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SquarePetals

Global Webzine

Personal Development

Victory

Literary Bytes

A Lesson Learnt....

Flavor Special

Chocolate Milk Stirrers

Sweet & Salty Mathri

Human Psychology

In the Times of Crises..

Health & Wellness

Irritation an underrated Feeling

Short Story

People in my Life
Triumph Over Fear

Photography

Bhedaghat

Poems

Quarantine Times

A Fight

Students

Shame

Events

Miss TeenBright 2020

Feature

Kid Model

Latest

Top Trends

MONIKA MEENA
COVER STORY

Houte Monde-Mrs. India Worldwide 2018





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FROM THE DESK OF

EDITOR - IN - CHIEF

Hello friends,

We take this opportunity to share with pride that "SquarePetals" has once again bagged another remarkable distinction. We are honored to receive the prestigious Young Achiever's Award 2020 from "The Indian Achievers Forum"

Persuing Victory indeed, read about it all in the Personal Development column.

Celebrating with Flavor Special dishes again, home cooked food is best for nutrition & hygiene, to stay strong against the pandemic outbreak.

Don't miss reading the articles by expert Psychology professors of MS University of Baroda, as they will be beneficial to all.

Top Trends & cute little model will make you smile, and feel the emotional touch of and prize winning poetry.

Our Literary bytes is an interesting read as usual , and hope you all enjoy reading the magazine.

Stay safe & get enlightened & keep smiling. Love & regards.

Sansriti Johri





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Monika Meena, Mrs.
India Worldwide Haute
Monde 2018: A
Multitalented
Personality

Mrs. Monika Meena is
an outstanding
multitalented
personality, having
achieved laurels in a
variety of fields. An
advocate and Professor
with the Centre for
Gender Studies at NLU
Jodhpur, she is also an
active social worker
associated with the
schools located in tribal
areas. She has also

been working actively with NGOs at the
district level for women education in the rural
and tribal areas.

Her subject knowledge outstanding brilliance
was applauded at the INTERNATIONAL
SEMINAR organized by Law Mantra in
collaboration with INTERNATIONAL COUNCIL
OF JURISTS, LONDON when she presented her
paper there.

Monika Meena was the 'Face for JAWED
HABIB, Nandurbar, Maharashtra, the 'Face for
REBOOT the Fitness hub in Rajasthan'. She
also promoted Dr. Ram Bhosle's (Gandhi ji's
doctor) "SAMVAHAN CHIKITSA" in association
with Michael Trembeth in 2018.



Cover Story

She was awarded for her career and
contribution to the society under the UDAAN
project, the biggest yearly political and
administrative yearly tribal meet of the year
2018 held at New Delhi. She has also
supported NIFD Kota for providing better
career opportunities to the students and to
expand globally. She has worked with
"AKSHAM" for bringing awareness in the areas
of Eye Donation and Menstrual Hygiene.

Mrs. Monika Meena is the winner of MRS
INDIA WORLDWIDE POPULAR 2018 in Europe.
She has been honored with the NATIONAL
ICON AWARD in the memory of Dr. A.P.J.
ABDUL Kalam in 2019 and she has also

represented India at the 84th THESSALONIKI INTERNATIONAL FEST 2019 in the second capital of Greece, Thessaloniki. This event was telecast live by SKY Channel which is the international channel for a Thessaloniki Fest.

Monika Meena was awarded with IWAA awards 2019 in Mumbai. Her interviews have been aired many times by the national as well as international radio channels. Her articles/writings have been published in The Times of India and have been covered time & again by top media houses in Maharashtra and Rajasthan. She was an esteemed Jury Member at the Mrs. Gujarat T20 EsquireVJ Showcase Beauty Pageant, our warm and best regards wishes are always with Monika



India
haute Monde 2018.

Meena, Mrs.
Popular Worldwide

PURSuing VICTORY

Successful people are hungry for victory. They believe in winning more than losing. They don't capitulate to temporary defeats and failures. They go after what they want and believe in emerging victorious at the end of the day. Successful people think victory, desire victory and see victory.

Have you ever thought what separates winners from losers and successful people from unsuccessful people? Have you ever thought about what distinguishes those who achieve victory from those who suffer defeat? What does it take to be a winner? It is hard to put a finger on the quality that separates a winner from a loser.

Every situation is different, every crisis and challenge is different. What makes the game different is the mentality of playing. The spirit it takes to play the game will determine one's victory or defeat. Successful people pursue victory. They possess the winning mentality in every situation they find themselves. Victorious people have an inability to not accept defeat. The alternative to winning seems totally unacceptable to them, so they figure out what must be done to achieve victory, and then they go after it with everything at their disposal.

Challenge and crisis is a motivator for top achievers. They bring out the best and not the worst in them. They perform best in difficult times. They use everything they have to find a way to win no matter the pressure that befalls them. That power to win is still available for anyone who resolves to pursue victory. During World War II, the British Prime Minister Winston Churchill displayed the

principle of pursue victory. He was able to prevent Adolf Hitler from crushing Europe and taking over it as his own.

On his side of the Atlantic Ocean, Winston Churchill inspired the British people to resist Hitler. Long before he became Prime Minister in 1940, he spoke against the Nazis. He seemed like the lone critic in 1932 when he warned, "Do not delude you. Do not believe that all Germany is asking for is equal status... They are looking for weapons and when they have them believe me they will ask for the return of lost territories or colonies." Churchill continued to speak out against the Nazis. And when Hitler annexed Austria in 1938, Churchill said to members of the House of Commons, "For five years I have talked to the House on these matters, not with very great success. I have watched this famous island descending incontinently, fecklessly, the stairway which leads to a dark gulf... Now is the time at last to rouse the nation. Perhaps it is the last time it can be roused with a chance of preventing war, or with a chance of coming through with victory should our effort to prevent the war fail."

