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SquarePetals

Global Webzine

Personality
Development

Ability in Disability

Health &
Fitness

Mental Health

Flavour
Special
Channa Masala

Art & Paintings
Kerala Mural
Pen & Ink Portrait

Literary Bytes

A Lovely Tale
Is Writing My Cup of Tea

Poems

Friendship

My Unfavorable End

Bollywood

Shushant Singh Rajput

Cover Story

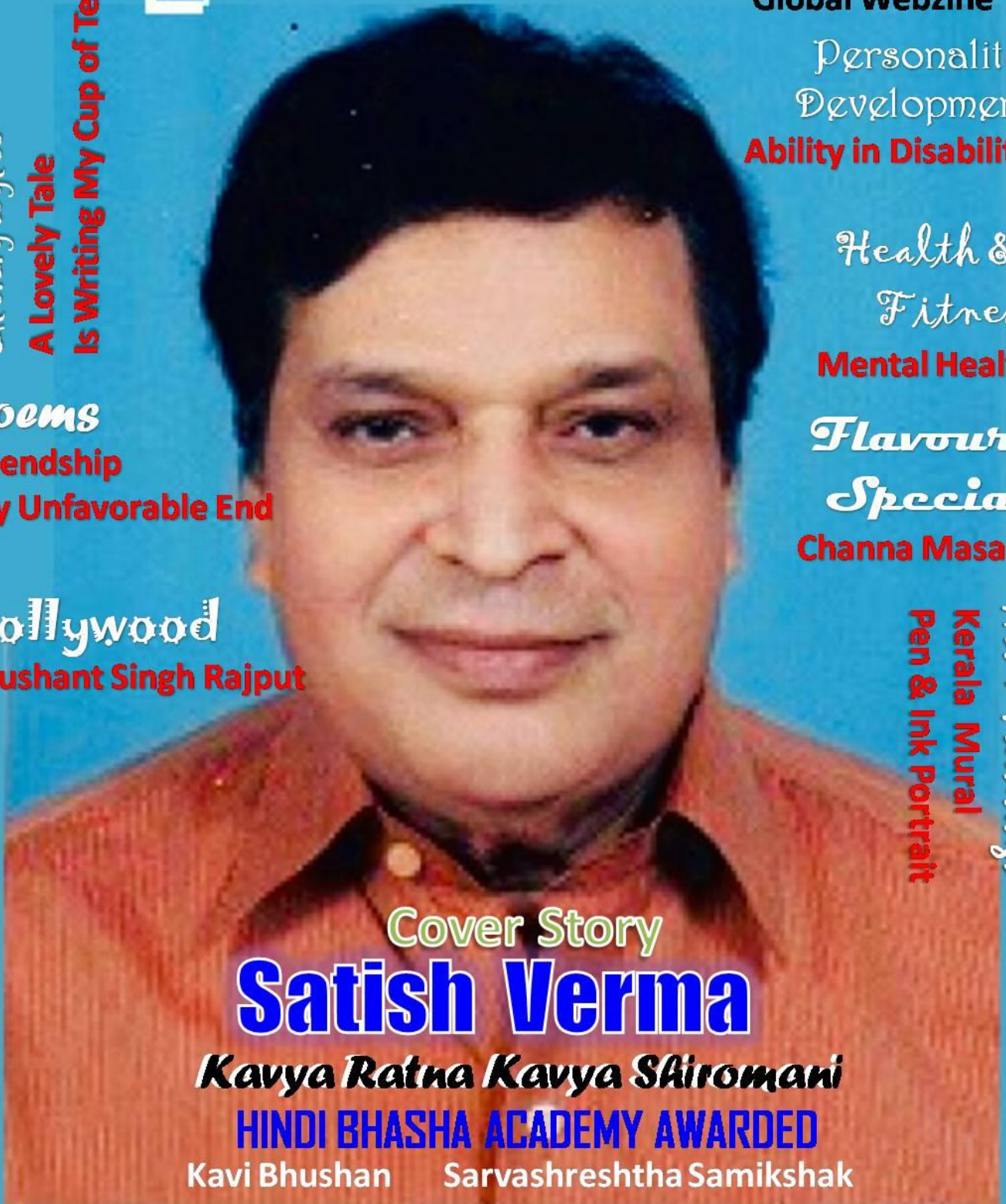
Satish Verma

Kavya Ratna Kavya Shiromani

HINDI BHASHA ACADEMY AWARDED

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Sarvashreshtha Samikshak



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FROM THE DESK OF EDITOR - IN - CHIEF

Hi friends ,

Monsoon rains make the weather most beautiful here in India and it's a pleasure penning down for my dear readers while it's drizzling and the coffee aroma further carries me away...

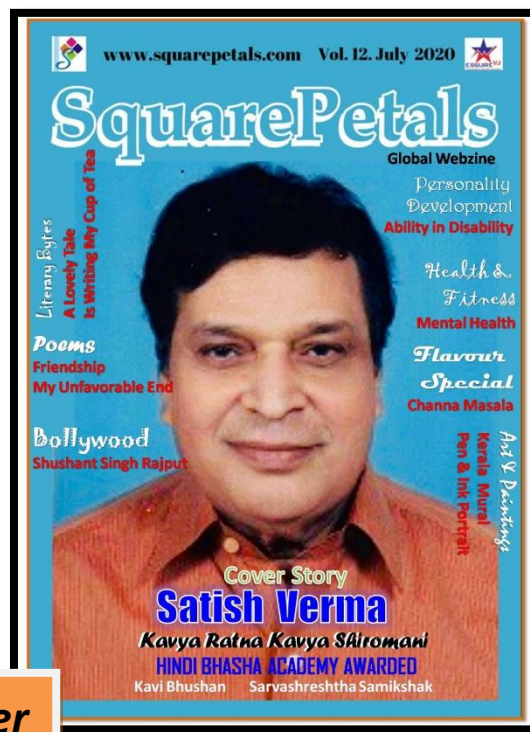
So while there is tension at the borders of some countries due to war threat and fear inside due to pandemic, the ray of positivity is here, the July 2020 issue of SquarePetals Global Webzine. Relax with the quality read about Personal Development, Flavor Special, some heart touching short stories, poetry and so much more for you all.

