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THE

# LITERATURE

TIMES

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## DR JOSEPH K THOMAS

FROM BATTLEGROUND TO  
BOARDROOM  
INSPIRING GENERATIONS.

### WINTER EDITION

A fresh edition of  
words, wisdom, and  
wonder has arrived.



We had no idea where our idea for The Literature Times would lead when we first started out. We improved with experience, grew in scope, and educated ourselves with each new issue.

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# ***Editor's Note***



The Magazine has helped us reimagine the role of media and to connect the world of words with the rapidly developing world of technology. The 2nd Issue of the Volume 4, April 2025 Edition of The Literature Times has allowed us to broaden our horizons by introducing us to a wide range of new ideas.

This new edition aims to attract a wider audience than ever before, therefore it includes a lot more than simply books.

The magazine covers a wide range of themes, from technology to lifestyle to fashion to anything revolutionary or impactful in people's lives, and it even has book reviews and author interviews. Under the subject of current themes, it also features material that is timely and applicable to the contemporary situation. In addition, once readers get their hands on this issue, they will find a few unexpected inclusions.

We believe there is always more to add and learn, thus with each new edition, we push ourselves to new limits in order to better the following one. Consequently, we would appreciate it very much if our readers provided us with feedback at:

[editorial@theliteraturetimes.com](mailto:editorial@theliteraturetimes.com). We hope to hear from you soon. If you're reading this, I hope you enjoy it.  
Enjoy your reading!

***Zinnia A Laha***

Editor-in-Chief

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## WELCOME

**Cool to see you in this issue.**

We invite you to join us in our journey to reach the next milestone and see what marvel our new venture has in store for us. Our effort intends to reach out to maximum readers who want to see the movements and developments in the literary world and aspire to write someday too. So, with the hope of giving you a joyous experience in reading, let's begin without delays.

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A portrait of Dr. Joseph K. Thomas, a man with short dark hair, wearing a dark blue suit, white shirt, and blue tie. He is smiling slightly and looking towards the camera. The background is a solid dark blue.

# Cover Story

**Dr. Joseph K. Thomas: From War Room to Boardroom  
to Classroom - The Man Who Wears Many Hats**

Dr. Joseph K. Thomas is a Kargil War veteran, corporate leader, educationist, social entrepreneur, and bestselling author whose life exemplifies courage, versatility, and purpose. A soldier by choice and an engineer by profession, he rose from humble beginnings to serve the nation on the battlefield before transitioning into leadership roles within corporate and academic landscapes.

Dr. Thomas serves as an Advisory Board Member, Investor and Independent Director across multiple companies, including: Co-Founder & Advisory Board Member at The Binary Holdings, Member of the Board of Directors at Fandoo Network (Singapore), and Board Advisor to Notopedia. He provides strategic oversight to a leading technology firm focused on blockchain and Web 3.0 infrastructure, with a strong emphasis on governance, scalable growth and innovation.

In these roles, he advises on corporate governance, investment strategy, risk mitigation, ethical leadership and regulatory compliance, while mentoring executive teams on strategic partnerships and global market expansion.

**VISIONARY**

*DR. JOSEPH K. THOMAS*

# AUTHOR SPOTLIGHT

DR. JOSEPH K.  
THOMAS

Dr. Joseph K. Thomas is a remarkable figure whose life bridges the worlds of defense, leadership, education, and global insight. A Kargil War Veteran, corporate leader, educationist, and social entrepreneur, he embodies resilience and purpose in every chapter of his journey. From humble beginnings, he rose from the war room to the boardroom and eventually to the classroom, redefining impact at every step.

As an author, Dr. Joseph is a powerful, fearless voice. His books—including *India: The Next Superpower*, *Conman: In Chief of Capitol Coup*, *India's New National Education Policy: 2020*, *Taliban 20*, *Russia-Ukraine War*, and *Israel-Palestine War*—have all achieved Amazon #1 Best-seller status, cementing his place as a thought leader in contemporary geopolitics and education.

Driven by passion, discipline, and a commitment to nation-building, Dr. Joseph continues to inspire readers, learners, and leaders with his clarity, depth, and lived experience. His story is one of courage, transformation, and unwavering dedication to the greater good.

# Q&A

**DR. JOSEPH K. THOMAS**



## INSIDE THE MIND OF A MODERN ENTREPRENEUR

A respected scholar and devout Catholic dedicated to exploring India's spiritual heritage, bringing to light the inspiring lives of Indian Catholic Saints, Blesseds, Venerables, and Servants of God.

His book, *Indian Catholic Saints, Blesseds, Venerables and Servants of God*, preserves and celebrates the rich tapestry of Catholic faith across India's diverse cultural landscape.



By Dr. Joseph K. Thomas

**Q**

**What inspired you to compile the stories of Indian Catholic Saints and holy figures into one definitive volume?**

The book seeks to preserve and highlight India's often-overlooked Catholic spiritual heritage by bringing together the lives of Indian Saints and holy figures whose faith and service shaped society. Inspired by a conversation with the author's sister, the work uncovers the stories of more than fifty five Indian-born spiritual leaders who served the poor with humility and courage. Through their roles as missionaries, educators, doctors, reformers, and peacemakers, these figures confronted injustice, uplifted the marginalized, and built lasting institutions. Their lives offer timeless inspiration and meaningful lessons for today's challenges of identity, leadership, and purpose.

**Q**

**How did you approach the research process for such a historically and spiritually rich subject?**

The research was meticulous, drawing on archival studies, Vatican documents, diocesan and congregation records, and oral traditions, with insights verified through collaboration with religious orders, historians, Bishops, and theologians—while carefully balancing historical accuracy with devotional reverence.

Going beyond religious literature, the book reflects on authentic leadership through the lives of Saints who served the marginalized, built institutions in obscurity, and embraced sacrifice, revealing timeless principles of purpose, empathy, courage, and servant leadership relevant to today's leaders and changemakers.

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**Q**

**Among the Saints and Venerables featured in your book, is there one whose life touched you personally the most?**

Drawing from two decades in the Army, extensive corporate leadership across Asia-Pacific and Europe, and a career in education, the author reflects on seeing India through many lenses—yet being most deeply moved by stories of quiet faith, sacrifice, and humility. Among them, St. Kuriakose Elias Chavara stands out not only as a spiritual giant but as a visionary institution-builder and transformative leader.

St. Chavara pioneered disruptive reforms in education by integrating faith with learning, promoting co-education, empowering marginalized communities, and leveraging technology through India's first Catholic printing press. By founding the Carmelites of Mary Immaculate (CMI) and building scalable, enduring institutions such as Christ University, he demonstrated how faith, innovation, and leadership can create lasting impact—offering powerful lessons even for modern business and social leaders.

**Q**

**India is known for its religious diversity—how do you see the lives of these Catholic figures resonating across different faith traditions?**

This book highlights the lives of 55 Indian-born Catholic Saints whose values—service, moral courage, humility, and dedication to others—transcend religious boundaries. It invites readers to reflect on universal principles of leadership, compassion, and selfless service, making it relevant not only to spiritual seekers but also to CEOs and changemakers. The Saints profiled were reformers, educators, caregivers, and peacemakers whose enduring legacies continue to inspire generations, showing that extraordinary human service and integrity are universal virtues appreciated by all, regardless of faith.

**Q**

**What challenges did you face in gathering authentic, reliable information on some of the lesser-known Servants of God?**

Researching early Indian Catholics was challenging due to scarce written records, fragmented accounts, and reliance on oral traditions. Many Saints lived in remote areas or centuries ago, with little documentation, while language barriers—regional dialects, archaic Portuguese, and Latin—complicated verification. Despite these obstacles, the author's meticulous exploration, collaboration with clergy, and archival research reconstructed their legacies, revealing not only their holiness but also the enduring faith of the communities that preserved their memories.





