

SquarePetals

Global Webzine

Research

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Mud Work

Science

Scientific community

Top Trends

Human Psychology

The Quarantine Effect

Crow No Thirstier

Personal Development

Building Momentum

Mental Health

Adverse Effect

Motorcycle & MH

Teacher's Mental Health

Society

Ramrajya

Events

Miss Teen Bright Jr.

Travel

The Butterfly Park

Literary Bytes

Meeting The Stranger

Feature

Kinshu Mishra

COVER STORY

Actor Kuldeep Singhania



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FROM THE DESK OF

EDITOR - IN - CHIEF

Hello friends,

October being the Mental Health awareness month, we have brought forth write-ups discussing the grim issue in very specific perspective, because we care. Please take good care of your mental health and do not ignore the mental and emotional well being of your loved ones. Be vigilant and take the necessary steps on time, before it is too late.

Please keep reading good books, magazines and keep busy. It is one of the simplest therapy or care in respect of mental health.

Hope you enjoy reading this month's SquarePetals Global Webzine. The complete infotainment bonanza is here again!

Happy reading.

Sansriti Johri





On The Cover

Cover Story

Kuldeep Singhania.....05

Personal Development

Building Momentum.....07

Poems

Nightfall.....20

Strength.....23

Literary Bytes

Meeting a Stranger.....31

Flavor Special

Gond ke Laddoo.....41

Ula Pizza.....42

Mental Health

Teacher's Mental Health.....24

Motorcycle & Mental Health.....10

Adverse Effect.....17

Travel

The Butterfly Park – Khanvel,,,,,,,,,28

Contents

Events

StageBright Events.....24

Scientific Community.....36

Human Psychology

The Quarantine Effect.....38

When the Crow is no thirstier.....43

Top Trends

IPL 2020.....21

Feature

Kid Model: Kinshu Mishra.....34

Top Trends.....40

Art

Mud Wrok.....37

Society

Ramrajya.....21

Kuldeep Singhania



Cover Story

Kuldeep Singhania, the rising Bollywood actor, Influencer and an Entrepreneur is the rising star today who is taking the world of glamour and acting in his stride by his classy looks, immense talents and very original style. Making a name, fame and earning a living in Bollywood is a dream cherished by many youngsters, consequently the competition is very tough. It requires consistent hard work, a strong will power and the right wisdom along with superlative talents and an enticing persona. Mr. Kuldeep Singhania is richly gifted

in all of these and wonder people have acknowledged this and applauded him with recognition and so much appreciation.

Mr. Kuldeep Singhania's career began at an early age of 20 years, and it was remarkable right from the beginning as he walked the ramp for big brands like Times of India, DNA and Fashion Big Bazaar. He got his first acting break in Ekta Kapoor's Balaji Telefilms after he was spotted from one of his ramp shows. He has been working in a number of shows ever

since then on the Zee TV, Channel V and Star Sports. His media presence has been superbly attractive and Mr. Singhanian has had a huge fan following of 3 Million + across the social media platforms.

Mr. Kuldeep Singhanian has over 150+ brand endorsements under his name, with the Big brands like Jaguar, Puma, Being Human, One Plus, Amazon, Xiaomi etc. He is also the CEO of 'The - K - Factor Productions' which specializes in creating digital ads for brands worldwide. Mr. Singhanian is also an India Book of Record holder as well.

Apart from setting such high professional standards, Kuldeep Singhanian is an all rounder. As a sportsman, he has played State level Badminton for Rajasthan and he has been a national level Cricket player from Uttar Pradesh. And there's more, very few people know that he also plays piano, and quite well!

Talking about his success journey, Mr. Singhanian says, **"I also have struggled for four years on the streets of Mumbai, and it's what most of the Bollywood actors go through. I have seen one of the most difficult phases of life, the reason being the lack of right guidance and connections in Bollywood.**



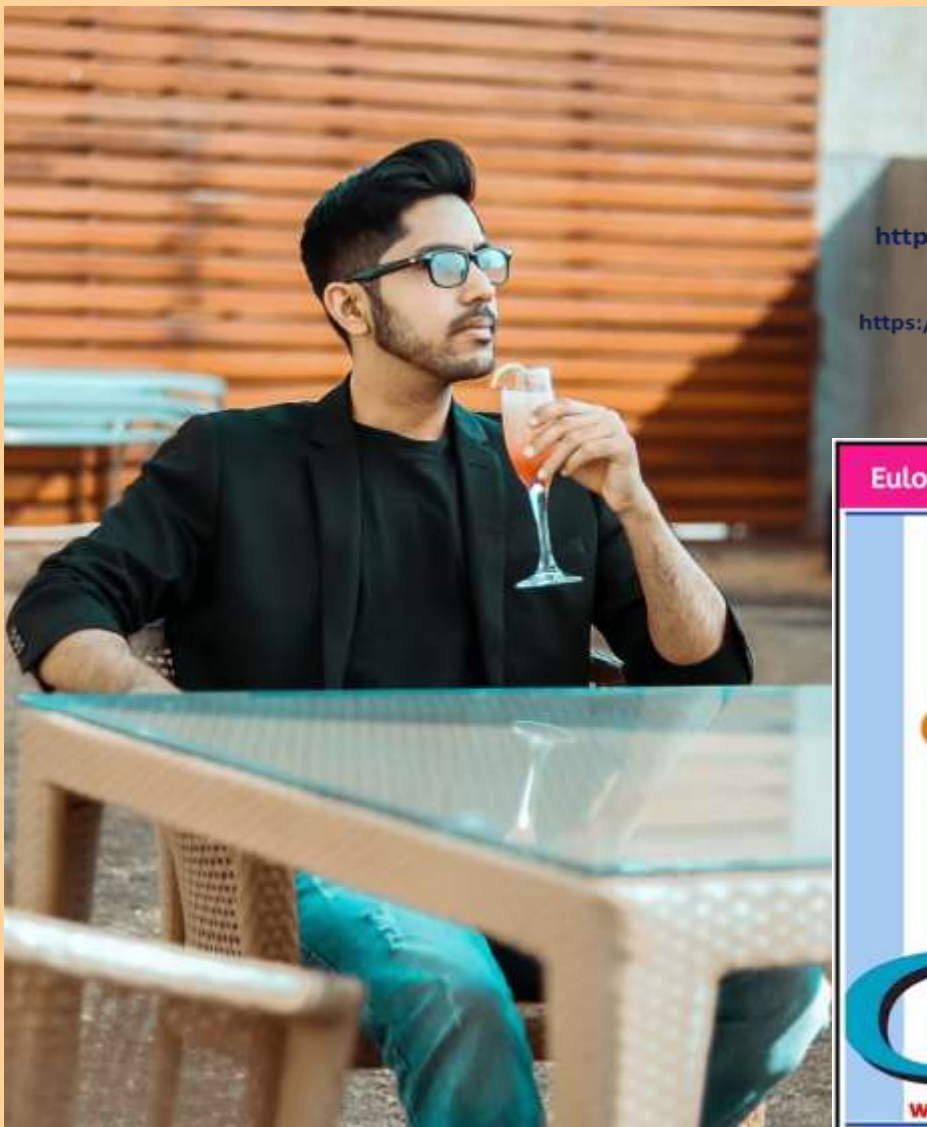
During the early days when I was looking for a break, I had no idea whom to approach for acting job, I did not know where the auditions for Bollywood films took place and where to submit portfolios so that they reach the right hands, how to contact the casting directors etc. It was very tough indeed and whatever I have faced, I would never want anyone else to face the same. Let me therefore share my experience for the benefit of newcomers and strugglers.