Unfortunately, Prime Minister Neville Chamberlain and the other leaders of Great Britain did not make a stand against Hitler. And more of Europe fell to the Nazis. By mid 1940, most of Europe was under Germany's domination. But then something unbelievable happened that might have changed the history of liberating our world. The leadership of England was bestowed on Winston Churchill. He refused to capitulate under the Nazis' threats. For more than a year, Great Britain stood alone facing the threat of German invasion. When Hitler

indicated that he wanted to make a deal with England, Churchill defied him. When Germany began bombing England, the British stood strong. And all the while, Churchill looked for a way to gain victory.

Time after time, Churchill rallied the British people. It began with his first speech after becoming Prime Minister.

“We have before us an ordeal of the most grievous kind. We have before us many, many long months of struggle and of suffering. You ask, what is our policy? I will say: It is to wage war, by sea, land and air, with all our might and with all the strength that God can give us; to wage war against a monstrous tyranny, never surpassed in the dark, lamentable catalogue of human crime. That is our policy. You ask, what is our aim? I answer in one word: Victory- victory at all costs, victory in spite of all terror, victory however long and hard the road may be; for without victory there is no survival.”

Meanwhile, Churchill did everything in his capacity to prevail. He deployed troops in the Mediterranean against Mussolini's forces. Although he hated communism, he allied himself with Stalin and the Soviets, sending them aid even when Great Britain's supplies were threatened and its survival hung in the balance. And he developed his personal relationship with Franklin Roosevelt. Though the President of the United States was reluctant to enter the war, Churchill worked to build his relationship with him, hoping to change it from one of friendship and mutual respect to a full-fledged war alliance. In time his efforts paid off. On the day the Japanese bombed Pearl Harbor, ushering the United States into the war, Churchill said to himself,

‘So we won after all.’

Great leaders pursue victory relentlessly and end up becoming victorious. Victory is attracted to a man that is prepared for it. Whatever you want to do, if you doubt to be victorious, you will never become victorious. Victory first begins in the mind. Successful people see themselves winning right in their mind before it comes. They don't give room to negative thought of defeats and losses. Even when they lose they maintain a positive mental attitude and keep playing as if they have won.

Victory is achievable and possible for anyone who pursues it. We are all playing the game of life. We are either playing to win or to lose. The real champions in the game are those who play to win.

Victory awaits the determined mind that is willing to take risks and do everything it takes to win the game. Even in times of defeat top achievers have a way of turning the game around. This mentality makes them unpredictable and unstoppable. Real players don't quit when the going gets tough. They keep playing tough when the going gets tough. This becomes a source of motivation and inspiration to help them reach their full potential.

Don't be distracted by the challenges before you. Adopt a winning mentality and pursue victory persistently.



Michael Ediale

Life Coach, Motivator
& Best Seller Author

Janvi Sugwani

the 11 years
strikingly
impressive child
model from
Kutch is like a
hidden treasure.

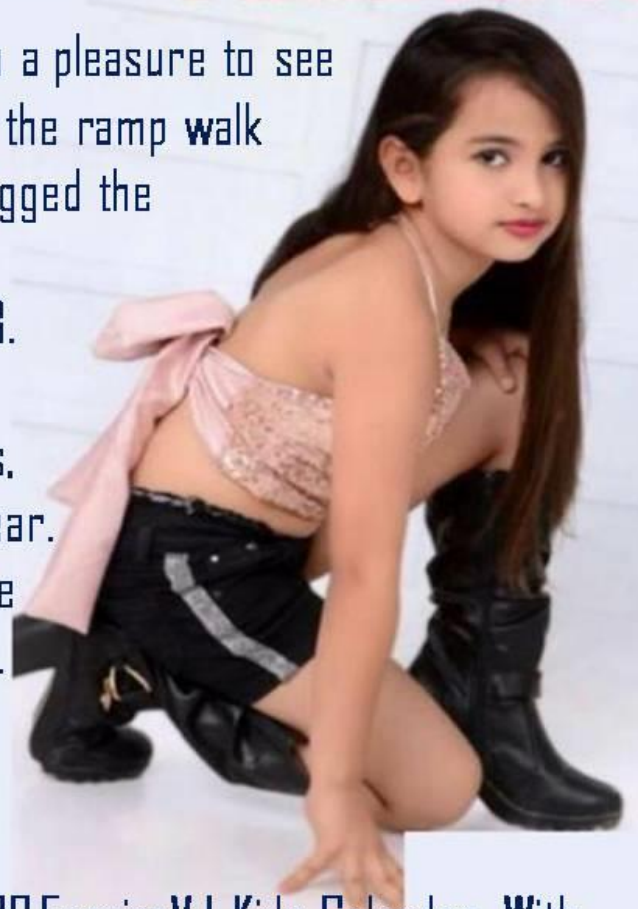
Feature

**An icon of
talents
& style!**



Janvi Sugwani is catchy and it's such a pleasure to see her walk on the ramp! She has won all the ramp walk contests she has participated. She bagged the Rampwalk award in the 'Colors of Kutch' Fashion Event in 2018.

She was the Poster Model of Glam Kids, Vadodara Fashion Show in the same year. Janvi was soon walking the ramp at the India Kids Fashion Week at Ahmedabad. Janvi Sugwani is an icon of talent & style.



She is the a Calendar Model in the 2020 EsquireVJ Kids Calendar. With so many achievements and lot more to be showered on her certainly, the cute & pretty little lady Janvi Sugwani has a promising future in the Fashion & glamour world . Best wishes for our budding beauty queen.