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**Q**

**How do you think the process of canonization in the Indian context differs from that in other parts of the world?**

The Catholic Church has instituted a meticulous process for canonizing Saints, a voyage that begins with the faithful's devotion to a departed soul. They must have lived a life of heroic virtue—a standard so high it would seem to graze the heavens themselves. This is applicable to universal church irrespective of countries including India.

To grasp the full spectrum of Veneration, one must consider how it fits into the fabric of the Church's teachings. Saints serve as patrons, intercessors, and models of Christian virtues. They are not merely historical figures but active participants in the spiritual life of the Church. The communion of Saints—a core belief in Catholicism—affirms that the Church transcends the boundaries of time and space, uniting all members, living and departed, in a divine fellowship.

Canonization is a sacred journey of the Catholic Church, a beacon of light that illuminates the path to sanctity, recognizing individuals whose lives were marked by heroic virtue and divine grace. It is a process steeped in tradition and rigorous scrutiny, a testament to the Church's commitment to venerating those who have lived in faithful service to God and humanity. The process of Sanctification and the declaration of the Sainthood has 4 stages in the Catholic Church. A wait period of at least 5 years is necessary to initiate the process after the death. Sometimes the entire process takes even centuries for the completion.

**Q**

**Are there any current causes for sainthood in India that you find especially compelling or likely to progress in the near future?**

Blessed Rani Maria was a Franciscan martyr who dedicated her life to serving the poor and marginalized, particularly in rural Madhya Pradesh, India. She focused on catechetical formation and education, uplifting rural women through her work. On February 25, 1995, she was brutally murdered by a hired assassin while traveling to Indore, dying with 54 stab wounds yet invoking Jesus until her last breath. Her martyrdom deeply affected the community she served. Remarkably, her family forgave her killer, Samandar Singh, which eventually led to his conversion, demonstrating the transformative power of forgiveness. Rani Maria's legacy continues through the Rani Maria Memorial, inspiring generations to embody compassion, faith, sacrifice, and forgiveness.

**Q**

**What do you hope readers—Catholics and non-Catholics alike—will take away from this book?**

I hope readers—Catholics and non-Catholics alike—will see that holiness and true greatness are not limited by geography, era, or faith. Through the lives of India's Saints, I discovered how ordinary individuals, rooted in our soil, achieved extraordinary sanctity through selfless service, courage, and unwavering compassion. In today's world, dominated by headlines of power, profit, and division, their stories stand as beacons of clarity, unity, and purpose.

I want youth, leaders, and citizens to rethink what success truly means—not wealth or fame, but integrity, empathy, and meaningful contribution. I hope CEOs and founders see the value of building communities, while every reader rediscovers the soul of India through these lives of quiet sacrifice. My message is simple: you do not need a pulpit to preach—you need only a heart willing to serve. Legacy is measured not in years, but in how much of yourself you give to others. If even one reader finds courage to serve without recognition or resolve to lead with compassion, the mission of this book will have been fulfilled.





## AUTHOR'S LITERARY MASTERPIECES

Dr. Joseph's first book, India: The Next Superpower; his second book, Conman: In Chief of Capitol Coup; his third book, India's New National Education Policy: 2020; his fourth book, Taliban 20 his fifth book, Russia – Ukraine War and his sixth book Israel – Palestine War are Amazon's #1 Best-selling Books.

# LLA Winners, Season II

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## Deepak Swaminathan

Ignitions of Inspiration  
Winner, Legacy of Literature Awards Season 2

Best Non Fiction (Entrepreneurship)



## Madhuri Shinde

मैं सोचती हूँ (Mein Sochti Hun)  
Winner, Legacy of Literature Awards Season 2

Best Psychological Poetry



## Manu Siddhartha

Shiv Puran Unlocked  
Winner, Legacy of Literature Awards Season 2

Best Self-Help (Spiritual)



## Dr. Infini Lionne

Reminiscent Reticence  
Winner, Legacy of Literature Awards Season 2

Best Poetry (Emotional Awareness)



## Durgesh Pimparkar

1980s: The Days of Innocence  
Winner, Legacy of Literature Awards Season 2

Best Non Fiction (Nostalgia)



# LLA Winners, Season II

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**Jiya Doshi**

The Murder Exchange  
Winner, Legacy of Literature Awards Season 2

**Best Murder Mystery**

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**Sk Akib**

The Essence of Regret  
Winner, Legacy of Literature Awards  
Season 2

**Best Literary Prose**

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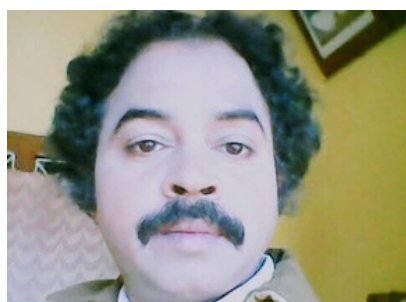


**Shukla Bhattacharya**

Survival of the Stupidest and Other  
Anecdotes  
Winner, Legacy of Literature Awards  
Season 2

**Best Satirical Fiction**

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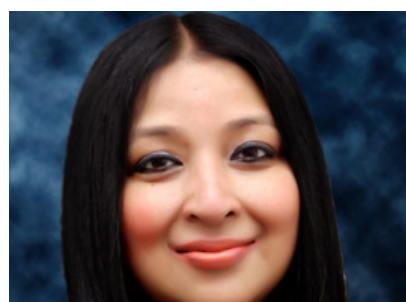


**Tirthankar D'Raptan**

Penance  
Winner, Legacy of Literature Awards Season 2

**Best Psychological Fiction**

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**Ira Agarwal**

Quantum Hearts of Kailasha  
Winner, Legacy of Literature Awards Season 2

**Best Debut Author**

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# LLA Winners, Season II

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## Dr. Manish Ranjan, IAS

Poverty Free World in Our Lifetime: A Practical Roadmap to Ending Extreme Poverty  
Winner, Legacy of Literature Awards Season 2

Best Academic Guide



## Yuvna Tharani

Footprints in Time: A Memory Chronicle  
Winner, Legacy of Literature Awards Season 2

Best Prose Poetry



## Mayur Rathod

Echoes of the Soul  
Winner, Legacy of Literature Awards Season 2

Best Poetry (Lyrical)



## Debasis Sharma

Rudra Chakrin: Rise of the Tenth  
Winner, Legacy of Literature Awards Season 2

Best Epic Fantasy



## Ashwath Narayan

Maladaptive Coping Mechanisms  
Winner, Legacy of Literature Awards Season 2

Best Introspective Poetry





# MARRIAGE

## WHERE SOUP IS BETTER THAN DESSERT

In a world crowded with relationship advice books and quick-fix formulas, Kumar Madhurendra Kishor's *Marriage – Where Soup Is Better Than Dessert* stands apart for its quiet honesty and emotional depth. It is not a manual filled with tips or rules but a reflective meditation on what truly sustains long-term companionship. Kishor invites readers to look inward, to understand that a fulfilling marriage begins not with the partner but with the self.

At the heart of the book lies a simple but transformative idea: marriage thrives not on romance or ritual, but on emotional maturity, self-awareness, and the courage to heal from one's own past. Kishor argues that the roots of marital harmony stretch deep into childhood –into the ways we were loved, ignored, or influenced by our parents' relationship patterns. These early imprints quietly shape how we express affection, respond to conflict, and interpret closeness as adults. In this sense, marriage becomes a mirror, reflecting not just love but the unhealed layers of our own emotional history.