Most auditions take place in the Andheri West area, majorly in Four Bungalows, Seven Bungalows and Aram Nagar. There are Facebook and WhatsApp groups that provide valuable insights regarding the same. One can join these groups free of cost. If you want to take in some serious acting classes before auditioning, then Anupam Kher's 'Actor Prepares', 'Whistling Woods' and Roshan Taneja's Acting studio can be a few good options".

Mr. Kuldeep Singhania has a word of advice for the aspirants in the acting line, "Once we know where auditions are taking place, it's

best to be at the location as early as possible. This is to avoid delays and missing out on next auditions, which reduces the selection chances instantly."

Thank you Mr. Kuldeep Singhania for sharing your valuable experience and the insight through the SquarePetals Global Webzine, we appreciate your humility and the concern you have for others who may be struggling to make a career in the acting line. We are truly proud to have you and we wish you all the best in all your future endeavors, may you rise high climbing the ladder of success day by day.



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TEACHER'S MENTAL HEALTH

4th- 10th October is celebrated as Mental Health week. With this perspective and vision, the present concept is being discussed. We all spread awareness about mental health, however, whose mental health should be considered as a topmost priority? In order to create a healthy society, not only awareness about mental health is essential, but also the teachers who are responsible for transforming a child into a responsible youth of a country is also important. Being in the academic field, I thought of writing about the teachers' mental health.

Schools, Colleges, and Universities are not only the places where students go to study, but they are also considered as the temple of education where teachers play similar role being observed by the priest of any religious place. Teachers impart education to the students that prepares them for the outer world through a road leading to success. Teaching is being considered as one of the noblest professions since ancient times. According to WHO, **"Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community"**.

Education leads to transformation and teachers are considered as the stewards of this transformation. Teachers must enjoy good mental health so that they can deliver their best to society. They have also been considered as the constructors of the future of a country.

At present, the psychophysical health of teachers is an issue that has gained much attention, especially the phenomenon of chronic work stress, as it directly affects the effectiveness of their work. The teaching profession today faces a number of challenges



be it – different kinds of students, overburdened curriculum, over demanding parents, over powering technology, extensive evaluation and lack of infrastructural facilities. Under these circumstances the teacher needs to deliver his/her efforts effectively and efficiently. Teachers are also part of the society and they too have a lot of responsibilities being a member of society. The society itself puts all the burden of educating their young on the already heavy shoulders of the teacher. Teachers tend to 'conceal' their experience of work-based stress, concerned that such problem simply weakness or inability to cope and, if known,

would injure their career prospects. Teachers believe that the current teaching climate results in high levels of secondary traumatic stress, psychological disorder, compassion fatigue, burnout and physical ill health. Manifestations of high stress levels include work-related fatigue, which is often accompanied by feelings of depression, anxiety, cynicism and a sense of inefficacy and low self-value. Teachers' stress and mental health problems diminish job performance, productivity, enthusiasm and/or commitment. This leads to increased absenteeism, a decrease in 'good will' availability and withdrawal of extracurricular support and other non-teaching responsibilities. Today, teaching is increasingly a very challenging job in which there is a worrying shift from a holistic approach towards a narrow academic focus and a lack of consideration of the wider social difficulties faced by both teachers and the students. This may have a detrimental effect on student's general wellbeing. It is very important that efforts should be made to ensure that the teachers possess good mental health in order to perform better. From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. Mental health promotion related workshops, seminars, group discussions and conferences should be organized so that teachers and students could be benefited. Activities like yoga, exercise and meditation could be conducted in the premises for teachers which would help in the overall mental health. There is a need to constantly update the teachers with the latest modes of

communication and manner of communication with students, colleagues and parents. The environment would be full of challenges therefore problem-solving skills would be an asset for the teacher. Various policy documents acknowledge the need for new approaches in how we live and work. Conversely, when things go wrong in work, it can become the source of much unhappiness, anxiety and depression. Stress and professional burnout among teachers have contributed significantly to an unnecessary and wasteful exodus from the profession. Thus, there is an acknowledgement that while we can never eradicate mental illness there is much that government, in partnership with communities, employers, trade unions and individuals, can do to prevent it being experienced by so many and for so long.

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Motorcycles and Mental Health

Picture yourself at a highway hotel, sipping a warm cup of tea or coffee, comfortably seated while the highway which is bustling with traffic passes alongside you. Serenity in the middle of chaos, right? Suddenly, there's a file of bikers riding past in a neat single file. Confused? Well, these people might as well be rejuvenating their mental health after a week of fatigue in their academic or professional lives.

I have been motorcycling on my trusted Royal Enfield Classic 350 for well over a year and half now. And the one thing which has amazed me is the positive effect that motorcycling has on the mental health of someone.

When a rider is behind the handlebar, his bike checked and all geared up for the ride, the one thing which occupies his mind is the journey which he'll be taking. Especially during solo rides, when you are all by yourself, sometimes with only the navigation aid to keep you on course being the only voice you hear for company. While this may seem like a crazy idea for many people, a motorcyclist like me finds peace exactly in this. I have done rides on highways, done off-road expeditions in places which had absolutely no network access and not a soul in sight. But each expedition has left me a bit tougher mentally than I was, before starting the ride. This in turn has had a significant positive effect on my mental health.

There are small achievements during the journey, for example successfully negotiating a road filled with potholes, not losing your cool after being surrounded by a herd of cattle; small comforts like the breeze that you feel in your face as you cruise ahead on the roads, or

the relief that you feel after taking off the gear to relax at a halt during the journey; and the satisfaction of reaching the destination. To a biker, this is what energizes him for the next few days or weeks. When we feel low after a tiff at the workplace, or a project not completing on time, we just recall an expedition and that is all it takes to boost our morale.