I don't have any decided goal as an adult for myself. I am just enjoying each and every moment of my life as I'm getting every next second to live, and to choose what to do next. I literally see everywhere that people are highly goal-oriented, such as, getting a good job, getting famous and successful in a particular field and domain, clearing competitive exams, etc.

I feel setting particular goal for one's whole life is a trap. Okay, let's ask something to ourselves, 'What a being is looking for'; you think it is 'Happiness'? Okay, imagine a life with only one emotional concept, and nothing else to feel emotionally, we humans have this instinct of curiosity, which means subconsciously we want ourselves to explore more of new knowledge, information at every moment via senses, otherwise we get bored in life.

In simple words we need a spicy life, varieties of both pleasant and unpleasant emotions.

But

consciously we run behind pleasant ones but they won't stay pleasant for so long, for example

I like

bananas a lot, if I'm eating lot of bananas day and night they might become unpleasant for me after a

certain period, because I got bored of that same taste of the bananas

all the time. Same way, we can be joyful about any emotional feeling continuously for a certain period of time only. Similarly, we can experience emotional concepts such as 'happiness' only in present moment not in future or past.

**Why do we set goal for after x years?
Why are we working for after x years?
Why are we not working for now?**

I do not want to convey that it's bad to have expectations from ourselves in order to, gain pleasure and satisfactory experience of life. But, setting a particular life goal which will be just a moment in your whole life and you spend your whole life working for that single moment rather than experiencing each and every emotion and moment with same feeling of gratefulness.

So, don't set goals for your life. Set goals for

EMOTIONAL WELL-BEING & HAPPINESS

your vision, your values, and changes in your daily schedule. Reform your schedule, modify/change your habits, plan and set your vision. Don't live for your goals, instead live for a vision and values you've decided. Your primary values of life can be felt and fulfilled at every moment of your life.

For example, a young man decided to set a goal for his life to get selected in the Army of his country. Now, what if he doesn't get selected? And what will be his goal after getting selected? And he's working for it for 3 years when we're not sure he'll enjoy serving there for his country or not.

But in other case, a young man decided his vision / primary value of his life to serve his country. In this case he can serve his country even after not getting selected in Army, there will be a number of possibilities for him. He can serve his country in many ways. He can set his goals accordingly to feed his vision, Preparing, trying, achieving and failing for those goals, everything will be part of his vision and that's how he will live his vision. He can live for that vision until his death and fulfill it at every moment of his life.

Why I'm intending to have a vision in life because if you set goals without any vision behind, then failure in any goal will make you feel failure in life, because all you had was a life goal without vision, but if you set goals to feed a vision, then your success, failure, trials,

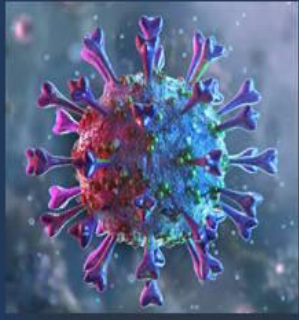
in goals and sub-goals, everything will be an achievement in designing your visionary life.

So, don't limit your life to particular goal or achievement, you must have a vision behind your goals. Give yourself to some vision, to values you want to live your life for/on. And then set your goals to serve those values.

Don't adjust your values for a life goal. Set your goals for values of your life and you can continue life-long with it. Also, conditions of your values contribute in your body-budgeting which design your emotions. Decide your values and start working on your emotions to be implied for the rest of your life. So, from now onwards, never ask someone that what their goal in life is, ask them what are their primary values of life.



Khushwant Gehlot
BA (Philosophy)
The Maharaja Sayajirao University
of Baroda



NEHA SAMA

An IT Consultant
Poet by Virtue,
Groomer by Passion



Quarantine Times

Family has never got so much time together,
Creativity at home will now go on forever...
The surroundings are happy,
For, there's no pollution...
Social distancing for now,
Seems to be the only solution...
Sundry jobs no more,
Need to be done in a hurry...
Setting up early morning alarms,
Is no more a worry...
It is fun doing household jobs
With passion,
My heart now dwells
On the absence of house helps
With compassion.
Seeking a refuge
In times of need,
Isn't it the much awaited ...
Rejuvenation indeed?
Yes, agree COVID-19 came as a shock,
But not everything it got along needs a mock!



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*Neha Sama
Poet, Groomer and Model*



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Thanks Sunheri Johri for sharing your valuable inputs and experiences with our participants. It was indeed wonderful interaction.



SUNHERI JOHRI

Miss Teen India 2019

HUMAN RESILIENCE IN THE TIMES OF CRISIS

Smiles are far miles and miles

What is Spring

And Fragrance of Flowers?

Everyday Autumn Showers!

Rise and Fall

Fall and Rise

Darkness arises

With no sun rise

What color means?

And nothing to do with the breeze!

I am like a Bird PHOENIX

Every moment be finished

Burnt to ashes

Be alive but no wishes???????????

Dr. B.S. Parimal

Assistant Professor

Department of Psychology

Faculty of Education and Psychology

The Maharaja Sayajirao University of Baroda.



It is evident from the poem written by Dr. B.S. Parimal, despite of a variety of problems, the bird knows how to survive and flourish in spite of the limiting and destructive forces from within and without. We all are sailing in the same boat with different intensities, but the challenge is to how to balance and overcome the adversity, frustration, and misfortune where everyone has a different set of attitudes, beliefs, ideologies, and values.

The same can be resolved through the resilience power to adapt to the circumstances. Resilience means the ability to bounce back from adversity, frustration, and misfortune that is essential for the survival, recovery, and thriving by going beyond his or her original level of functioning and to grow and function despite repeated exposure to stressful experiences in the present serious threats to adaptation of development. Having a healthy sense of self-identity and of one's mission through distant vision in life is essential for Psychological well-being.