The title itself—*Marriage: Where Soup Is Better Than Dessert*—is a tender and fitting metaphor. Soup, slow-cooked and nourishing, symbolizes patience, warmth, and the comfort that deepens with time. Dessert, by contrast, is sweet but fleeting. In comparing the two, Kishor captures the essence of mature love: steady, sustaining, and rooted in care rather than intensity. The best marriages, he suggests, are not built on constant excitement but on the quiet consistency of emotional presence.

What makes Kishor's reflections compelling is the authenticity behind them. His insights do not come from theory, but from life lived deeply. Having joined the Indian Air Force at seventeen, and later working as a banker across thirty-four cities, he has experienced the emotional realities of distance, duty, and cultural diversity. These experiences lend his observations credibility and warmth; when he speaks of commitment or resilience, his words feel grounded and earned.

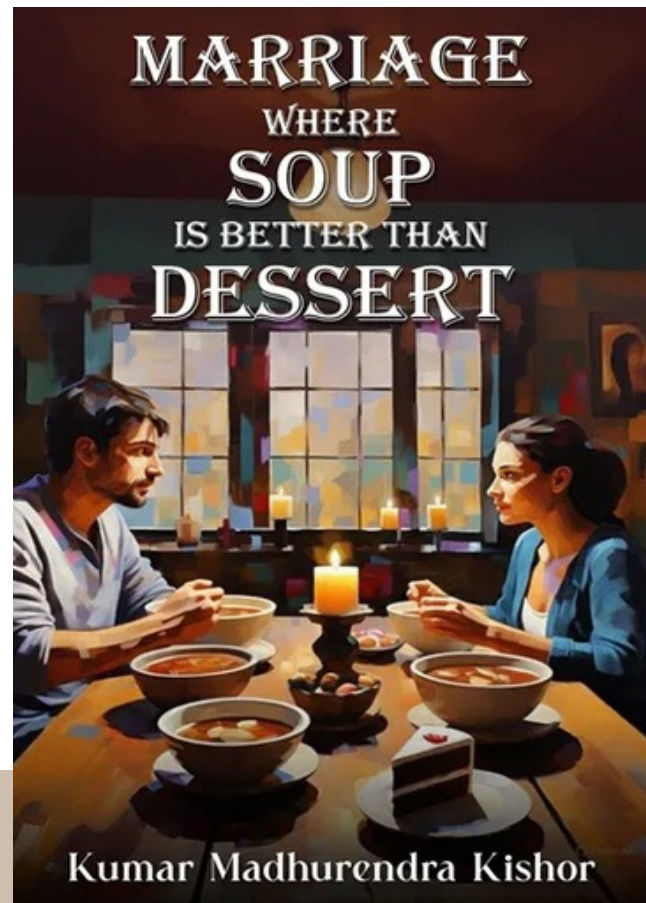
Kishor writes with grace and restraint. His tone is conversational and empathetic—he never preaches, but invites reflection. Rather than prescribing solutions, he offers perspectives, encouraging readers to examine their own inner landscapes.

His prose, simple yet lyrical, carries the rhythm of lived understanding. Through gentle storytelling and thought-provoking anecdotes, he shows that love is not about perfection, but about learning to hold space for imperfection.

A significant strength of the book is its recognition that even couples with deep affection can struggle. Kishor refuses to oversimplify marriage or romanticize endurance. He acknowledges that many relationships falter not because of lack of love, but because of emotional wounds carried from the past. Unhealed pain, he observes, can distort communication and create distance. By bringing such invisible patterns into awareness, Kishor helps readers see marriage not as a constant negotiation with another person, but as a continuing conversation with oneself.

The book also stands out for its cultural sensitivity. Kishor situates his reflections within the Indian context, where marriage often carries social and familial expectations. Yet he gently challenges the idea of marriage as mere obligation, inviting readers to reimagine it as an evolving emotional partnership.

His approach bridges tradition and modernity –honoring cultural continuity while emphasizing introspection and emotional literacy. Each chapter feels like a pause for thought, blending narrative warmth with philosophical clarity. Kishor's reflections on forgiveness, for instance, are deeply human—he frames it not as forgetting or excusing, but as the willingness to love despite imperfection. Such insights give the book a quiet moral strength, reminding readers that marriage, at its best, is a space for growth and shared healing.



Kumar Madhurendra Kishor, a former Indian Air Force officer and Chief Manager at Union Bank of India, draws on experiences from 34 cities across India to explore the emotional truths of relationships. His debut book, *Marriage – Where Soup Is Better Than Dessert*, reflects on how childhood, culture, and self-awareness shape lasting bonds. A keen observer and storyteller, he writes with empathy, insight, and a deep respect for human connection.



# DURGA IN NIGERIA

**P**iyush Mahiskey's *Durga in Nigeria* is a deeply introspective and emotionally layered novel that blends love, longing, and moral awakening with cross-cultural realism.

Moving between India and Nigeria, it tells the story of an ordinary man whose life takes an extraordinary turn when distance, duty, and desire collide.

The novel follows Anant Joshi, a software engineer from Pune who accepts an on-site assignment in Lagos, Nigeria. He leaves behind his wife Roshni and son Kush, hoping the temporary sacrifice will secure their future. The opening chapter, "The Ritual of Departure," captures the quiet heartbreak of this separation with poetic tenderness. Through small domestic gestures — lavender-scented shirts, handwritten notes, and whispered Marathi poems — Mahiskey paints a portrait of marriage that feels deeply lived. The emotions are ordinary yet profound; the pain of distance, achingly real.

In Lagos, Anant meets Saani (Saaniidhya Ashtankar), an ambitious, self-contained professional leading product strategy at a pharmaceutical firm. Their relationship begins formally but gradually transforms into a bond built on shared silences and cultural nostalgia.



Saani is independent yet emotionally reserved — a woman who thrives in structure but secretly yearns for warmth. Through her, the author gives voice to the loneliness of modern ambition. The setting of Nigeria adds a rich cross-cultural layer — a world of humid skies, warm people, and quiet spiritual undertones — all described with lyrical sensitivity.

Mahiskey's prose stands out for its emotional subtlety and visual precision. Each chapter unfolds like a vignette, filled with sensory details — the smell of hibiscus tea, the texture of rain on glass, the hum of a Lagos street. Beneath this realism runs a current of philosophy: what does fidelity mean in a world driven by distance and duty? What happens when emotional honesty conflicts with moral responsibility?

The heart of *Durga in Nigeria* lies not in physical romance but in unspoken connection. Anant and Saani's friendship, chronicled in chapters like "Friendship in the Fluorescent Glow" and "The Taste of Memory," grows through conversations about festivals, food, and memories — Bail Pola, Marbat, and the comfort of homemade puran-polis.\* Through these exchanges, the author connects two cultures — Indian and Nigerian — in their shared humanity and rituals of gratitude.

The bond that forms between them feels natural, built on empathy rather than attraction.

Mahiskey's use of symbolism is striking. The reference to the goddess Durga isn't literal but spiritual. Durga represents strength, grace, and the power to overcome inner demons — qualities that echo throughout the novel. Nigeria, in this sense, becomes Anant's battlefield — a modern Kurukshetra where he must confront his desires, responsibilities, and conscience. The title, *Durga in Nigeria*, thus signifies the awakening of inner strength amid moral conflict.

The novel's female characters are beautifully drawn. Roshni, left in India, embodies patience and devotion without victimhood. Her quiet endurance gives the story its moral balance. Saani, on the other hand, represents the modern woman — intellectual, independent, yet emotionally tender beneath the surface. Her reflection on Hans Christian Andersen's *The Little Mermaid* becomes one of the book's most symbolic moments: the mermaid's sacrifice mirrors Saani's own unspoken transformation — love without possession, longing without demand.