Successful completion of expeditions, sometimes helping a person on the way or even the journey itself leaves you a changed person altogether. You realize that there is something to look forward to; you realize that you are capable of doing much more things that you can ever imagine. You realize that the individual within you is a bird, waiting to be set free.

One of the biggest advantages of solo rides is that you can trust yourself more than you do in routine, where you are surrounded by people. It helps immensely in knowing your true capabilities both as an individual and as a motorcyclist. Riding with a squad on the other hand allows you to interact with people having similar interests, socialize, forget what is troubling you for some time, and in the end, be ready for the next phase of challenges that life throws at you.

So the next time you feel like you need to take a break, just gear up, take the keys, fuel up your bike and ride to your heart's satisfaction. Life is too beautiful to be lived in the restraints of our daily monotonous life.



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BUILDING MOMENTUM FOR SUCCESS

Playing to win is built on momentum. Winning is determined by one's momentum. High momentum attracts winning possibilities, and a very low momentum attracts losing possibilities. Momentum is the partner of great achievers. It is what sets the difference between winning and losing.

That is why in foot-ball game, for instance, when the opposing team scores a lot of goals and starts to develop too much momentum, a tactical coach will try to encourage his players to slow down their momentum. He knows that if the other team's momentum gets too strong, his team is likely to lose the game.

Momentum also makes a huge difference in our personal lives. When we have no momentum, even the little things that we can take care of can be seen to become insurmountable problems. But when you have momentum on your side, the future looks bright, obstacles appear small, challenges seem temporary and victory looks certain.

People who play to win are driven by momentum. They are always on the go and ready for action. Momentum changes everything that we do. It makes us better than we are. And it takes us further than we can possibly imagine.

When there is high confidence and courage to get going through challenges ahead, there is momentum. You are motivated and inspired to perform at higher levels. You become effective beyond your hope, aspiration and expectation.

If you recalled the 1980 U.S Olympic hockey team, you will appreciate the power of momentum. The team was good, but not good enough to win the gold medal. Yet that's what the Americans team did. Why? Leading up to the championship game, they won game after game against very tough teams. They gained so much momentum that they performed beyond their capabilities and expectations. And after they beat the Russians, nothing could stop them from coming home with the medal.

It is not about who can play better. It is about who has the highest momentum. A team that is not good enough but is been driven by momentum becomes a threat to the other team and it could make them expose their weakness and lose in defeat.

The truth is that momentum is easier to steer than to start. If you have been waterskiing, you know that it's harder to get up on the water than it is to steer once you're up there. If you skid for the first time, before you got up, the boat was dragging you along, and you probably thought your arms were going to give way as the water flooded against your chest and into your face. For a moment, you might have believed you couldn't hold on to the two ropes any longer. But then the

force of the water drove you up to the surface, and off you went. At that point, you were able to make a turn with only a subtle shift of weight from one foot to another. That's the way the momentum of play to win works. Getting started is a struggle. But once you're moving forward, you can really start to do some amazing things.

Writing is a difficult thing for any writer to do. But a writer has to just start putting words down to build the momentum and when it is built the writer will keep writing and be amazed at the pages he had covered.

Your momentum must be strong enough to produce the result that you want.

With strong momentum, you can play and win. Momentum puts victory within reach. If you desire to do great things in life and be among the ranks of winners in the game of life, never overlook the power of momentum. It is your best friend and partner in progress. If you can develop it, you will become unstoppable and undefeated. If you develop it, you can do almost anything you set to achieve. That is the power of momentum.



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ADVERSE EFFECT

Adverse effects of modern days on the mental health of Today's generation.

Ask yourself this question right now, “what did I do right when I woke up today?” Don’t put yourself down if your answer consists of having taken the phone in your hand for any reason at all, be it turning off your alarm, checking messages, putting up tasks for the day, or wishing your close ones a good morning. Time and time again, the age old debate of how technology and the modern era have drastically depleted our quality of life or made it better and seamless, comes into picture. With this article, I urge the reader to disconnect only until you are done reading this article, so we can, hopefully once and for all, tend to the elephant in the room, i.e., what is the kind of life we have created and how much have we, as a species evolved or corrupted.

As I spoke to about 20 of my classmates and friends, I made a few observations about environment, identity, support, motivation, and pressures of the daily life as a student, and the effects these factors create based on their nature in an individual’s life.

Upon asking about the way their environment affects their moods, I observed that almost 60% of my friends and classmates understand their environment to be the people around them and the vibe they create for these students. Very possibly, the reason why one would consider one layer of the environment to be the environment itself is the impact they feel from this layer in their moods. As an Indian student, it is a challenge in itself to be

allowed to fly out of the nest, especially if this bird is a girl. Parents try to protect their children, and in this protection, falls the shadow of the parents’ behavior on the behaviorisms of the child. Human beings have created a very intricate social structure throughout our evolution, and with time, have failed to keep this structure in check, which is why it has become a victim to shallow awareness and poor maintenance of communication. From the time you wake up, until the time you go to sleep, some human interaction is bound to happen, and in a very general sense, a lot of human interaction takes place throughout the day. What we must take into consideration is to prioritize real life human interactions and bonds over virtual ones, so as to not create a rift between our physical environment and our mental environment. Obviously, what I had initially meant by environment in my question was the physical material environment, that being, the entire environment, inclusive of all layers of physical and psychological reality.

Interestingly and not surprisingly, those who stay more grounded and comfortable with nature and their physical surroundings, including lighting, dimensions of the room, sunlight, ambience, and even sound, report a better mood throughout the day. One should always make sure their surrounding environment is placed in order to soothe all their senses; vision, sound, smell, touch, and vibe. Vibe being the mental stimulus that is received based on the surrounding.

In order to take care of the social layer of our environment, we as individuals should stop expecting wisdom out of others, and inculcate wisdom in ourselves, that is the only way we have grown as a species, by learning and

teaching. Take time to understand how your parents, friends, spouse, significant other, or colleagues would like to be treated, understand that everyone deals with the pressures of our reality, and that, trying to avoid the path of rage, selfishness, and expectation is the fool's path. In inculcating kindness and choosing our own words carefully, we put out in the world a sense of empathy and understanding, which goes a long way in improving the environment around you.