Dear readers, your suggestions are welcome, please write to us: info@esquirevj.world

Happy reading, Love & regards

Sansriti Johri





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Shri Satish Verma is an esteemed Hindi author, writer and editor. He has written several books which are distinguished by high level language and class literature. Shri Verma ji has been awarded many times for his unparalleled writing style and his valuable contribution to Hindi literature.

Satish Verma ji is an Engineer by profession and he retired from reputed Managerial position from the Training Institute of the Ministry of Defence. He has been actively engaged as the guest faculty of Engineering and Management in educational institutions of the Ministry of Defence. Satish Verma ji is currently settled in Mumbai since 20 years.

Verma ji's Literary Achievements are are :

1. Chhabi Sushma (Poetry Collection)
2. Kavya Kunj (Poetry Collection)
3. Smriti Aranya (Story Collection)
4. Chakkar Pe Chakkar (Comedy Drama),
- 5) You Miss Me Too (Story Collection)

Upcoming books by Shri Verma ji under publication are

1. Bygone moments (Katha collection)
2. From the window of memories (collection of poetry)

Sanjha collection published with other writers include:

1. Sweet syllables (Part-2)
2. Utkarsh poetry collection
3. Vihg preeti
4. Sandal fragrance.
5. Mother and many more.

Honors :

Satish Verma ji has been honoured for his outstanding and meaningful work.

Kavya-Ratna, Kavya Shiromani, Kavi-Bhushan and Best Reviewer awarded by Hindi Sahitya Academy. He has received many honors from various literary forums, as well as institutions of the Ministry of Defence. Short films & telefilms have also been made on the interesting stories written by Shri Satish Verma ji, which also carry message for our society.

Shri Satish Verma's prodigy of poetry, his wide subject area, astrological word combinations, amazing imagery, unique symbols, ornate language style and intact vocabulary, give him a special place among Hindi creators. Hearty congratulations and best wishes to Mr. Satish Verma from Square Petals.



Cover Story



हिन्दुस्तानी भाषा अकादमी

(भारतीय भाषाओं के प्रचार-प्रसार और संवर्धन को समर्पित संस्था)



सम्मान पत्र



हिन्दुस्तानी भाषा साहित्य समीक्षा सम्मान-2015

सम्मान्य श्री सतीश वर्मा जी

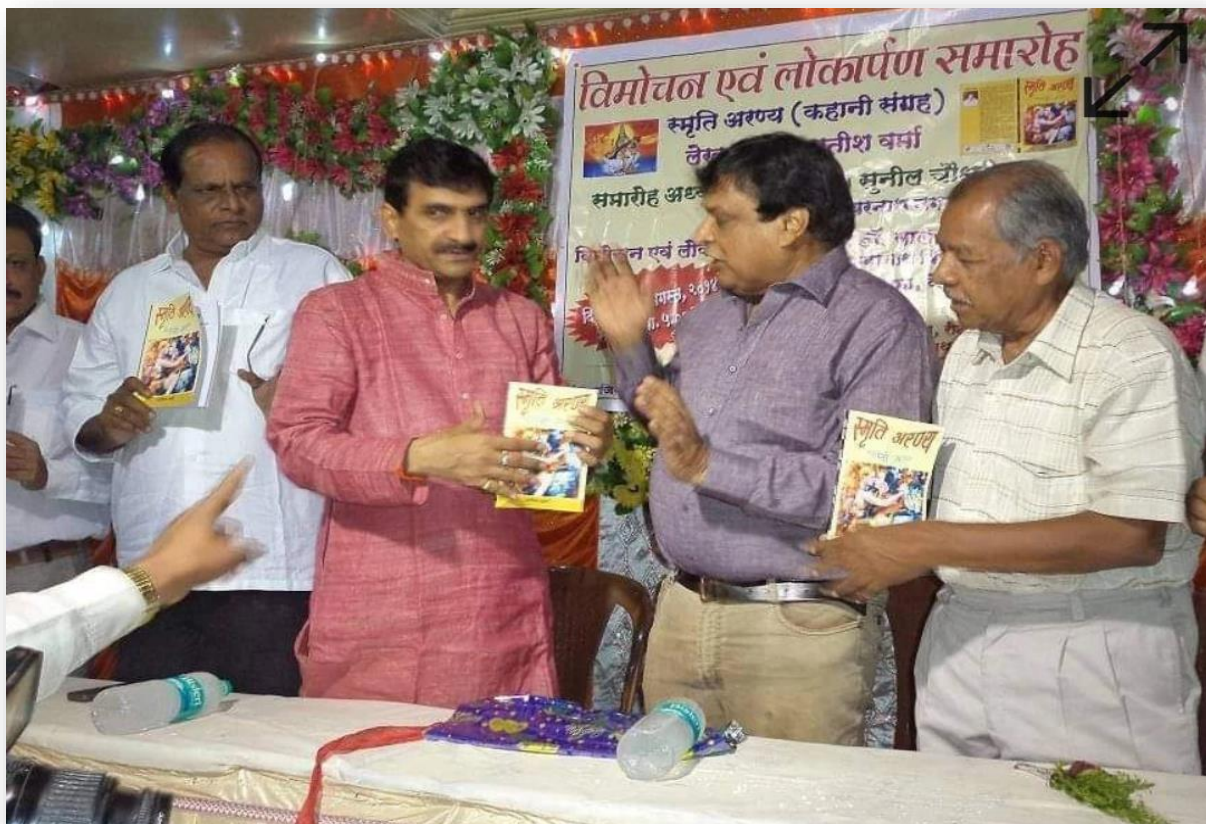
हिन्दी साहित्य की समकालीन सृजन यात्रा की समीक्षा विधा में आप द्वारा किये गए रचनात्मक योगदान को रेखांकित करते हुए 'हिन्दुस्तानी भाषा अकादमी' आपको सम्मानित करते हुए स्वयं को गौरवान्वित अनुभव करती है।
आपकी अनंत यश यात्रा की मंगलकामनाओं सहित।

शनिवार, दिनांक 19 नवम्बर 2016
गाँधी शान्ति प्रतिष्ठान, नई दिल्ली

सुधाकर पाठक
(अध्यक्ष)

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A Lovely Tale

Hola! How are you? Are you wondering who I am? Well, I won't tell. I leave it to you. It all began on a cloudy morning. It was the beginning of monsoon. I was going home, on the way I saw a sparrow sitting in the middle of the road. I wondered why it couldn't fly. He was flapping his wings, but it didn't help. I immediately picked him up and started searching for any possibility of help. And then my eyes fell on a shop, I hurried there and placed the sparrow on a chair. On close examination, I found out that a thorn had pierced his right claw.