The present pandemic situation is a good opportunity to individually introspect and refashion prevailing values, leading to sustainable and holistic existence for living life to the fullest and in harmony.

Everyone must oblige to consider the purpose and value of life and should remember one thing that none of us are either masters of our destiny, or slaves of harsh natural forces of COVID-19. Everyone has before them, a chance to co-create a fresh set of values based on new learning.

Ms. Kavita Gupta

Assistant Professor

Department of Psychology

Faculty of Education and Psychology

The Maharaja Sayajirao University of Baroda



Irritation: An Underrated Feeling

During this lockdown phase, this is a very small but very important element that needs to be given attention. In the following, paragraphs, I am sharing the article with some of my reflections. When travelling on the bus or train, you will find people, listening to music or videos without earphones. The voice would be so high that you can visualize everything and cannot focus on what you're doing. You are sitting in the waiting room and you will see someone talking on the phone so loud that you do not have the choice to ignore but listen to everything. You are standing on the traffic signal, and you can find 2-3 people go on honking when the signal lights show 52 seconds. Annoying, ha! How do you feel in these situations? What are the thoughts running at light-speed in your mind?

No matter how educated or wise or mature we are, sometimes we tend to lose our temper and kill the people (of course, in our mind) who do such acts. Not only strangers, sometimes, children in our family or in my case, my parents too, get irritated when they fight over leaving slippers near the doors, out of the shoe stand, or fighting over why Shahrukh Khan is not donating money when Akshay Kumar has given 50 crores. (just because, I am Shahrukh Khan fan, I have to listen and justify).

David Cohen, psychologist and author of *What Bugs You?*, said that 'Irritation is a state of feeling annoyed or impatient'. Furthermore, he said that irritation is a diluted form of anger that tends to be driven by lots of little things and rarely amalgamates, around a

single big thing, the way anger does. Irritation is more common than anger and yet less talked and worked about. There is a lot of literature about anger and hardly any about irritation. (Research idea clicked in my mind). It is more common and yet taken for granted as a side effect of anger. We have read and learned about anger management but we find ourselves succumbing quite easily to irritation. (Why? what is special about this?)

"There are two types of typical responses to irritation," says Michael Sinclair, a consultant psychologist and author of 'The Little ACT Workbook: An Introduction Acceptance and Commitment Therapy'. We tend to either keep it to ourselves or allow it to affect us or we flip and act on it. Both the responses are problematic. The first occurs mostly at the office, social functions or public places and the second occurs at home or with friends (mostly where we feel at-home). So, the question is why do we get irritated and what's the point of it, if it is just increased tension and stress all round?

Sinclair stated that, irritation raises our awareness of a given situation, alerting us to the fact that we might have to do something about it. It's an evolutionary function designed to keep up safe in a threatening world. The problem is our typical responses tend to aggravate the situation, our stress hormones leap into action, we go on into fight-flight mode, and the tension increases. We tend to get irritated when we feel less able to deal with things than we would like, which causes fester-or-strike responses.

So is there any way we can use irritation constructively?

Sinclair prescribed the use of diffusion, the process of paying attention to thoughts and recognizing that they are just things going on our mind. 'Don't allow the emotion to control your mind and body. Step back from it. Ask yourself if you want to be a person who lets irritants aggravate; an angry person, or if you want to be an assertive but kind person. **When we have an awareness of emotions, we can make better choices about how to respond.** Some people get irritated by almost nothing and others virtually everything. Sinclair also said that irritation tends to be triggered by a feeling of vulnerability, which often stems from low self-esteem. (That means, the higher the self-esteem, the lesser the chances of you getting irritated.)

'When you recognize that you are feeling vulnerable to things that are beyond your control, you need to treat yourself as a friend may treat you. Be kind to yourself. Remind yourself that it's not personal. Give yourself a hug.'

Sinclair's final suggestion is: 'Try to personify irritation; to create distance from it. Imagine it as an unwelcome guest. If you tell them they're not welcome, they're more likely to make a fuss. It's better to find space for them and get on with enjoying the party.'

Lastly, what I have found amazing to ponder upon is, people with high self-esteem tend to be less irritated towards self and others.

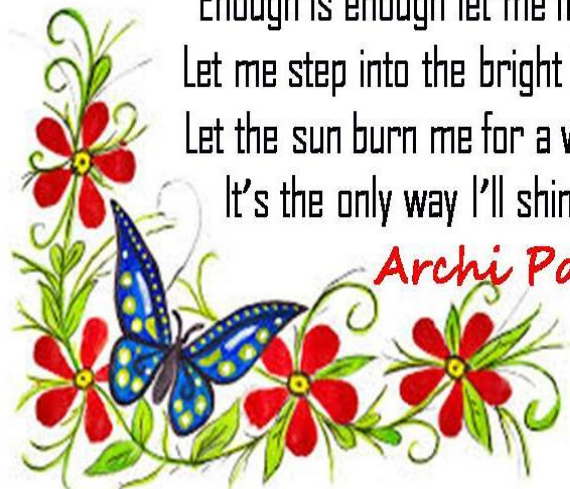


Dr. Jatin Patel (Ph.D.)
UNICEF Education Consultant

A FIGHT

The hands shake and brain stops,
Every surrounding sound drops.
Curling up in bed seems easiest,
The heart starts to love silence.
Playing safe becomes the habit,
Eye to eye refrains to meet.
Everyone says you are so quiet,
Not everyone can become riot.
The fear of being noticed hovers,
Veins witness the anxious rivers.
I look into the eye of fears,
Though my eyes flood with tears.
Enough is enough let me fight,
Let me step into the bright light.
Let the sun burn me for a while,
It's the only way I'll shine.