The second most important factor that greatly manipulates the mental health of people my age (teenagers and young adults), is the phenomenon called identity. An individual is given a name for identification, and a maiden name for affiliation. After that, he/she grows to discover that identity is a greater and more powerful concept than just names. It answers the question that everyone has at some point, "Who am I?" This question has gone on to intimidate philosophers for ages and does still arouse the curiosity of the modern man. A sense of purpose, meaning and a depth in the individual's existence create power and vision, with which the human soul drives it, to whatever it calls ideal. To an addict, enjoying the fruits of life could possibly be why God graced this simple being with breath and thought. To a philosopher, finding answers to questions that a long life raise, is a great purpose, worthy of praise in the heavens perhaps. To a stoic, responsibility, and duties bestowed upon him/her dictate the meaning to a great life, one in which a great amount of work is fulfilled for the sake of the betterment of humanity itself. All of these are different identities that individuals have possessed in the past.

One thing that a child was always told up until result day, was that he/she is special in their existence and that, things are achieved because of the desire to achieve. When we look at it practically, exceptions put aside, everyone is as human and normal as the next person in line, and great desires require a great amount of work. You can't have things just because you want them, in this reality, things are unfair to a great level, and being special is as good as having a birthmark, if you don't understand how to apply your specialty. What such parents do for their kids is making the kid a narcissistic individual until one day reality comes to take those walls down. Eventually everyone either learns to be humble, or is humbled. Parents and seniors must always teach the forthcoming generation to practice humility and put their focus and energy into working hard, as it is known to every wise man, that the thought of greatness is as good as the actions that follow this thought.

For such an interactive and hyperactive generation, it was surprising to observe the amount of mutual support that these students had shown towards other peers. To stop, listen, and pat someone on the back is a great deal of mental support. It grounds the anxious individual, and gives the listener the joy of service. I call it service, because this generation has known harsh standards for behavior and beauty, and have time and time again been told what to do, without thorough explanations for why and how to go on with all these standards the superficial society creates. In reality, these standards have been created out of hurt, paranoia, selfishness, anxiety and a fake sense of self respect that wrapped human understanding in a deep

slumber ever since we understood that we have opinions. To have opinions is nature, and to develop a sense of perspective for other people's opinions is intelligence. Both are necessary for the modern human to create a world where eventually everyone is safe. It is a sight to behold, when one broken, confused, exhausted human softens his/her shoulder for a fellow, who has nothing in common, but this exhaustion that has taken over.

People really connect on the basis of this stupid pain they share in common, thrown onto them by the previous generation, or this generation, basing a fish's skill to climb a tree, to call it an idiot. I have observed that 100% of the people I interacted with for this article have previously supported and counseled a peer, sibling, stranger, and just about any human that they found they could help, and seemed happy to do so. Some said they listened with all their attention, other tried their best to share their wisdom of the world, and a few told their peers to seek professional help. All of these are the right ways to uplift others, especially in a time where we seem to be ready to blame anything that is even slightly a part of the picture, to be having someone you can share your thoughts with is the healthiest form of introspection and problem solving. After all, humans have always been a community.

In conclusion to my observations, I would like to point out a very important factor that we did not discuss. As I understood, physical realities are hardly discussed around us; I focused my article on the more physical and tangible problems and solutions. Despite that fact, I would like to mention the very toxic effect that social media has had on this

generation's mental health. All of the factors we talked about here, sometimes go unchecked, because we are addicted to screens and notification sounds. It is of utmost importance that we make sure we ground ourselves in our physical surroundings at least for an hour every day, if staying grounded completely is not immediately possible. I would like to ask you to put away your screens, devices, and maybe step outside or go to your terrace, or sit with people face to face. Just do anything that really connects you with nature and your environment. I can assure you, the illusions of the virtual reality will fade away really quickly, and you'll find yourself in a completely different vibe, asking questions and facing facts like you haven't before. Just make sure you hug someone more often than you like a photo, and your words become a driving force of kindness and appreciation much more often than you comment on a photo or refresh your social media for any new likes and comments. I will leave you with a thought to ponder on when you put your phone away. Seneca, a stoic philosopher, left us this observation of reality, "We are often more frightened than hurt; and we suffer more from imagination rather than the reality."



Harshit Sharma

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NIGHTFALL

By Sreshta Ray



Everyone is fast asleep,
While I lay there staring at the sky full of stars
Pin drop silence everywhere,
Except my chaotic mind
Which wonders how bright they are.
Opened the window to feel the cold breeze,
And I cannot see a human in sight
It is a beautiful view even though,
It is the dead silence of night.

RAMARAJYA

The Indian experience in the 21st century

~by Subrat Kumar Ratha~

*What do we need to understand about a society?
What is the best way to secure our happiness?*



The answer to these questions cannot be defined under an unjust system, because the given questions need to be justified through our ethical and moral judgments. Happiness in the 21st century reflects our material tendency without which the identification of our life would be falsified. That fear and suspicion make our mental alienation from being a member of Ramarajya. Interestingly, the era of globalization has replaced the idea of cooperative life and welfare-ism.

Ramarajya: a false aspiration or a pragmatic dream

Ramarajya can be understood as a society governed by the ideas of Lord Rama, however, the possibilities of such a society in our century largely depends upon a strategic balance between the unlimited desires of politicians and the entitlement of the people. The evolution of Ramarajya in India dating back to the history of Ramayana, where Lord Rama used to handle his kingdom in the light of happiness, prosperity and justice. That nostalgic idea might be misunderstood as a false aspiration due to the tremendous flow of negative individualism and the loss of morality. Our great freedom fighter, Mahatma Gandhi went on for the formation of Ramarajya according to the needs of the then Indian society. His intellectual edifice denotes

the curiosity for a just social order, for instance, Gandhian philosophy magnifies the system of Gram Swaraj and cooperative social life which has been accepted as a plausible way for Ramarajya.

India in the 21st century: problems and remedies

Modernization was emerged in Europe as a child of the industrial revolution and continues till date in different ways. The cooperative endeavor in India took a serious downturn after the establishment of British imperialism; paradoxically they imposed the idea of modernity and destroyed our indigenous culture. The degradation of women's rights and justice shows the failure of the system for improving the condition of women. With the rapid urbanization and criminalization of politics, the hopes are deteriorating; dramatically the government left no chance to organize a just and cooperative social life. Accountability and transparency are the two significant remedies for the present crisis, the ruler must be guided by popular sovereignty through the process of



intervention and improvement in the quality of life through political freedom and socio-economic justice. Ramarajya is a fair society that represents our political culture; however, the just social order would be flourished in an open and democratic environment.



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participation and grievance redressal. The local political structure should be organized with administrative and judicial power, indeed the localization would be the best panacea for our moral and political crisis. Without the development of women, the dream for a just and prosperous society seems like a nightmare.