"Excuse me!" I called, "Is someone there?"

"Yes!" a sweet voice echoed through the silent air. "How may I help you, sir?"

"The sparrow is injured," I spoke breathlessly, "bring me a nail-cutter, hurry!"

I had no time to look at the respondent. The sparrow's critical condition caught my heart, eye and mind.

"Here," she replied, "sir."

I slowly brought it closer to his claw, and then quietly removed the thorn. Thank goodness, the thorn didn't penetrate too much deep; although, the sparrow squeaked with pain!

"Bring me some water, quick!" I said impatiently.

When she brought a glass of water, I poured some on the injured part. The sparrow soon flew away, as if dancing with joy.

When I returned the glass, I said, finally looking at her, "Thank you!"

She returned her welcome with a smile. While returning her the glass, I accidentally touched her hand, and she smiled more brightly and ran inside.

I started to walk away, thinking of the weird feeling? I mean...smile. Huh!"

The next day, when I was passing by the same route, I started feeling hungry. I went to the same shop.

"Can I have a packet of Cream 'N' Onion, please?" I said to the girl.

She smiled again and it was a mysterious one. She returned with the packet, but when I tried to get it, she didn't let go of it. I could feel her eyes fixed on me. After a couple of seconds of tugging, I told her, "are you giving it to me or not?"

"Okay, okay," she said, "here it is."

She finally let go of it, but she did something I never had imagined. She winked! I turned around, but I couldn't find anyone.

"That was for you," she said, winking again, "my love!"

"What did you say?" I asked.

"Oh, um," she stumbled for words, "just wanna say, have a great day!"

"You are weird!" I looked in her eyes, and smiled.

"Yes!" I heard when I started walking away.

On my way home, her image started floating in my eyes. Such a lovely face, eyes shining like diamonds, her smile was killing me. Her voice had something unique; something I never noticed about other girls. It was a strange feeling! I couldn't understand!!

When I reached home, I looked at the packet and smiled.

"No, no!" I said to myself. "Concentrate!"

"What are you concentrating on?" a sweet voice, that any child would differentiate, fell in my ears.

"Uh, mom," I said, gulping in, "it's nothing...nothing! hehe!"

"No, no, no," she said, "you have been thinking about something."

I was about to change the topic, but she finally asked, "tell me, my child. What's the matter?"

I am really bad at hiding things, and when it comes to hiding from mom, I become helpless. So, I narrated the entire story to her. "Oh my son!" she exclaimed, happiness shining on her face. "Is she pretty?" "Yes!" I slipped and then corrected. "I-I mean...no. I don't..."

I stared looking down at my feet, but my mom saw through my heart.

She said, placing her hand on my shoulder, "it is called love, my son!"

"No mom!" I defended while going red all over my face with a hint of smile on my face. "It is not what you think."

"Good luck, my boy!" she said. "It is!"

I couldn't sleep that night. Her face was floating in my eyes. But I denied accepting that it could be love. Her voice filled my ears, her face occupied my mind and my heartbeat grew faster. My mind said it wasn't love, but heart said it was. And people say that heart speaks the truth. Anyways, I fell asleep.

"What do you want to buy?" she asked.

"I want you!" I replied much against my will. "I mean...Coca Cola."

She smiled again and went inside. I called her but my dream broke when I saw mom sitting beside me.

"Are you okay, son?" she asked.

"Where's she?" I asked her.

"Who?" she asked.

"Oh!" I said. "It was...just a dream."

"Dream? What happened?" she asked eagerly.

"What did you dream about?"

I told her everything and she smiled again.

"I told you," she said smirking, "you are in love, my son!"

She kissed my forehead and left me.

For the next few days, I passed by the shop, but I didn't find her. I was worrying. I didn't

know why. Her absence made me feel incomplete.

Finally, one day I saw her. I rushed to her and said, "where have you been so long?"

She raised her eyebrows and smiled, "I was away for a while purchasing chips for you. I have brought different flavors."

"I missed you so much!" I blurted. "I mean...I missed my chips."

There was complete silence for quite a while, and I couldn't think of saying anything but to look at her mesmerizing eyes and angelic face. She was the one for me. Mom was right, I thought.

"I actually wanted to say, "I said taking my eyes off her.

"I love you!" she said.

I froze on the spot. I gaped at her in amazement. I hadn't expected such a response. But she was smiling at me, playing with her hair.

"What?" I asked shockingly.

"I love you!" she said while making a heart using her hands. "and happy birthday!"

"How did you know it's my birthday?" I asked experiencing another wave of shock.

She didn't speak anything. Someone patted on my shoulder. I almost jumped with a surprise.

When I turned, I saw my mom, dad and sister.

She kissed my hand and hugged me.

I was completely clueless. She held my hand and led me in her shop, which was a part of her house.

Soon our marriage was arranged. Elizabeth looked even more beautiful, my wife, my love, my better half.



Moin Khan Pathan
A young writer at the age when
he is appearing for his
12th Grade in School

ABILITY IN DISABILITY

"Success is going from failure to
failure without loss of
enthusiasm"
- Winston Churchill

We are all gifted with the ability to achieve our dreams. In every disability is potential ability. This story will inspire you to maximize your potential and stop being worried about any form of disability, weakness and deficiency.

On May 29, 1992, Charlie Wedemeyer was honored as the Disabled American of the year. Charlie's was an example of someone who transformed his disability into potential ability. His upbeat attitude towards life is an inspiration to millions of people. His book, Charlie's victory, will lift anyone who has ever been the least bit discouraged.

When you look at Charlie you will know he Hawaii's Athletic of the facade for the 1960s, you realize that this man, who was once so talented and is now reduced to moving his lips, truly is a man who fully uses what he has and doesn't dwell on what he lost. He has many outstanding qualities, but heading the list are faith, courage, a positive mental attitude and pushing through limit. Charlie is also an incredible communicator, team player and a host of other things. When you see Charlie and talk with him, you realize that his very life is an inspiration, and it makes you want to do more with what you have.

Wherever he goes, people from all walks of life accept the fact that Charlie Wedemeyer's life makes a profound statement.