Archi Patel



Relive the moments...

Author:
Archi Patel



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"We should camp here." Rutherford suggested. "Okay guys, let's pitch a tent here. Quick!" Rutherford was the leader of our group. Yesterday, we had decided to camp in Blood Forest. Julia, Rutherford, Sebastian and I set out on our journey at six in the evening. It was nearly eight. The Blood Forest is comparatively denser than the other forests. One could get lost easily. Thanks to Rutherford that he knew the way out and in. "G-guys!" Julia shuddered. "I think, we should go home." "Come on, Julia," Rutherford said, "it's time to enjoy the night. Don't you see the sky?" "And animals all around." added Sebastian with stern eyes. "Come on, Sebastian," Rutherford said, "we have our weapons with us. As long as the camp fire is alive, we are alive." "Don't talk like that." I protested, aghast. "Okay Tony." he agreed. "Rumours are that the Blood Forest is full of magical creatures, and" Sebastian gulped, "monsters." Rutherford started laughing. "Monsters?" he said. "Ha! There is nothing like monsters or magical beasts." Rutherford's words were true. There couldn't be monsters in the forest. After all, we were armed. Although, somewhere deep down my heart, I felt strange. The forest was as strange as its name was. We talked about our past adventures. Rutherford narrated many fearsome experiences of his. Sometimes they were good, but sometimes they gave me chills. Every time he narrated his encounter with a creature, a chill ran down my spine. They were hungry creatures, as he described.

Finally, the fire went out and all went to sleep, except me. The horror Rutherford's exploration filled was unforgettable. I could imagine every creature he described. For some reason, the wood seemed unwelcoming. Maybe, the ghosts partied where we had camped, and they wouldn't be happy to find it occupied. The wolves might be on hunt, and how happy they would be to find four dishes ready for them. And from one thought to another, I imagined different ways we could get killed. Suddenly, I heard snapping of a twig, which certainly, came from a distance not so far from us. "Julia!" I whispered. "Julia! Wake up!" She stirred a bit and then slept. "Julia!" I shook her. "Watizit?" she asked, half-awake. "I heard a sharp snap!" I explained. "Maybe, there is a dangerous animal around." "Is it?" she exclaimed. "I am afraid, Tony. Do you hear any sound?" I concentrated for some time. I heard owl's hooting, mosquito singing and wind rustling. But suddenly, I heard giant foots approaching us. "Julia!" I said. "I hear giant footsteps approaching us." "What?" she clung to my shoulder. "Do something, Tony! I don't want to be killed." "Rutherford! Sebastian!" I exclaimed. "Wake up! Both of you!" They both woke up alarmed. "What is the matter, Tony?" Sebastian asked. "I heard giant footsteps approaching us." I said. "But now, they are gone." "I'll go and see." Rutherford said, picking up a log of wood. "You mustn't go!" Sebastian protested. "I don't think that's a good idea."

"Yes." I agreed.

"What's the problem, Tony?" Rutherford asked. "Don't worry. I'll be back soon."

Three of us watched him go deep into the woods. Maybe, it was the last we would see of him, I thought.

After sometime, I started to worry. What if the giant spots him and chews him to death? What if the giant cooks him?

I couldn't contain myself, so I ran into the direction Rutherford went.

"Tony!" I heard Julia scream. "Come back!"

"Tony!" called Sebastian.

But all I worried about at that time was Rutherford. He is my friend, after all. He is safe as long as I am with him, I thought. My legs carried me as long as they could.

"Rutherford!" I called. "RutherFORD!"

I didn't hear him. I was afraid. Sweat streamed down my body. I ran for a long time, calling him. But, I couldn't find him. Panting, I sat under a tree. Suddenly, something hit my foot. I got up that instant.

"Rutherford?" I called. "Is that YOU?"

I waited his reply. But all I heard was strange silence.

I felt hopeless. There was no sign of him. I sat on my knees and regretted my foolishness. The giant must have crushed him or chopped off his head, I thought. I lacked energy to carry on, and I couldn't get back. I was lost too. I looked all around the woods, but all I saw was darkness draping everything in sight. Even the moon was absent from the sky. I never felt so hopeless in life. I was responsible for his death. An innocent lost his life because of a foolish. I felt so guilty and despondent that I didn't care if the giant found me and ate me. I thought about Julia and Sebastian. They were alone in the middle of the forest.

Why didn't I listen to them? Why? I worried about them.

Maybe, when the sun rises, they would find a way out. I could only hope.

I heard howling of wolves. I got up, steadied myself to hit them, and, for the first time, I felt fearless. I felt powerful and bold. I was ready to face. When I strained my eyes to look carefully, I saw a fully grown wolf hobbling towards me; his leg was wounded, I thought. Although it was dark, I recognized him by his fur and beady eyes. Death lurked over me ever closer than before. Either of us would be dead. On his right, I found two similar outlines approaching me. I waved the log towards them; they backed away but returned again. They had decided to dine me out. The two wolves sprang on me, and I fell on the ground with a large thud; maybe the last act the world would see of me. Their bare jaws dipped in saliva sucked all life from me. My hands hunted for anything that would save me. Luckily, I found a log and hit their heads with all my might. They got off me, whining and wailing. I stood on my legs again. The third one dashed for me, but I was ready that time. I hit his head, but at the cost of losing some flesh of my upper arm. Then, all three of them cornered me.

"Come!" I shrieked. "Get me! You or I!"

Suddenly, the leader got hit in the face.

"Don't you dare touch my friend!" a similar voice filled my ears.

It was Rutherford. The wolves ran away wailing and running for dear life.

"Rutherford!" I exclaimed and hugged him.