Development through self -reliance

Ramarajya stands against the dependency of the peoples over their own ruler. Only the sick and women were given the fair chance, apart from that the individual initiatives were respected. India in the 21st century destabilized its own civilization apparatus and initiatives. Development in India refers to the development through the policy of the government, but it should be seen as a product of self- realization and self-assessment. Self- reliant India would be the best place for Ramarajya where individuals will be guided by their morality and ethical enlightenment. Ultimately, this process would lead to organizing a self- sustained society. Although our dreams are too eternal and ethical, we should not follow the path of power and authority. The beauty of human happiness lies in the reduction of state

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Strength

Strength is in the mind,
It is the thought,
That unwinds feelings unsought...

Strength is in the smile,
It is the curve on the face,
That keeps inept situations out of the
race...

Strength is in the handshake,
It is the gesture,
That helps relations nurture...

Strength is in the hug,
It is the comfort,
That lends support in times of
discomfort...

Strength is in the word,
It is the medium,
That generates confidence in per diem...



Neha Sama
An IT Consultant
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Avani Bompilwar





**Entries
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Khanvel The Butterfly Park

In the beautiful union territory of Dadra & Nagar Haveli, situated in Khanvel, is the most gorgeous park my eyes have witnessed till now, named as the Butterfly Park. The moment you see the way in which the name is represented, it already gives your heart such a big adrenalin rush. The name of the park is written in a very attractive style! The best thing is that there are no entry fees at all, the visit is free.

- Timings : Mon : 12:00am to 5:30am
- Tue-Sun : 10:00 am to 6:00 am

As I entered the park, I could see a lot of greenery all around; this created a feeling of peace. They have made small lanes in which there are so many different kinds of plants including: saplings, bushes, shrubs, creepers etc, the kind of crops are laid out and planted, keeping in mind the necessity of the butterflies' breeding and fodder. As I walked ahead, I saw a big green platform in the centre of the park on which they had planted crops which carved the shape of a butterfly, and it was beautiful. On either sides of the park, there were two stands which were made for taking pictures with our head in place of a butterfly's head; I found it super hilarious and cute too. The park is a perfect spot for nature lovers, and photographers, it houses so many butterflies, just randomly flying around, the sunlight hitting the green leaves and the colorful flowers make it so much more serene, making you feel positive and blessed. If you're looking for a place to clear your stress and to forget about your worries just for awhile, you should definitely visit this place, because this place represents



the true beauty of the nature and it cost nothing for getting this serene view which brings peace within you.

So, to enjoy at such a beautiful place, get set and pack your bags for a holiday at Khanvel and witness peace and calmness in the lap of nature!!



Chhavi Srivastava
Software Developer
Travel Blogger

lens. I guess, earlier screenplays were written by the demand of the producers, existing notion of the country and also keeping in mind the actor. With the evolution of other media such as Netflix, Amazon Prime, Hotstar, Voot, MX Player and Hulu, the words of the scripts are touched by the breeze of freedom and reality. Screenplays are written on how actually we live and believe and feel in the country. I have seen people appreciating and mimicking and connecting with Munnabhaiya of Mirzapur and Ganesh Gaytonde of Sacred Games. The hero shows stupid behavior and very healthy animosity can be witnessed in the cinema now. The hero can be seen in a high-class suit and villain in cheques lungi and paragon sleeper. One small but amazing scene I remember from the movie, Gangs of Wassyapur 2, two adolescents go to the jewelry shop to a loot. Perpendicular (name of a boy) removes his slippers before entering the shop and when he looted the shop and was going back, he wore his slippers back. (I was mesmerized by the respect of Indian customs.)

So, this shift was running in mind since I watched the last web series, 'Broken but Beautiful'. Being an Indian cinema citizen, we are inclined to take the side of the hero/heroine. I tried at first but I couldn't take the side and I started questioning my morality too. But, yes, I could connect well with every small and big reactions, assumptions, ego-fights, and romantic stupidity too.

The connection is important. That's what keeps us wired with each other. I feel happy about this sharing. Grateful to Indian Filmmakers for the stories they brought into our lives.

"I just write characters, and somehow they happen to be a boy and a girl. When the story is put together, and their characters are interwoven, they do end up together somehow"- Imtiaz Ali



Dr. Jatin Patel (Ph.D.)
UNICEF Education Consultant





In his room, Moin was writing something in his book, 'Articles, Poems and Short Stories'. On his writing desk, he had a pen-holder, which was filled with lots of half-used pens and broken pencils, and he had a photo-frame of his idol, Author Hussain Khan.

The creaking of the door alerted him, and he stuffed his book inside. It was Moin's father. His father observed the fresh ink on his fingers.

"Writing won't help you with your grades, Moin!" his father said in a stern voice.
"Look at the marks you've scored! All you do is write every day. I don't want to say anything."

"Yes, Dad." he admitted, and it was true, he thought. His father sighed,

"Sit down, Moin, and listen to me."
Moin obeyed his father, without looking into his eyes.

"Look, my son," his father said, putting his hand on Moin's shoulder, "I know that you love writing, but you are in the 10th standard! You know how important it is."

Moin nodded staring down at his feet.

"Look into my eyes, Moin," his father commanded softly, "You are poor at Maths, Social Science and Science. No doubt that you score in Arabic and English, but you must concentrate on your studies. Do you get it, my son?"

"But I want to be a writer." He said.
"I'll be better off if I pursue my dreams."

"I know very well, Moin," his father said, "that you are good at writing. I don't say you should not pursue your dreams, but 10th standard comes only once in your life. After 10th, you will have a lot of time to write."

"But--" he spoke, but couldn't go on.

Two large drops slid down his cheek. He sped towards his room, took a pocket book and ran out of the house.

"Moin!" his father called, following him. "Come back!"

"You will NEVER understand me!" he screamed without halting. "Bye dad!"

His father couldn't follow him. He was too fast to catch. Moin didn't turn back to see his father. All he could do was run; run till his legs gave up.

He stopped to get some breath. He was breathing heavily. He again broke into tears and sat under a tree. "Why don't you understand, dad," he sniffed, "why?"

"Good evening, son!" a man's voice came from behind the tree.

Moin rubbed his eyes and turned at once to find the speaker. The speaker was a man who had a shroud overspreading him. His hood concealed his face.

"I am Moin," Moin said, standing up, "who are you?" "Don't be afraid," he said, "you can call me your friend." "Leave me alone." Moin protested, walking away. "I know how you feel," he spoke, "Moin."

Moin stopped, turned to face him with rheumy eyes and approached him, "so, d-did you hear what I spoke?"

"Yes," he replied, "I heard you. Now, sit here and I shall tell you why you should listen to your father."