Mahiskey also integrates his background in technology with emotional metaphor. Anant's expertise in C++ programming becomes a symbol for his inner life. "C++ is like me — old, misunderstood, but still running half the world," he says. The technical language of coding — debugging, refactoring, legacy systems — parallels the emotional maintenance of relationships. This clever narrative device gives the story a contemporary and intellectual texture.

Stylistically, the novel reads like a blend of literary fiction and cinematic storytelling. Mahiskey's narrative voice is poetic yet grounded, weaving introspection with vivid realism. His portrayal of Nigeria avoids stereotypes; instead, it's presented as a place of transformation — humid, chaotic, and alive with rhythm. The dialogues are natural and intimate, often carrying undercurrents of longing and restraint.

What makes *Durga in Nigeria* powerful is its refusal to judge. Anant's emotional closeness with Saani isn't treated as sin or scandal but as a human moment — one that tests the soul more than the flesh. It's a story about boundaries, choices, and quiet redemption. Love here isn't dramatic; it's reflective — built in conversations, glances, and the silences between sentences.

A Nagpur-based novelist and Technology Architect, merges technical precision with literary subtlety. An alumnus of YCCE and BITS Pilani, he explores identity, silence, and ritual in his debut novel *Durga in Nigeria*. His fiction reflects emotional architecture—crafted with restraint, cultural depth, and quiet introspection.



***Piyush Mahiskey***

If the novel has a flaw, it lies in its pacing. The prose is slow, deliberate, and meditative — more lyrical than plot-driven. But for readers who enjoy emotional realism and character depth, this rhythm feels perfectly aligned with the book's themes of waiting and introspection.

Ultimately, *Durga in Nigeria* is not just a love story — it's a journey of self-discovery. It explores how distance reshapes love, how silence can speak louder than words, and how the divine often hides in human imperfection. Piyush Mahiskey's storytelling is gentle yet profound, philosophical yet intimate. The novel lingers long after the last page — like a poem whispered across continents.

# Nation in Chaos

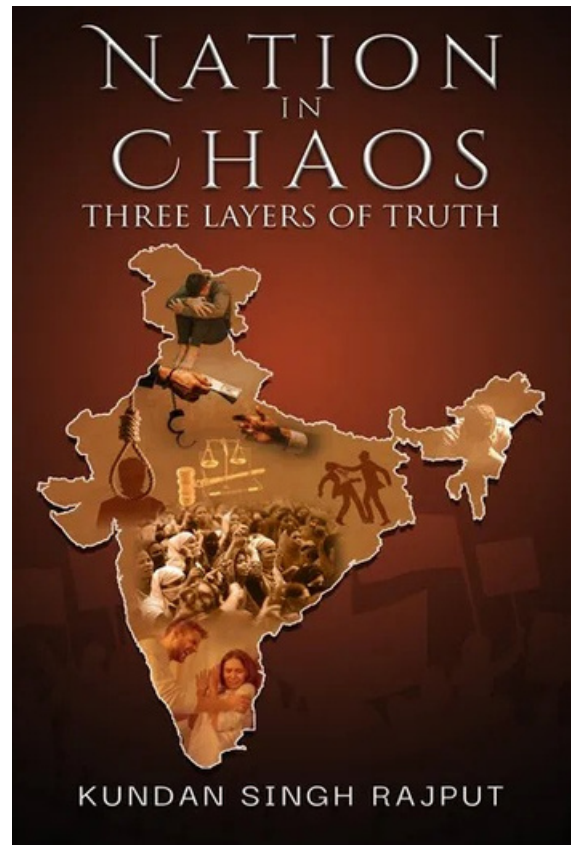
*“A nation’s true strength lies not in its armies, wealth, or institutions, but in the consciousness, compassion, and courage of its people; only by awakening the self can we transform the world around us and heal the chaos within and beyond.”*

Nation in Chaos: Three Layers of Truth by Kundan Singh Rajput is not just another book about India’s struggles and aspirations—it is a mirror held up to society, science, and spirituality, urging readers to pause, reflect, and redefine what it truly means to be part of a nation. Unlike conventional socio-political commentaries, this work intertwines rational inquiry with timeless wisdom, offering a layered perspective on the challenges of modern India. It is a book that requires patience, openness, and courage from its readers, because it dismantles illusions that many may be comfortable clinging to.

At its core, the book revolves around three layers of truth: societal truth, scientific truth, and universal truth. These layers are not presented in isolation but flow into each other in a way that reflects the complexity of life itself. Societal truth examines the traditions, customs, and inherited values that continue to guide the Indian psyche, for better or worse.

Scientific truth brings in the rational lens of modern science and inquiry, encouraging readers to rely on evidence and logic rather than blind acceptance. Universal truth, however, elevates the discussion to the eternal wisdom found in consciousness, spirituality, and sacred texts such as the Bhagavad Gita. Together, these truths form a holistic framework for understanding not only India’s present chaos but also the possibility of its transformation.

What makes the book compelling is the author’s insistence that the chaos around us is not merely external but also internal. Feelings of disconnection, loneliness, and the erosion of empathy are as much part of the national crisis as corruption, inequality, and social unrest. By placing inner consciousness at the heart of the narrative, the book avoids being a one-dimensional critique of society and instead becomes a call for personal transformation. This is where it resonates deeply with readers who may feel adrift in an increasingly fragmented world.



The integration of yogic philosophies into the narrative adds depth and relevance. Concepts like Karma Yoga, Karuna Yoga, Vigyan Yoga, and Meditation Yoga are not presented as abstract doctrines but as practical pathways to live more meaningful lives. The author highlights that focusing on duty, compassion, self-confidence, non-violence, mindfulness, and breathing are not esoteric practices reserved for ascetics, but essential habits that can ground individuals in turbulent times. By doing so, the book bridges ancient wisdom with contemporary struggles, making it relatable to modern readers.

Kundan Singh Rajput also raises important questions about education, society, and the nation’s moral compass. He emphasizes that mixed signals from society, relatives, educational institutions, and social media have left many young Indians confused and indecisive.



Instead of providing a prescriptive formula, he invites readers to cultivate awareness and question the origins of their thoughts, choices, and actions. This is both empowering and challenging, as it shifts responsibility back to the individual rather than external systems alone.

The strength of the book lies in its narrative balance—it neither glorifies India's past blindly nor succumbs to cynicism about its future. Instead, it acknowledges the richness of India's cultural and philosophical heritage while pointing out how layers of inherited chaos, colonial mindsets, and social divisions continue to obscure its true potential. The emphasis on "Satyameva Jayate"—truth alone triumphs—threads through the book as a reminder that truth, no matter how uncomfortable, is the only foundation on which lasting progress can be built.

Stylistically, the book is accessible yet profound. The writing avoids unnecessary jargon, making it approachable for students, professionals, and general readers alike. Yet, beneath its simplicity lies an urgency that cannot be ignored. The references to the Bhagavad Gita, the teachings of Nobel laureates, and the author's lived experiences create a rich tapestry of thought that is both intellectual and spiritual.

For those seeking entertainment or escapism, this may not be the right choice. But for readers who yearn to engage with ideas that challenge, inspire, and provoke reflection, *Nation in Chaos* will prove rewarding.



It is less a passive read and more an active dialogue with the self, demanding honesty and openness from the reader.

Ultimately, this book is a wake-up call. It reminds us that a nation is not defined by GDP figures or military strength alone, but by the consciousness of its people. By illuminating societal, scientific, and universal truths, it nudges us toward an inner awakening that could ripple outward into societal transformation. It urges us to reclaim empathy, compassion, and wisdom before the chaos becomes irreversible.