"Are you hurt?" he asked when we disengaged.

"Yes," I answered, wiping the wound, "a bit."

“Tough guy, eh?” he said, leading the way.
 “Let’s get out of here. And why the deuce did you come here?”
 “I came here to find you,” I explained,
 “because I thought that a giant was lurking in the woods.”
 “Where are the other two?” he asked.
 “Oh,” I sighed, “don’t you...ah...worry. They are safe and sound.”
 We reached our camping spot and told our stories. Sebastian and Julia were amused and shocked at the same time. As for the wound, Julia brought some leaves which would help reduce the pain. We had little time left for sleep, so, we headed for the city. We immediately went to the nearest hospital and got my arm a rest of 7 weeks. I won’t forget that night. “Courage is within each of us; we just need the courage to take it out.”



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



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Countdown Begins



People in my Life!

Teachers Day Special

Since this is the month when we celebrate our teachers, what would be more apt than to focus this article on one of the many teachers who have guided me in life. I fondly remember all my teachers and will always be grateful for their hand in shaping me into what I am today. But what is it that makes me single this particular teacher of all the rest you may wonder? It's because this teacher had a very quirky side to her which makes her stand out in my mind.

At first glance she was this unassuming middle-aged woman no different from the rest...well that was until you got to know her. She taught us English and History. She also took a class on Moral Education, which was considered part of the curriculum in most convent schools during those days. These classes involved the teachers relating us parables, stories, real life events, etc. which would establish our moral compass. It was aimed at building a foundation and to mould our young minds with strong values.

While most teachers narrated traditional tales for enhancing our values, her accounts were more distinctive and unique, and probably self-created. On the face of it, the story would seem to be preaching exactly the opposite values than those intended until she elaborated on it. In fact, she would invite us to guess the moral of the stories and would make a quiz out of it.

I would like to share one such story to make you understand the kind of stories she related.

"A much-loved class teacher announced in her class about the upcoming Annual Day function. She explained to her students the importance of participation, of showcasing their talents and the building of team work. She added that this can be developed if many students volunteered to participate in the occasion and also it would make her proud of them. One-by-one all the students (with the desire of impressing their teacher and making her proud) came up to the teacher's desk. They formed a line one behind the other with the intention of registering their participation for the event. So on-and-on the line grew till the entire class emptied into the line at the teacher's desk, except for one.

The teacher's face lit up and was happy to have inspired so many of her students to shed their inhibitions & reservations and boldly offer to stand up and face an audience. She began noting their names along with the details of their performance, individual or grouped. The assembled students slowly noticed the lone student sitting at his seat silently observing his classmates. They whispered amongst themselves of his apathy and his determination to be the only outcast among his comrades. They felt ashamed of their mate and were disappointed that he would be the cause of displeasure to their beloved teacher.

Half way through her task, the teacher looked up and only then noticed the anomaly. She wondered aloud to her pupil on why he chose to not participate when all his pals had decided otherwise. Pat came the reply from the boy, "Oh ma'am, I did stand up when I realized all my friends had decided to perform. Now if all of them participate -

wouldn't they require somebody in the audience. Therefore, I decided to stay back."

She ended her story in this manner.

At first when we heard this story, we all felt the boy's reason was just a poor excuse for non-participation. When she urged us to share our opinions on the boy's point of view, all of us conformed to this theory that his reply sounded arrogant and was only an excuse to mask his laziness. "Probably," she replied, "but also it could be that he was the only student who fulfilled his teacher's purpose in wanting the students to participate."

When we looked confused, she clarified by adding that the teacher wanted the students to let go of their timidity & shyness and have the courage to be noticed or stand out in a crowd. Initially some of the students who volunteered to participate would have been genuine in their intention. Later the remaining students would have realized they would be among those who wouldn't be participating. So, would have attached themselves to the line so that they wouldn't be ridiculed for not standing up or for displeasing their teacher. Therefore, they actually wanted to mesh themselves as part of the majority and not pointed out in a minority.

However, the boy, (whether he understood his teacher's aim or not) was the only one

who had the courage to be different as he believed his friends deserved an audience even if it was just the one.

These were the kind of tales that she narrated to us. Their very uniqueness made them unforgettable.

I love this story the most – not only because it tells us to have the courage to be different - but also because it made me realize that there would be instances when our actions can be misread and misinterpreted in spite of our good intentions. What matters would be our reactions to the situation and if we possess the conviction to stick to our path, regardless? It's up to us to decide whether we are one among the herd or the exception.

Another thing that I gather from this story is how susceptible we are to the power of suggestion. If somebody whom we perceive as an authority figure tells something, we tend to agree to it. In this case, the teacher's suggestion of participating in the Annual Day Function was just an example of how she was encouraging her students to realize their potential. However, the students blindly followed her suggestion as the rule – no questions asked.

Just a simple story – so many depths to it. She probably explained to us only one of the learning's from it. But her story made us think and delve into it and realize the other learning's that it contained.

I am sure all teachers are similar. It is only us students who lack the ability to understand what the teacher is really telling us and take everything at their literal meaning....

Vidya Krishnaraj

Editor – Squarepetals, Mumbai

Happy Teachers Day

Hey Kids , show your gratitude to the teachers this whole month!