Moin obeyed him, because, he had found someone who would listen.

"Why are you upset?" he asked.

"My father tells me that writing won't help me as a career," Moin said, "and I don't understand why my father doesn't understand me? He always scolds me, but I want to become a writer. Why won't he listen to me at least once?"

"See, Moin," he said, "I fully understand your condition right now. I once was you."

"What do you mean?" Moin said, looking into his hood.

"I am a writer." he said. "My father used to scold me every time for writing. I felt the same you are feeling right now. But, later I realised how wrong I was, and how right my father was. I ran away from home and didn't return for a week. After getting homesick, I returned."

“What?” Moin exclaimed. “You didn’t return for a week?”

“Yes,” he said, “when I failed in 10th, I realized how foolish I was,”

“You failed?” Moin asked.

“Yes, Moin,” he said, “and then, I had to wait for another year to pass. When I gave exam, I scored below average.”

“How much?” Moin asked, worryingly.

“I scored 60%.” he answered. “I know that one must pursue one’s talent, but it has a fixed time and place to showcase your talent. Your main aim is to score in the Boards. Because, if you get high scores, you deserve better colleges; you get options. And then if you write, you will become a best-seller. And I will be the first to purchase your book, okay?”

“Okay,” Moin said, “but--”

“Promise me,” he said, getting up and putting his hand on his shoulder, “you’ll study and get good grades.”

“I promise!” Moin shook hands with him.

“As for writing, you can write for one hour every day.” he said. “Don’t overdo it, okay? Bye!”

“At least tell me your name.” Moin asked before departing. “Hussain Khan” he said. Moin had met his idol, his inspiration.

Some strangers come in life and settle

the storm within. “Pappa?” Moin called as he reached home.

“Moin!” his mom and dad ran towards him and hugged him. “I am sorry dad!” he said. “I will study.”

He was very happy that day. One reason was his father’s smile and the other was meeting Hussain Khan.



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

An advertisement for 'Tidbits' featuring three images of food: a bowl of fried snacks with olives, a plate of fried fish, and a bowl of fried chicken. The text includes 'FSSAI certified', 'Tidbits Finger Licking Specialities', and 'Delicious & hygienic Take aways'. Contact information is provided at the bottom: 'Call: 7778896137 / 891' and 'www.tidbitsrestro.com'. The background is a mix of purple and orange.

Kinshu Mishra

Miss Classical Height 2020



" In the middle of difficulty lies opportunity" I'm Kinshu Mishra, Miss Classical Height 2020, Stage Bright Events.

Adventurous always, and I'm passionate about Karate and horse riding. I'm trained in both Western and Indian Classical dance forms and have performed in many shows. I also enjoy writing for my school newsletters.

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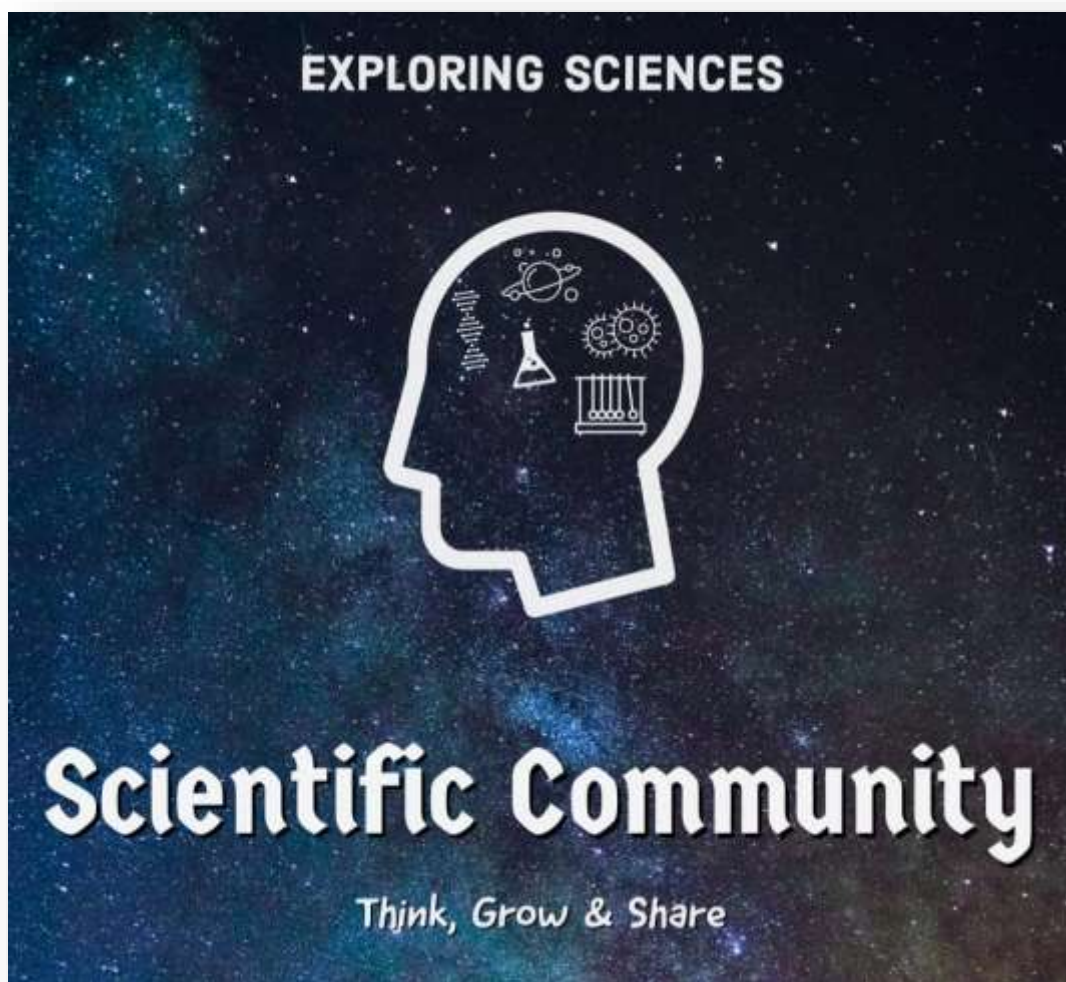
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The Quarantine Effect