The amazing thing is that the only parts of his body he can move are his eyes and mouth. Charlie Wedemeyer suffers from Lou Gehrig's disease. The disease has physically affected him so dramatically that no sound comes from his mouth. His wife, Lucy, is his interpreter. She reads his lips and effectively conveys and delivers the message.

In spite of his state of disability. He was determined to push through limit. He speaks to people in schools, businesses, prisons and churches. He has something to say, and Lucy verbalizes it to the audience. He was the only speaker in America or probably in this world who can't speak. Needless to say, his life communicates the message of hope and never giving up spirit. His ability to rise above his disability made a difference in his life.

You can make a difference and make impact in life when you decide to make use of your abilities.



Michael Ediale
Life Coach, Motivator
& Author

Did Bollywood and psychiatry kill Sushant Singh Rajput?



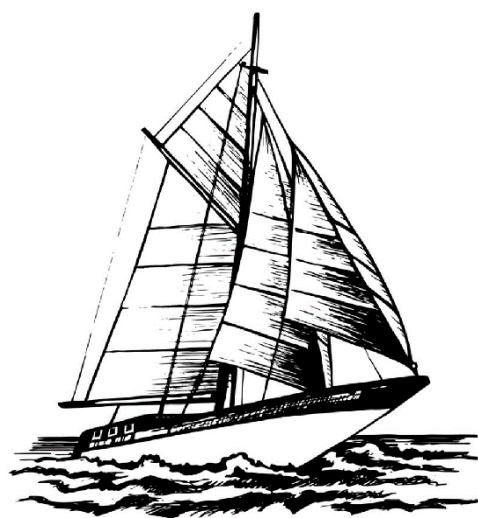
Sushant Singh Rajput (SSR), a rising Bollywood star and a versatile actor, had made his journey from theatre to films, but he ended his life because of certain inconspicuous facts. Bollywood is a tempting industry, where many people are struggling to fulfil their dreams, but not everyone gets lucky here!

The Journey:

SSR was born in the capital city of Bihar, known as Patna in India. He attended St. Karen's High School in Patna and Kulachi Hansraj Model School in Delhi. His family moved to Delhi in 2002 but his mother died in the same year. Because of that, he went into depression, but SSR was a strong boy, and he carried on his education with firm determination. He had ranked seventh in the DCE Entrance Exam in 2003, and secured admission in the Bachelor of Engineering (Mechanical Engineering) class in Delhi College of Engineering (DEC). He was very good at studies and cleared as many as 11 engineering entrance exams, including that for the Indian School of Mines, and was also a National Olympiad Winner in Physics. However, his

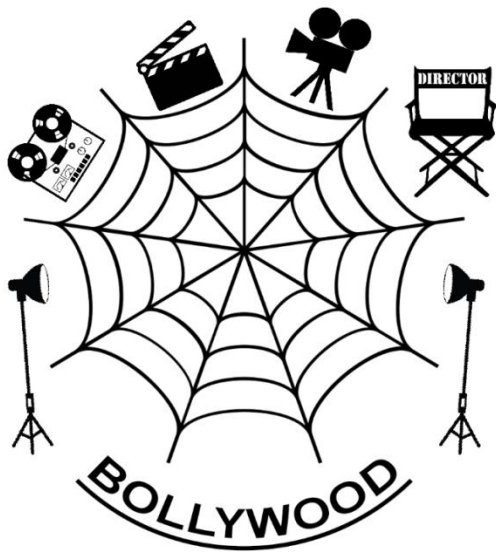
passion for acting and dance, gradually deprived him from engineering. SSR started attending the Shiamak Davar's dance classes and also learned acting while he was doing his engineering course in Delhi. As he spent more time after acting and dancing, he couldn't carry on his studies properly, and left DCE without completing the engineering course.

SSR moved to Mumbai to start his acting career and joined Nadira Babbar's Ekjute theatre group. At that time he was featured in the TV advertisement of Nestle Munch, which became popular throughout India. In 2008, Balaji Telefilms discovered his acting talent while he was performing for Ekjute and invited him for an audition. He was selected by Balaji Telefilms for the series called *Kis Desh Mein Hai Meraa Dil*, which was aired on Star Plus (TV channel) in 2008, and casted the



role of Preet Juneja. However, his character was killed quite early in the show but as he was very popular among his viewers, his character was brought back for the series in the form of a spirit. After this, SSR got a chance in many other TV series and reality shows like Ekta Kapoor's *Pavitra Rishta* (Zee

TV), Zara Nachke Dikha 2 (Star Plus) and Jhalak Dikhhla Jaa 4 (Sony TV).



SSR decided to quit TV shows and pursue a filmmaking course abroad. He was auditioned for Abhishek Kapoor's Kai Po Che and got selected to play one of the three leads, along with Rajkumar Rao and Amit Sadh. After the release of that film in 2013, SSR's journey into Bollywood films started, and he appeared in many films like Shuddh Desi Romance (2013), PK (2014), Detective Byomkesh Bakshy (2015), M.S. Dhoni: The Untold Story (2016), Raabta (2017), Welcome to New York (2018), Kedarnath (2018), Sonchiriya (2019), Chhichhore (2019) and Drive (2019). His last film was Dil Bechara (2020) and in this film he was casted with a new actress – Sanjana Sanghi, but unfortunately SSR died before the release of the film.

Bollywood – The Spider Web:

Bollywood is the world's largest film producing industry and billions of its cinema tickets are sold worldwide. Since the 20th century, this industry has been entertaining

people around the country and making huge financial profits. Anyone who gets a chance to be a part of this industry, finds a way to earn some money. As talent, glamour and luck plays an important role here, not everyone wins the jackpot! Films like Anmol Ghadi (1946) and Barsaat (1949), were the top grossing films of 40s. Both of them had a gross revenue of Rs 1-2 crore and had a lot of income during that time. Today, films like Dangal (2016) and Baahubali-2 (2017), earned more than Rs 500 crore. This revenue of films will go on increasing and the filmmakers also care about this income only. They don't care about the future and dignity of the actor/actress or any artist involved in the film. Many youngsters from various backgrounds dream of becoming a Bollywood celebrity but they have no realisation of what this industry can do to their career. Boys and girls from various parts of the country are struggling in this industry to make a dream career, but not everyone gets the chance to fulfil their dream. Here, a person may be good looking and talented but still struggles a lot. This is happening not only with the struggling actors/actresses but also with singers and musicians. This industry is not a fair place, and if someone's father/mother is a Bollywood celebrity then it becomes easy for that person to get a chance in Bollywood films. This has happened to actors/actresses like Abhishek Bachchan, Varun Dhawan, Ranbir Kapoor, Alia Bhatt, Shraddha Kapoor, Sonam Kapoor, Sonakshi Sinha, and Janhvi Kapoor... and the list goes on. They all got the chance to become a Bollywood star only because their father/mother is a celebrity and has good relation with the Bollywood industry. They also get proper training support from the Bollywood professionals. Moreover, many

