intelligent San with a whacky sense of humor – she could make us laugh till our sides ached. As for me I don't know how I fit in the group. I have always been a loner, an introvert. Though I love people I just don't know how to mingle or make friends on my own. Somehow our extraordinary group with its unique membership opened their hearts and made a space for me (the misfit)

to be part of their lives too. I have been so thankful for this. Though I can never recollect my contribution to the group, I can readily relate how each of the three has impacted my life. Sonu, who unequivocally took on the role of the group spokesperson, was always the person people remembered. She never gave a damn to what anybody would think or how they would judge her when her opinions were voiced. She was the noisy one, the extrovert, who could approach anybody and everybody – nary a sign of nerves – never. I have seen her winning people over with an ease that I envied. Neetu was always the one who voiced her opinions last – but was the first when it came to pulling pranks or pulling each other's legs. Her ready captivating smile and her capacity to love is something I have yet to see in another. Her house was almost always where we used to hang out. Her mom displaying the same adorable smile welcomed us into her home and her heart, that we felt we were her children too. The singer of our

group - Neetu used to always get us to singing Antakshari in the train. Even to this day, all of us remember the songs we loved the most and the ruckus we used to create in the train. She still greets each of us with her "Hi sweetheart" and her sweet smile we all know and love. And San, she was this pocket-sized dynamo. She was this sedate intelligent girl – dignified among us hooligans. But let something unjust take place and you would



immediately change your mind about her silence. She would be like this tigress defending her cub. When she first told me that she was a student of Applied Chemistry, it was hard for me to imagine this little doll handling solutions in test tubes to be analyzed in a spectrophotometer. San, always in prim & proper attire with a single plait falling well below her waist, she looked so delicate and demure. – But I am sure she held her own in a

field which was then totally male dominated. We were an indestructible group for almost 2 years – spending our free time together, binging on all of Mumbai's savories, goofing around, lending one another our ears or shoulders... some of the best moments of my life. And as always life gets in the way – priorities



change. In our case, realities came in the form of our impending marriages –with San being the first to move to Vadodara, then me – to the outskirts of Mumbai. Sonu moved to different continent itself.

Only Neetu remained after her marriage in Mumbai suburbs. We all couldn't meet or hang like before. We had to "grow up". We do meet time and again, whenever time permits. San is normally the instigator for almost all such meets. Geography or time has not come in the way as we had truly bonded. We have all had varied experiences since we have parted that has made us all change in different ways. However whenever we meet we find our relation stands unchanged and untouched by time. For that short while - all of us are in our early twenties again – enjoying ourselves, still goofing around, singing the same songs that we loved. So what if we don't see each other twice a day, every day. So what if we aren't sharing our experiences but having different ones all on our own. What matters is that we carried the best part of all of us in our hearts forever since then – our memories and our love for each other. This made us the greatest group of all time –

By Vidhya Krishnaraj,
Editor SquarePetals, Mumbai

RUMOURS

The moment you see, a girl talking to a guy,
You start strewing baseless rumors;
don't know why!

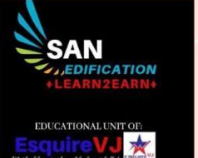
That guy might be her bosom pal or a brother.

The question is,
why do you even bother?

You are no one to assess her,
on the basis of her company.
It's high time you need to grow up Honey!

Why will she confine herself?
From talking to whomever she likes!
Tell me what do you feel after tattling,
like you're nudging the skies?

Broaden up your mind, you petty-minded folk!
Cause purveying rumour about her,
is not kind a joke!



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Model, Miss Sankalp 2k19 & Waves Show
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Festive Sweet Delicacy

“Maalpua”


- 1) Ingredients: White Fine flour-250 gms
- 2) Milk – 2 cups
- 3) Sugar, Coconut, Raisins, 5 Bananas and citrus flavor.
- 4) Ghee for frying

Method: Boil the milk and then let it cool down. Now add the white flour in it for making a smooth batter. Add coconut pieces and raisins and then little bit of citrus flavor, mix it all well. Now mash four to five bananas and add it to the batter. Beat to mix well, then cover the mix well and keep it aside for five hours for leavening. After five hours of fermentation, add sugar as per your taste and mix it well.