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Students

Somewhere between those playful days,
Somewhere amid those smiles,
We have seen a billion ways,
And walked a thousand miles.
Little feet that stumbled once,
In reached the school gates.
Tiny brains, didn't feel the chance,
To paint down worthy fates.
Scared of teachers, smudgy eyes,
Hearts that pumped so fast.
We had no clue what's truth and lies,
Yet wrinkled in aghast.
From diction and those phonetic calls,
Till the number plays.
We kept on learning, counting balls,
And counting months and days.
Through each a morn, and each a day,
Our kinder life began.
New rhymes to learn and toys to play,
New faces filled our clan.
In little steps the leaf unfurled,
The first rays of the sun.
Painted wings to face the world,
Until the work was done.
Then one day those little hands,
Took up worthy roles.
Imprinting footprints on the sands,
We reached our destined goals.
The barren grounds and iron gates,
Stand unchanged for years.
They witness faces, adorn fates,



Dipanjan Bhattacharjee

Winner (2nd Prize)

Penvibe Poetry Contest

A lesson learnt after losing someone really close

It is often seen that people wonder what if the person whom they consider their support system, their confidence, the person they are the closest to, suddenly went out of their lives to never return. I also used to wonder what if I lost the person with whom I was the closest. Well, today I can say that I have my answer. This piece is a summary of my journey so far after the demise of my mother who passed away on a cold January morning of 2018. I was the closest to my mother. Everything small or big which I experienced, I told her as soon as possible if not at the exact moment. Life was all good with the two of us having fun together. The initial few weeks after her demise took place were an extremely difficult phase of my life. Accepting the fact, that she was no more with me, seemed almost impossible, particularly when she had promised that she will never leave me. Every single time since that day, seeing somebody's picture with their mother made my heart ache a little. It seemed I was missing out on something really important. Now because there were formalities which needed to be taken care of after her demise, I was occupied with them. This consumed around 6-7 months, during which I realized how all those moments when she used to explain me how to deposit the cheques and other important skills which she taught me as a child were coming in really handy. These were moments when I just missed her more than usual.

The one thing which I realized after her demise was that life is extremely uncertain. You never know when the last time you will

be seeing someone is and once that person is no longer in your life, we realize all those moments that we spent together had a lot more to them than just memories. It seems as though the times spent with them were special, something that you can hold on to for the rest of your lives.

The one lesson which I took from the incident of my mother's passing away is to cherish the moments that you can spend with your loved ones irrespective of whether or not it is a small, insignificant moment or a moment that is big and significant. Because once they are no longer with you, it is only their memories that you have in order to live with and to re-live for the rest of your life.

In the end, all I want to convey through this article is that **cherish each and every moment with your loved ones, tell them how much you love them, how much do they mean to you and how glad you are to have them in your life.** If you feel like asking for an apology, do it. If you want to make them feel special, do it. If you have a misconception or a miscommunication, clear it on the phone, text message or by meeting. It is because the guilt which you feel after losing them is something which cannot be explained and which I don't want anyone to experience.



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



Instagram account PEN VIBE, was created on 7th April 2020. From that very date till now, this account has gained so much amount of love and support from many people. It has got lots of opportunities for all the participants who take part in its monthly poetry contests.

It's the sheer endeavor of its owner who always works hard for this account. It's because of his enthusiasm and continuous dedication that this account has got immense popularity within a very short time.

The main motive this account holds is to help aspiring writers and also renowned writers to get a good platform for their literary works. To know more, here is the Instagram handle for:

PEN VIBE: @penvibe390

Shame

Why don't you bow your eyes in shame?
Why don't you show your timidity,
Without disclaim?
The nation's pride is falling apart all the time;
Why don't you remove those curtains?
From your eyes sometime!
Today once again, the woman is insulted,
Today once again the man got wicked!
Who do i blame, who join hands on mistakes;
Or i should blame those who turn away,
Seeing what's taking place!
The place where women are worshiped,
When comes to their dignity,
They clothe themselves, indeed!
People come out with candles
In this dark hour,
Without realizing that women,
Are being raped every single hour!
Many of their souls...
Are still screaming for justice;
To burn those beasts without any demise!



Arpita Panda

**Winner (1st Prize)
Penvibe Poetry Contest**

Trying Something New

Trying something new,
Is risky as it is.
But why not do it as well,
Because doing something new,
Is a challenge in itself,
And it won't kill the inner you.
Why not go for it ?
With your eyes closed,
But with an open heart.
Because sometimes you gotta let go,
Let go of your thoughts,
And do the things which you fear the most.
Who knows what will happen then ?
It might as well turn you into something
better,
Something unimaginable,
Into something new ?



Himaja Bejugum
Winner (Judges Choice)
PenVibe Poetry Contest

"FROM DEVASTATED TO BEATITUDE"

*When your heart gets shattered,
when your life seems hopeless.
When all you want is some peace,
but all you get is betrayal and pain.
When the soreness of your wound,
gets deeper like an uncontrollable wave.
When your soul is deeply injured ,
that the world seems like a monochrome.
When all your dreams get broken,
when all your loved ones depart.
take heart for this is just a part,
part of your life not the whole.
Come on now ,smile and rise,
lift your head up with pride.
No pain is greater than your God,
no rain is greater than your Lord.
All the shuttered pieces are mended,
know that He is a God who is splendid.
There is victory coming from brokenness,
know that He is a God filled with goodness.*



Hrishita
Winner (3rd Prize)
Penvibe Poetry Contest



**Online Therapeutic
ART WORKSHOP**
on Sunday, September 13, 2020

Theme
MANDALA ART & MEDITATION
by
Shailja Chandar

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Duration: 4:00 - 5:30 pm
Workshop fee: 250/-g pay/ 
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Enroll fast
Stay home Stay safe

Sweet & Salty Mathri



Fine White Flour (Maida): 500 gm

Ghee: 100 gm

Ajwain: 1/ 4 Teaspoon

Red/ Green Chili: 3 to 4

Salt: As per taste

Preparation:

Add ghee to the flour and mix it well. Add salt and mix again. Now knead the mix with lukewarm water to a soft mass.