actors/actresses are selected for films if they are good looking and from a modelling background. Actresses like Priyanka Chopra, Deepika Padukone, Anushka Sharma and Taapsee Pannu, got selected in films because they were good looking models. Now the question is – if they were only models, then how come they got into films without doing any filmmaking course? The answer lies in Bollywood itself, because here, only the glamour counts! One who is good looking and glamorous can become a Bollywood celebrity, but if someone is not a glamorous model, then he/she might have to knock on many doors to

get a
chance in



family relations with Bollywood or any music company, gets more importance than those, who are struggling for years to peer, even with a good voice and talent. Singers like Tulsi Kumar and Dhvani Bhanushali were promoted by T-series because somehow their father belongs to that company. However, singers like Sonu Nigam took years of hard work to get his songs published through a music company like T-series. During the 80s and 90s, a playback singer for a film was chosen based on the matching voice of the actor/actress of a film, but nowadays the singer is selected based on their personal relationship and

Bollywood. Matching films are offered to such actors/actresses because of their good relationship with the filmmakers, and that's why it becomes easy for them to perform in such films, even without having any acting experience. A film is watched not only for glamour but also because of the script. A good script can make a film go superhit, but it's the writer who writes the script. Even though a film runs well in the cinemas, the writer is not brought to light, and also not paid much for his work.

In case of playback singers also, the same thing is happening, and those artists who have

marketing factors. That's why, in most films we find it awkward when any actor/actress sings a song that doesn't match with their voice, but do the filmmakers really care about that? Nowadays, filmmakers only care about making money from their films and don't care about the actor's pride. Recently, the Bollywood's popular playback singer – Sonu Nigam, said on his YouTube vlog (18-June-2020), that most of his recorded songs were being dubbed by other artists like Arijit Singh without his consent. So, if such partiality can happen to such a well-established singer of Bollywood, then just imagine what could

happen to other struggling artists out there. In the same way most films are offered to actors/actresses who are personally liked by the lucrative filmmakers but the ones who are not on their list, get only the dog-bone. SSR also must have faced such nepotism of Bollywood, and this is not just a money-minded industry but also a spider that will trap you in its web and can make you struggle until you realise that it's too late.

Psychiatry – The Friendly Killer:

How is your mind? Are you getting good sleep? These are the two most common questions most psychiatrists ask to their patients to diagnose their mental condition. Psychiatrists are able to detect mental disorders by asking various questions but are they giving any proper medical treatment? Most psychiatrists prescribe psychotropic drugs (medicines for psychiatric problems) but such drugs are dangerous. Any psychotropic drug can cause severe side-effects, and could cause more additional mental and physical problems. Such drugs can cause tolerance with time and the dose needs to be increased again and again to get the therapeutic effect. Additionally, psychotropic drugs have dependency and addiction. That's why if someone stops taking any psychotropic drug – it causes withdrawal symptoms, and can make the mental condition worse. People who take psychotropic drugs like antidepressants or antipsychotics could commit suicide, as a result of withdrawal, when they stop taking the pills suddenly. Some doctors and psychiatrists abuse patients with psychotropic drugs. At first they get friendly with the patients, but later start doing prescription drug abuse. Because of this reason, the

Citizens Commission of Human Rights (CCHR) – a non-profit organization established in the USA, is spreading awareness about the drawbacks of psychotropic drugs, and dealing with such drug abuse worldwide. If SSR was on psychotropic drug then that could be one reason for his suicide.

SSR was a multi-talented person and had interest in science and fine arts. He just started his career in the Bollywood industry, but he ended his life before getting the stardom. There may be many reasons behind his death, but Bollywood and psychiatry could be one of them. However, I hope that such a thing won't happen to anyone again, and one should think very carefully before starting a career in Bollywood!

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After returning from hospital when he was roaming in his house; suddenly he heard the doorbell. When he opens the door, he found no one out there, but one bag was lying there. Inside it there was a notebook which was very attractively covered. But when he searched for the name but there was no name written on it.

But as he loved the name of the story, so he took that book out of that bag and lay on the bed and started reading. (But he still didn't know whom it was and who kept that bag) Yet! He started reading that book. Every day he used to get up late but now he was so excited to know this whole story, He also gets shocked sometimes by seeing the tragedy of that story. He always tries to imagine that situation!



The story of that book:-

There is one girl who has recently shifted to a new city. And she knew that her childhood friend is in this same town. So she tries to contact him but as she tries to call him she finds that this number is wrong so she tries to find him in mail and she mails him that she is in the same town.. And if he is free then she wants to meet her... And then she waits for the reply...

Next day he got the reply..

That she had mistaken somewhere, and he was not his friend. (But still they were from same town only) he tells that she might have written wrong spelling...

When she reads his reply she was so embarrassed. She mails that she was so sorry for that mail. And she tells that she was new in this town so she was contacting her friend but unfortunately all gone wrong.

He replied then it's okay.. It happens.....

And this way their conversation starts!!

They started talking like this daily..

One day girl told that they are talking in

mails.. And she asks for his number if he don't have any issue...

And then they started chatting on whatsapp and calls...

They both fell in love with each other.. Yes!! They had not met yet

but still their

bonding was more than love....

Every night they used to talk on calls..

On his birthday she tried to meet him but because she didn't get the leave she sends a gift to him as his birthday gift...And she tells him that whenever they will she will recognize him by this gift..

As they were talking on Whatsapp she had put her profile picture.. Hence, The boy had saw her but that girl had didn't saw him.. So she tells him to meet one day... And finally they decided the date and timings...