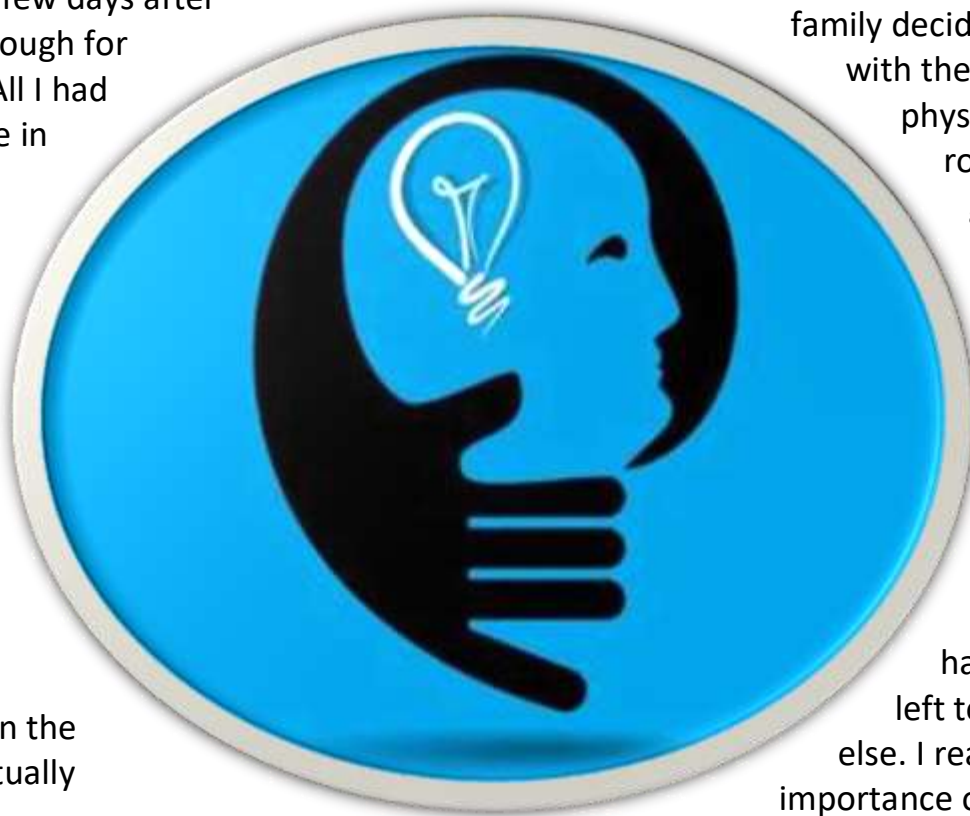
Recently we were all instructed to stay in our homes in order to protect ourselves from the Corona virus outbreak. A lot of people are pretty upset about this huge change in their routines. They have no idea what to do all day, and even if they work from home there's this something that feels missing. Honestly such reactions seem both funny and pitiful to me, considering the fact that my routine has been the exact same ever since I started physiotherapy to help me recover from my injury.

However, I cannot say I don't relate to the confusion people are facing these days, the way they're feeling trapped and helpless after a point of time when being home seems like there's nothing much left to do. I have always been someone who has a high need for stimulation all the time and must do something or the other all day in order to feel sane. The first few days after surgery were tough for me that way. All I had to do was to lie in bed and "do whatever I wanted to" which mostly included reading or watching TV and meeting people for a three-hour-window of the visiting hours in the hospital. Eventually

visitors lessened, my eyes started hurting with all the reading and TV and I felt blank. What was I supposed to do now? I don't even remember anymore what I did then, probably just went back to sleep.

Some more days later I went back home and then there really was nothing I would do. No doctors to examine me, no nurses coming to chat with me, no visitors in my room because the stitches in my spine had only recently been opened up and we didn't want them to be infected, obviously. I had nothing to do except physiotherapy (that was a different method than what I'm currently following). So then I dived right in when my physiotherapist came and I showed so much improvement (only visible to those who observed me daily) that she had to look for new exercises for me almost every fourth day. As a side effect of this enthusiasm I could now comfortably go back to binge-reading and occasionally studying again.

Then some months later I and my family decided to go ahead with the current physiotherapy routine which goes on for literally all day except when I'm eating. This was perfect for me – I was doing something all day long with hardly any time left to do anything else. I realized the importance of time because



I only had so many hours in a day left to study after all the exertion. Even today I'm almost struggling to find time to do anything but exercise and study, but I manage and don't regret any of it. In fact in that time I try to fit at least one of my hobbies per day, and thankfully I have many. Pretty sure that's one of the reasons why I have never, despite following the exact same routine for these past few years, felt too bored with it. You ask me how's quarantine for me? It is a way of life that lets me focus on my recovery and is helping me think of how I can fit all I want to do in that little amount of time I have left during the day because I know once college starts again I won't have much chance. It is helping me see how far I've come from the girl who became restless when confined to her home, where she now feels like that's her own little world. It means I and mum get to spend all day with papa – his laughter and his jokes and stories feel like therapy. It is letting me help my friends to go through this

sudden change in their lives and routines where they run out of things to do and I see myself a little more than three years ago, in need of someone who has gone through this and can help me fight through. And finally, being able to hear the birds chirping in the calm silence all around me, I can see how much this period of quarantine has healed our environment from the harm humankind had brought to it.

(Not so) dear Corona virus, I may not love you, but I'm grateful for the way you made the environment clean again. Thank you and may we never see you again.



Garima Vyas
Student of Psychology
The M.S. University of Baroda

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in my jar

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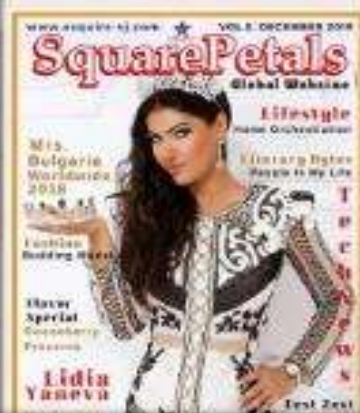


WRITERS AWARDS 2019-20

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Countdown
Begins





Yummy Nutritious Gond (Gum)Laddoos

INGREDIENTS:

Gond (Tragacanth gum): 50/100 gm
 Makhana (fox nuts): 50 gm,
 Almonda (Badam): 50g
 Walnut (akhrot): 50 gm
 Cashew nuts (kaju): 50gm
 Raisins (kishmish): 50gm
 Poppy seeds (khas khas) : 1 tablespoon
 Coconut powder: 50gm
 Cardamom (green ilaichi: 4-5
 Cinnamon (dalchini): 1 stick
 Jayfal: 2
 Sesame seeds (safed til): 50 gm
 Jaggery (gud): 500 gm
 Wheat flour: 500 gm

METHOD:

Heat a fry pan and put 3-4 spoons ghee in it. When slightly heated, now add to it the gond little by little and heat it, it will swell up and turn white, now take it out and keep it aside. Now roast all the dry fruits in ghee in the same pan and keep it aside. Then again add 2 table spoon ghee and now fry the makhana,

again take that out and keep aside. Add ghee again and fry khas-khas now, add coconut powder and mix well while frying lightly, now put off the gas flame. Dry grind together all the fried nuts and khas-khas in a mixer, don't make it a fine powder, let it be coarse. Again add some ghee in the pan and fry the wheat flour on medium flame. Take it out when its light golden in color, now melt the jaggery on low flame and bring it to boil. Now put off the flame and strain the melted jageery. Add to it the fried flour and start mixing slowly. Add the fried nuts powder, khas-khas and coconut powder, powdered jaifal, cinnamon and cardamom. Now crush the fried gond to powder and mix that in the preparation. Mix everything together. Wet your hands and make small laddoos out of the mix when it has cooled down a bit. Be careful not to touch when it is very hot.. The very nutritious and yummy gond laddoos are ready now. Take one laddoo every morning with milk. It's an excellent home remedy for joint pains and overall good health.





ULTA PIZZA

This pizza is now in demand, youngsters like very much!

INGREDIENTS

2 pizza bread (thick)
 2 tbsp butter
 3 capsicum finely chopped
 2 onion finely chopped
 2 tomato finely chopped
 1/4 cup boiled corn
 1/4 cup mushroom (optional)
 1 tbsp pepper powder
 2 tbsp mayonnaise
 1 tsp red chili powder 1 tsp chili flakes
 2 tsp oregano
 Salt as per taste
 1/4 cup black olives
 4 tbsp pizza sauce
 Processed + diced cheese as per need

METHOD

Take pizza bread and cut into half and make it pocket-like. Apply butter and keep aside. Take a bowl, add all vegetables and both cheese and all spices, sauce and mayonnaise and mix it well and keep aside. Take pizza pocket and fill the stuffing into it. Make both the pockets ready. Put both pizza parts together and join them with butter. On the top apply butter then put cheese and olives. Then sprinkle chili flakes and oregano and put into pre-heated oven at 180°C to bake till the top cheese melts. Serve hot.



Falguni Thakkar

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

When the crow is no thirstier

We all have come across the story of a “thirsty crow” in our childhood where we saw how intelligently the crow quenches its thirst and flew away happily at the end of the story.

We clapped for the crow without thinking about its evil side. We ignored the fact that how noisy and loud they are, how they steal crops of farmers, how they create nuisance by spreading deadly diseases because of their dirty habits and how they kill the small animals with cruelty. Being small children we didn't had much information about the bad omens associated with that bird.

Well, in the real lives also, we have a lot of people with characteristics of a crow, they are intelligent, they even have brilliant problem solving skills and can adapt according to the situation, but have a highly destructive mind too. It would not be wrong to say that they intelligently quench their thirst and fly away from our lives. Once their task is done and they are in better position, then they start spreading hate with their loud and harsh actions and the most unfortunate thing is that we ignore their evil side and clap for them until something wrong happens with us.

We praise and support an individual or group of individuals and make them so powerful that



the voice raised against them is suppressed because of their blind supporters with big tongues. These supporters are the people who are of same crow community or who have seen their cleverness and cunningness and they are either afraid or need a favor from them.

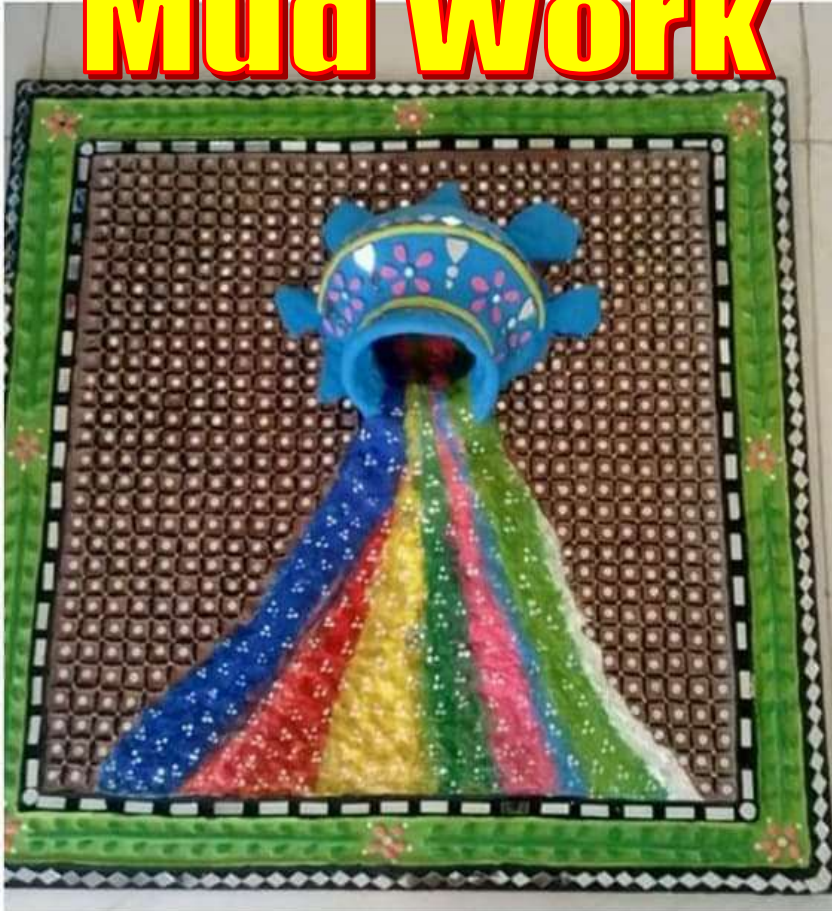
It's good to see the things in a positive way and praise the good qualities but we should always be alert, look at their evil side too and also try make others aware rather than waiting for that thing to happen with us.

You all might have experienced a person with crow characteristics in your life too at some point of your life, do let me know.



**AKSHAY KUMAR
SINGH**
Student The M.S. University
of Baroda

Mud Work



Colorful & very beautiful mud work by **Ms. Dipti Jhala, owner at Apra Creations** at Adipur in Gandhidham, Kutch. Dipti deserves to be applauded for keeping the traditional art live and she is taking all efforts for promoting the ethnic masterpiece of Kutch. Online classes are available for those who are interested in

learning this unique and attractive style of craft. Dipti also shares about it in her free sessions every Monday from 4 pm to 5 pm on Facebook, in Hindi & Gujarati as well. So grab the opportunity of getting creative during stay home, stay safe times.

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TOP TRENDS



Sunehri
Johri