Make small balls then flatten on the pastry board to round flat shape of Mathri. Alternatively you can make one big round base and cut out small mathris from it using any round bottle cover to press on the maida base for cut outs. Now take a fork and press gently on its surface to pierce tiny holes here and there on its surface.

Heat the oil in a pan. Now fry the mathris to golden color on medium flame. Now keep them on a tissue paper to remove excess oil.

Prepare sugar syrup by boiling sugar in water. Now put the mathris in the syrup and keep stirring on medium flame for sometime till the sugar gets absorbed in the mathris. Now remove it from flame and allow it to cool down for some hours.

Sugar coated yummy crunchy mathris are ready to eat!



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HOT AN COLD MILK STIRRERS

INGREDIENTS

- *Chocolate slab dark/milk chop,
- * Mix dry fruits (almond, pista and cashew)
- *Badam milk powder: 1tbsp
- *Milk masala: 1tsp
- *Ealichi pwdr: a pinch
- *Saffaron: pinch (optional)

Required:

Ice cream cups & ice cream sticks.

METHOD

Take a bowl and put chocolate cubes in it, microwave first for 30 seconds then 2nd time for 20 seconds.

Now add rest of the ingredients one by one and mix it well. Fill the ice-cream cups upto 1/4 with the mix, then sprinkle dry fruits and milk masala on the top. Now insert ice cream stick in the middle and refrigerate it to set.

Take out the cups and rub lightly, the ready milk stirrers will come out easily.

Take hot /cold milk in a glass and add the delicious stirrers into it, it will mix easily.

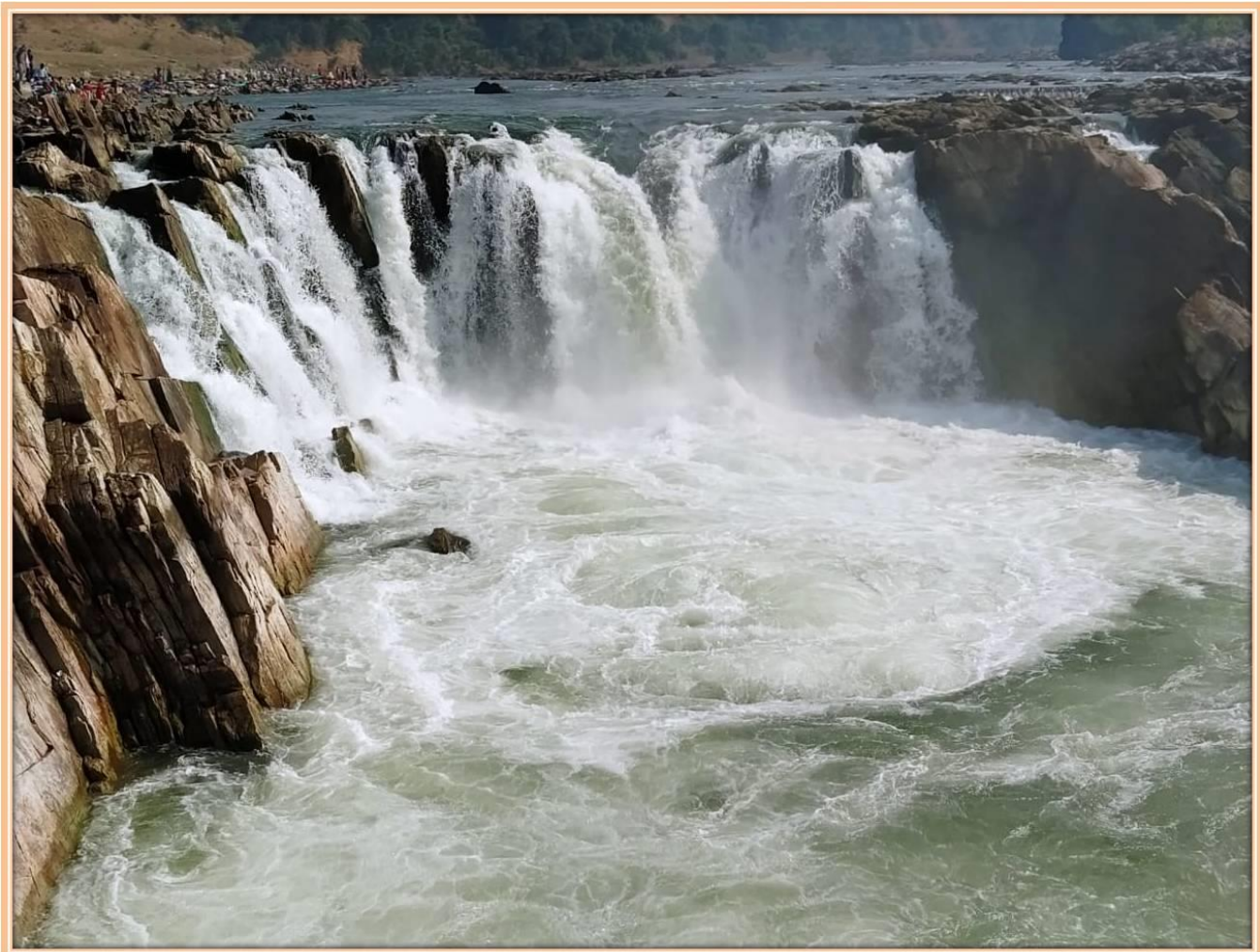
Remove the ice-cream stick and serve .

These can be stored upto 6 months in deep freeze.



Falguni Thakkar
Award Winner Chef
& Author of Hand to Heart

PHOTOGRAPHY



Cool Clicks by **Savita Kumari (Sav)**

Awesome view of Narmada river and the Marble rocks at Bhedaghat , Jabalpur , M.P. India



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