(Present situation)

When his friend gets to know about that storybook and he gets angry and refuse him to read that book further and takes the book from and give him an another storybook of Priyank Sharma but he still wants to read that book only. And the discussion leads to a fight and his friend goes away with that book! Then the next day he tries to find that book in his house then he realise that his friend had took that book away. Now he sits on bed and thinks about that bag and he searched that book in his room because he was so eagerly waiting that what will be the ending....

But at last he finally got that bag!!

He found lots of letters and photographs in that bag and some gifts were also there in the bag. There in the last corner he found a small book, in that one name was written and below that name one paragraph was written:-

“Sapna! Hey I know Tathya you don't remember me as you are suffering from Dementia and you have lost your memory of 2 years. And the story you read in that book is not just a story but it's the reality of our love story... Yes you are thinking right it's our story Tathya.. We had meet online through mails and became very best friend... And you had proposed me to... We both were loving each other a lot... But so it's too sad that you lost your memory and you had forgotten me!!

I hope you know why I have to do this because this was the last way to contacting you...

The day we decided to meet I had reached their on time and you also were waiting there for me... While you were crossing the road you meet with an accident... I took you to the hospital and call your family. When they came that time I told them our love story but they refused me to be with you... And then I

decided to send you our story and I planned this to contact you!!! ”

And on the last page of that book there's was a phone number written...

He calls on that number;

Tathya:- hey.. Are you Sapna?

Sapna:- Yes.. I am but who are you?

Tathya:-Your love! Whom you love the most..

Sapna:- (crying) Ohh... So you remembered me!! I thought you will never know me

Tathya:- No not yet Sapna but I want to say something!

I know I have lost my memory and I don't know anything about our relationship and friendship but..... We both can make a new relation and all that moment's we can live again and make our love story a new one!!

Sapna was just speechless after this conversation but now they started a new relation.. Sapna got her love back and Tatya started to live happily with her, forever..

Sometimes we just don't know what when and how our life ends so whenever you get a chance again to live life then never step back from that situation because not everyone gets there love back!!



Dhwani Jethwa, a BSC student, from MSU, Baroda. A writer of a Gujarati Web Series **“Adhuro Saath”** cofounder of our team (Production)

Is 'Writing' My Cup of Tea?

Well...writing is just like falling in love. You get so intrigued by some idea that you start obsessing over it. Though the moment of inspiration may seem magical, but the process of transforming it into a written draft may turn out to be complicated. It takes a whole lot of patience, toil and persistence to really pen it down. If you think you are stuck somewhere in the middle of that process or are too skeptical to start with the journey, then this article is certainly for you (us).

When the inspiration hits you, try to capture it. Oh...please don't draw the phone out of your pocket and start clicking the pictures. I am not

talking about capturing the photos; rather I am talking about experiencing the moment! When we start clicking photos or documenting things instantly, we miss out a piece of experience. Instead be a part of that event and experience it. If nature inspires you, take a stroll on the breezy day, get drenched in the rain and let the soft sunrays touch your soul. If intricacies of relations inspire you spend time with your friends and loved ones. Get involved in life and the inspiration will find you. Just stay open, alert and aware to receive it.

Once it reaches you, you will realize and you will feel magical! Just the way Newton must have felt after realizing gravity. But don't start writing immediately. Even the professional

photographers keep patience to get the best shot. Similarly, you have to wait for the right moment. The passion may take days to subdue, but don't finalize your draft in this heat. Once it softens, sit quietly with yourself, remember the moment, let it sink gradually and then let the thoughts flow. If you find it difficult to start, ask yourself several questions like: What is the most unique thing I have noticed? What do I want to tell through this story? Don't worry too much about the format

or length or other technicalities at this point. Just gather the content and write it at one place.

The real journey starts after this stage. After

completing the first draft, you may become a narcissist, and find it perfect in every sense. But don't click that share button yet. Wait till the next morning. Read it again, this time you may find it a bit raw. Oh dear, don't drop the plan of creation. Take efforts and work on it once again. This time do it consciously. You may feel like totally discarding the first draft; do it! Remember, you are not the only one. Almost all the writers have to go through this. Start afresh! Rearrange the ideas logically this time and try to write it in a coherent manner. Use appropriate words and expressions to convey your point. After finishing the first few Paras, check the flow. If you still find it unsatisfactory, rework. Once you finalize the first two Paras you will get an idea about your

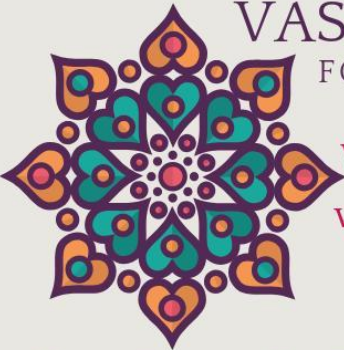


language, style and tone. Stick to it and start writing the remaining draft.

You may feel overwhelmed after completing your second draft; after all it is a lot of mental work! But dear you should not share the draft, still. After rigorous work on content, now is the time to do the editing and formatting. If you are too tired of doing it by yourself, use software like Ginger or Grammarly to recheck your grammar. It may also help you by suggesting alternate phrases and words. While formatting, check the font size and length of Paras. Try to keep the length of paragraphs uniform. Also check margins, page numbers and heading styles. Work on the visual appeal, if required.

Reread your second draft. Does it feel effortless to read and understand? If yes, give it to somebody you trust has an IQ to understand your topic. If he/she also approves of it, you can freeze the draft or else you can take their suggestions and edit. After completing this process, now we can say that your story is ready to be told. This process would also help people who want to learn any art form or skill that is presented or performed in front of others. This may sound a little too technical and complex while reading, but trust me, it is more complicated when you actually do it ;) But don't back off! Because once you see the final draft you will feel like kissing it!





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MENTAL HEALTH

Mental health has emerged as one of the essential componential thrust area to be considered at an Individual level. To improve mental health functioning and Psychological well-being, promotion of coping up strategies is essential. Anxiety and Depression have become a challenge for Psychologists worldwide to deal with the serious mental health issues in a significant chunk of the population that could lead to suicidal ideation and suicidal attempts. People tend to get anxious and that often leads to depression. Anxiety arises from our personal need to survive, to preserve our being, and to assert our being thereby inhibiting creativity. People used to subjectively react to it in terms of their psychological patterns and conflicts. The Common existential problems being experienced by people are insecurity of personal growth in future, facing death, stage of life crisis, loneliness, and Meaninglessness, loss and identity problems. Other conditions associated with defenses to confrontations with existential concerns include Addictions, Obsessions, Exhaustion of Isolation, and

Communication in relationship. These are some of the factors that create stagnation in people's mind to think positively and due to these mental blockages, they don't find reason to go ahead in life journey. Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

To deal with the existing situation, it is essential to make people understand the meaning of their lives by enabling them to find meaning and purpose in life and to maintain their identity with a major focus on Existential Counseling. Existential counseling focuses on the importance of anxiety, freedom, meaning, death, isolation and responsibility. The goal of existential therapy is not to free an individual from anxiety, but rather to help them accept, bear, and live constructively with anxiety and depression. Finding meaning to live, relieves the anxiety and depression that further maintains stability of mind.