In the larger sense, *Nation in Chaos: Three Layers of Truth* becomes more than a book—it becomes a philosophy of national renewal rooted in personal evolution. Rajput's reflections feel especially vital in today's India, where technology has connected people more than ever, yet loneliness, division, and anger seem to grow unchecked. His insistence that national healing begins with self-awareness offers a quiet revolution—an inward movement that can restore clarity amid confusion and compassion amid polarization. He dares readers to look beyond political headlines, beyond inherited prejudices, and into the mirror of their own consciousness. Only when individuals confront their inner contradictions, he suggests, can a collective transformation take place. This idea—simple yet radical—gives the book enduring relevance. Rajput does not merely diagnose the nation's turmoil; he charts a moral and spiritual blueprint for renewal. In doing so, he reminds us that the destiny of any nation ultimately rests not in its institutions, but in the integrity and awareness of its people.

## Author

Kundan Singh Rajput is an entrepreneur, education reformer, and visionary dedicated to creating a holistic education ecosystem that fosters individual, societal, and national development. A B.Tech graduate currently pursuing M.Tech at one of India's premier IITs, he combines academic excellence with practical experience and draws profound life lessons from nature and the Bhagavad Gita. As the founder of Shiksha Vriksha 360 Eduserves Pvt. Ltd., Kundan leads transformative initiatives including MyTAGAPP.COM, a trusted career counseling platform, and The Student Chapters, an educational news portal. Having personally guided over 50,000 students and parents worldwide, he addresses root causes of challenges, advocating awareness, purpose, and conscious living. His work reflects a commitment to India's cultural legacy, equality, and value-driven education for lasting impact.



# BLIGHT OF THE IVORY

In "Blight of the Ivory," Yudhishtir Singh presents readers with a dark, unsettling, and deeply introspective work of horror fiction that transcends the genre's trappings. It's not a book filled with cheap jump scares or grotesque imagery designed solely for shock value. Instead, Singh builds an atmosphere of dread around something far more chilling and relatable: the consequences of unchecked ambition, the corruption of morality, and the weight of guilt that follows when power is seized without thought of the price.

The story revolves around Akshat, the struggling owner of a marketing agency, whose life seems to be collapsing in on itself. Every decision he makes results in disaster. Every attempt to claw his way back to stability appears to drag him deeper into the quicksand of failure. Readers are introduced to him at his lowest point, and this is where Singh's craft shines. By grounding the protagonist in such an ordinary, modern struggle, Singh immediately makes the narrative accessible. We understand Akshat's desperation because, in one way or another, we've all been there, fighting against circumstances that seem stacked against us, questioning our worth, and feeling the crushing burden of unmet expectations. It's in this moment of vulnerability that Indrajeet enters the story. An elderly figure carrying an air of mystery and quiet power, Indrajeet offers Akshat something extraordinary: The Ivory. This ancient relic is no mere trinket. Steeped in mythology and heavy with unseen consequence, it holds the power to alter fortune itself. With The Ivory in hand, Akshat can turn the tide of his misfortunes. But Singh makes it clear from the very beginning that nothing in this world, or any other, comes free. Every boon carries a hidden cost. Every success extracted from The Ivory demands a sacrifice.

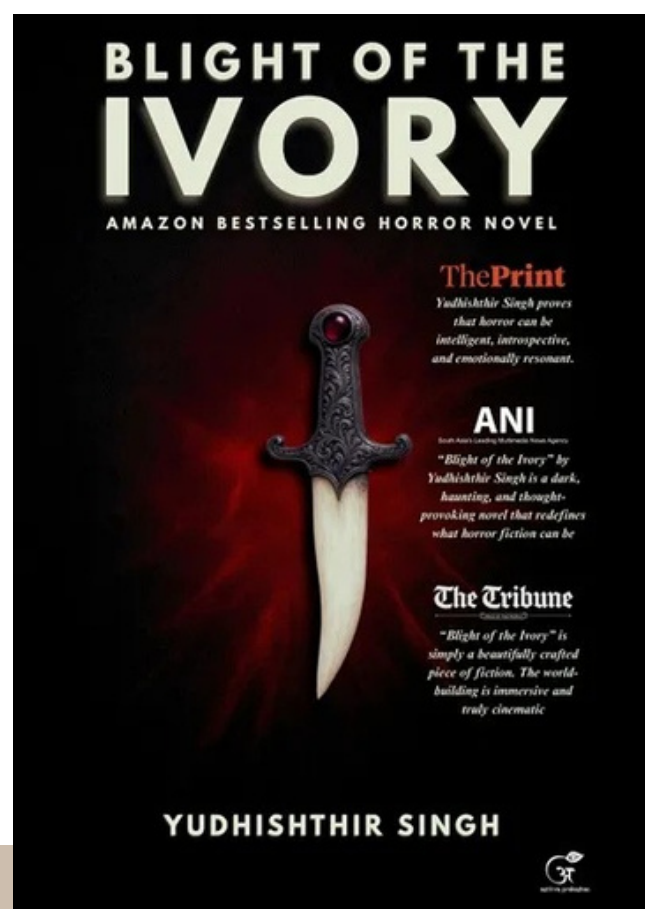
What makes the novel particularly compelling is how Singh handles this moral exchange. The horror is not immediate. Instead, it grows incrementally, lurking in the background, tightening its grip with each decision Akshat makes. At first, the benefits of The Ivory feel like salvation. But slowly, success begins to taste sour. Singh builds a careful rhythm in the narrative: gain is followed by loss, triumph is undercut by guilt, and victory is overshadowed by unease. The reader, like Akshat, becomes trapped in this cycle, torn between the thrill of success and the dread of what comes next.

Thematically, "Blight of the Ivory" digs into some of the most uncomfortable questions we face as human beings. What would you sacrifice for success? Is ambition inherently destructive, or is it the choices we make in pursuit of it that corrupt us? Can guilt ever be escaped once we've crossed specific lines? These are not easy questions, and Singh does not offer easy answers. Instead, he holds up a mirror to the reader, forcing us to examine our own desires and compromises.

Another strength of the novel lies in its interplay between mythology and modern life. The Ivory is not just a horror device; it's a mythological symbol with deep cultural roots, brought into a contemporary setting. Singh's decision to weave mythology into a story about corporate struggle is bold, and it works beautifully. By connecting the ancient with the modern, he underscores the timeless nature of human weakness. Our tools may change, our environments may shift, but our susceptibility to desire, ambition, and corruption remains constant.

Stylistically, Singh's prose is both immersive and economical. He does not waste words but knows when to slow down to draw out atmosphere or tension.

His descriptions of The Ivory are particularly effective, capturing its allure without spelling out every detail, allowing the reader's imagination to do some of the heavy lifting. The narrative tone is serious, reflective, and unflinching, fitting for a story that aims to disturb not only through external events but through internal moral reckoning.



Yudhishtir Singh, born and raised in Lucknow, completed his schooling and Bachelor's degree in his hometown before moving to Delhi to pursue professional goals. Inspired by the experiences and stories gathered along the way, he has returned to his passion for storytelling through his debut novel, *Blight of the Ivory*. Yudhishtir continues to explore creative expression, and readers can learn more about him on his Instagram and official website.



# DHARAM KARYA

**D**haram Karya: An Ideological Book by Bharat Mody is a profound and intellectually stimulating exploration of the philosophy of Sanatan Dharma and its relevance to contemporary Indian life.

This is not a book of casual reflections; rather, it is an ambitious attempt to intertwine spirituality, civic responsibility, and socio-political analysis into a coherent framework for the modern citizen. Mody challenges readers to rethink their understanding of freedom, governance, education, and societal progress, proposing solutions grounded in the ancient yet timeless principles of Dharma.