Put a frying pan on the gas stove and put some pure ghee in it for deep frying.

When the ghee melts and is heated up, put the mix in small round shapes with the help of a spoon and deep fry it on a medium flame. Now take out the ‘Maal pua’ and place it on tissue paper to remove any excess ghee. Yummy tasty Maalpua is ready! Garnish with cashew bits and enjoy the delicacy. You can even store it for a week and relish it for days!

By Annapurna Verma
(Cooking Expert & Mentor, Mumbai)



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Aarav then made his mark doing runway modelling for Kids Clothing Brands at India Kids Fashion Week. He is also the EsquireVJ Showcase model for Sunehri Collection NS Series Designer Outfits. His diverse talents has made him shine in various fields and Aarav has also cleared the first round audition of Sabse Bada Kalakar show on Sony channel.



BUDDING SUPERSTAR

Presently the li'l master is becoming a tabla & drums maestro at the Sangeet Prathmik Shiksha. Wishing.....

Aarav Bhaunani

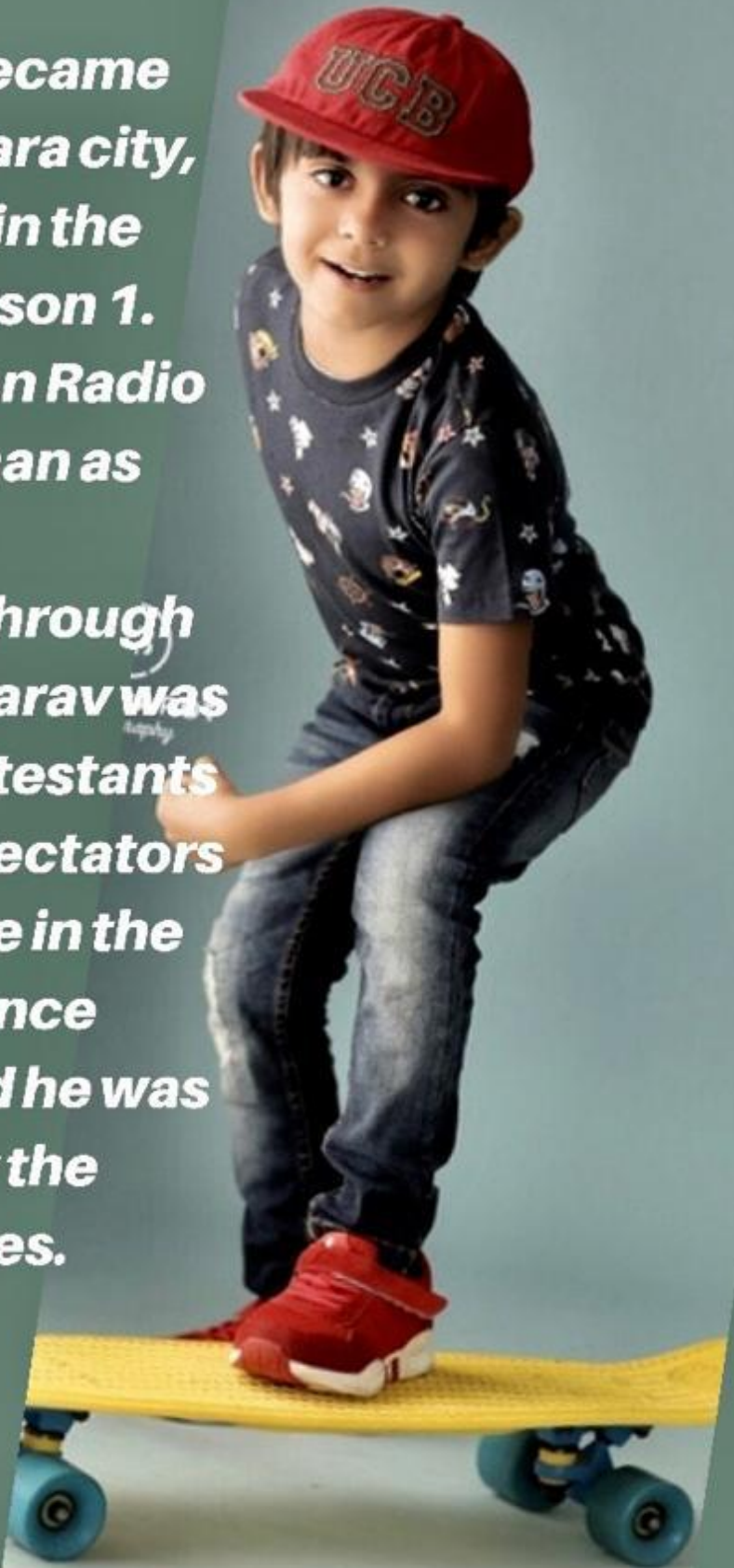
Great Success!