A friend should always be there, may not be equal in the status of their qualifications, age, experience, intelligence, financial status....but equal in their commitment, to understand each other without being judgmental and accept each other and keep flowing indefinite unconditional love.

We have to first at least learn an ART OF LIVING by LIVING PSYCHOLOGICALLY.

This can be explained and summarized in the following poem:

I am THERE
In all your ADVERSITIES
Enjoy every Moments of Life
Can not touch you any FATALITIES!
I am THERE
To kill your DEATH!
Whatever you have Visions
Go for achieving all your Missions
Never sense MEANINGLESSNESS!
I am there to give your life a lot of reasons.
Why fear of being left alone?
Around you is my LOVE OCEAN
My Positive waves will fill your ISOLATION!
Not in Danger Your SURVIVAL!
I am THERE To Rescue
Feel your EXISTENTIAL!
Love IMMORTAL
Its evidence CIRCUMSTANTIAL!

By:

Ms. Kavita Gupta is an Assistant Professor in the Department of Psychology, Faculty of Education and Psychology at The Maharaja Sayajirao University of Baroda, Vadodara (Gujarat). She is Pursuing her Ph.D. in Clinical Psychology from Sardar Patel University, Anand (Gujarat). Besides, she has her Doctoral thesis on 'Quality of Life in Cancer Patients undergoing Chemotherapy and Radiotherapy'. She is working with the university students targeting their Personal, Emotional, Psychological problems and enhancement of their mental health and well-being



Dr. B. S. Parimal is an Assistant Professor in the Department of Psychology, The Maharaja Sayajirao University of Baroda Vadodara, Gujarat since 1997. His PhD thesis was on "Comparative study of Value, Personality and Mental Health among Scheduled-Caste and Non-Scheduled-Caste Students". He has presented 15 research papers at National and International Conferences. He has Published 07 research papers in National and 05 International reviewed/referred journals. His specialization is Clinical Psychology and areas of interest for teaching are Positive Psychology, Health Psychology, Educational Psychology and Counseling Psychology.

FRIENDSHIP

*You are me; me is You
Endless, Countless relationship;
Bonded like Covalent bonds;
You are a pillar behind me;
Everlasting memories my dear chap,
Bedrest caretaker of mine;
You my happiness ,sadness;
Enthusiasm without you is vain;
Backbone of me, you my supporter.
Idiotic fights makes crazy moments;
Late night talks creating blissful moments.
Making the ship stronger with more
memories.
Rewinding those moments again, again
Started with a pen and pencil
And now turned into an evergreen soul.
Gonna miss you after few days;
Wanna be with you forever..
Who knows completely about me
Who seeks my talents ...
Who defined whom am I :)
Who sacrificed a lot for me
Hey, my soul ,will keep pestering you ever
Will be loving you with more craziness*



Pavathaarani C R
Diary Life poetry contest runner up

Kerala Mural



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

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

green, red, white, blue, black, yellow and golden-yellow.

Mural Artist

Neema Bhasi

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





Excellent Pen & Ink Portrait

Nearly everyone has doodled with a pen in the margins of their paper. Drawing with pens can be as fun and easy as that! If you are using only one color ink on paper, you'll basically be working in two colors: the color of your ink, and the color of your paper. Each will play off the other. In pen and ink drawings, the blank space is just as important as the markings you make with the pen.



Pen & ink Artist

Khushi Pancholi

Student of 2nd Year Graduation in
English Honors MSU Baroda.



Art Painting on everyday items..

Art doesn't have to be an expensive production of paints, brushes, and other supplies. When it comes to encouraging kids' creativity, the everyday items we have around the house can be just as good as fancy art studio materials. With a little imagination, simple items like coffee, sponges, bottle caps, aluminum foil, old newspaper, and even cotton swabs can be used to create a masterpiece!

Artist

Neha Sugam

Student of 2nd Year Graduation in
Political Science MSU Baroda.





Chana Masala

INGREDIENTS:

1cup boiled chick peas
 1onion fine chop
 1tomato fine chop
 1tsp red chili powder
 1/2tsp haldi (turmeric)
 Salt to taste
 1tbsp chole masala
 1tsp ginger garlic paste
 1/4tsp amchur
 2buns
 2tbsp oil

FOR FLAVOUR:

Butter : 5tbsp butter
 1tsp fennel seeds crushed
 1tbsp garlic chopped
 1tsp kalonji seeds
 (Mix all ingredients and make butter ready)

INGREDIENTS FOR CHEESE SALAD

1cup process cheese

1/4cup chopped capsicum

1/2cup dhaniya fresh chopped

1tsp green chilly

INGREDIENTS FOR MIRICH TADAKA

5tbsp oil

1tbsp oil

1tsp red chili powder

1/2tsp haldi (turmeric)

1tsp garlic

1tbsp fresh dhaniya (coriander) chopped

Pinch of salt

1tsp coriander and jeera powder

PROCESS

Take pan add oil when tempers add chop onion and saute till pink then add tomato all dry masala ginger garlic paste and saute till fat separates add fresh dhaniya and boil chickpeas mix it well and mash slightly chickpeas with masher and keep aside.

Take bun apply thick layer of flavour butter both the side.

Take bowl add ingredients of salad mix it well and make ready.

Take pan add oil when tempers add all masala one by one and make mirchi tadaka ready.

Take a tawa roast buns both the sides till butter slightly melts then put chana masala then put cheese salad and cover with other bun and put on tawa on slow flame for 5 minutes, then pour tadaka on top and serve hot.