The central premise of the book is that the core values of Sanatan Dharma—duty, integrity, ethics, and a holistic view of life—offer the philosophical scaffolding necessary to address India's multifaceted challenges. Mody argues that while India achieved political independence decades ago, true freedom remains elusive because of ongoing systemic issues: historical distortions, compromised constitutional principles, flawed governance, economic stagnation, corrupted education, and incomplete healthcare. In his view, these challenges are interrelated, and the solutions must be ideological rather than purely technical or bureaucratic.

Mody meticulously traces the trajectory of India's post-independence journey, exposing the subtle continuities of colonialism that persist in governance structures, economic policies, and social institutions. He examines how historical narratives have often been manipulated, eroding citizens' understanding of their own heritage and values.

In doing so, he emphasizes that an informed, value-driven citizenry is essential to reverse these distortions. The book's exploration of nationalism is nuanced; Mody does not advocate blind patriotism but argues for a form of engaged, ethical nationalism rooted in Dharma—one that is intellectually aware, morally upright, and socially responsible.

One of the book's most compelling aspects is its holistic approach to modern societal problems. Mody addresses the intersections of politics, economics, education, healthcare, and law, demonstrating how fragmented policies have failed to yield sustainable results. For instance, he critiques the current educational system for its overemphasis on rote learning and compartmentalized knowledge, advocating instead for a system that integrates evidence-based learning, critical thinking, and ethical reasoning.



Similarly, he critiques economic structures that prioritize short-term gains over long-term societal well-being, proposing a balance of capitalism with moral and civic responsibility

Mody's analysis extends to governance and the legal system. He scrutinizes the Citizenship Act, judicial processes, and political structures, suggesting reforms that would embed philosophical and ethical principles into policy and law. By proposing a direct political republic model, he envisions a system where citizens actively participate in governance with a sense of duty and moral accountability—a reflection of Dharma in public life. In doing so, he not only highlights problems but also provides practical, actionable solutions.

What sets Dharam Karya apart is its ability to bridge the philosophical and the pragmatic. Bharat Mody is not content with abstract theorizing; he consistently links principles of Dharma to tangible reforms in modern society. Concepts like duty, righteousness, and holistic well-being are translated into actionable recommendations for education, healthcare, economic policy, and civic engagement. This synthesis of ideology and practice makes the book both intellectually rigorous and socially relevant.

The narrative style of the book balances scholarly depth with accessibility. Mody's prose is precise, often dense with references to history, law, and spiritual philosophy, yet it avoids alienating the general reader. The book's structure is methodical, with each chapter building on the previous one, creating a cumulative effect that allows readers to see the interconnectedness of societal, political, and ethical issues. While the writing demands attention and reflection, the intellectual rewards are substantial, offering readers a framework to think critically about their role in society.

Mody's professional background as an educator, researcher, and innovator enriches the book significantly. His experience in pioneering technologies in dental education, implementing problem-based and blended learning methodologies, and guiding academic institutions for over four decades is evident in his methodical approach to problem-solving and system design. This practical orientation, combined with deep philosophical insight, allows Mody to propose reforms that are not only visionary but also grounded in feasibility and systematic planning.

A Nagpur-based novelist and Technology Architect, merges technical precision with literary subtlety. An alumnus of YCCE and BITS Pilani, he explores identity, silence, and ritual in his debut novel *Durga* in Nigeria. His fiction reflects emotional architecture—crafted with restraint, cultural depth, and quiet introspection.



**Bharat Mody**

Beyond the intellectual and professional dimensions, the book has a moral urgency. Mody's call to integrate Dharma into daily life and governance is, at its heart, a call for self-awareness, integrity, and personal responsibility. He reminds readers that societal transformation begins with the individual and that only through collective adherence to ethical principles can India overcome entrenched challenges. His vision is not idealistic in the naive sense; it is ambitious, rooted in a deep understanding of human behavior, institutional inertia, and historical patterns.

# Whispers, That Turn Into Screams

*“Some horrors do not announce themselves with blood or shadows—they begin as quiet thoughts, fragile doubts, and unspoken fears, whispering patiently in the dark until the mind listens long enough for them to turn into screams.”*

Whispers, That Turn Into Screams by Ankit Shetty is a deeply unsettling and psychologically rich collection that explores the fragile border between the rational mind and its most terrifying breakdowns. Instead of relying on conventional horror tropes alone, the book draws its power from emotional vulnerability, mental illness, guilt, obsession, and unresolved trauma. Each story begins quietly, often rooted in everyday domestic or social situations, and then gradually descends into chaos, mirroring how fear creeps into the human mind not with noise, but with whispers.

What stands out most is the author’s ability to transform ordinary moments into sites of dread. A routine ride home, a loving relationship, a family visit, or a casual date slowly morph into psychological battlegrounds. The horror does not feel imposed from outside; it feels inevitable, as if it was always waiting beneath the surface.

This approach makes the stories deeply personal and disturbing because the fears presented are not supernatural alone, but psychological and emotional—fear of losing control, fear of being judged, fear of abandonment, and fear of one’s own mind.

Shetty’s writing style is clear, immersive, and cinematic. He pays close attention to sensory detail—the flickering of lights, the oppressive silence of a room, the smell of decay, the sound of crying in the dark. These details heighten tension without excessive description. The pacing is especially effective: scenes unfold slowly, creating unease long before the reader realises something is terribly wrong. When the horror finally reveals itself, it feels earned rather than sudden, leaving a lasting emotional impact.

A strong theme throughout the book is the unreliability of perception. Many characters experience realities that blur the line between hallucination, memory, and truth. The mind itself becomes both victim and villain. This psychological complexity adds depth to the stories, elevating them beyond simple scare narratives.



The horror lingers not because of gore or shock value, but because the situations feel disturbingly plausible. Readers are forced to question how well they truly understand the people around them—or even themselves.

Another strength of the collection lies in its emotional core. Relationships—between spouses, lovers, parents, and children—play a crucial role in shaping the narratives. Love, when mixed with control, obsession, or silence, becomes dangerous. Trauma passed through relationships often resurfaces in unexpected and violent ways. The stories suggest that unresolved pain does not disappear; it transforms, often into something monstrous.

The Indian setting, subtly woven into the stories, adds authenticity and familiarity, making the horror even more effective for readers who recognise the social and cultural contexts.



Beliefs, traditions, family expectations, and social pressures quietly influence characters' choices and mental states, contributing to their psychological collapse. This grounding prevents the book from feeling distant or exaggerated.

While the stories are intense and emotionally heavy, the collection never feels repetitive. Each narrative brings a fresh perspective on fear and obsession, keeping the reader engaged from start to finish. The endings are particularly striking—often ambiguous, unsettling, and open to interpretation. Rather than offering comfort or closure, they leave the reader with lingering questions, reinforcing the idea that some screams never truly fade.

*Whispers, That Turn Into Screams* is not a book for casual reading before bedtime. It demands emotional attention and rewards readers who appreciate psychological depth over simple horror. Ankit Shetty proves himself to be a skilled storyteller who understands that the scariest monsters are not always external forces, but the shadows we carry within. This collection will stay with readers long after the final page, echoing in the quiet moments when the mind is left alone with its thoughts.

Beyond its narrative strength, the book also succeeds in provoking reflection rather than offering easy answers. Many of the stories linger in moral grey zones, forcing readers to sit with discomfort instead of neatly packaged conclusions.



Characters are neither purely innocent nor entirely evil; they are deeply human, shaped by circumstances, choices, and suppressed emotions. This moral ambiguity enhances the psychological realism of the collection and makes the horror feel unsettlingly close to real life.

Ankit Shetty also demonstrates confidence in trusting his readers. He does not overexplain motives or spell out meanings. Instead, he allows silences, gaps, and unanswered questions to carry weight.