Aarav Bhavnani

Aarav Bhavnani became the pride of Vadodara city, reaching Top 20 in the Super Dancer season 1. Soon he was aired on Radio City with RJ Roshan as Jr. RJ!

Climbing heights through dedicated efforts, Aarav was among top 100 contestants mesmerising the spectators by his performance in the Dance India Dance Mumbai Studio, and he was appreciated by the celebrity judges.

He strides with impressive glance and innocent smile!





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 Processor: Qualcomm Snapdragon 855/ Exynos 9825
 UFS: 3.0

Cameras: 16MP + 12MP + 12MP rear cameras & 10MP front camera
 Ram: 12GB
 Storage: 512GB
 Battery Capacity: 4380mAh
 OS: Android Pie
 Launch Date: 1st October
 Price: INR 1,50,000- 2,00,000



By
 Shashwat
 Johri



Oppo Reno Ace

Display: 6.5-inch super AMOLED display (90 Hz Refresh rate display) with protection of Corning Gorilla Glass 6
 Processor: Qualcomm Snapdragon 855+
 Cameras: Quad Camera setup (48MP+ 13MP+ 8MP+ 2MP) & 16MP front camera
 Ram: 12GB
 Storage: 265GB
 Battery Capacity: 4000mAh with 65W Super VOOC flash charge
 OS: Android 9 Pie, Color OS 6.1
 Launch Date: 10th October



One Plus 7T Pro

Display: 6.65-inch fluid AMOLED display (90 Hz Refresh rate display) with protection of Corning Gorilla Glass 6
 Processor: Qualcomm Snapdragon 855+
 Cameras: Triple rear camera setup (48MP+ 8MP+ 16MP) & 16MP front camera
 RAM: 8GB
 Storage: 256GB
 Battery Capacity: 4085mAh with 30W Warp Charge 3T
 OS: Android 10, Oxygen OS 10
 Launch Date: 10th October



Google Pixel 4

Display: 5.7- Inch P-OLED display (90 Hz Refresh rate display) with protection of Corning gorilla glass 6
 Processor: Qualcomm Snapdragon 855
 Soli Radar Chip
 Motion Sensor
 Camera: Dual camera setup (12MP + 16MP) & 8MP front camera
 RAM: 6GB
 Storage: 128GB
 Battery Capacity: 2800mAH with USB power delivery 2.0 Fast charging & Qi wireless Charging
 OS: Android 10
 Launch Date: 15th October



Xiaomi Redmi note 8

Display: 6.39 inch IPS LCD display
 Processor: Qualcomm Snapdragon 665
 Camera: Quad camera setup (48MP + 8MP + 2MP + 2MP)
 RAM: 4GB
 Storage: 64GB
 Battery Capacity: 4000mAH with 10W Charger
 OS: Android 9 Pie
 Launch Date: October end



Xiaomi Redmi 8

Display: 6.21 inch IPS LCD display with protection of Corning gorilla glass 5
 Processor: Qualcomm Snapdragon 660
 Camera: Dual camera setup (12MP + 2MP)
 RAM: 4GB
 Storage: 64GB
 Battery Capacity: 5000mAH with 10W Charger
 OS: Android 9
 Launch Date: October end

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Sketch artist : Sunita Thakur

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