Falguni Thakkar
 Cooking Expert &
 Author of
 Hand to Heart





The Diary Life: @the_diarylif

The 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_diarylif 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_diarylif**



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MY UNFAVOURABLE END

Before the clouds began to cry,
Seated I was beneath the sky.
Reminiscing, the things I had done
The crimes I have committed.
Moments later, soaked I was
In tears, both mine and the sky's,
I wondered what I could do to break these ties
Between myself and the underworld
My soul had been consumed in darkness
And the sweetness of life had become
bitterness.
I was sick, depressed, stressed and under
duress
I thought i was wealthy but
What is wealth without health?
This was how life felt.
But here I am thinking
There is no tomorrow for me
All I can do is pray that
No one follows my path.
"Maybe this is the end i designed for myself";
An unfavorable one indeed!

THE AFRICAN BOY

Woke up in a foreign land,
Forgetting and neglecting my culture
Living the life every other wanted;
All I needed was granted.
I then closed my eyes and opened it to reality
I realized I was black
Yes, I realized I was African
A title I neglected, rejected
And also detested Africa!
A place I believed was infested with
All kinds of tribal indifference
But I was wrong.
Africa is a beautiful place
And you need to forget the face
the looks,
the color;
Then look deep down at what we really are.
I am the African boy.



Bolawole Temiloluwa is a 15 year old Nigerian child Who has won twice the Diary Life Poetry Contest. Poet at Heart.

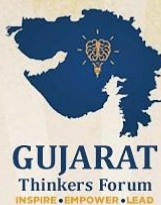
What if...?

*What if... we had – A MAGIC LAMP,
Our very own genie, to be our champ,
Just rubbing our wishes into existence,
Their creation coinciding
With their occurrence,
Bidding the genie at our beck and call,
Wishes simply fulfilled one and all.
But Alas! The magic number is three
That is when - the genie goes free!
So what if... we had – A MAGIC WAND,
ABRACADABRA and have
The Universe respond,
Just a flick and a wave
To shoo our troubles away,
End all the worries of tomorrow and today,
Be the fairies or Harrys that we admire,
Realize all our dreams and our heart's desire,
But Alas! It's an object, it can be stolen,
Lost, destroyed or just finally broken!
So what if... we could TIME TRAVEL,
Befriend the clock and watch destiny unravel,
Peek into the future, to spy what lies ahead
Change our today, to avoid anything of dread,
Rewind to the past,
With our knowledge of today,
Lead our past selves on the most suitable way,
But Alas! We, ourselves, will never change,
Repeat same mistakes
And make today, more strange
So what if... we could –
READ PEOPLE'S MINDS,
Glean what they ponder,
Their thoughts of all kinds,*

*Their ideas an open book for us to flip
No secrets, no schemes from us will slip,
No answers of tests, teachers can keep hidden,
All information presented
To us in a neat ribbon,
But Alas! Their opinion of us
Will also be known,
The worst parts of us,
Like a mirror to us, shown.
So what if... we were – SUPERMAN,
No challenge's impossible
And everything's – WE CAN,
Super speed away from all tricky spots
Fly wherever we need at no cost
Blast enemies with our scorching glare
With all these powers, the world - just beware.
But Alas! As all good things come
With their slight,
And Superman - He had his Kryptonite
So what if... we are living – OUR PERFECT LIFE,
With the right amount of Happiness,
Sorrow or Strife,
It's just that we always want
More than we need,
Being slaves to our desires, comfort and greed,
Neither Genie, nor wand,
Not any super powered trait,
Are necessary to make our life Happy or Great
But Alas! Of this, though
We all know and agree,
Is not enough to stop
Our "What if..." spree*

Vidya Krishnaraj

Editor "SquarePetals" Mumbai



Gujarat Thinkers Forum, think tank of
Institute of Leadership & Governance,
The Maharaja Sayajirao University of Baroda, Vadodara
presents an online interaction with
Dr. Tejaswini Ananth Kumar



Join us to know
about the journey of
Dr. Tejaswini Ananth Kumar,
from an Engineer by education
to a Scientist who worked at
the Aeronautical Development
Agency & her endeavour
for Social Welfare.

3rd July 2020



5:00 pm



LIVE

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Gujarat Thinkers Forum is honored to present an online interaction with Dr Tejaswini Ananth Kumar. Dr Tejaswini is an Engineer by education, who worked as a scientist in the Aeronautical Development Agency on the LCA Tejas Project, while it was being headed by Dr APJ Abdul Kalam.

In 1997, she founded the Adama Chetana, an NGO through which she has fed over 44 Crore meals till date & continues to feed 1.5 Lac underprivileged school children daily.

The Adama Chetana kitchen is famous for being a 'Zero Garbage Kitchen' and by using bio fuel instead of LPG, it is also Fossil Fuel Free.

She has encouraged hundreds & thousands of young minds of our country to be of service to the society & she continues to inspire one and all with her selfless service and Endeavour for social welfare.

Join us on 3 July 2020, Friday, at 5 PM on our Facebook page for an interaction with Dr Tejaswini Ananth Kumar.



Scientific Community presents

The Social Dimension of 'SCIENCE'

Speaker: Dr. Jigar Inamdar



Inspiration of Youth

Regional Director at Indian Council for Cultural Relations, GOI

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Senate & Syndicate Member, The M.S University of Baroda

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:For more Information:

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Speaker:
Dr. Jigar Inamdar
Regional Director at
Indian Council for
Cultural Relations, Govt.
Of India.

Date: 12 July 2020,
Saturday
Time: 4:30 pm (IST)

From the Team

Scientific Community presents:
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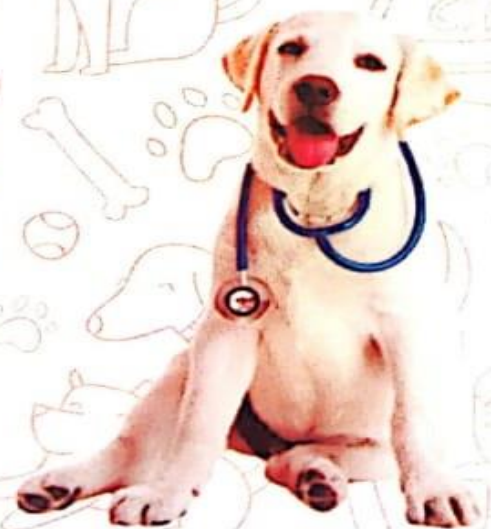
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