This restraint is one of the book's quiet strengths, encouraging readers to interpret events through their own fears and experiences. As a result, different readers may walk away disturbed by different aspects of the same story, which speaks to the layered nature of the writing.

The emotional intensity of the collection makes it clear that this book is not merely meant to scare, but to unsettle on a psychological and emotional level. It examines how easily the mind can turn against itself and how love, guilt, and fear can intertwine to devastating effect. The title itself feels especially apt—what begins as a whisper of unease inevitably escalates into a scream of terror, both for the characters and the reader.

Overall, *Whispers, That Turn Into Screams* is a compelling and mature horror collection that stands out for its psychological insight, emotional depth, and atmospheric storytelling. It is a strong debut that signals the arrival of a writer with a keen understanding of the human psyche and the courage to explore its darkest corners.

## Author

Ankit Shetty is a debut author based in Mumbai whose writing transforms the textures of everyday Indian life into stories charged with unease and intrigue. His work draws deeply from family dynamics, cultural traditions, and the quiet emotional undercurrents that shape ordinary moments, reframing them through lenses of horror, obsession, and the occult. When he isn't crafting fiction, Ankit works a full-time corporate job, often finding inspiration for his narratives in the contrast between structured professional life and the unpredictability of human nature. He lives in Mumbai with his wife, their daughter, and their spirited Indie rescue dog, all of whom ground him amidst the chaos of the city. *Whispers, That Turn Into Screams!* is his first short story collection, offering readers an atmospheric journey where the familiar transforms into the unsettling, and where everyday experiences become doorways into the uncanny.



# ARCHAEOLOGY

"Archaeology: A Search for the Heart Beneath the Soil" by Mayur Deshpande is a literary journey that seamlessly fuses history, emotion, and the quiet power of silence. Deshpande, who has previously explored self-growth in his debut work, "Mirrors of Self-Manifestation," ventures here into a delicate, evocative narrative that balances the tangible discoveries of archaeology with the intangible depths of human emotion. What makes this novel particularly compelling is the way it uses a small, seemingly insignificant object—a clay figurine named Maria—as a conduit to explore themes of love, loss, and the passage of time. Through the lives of Pruthwij, a sensitive young archaeologist, and Alice, his long-lost college companion, the story illustrates how the past and present converse, not just through historical artifacts, but through the shared human experience that transcends generations.

From the very outset, the novel captivates with its unique premise. During a small excavation on the Deccan Plateau, a tiny bridal figurine is unearthed from beneath layers of sediment. This is not merely an archaeological find; it is a symbol of emotions buried in time, frozen in clay, yet speaking volumes to those who encounter it. Maria, the figurine, embodies a profound humanity: sorrow, love, separation, and unspoken longing. Deshpande's choice to animate an inanimate object in such a manner is a bold narrative strategy, allowing him to explore emotional depth without relying on dialogue or action in the traditional sense. Maria's silent presence becomes the novel's emotional center, and through her, the reader is invited to reflect on the latent emotions hidden within their own lives.

Pruthwij, the archaeologist who discovers Maria, is portrayed with careful sensitivity. His internal world, shaped by an unfinished relationship with Alice, mirrors the figurine's own story of unexpressed emotions. The parallels drawn between the excavation of Maria and the unearthing of Pruthwij's past are subtle yet powerful. Through his interactions with the artifact and his reflections on Alice, the novel presents a meditation on the way memories and emotions are preserved, whether in clay or in the human heart. Deshpande's writing emphasizes that some feelings, no matter how deeply buried, have a way of resurfacing, often unexpectedly, and reshaping the present.

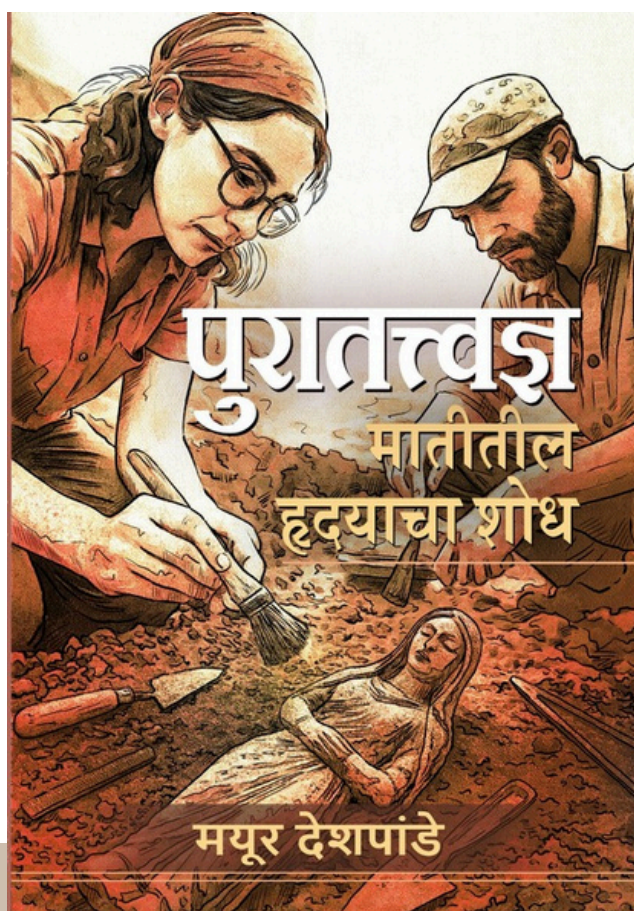
One of the novel's most striking features is its treatment of silence. Unlike many contemporary novels that rely heavily on dialogue and explicit emotional exposition, "Archaeology" thrives on what is left unsaid. Maria does not speak, yet every aspect of her form—the moisture suggested on her face, the delicate carvings on her hands, the serenity of her expression—communicates volumes.



This deliberate restraint forces readers to engage more deeply, to interpret and internalize the emotions embedded in the narrative. Similarly, the restrained interactions between Pruthwiji and Alice emphasize the tension between expression and inhibition, highlighting how much of human connection exists in what is not spoken.

Deshpande's prose is lyrical without becoming overwrought. There is a contemplative rhythm to the way he describes both the excavation and the emotional landscapes of his characters. The novel oscillates gracefully between past and present, between the story of Maria and the lives of Pruthwiji and Alice. Each shift is smooth, giving the narrative a fluidity that mirrors the natural uncovering of layers in an archaeological dig. Through these transitions, the novel underscores the universality of human emotions: sorrow, longing, love, and acceptance are as relevant today as they were thousands of years ago. The narrative's emotional impact is amplified by the thematic interplay of loss and rediscovery. Maria's emergence from the soil parallels the characters' own journeys toward emotional reconciliation.

Deshpande's novel suggests that just as history is hidden beneath the earth, so too are memories and feelings buried within ourselves. When these elements are finally uncovered, they offer not only understanding but also a chance for healing. The story's conclusion, which emphasizes reunion and self-reflection, resonates deeply, leaving the reader with a lingering sense of introspection.



Mayur Deshpande, from Pusad, Vidarbha, is an analyst, IT engineer, and writer based in Pune, Maharashtra. He began with business analytics but gradually pursued writing, contributing articles and authoring books. His debut self-help book, *Mirrors of Self-Manifestation*, explores a transformative father-son journey and has earned positive recognition. Inspired by his 5-year-old daughter, Deshpande aims to capture universal emotions, challenges, and aspirations in parent-child relationships. Through his writing, he offers readers meaningful reflections on self-growth, love, and the depth of familial bonds.



# BATTLEFIELD TO BOARDROOM

**B**attlefield to Boardroom: Ancient Wisdom for Modern Leadership by Dr. Smruti Ranjan Nayak is a compelling exploration of leadership that moves far beyond conventional management theories

and corporate playbooks. In a time when leaders are confronted with constant disruption, ethical dilemmas, and intense pressure to perform, this book offers something rare and deeply needed: a return to timeless wisdom as a guide for modern decision-making. It challenges readers to reconsider not just how they lead, but who they are while leading.

The central premise of the book is both intriguing and profound—the idea that the solutions to today's leadership challenges were articulated thousands of years ago on a battlefield. Drawing inspiration from ancient Indian wisdom, particularly the philosophical discourse that emerged amid conflict and moral uncertainty, Dr. Nayak presents leadership as an inner journey of awakening rather than a mere external role defined by power or position. This approach immediately sets the book apart from traditional leadership literature that often focuses solely on skills, metrics, and outcomes.

Throughout the narrative, the author addresses fundamental questions faced by modern leaders: how to act with clarity under pressure, how to balance profit with principle, and how to inspire people beyond fear, reward, or ego. These questions are not treated as abstract ideals but are explored through a thoughtful integration of philosophy and practical application.

Dr. Nayak skillfully demonstrates that true leadership emerges when inner alignment guides external action, allowing leaders to remain grounded even in moments of chaos and uncertainty.

One of the most impactful aspects of the book is its emphasis on consciousness and purpose. Leadership, as portrayed here, is not about control or authority but about responsibility, courage, and integrity. The author encourages readers to shift from reactive decision-making to purposeful action, reminding them that stress, conflict, and pressure are not obstacles to leadership but opportunities for growth and transformation. This perspective feels especially relevant in today's volatile corporate environments, where emotional resilience and ethical clarity are becoming as important as strategic competence.



Dr. Nayak's academic and professional background lends strong credibility to his insights. As an Oxford- and Harvard-educated management professional, he brings a deep understanding of contemporary organizational challenges, while his role as a thought leader allows him to bridge ancient wisdom with modern management seamlessly. His introduction of the Gita Grid—a framework designed to guide strategic thinking and ethical decision-making—adds a practical dimension to the book, making it accessible to leaders who seek actionable insights rather than philosophical abstraction.

The writing style is reflective yet engaging, inviting readers to pause, introspect, and reassess their own leadership journeys. Instead of offering quick fixes or formulaic solutions, the book encourages sustained self-inquiry. It subtly challenges the reader to examine the influence of ego, fear, and attachment on their decisions, and to consider how leadership rooted in humanity and service can create lasting impact.

What makes *Battlefield to Boardroom* particularly powerful is its universal appeal. While it speaks directly to CEOs, directors, managers, and entrepreneurs, its message resonates equally with seekers and individuals aspiring to lead with purpose in any sphere of life. The book underscores that leadership is not confined to boardrooms—it is a way of being that influences families, communities, and societies.

In essence, *Battlefield to Boardroom: Ancient Wisdom for Modern Leadership* is more than a leadership guide; it is a compass for conscious living. Dr. Smruti Ranjan Nayak reminds us that the greatest leadership battles are fought within, and that when wisdom, courage, and compassion guide our actions, leadership becomes a force for liberation rather than domination. This book is a meaningful read for anyone seeking depth, clarity, and authenticity in their leadership journey.

Additionally, the book leaves readers with a quiet yet powerful realization that leadership is ultimately a moral and emotional responsibility as much as it is a strategic one. By drawing parallels between ancient battlefields and modern boardrooms, Dr. Nayak reminds us that dilemmas, doubts, and difficult choices are timeless, but so are wisdom and courage. The narrative gently urges leaders to pause in moments of urgency, listen to their inner compass, and act from a place of awareness rather than reaction. In doing so, the book reinforces its central message that true leadership is not about winning external battles, but about cultivating inner clarity that naturally inspires trust, unity, and meaningful change in the world around us.

Dr. Smruti Ranjan Nayak is an Oxford- and Harvard-educated management professional, thought leader, and writer. He pioneers the integration of ancient wisdom with modern management, introducing the Gita Grid for strategic decision-making. His work redefines leadership by transforming dilemmas into wisdom-driven, ethical, and humane organizational practices.



***Dr. Smruti Ranjan Nayak***

Furthermore, *Battlefield to Boardroom* encourages readers to redefine success itself. Instead of equating leadership with titles, authority, or relentless ambition, the book highlights fulfillment, ethical consistency, and inner peace as true measures of effective leadership. It invites leaders to view their roles as opportunities for service and transformation rather than domination or control. By aligning personal values with professional actions, Dr. Nayak suggests that leaders can create environments where people feel inspired rather than instructed, empowered rather than pressured.

# Sandesh

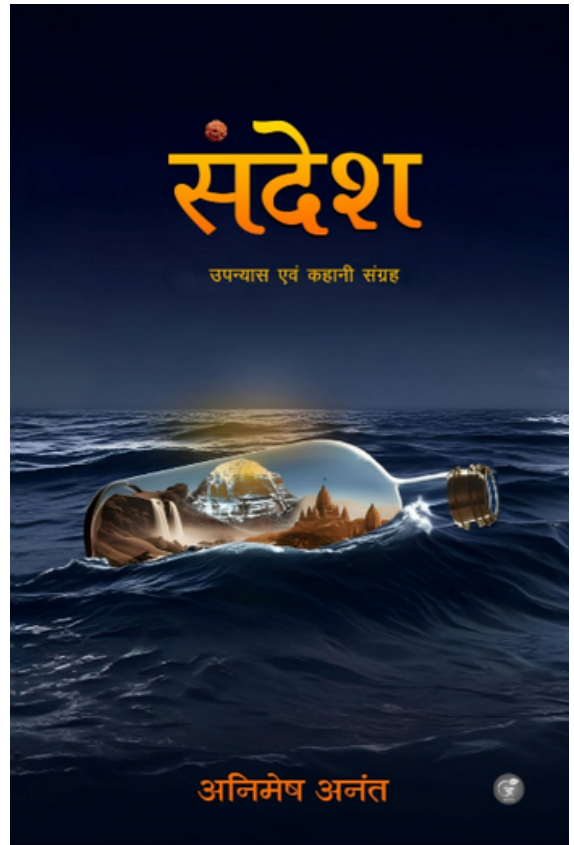
*"Some revelations do not arrive with thunder or spectacle—they begin as gentle nudges, fleeting questions, and silent messages, resting quietly in the heart until the soul pauses long enough to hear them, transforming ordinary moments into profound awakenings."*

Animesh Anant's *Sandesh: Novel and Short Story Collection* is more than a work of fiction; it is a quiet yet powerful exploration of inner awakening, human vulnerability, and the unseen truths that shape our lives. The book invites readers to look beyond events and circumstances and instead turn inward, where meaning often reveals itself in subtle, transformative ways. The idea of a "message" is not limited to mystery alone—it becomes a metaphor for life's call to pause, reflect, and realign.

The central novel begins at a moment of profound darkness in the protagonist's life, where confusion, emotional fatigue, and unanswered questions dominate her existence. At this critical juncture, a mysterious message enters her world, not as a dramatic intervention but as a gentle disruption that challenges her understanding of herself and her reality. What follows is a deeply introspective journey in which she confronts her fears, weaknesses, and unresolved conflicts. The author resists sensationalism, allowing the transformation to unfold gradually, mirroring the way real self-discovery occurs.

One of the novel's greatest strengths lies in its seamless integration of spiritual thought and historical wisdom. Ancient truths and philosophical ideas are not presented as doctrines but woven naturally into the narrative. The protagonist's struggle is intensely personal, yet universal, as she learns that growth often begins with acceptance rather than resistance. Through her journey, the novel becomes a meditation on courage, awareness, and the quiet strength required to face oneself honestly.

The five short stories that accompany the novel add depth and variety to the collection. Each story approaches life from a distinct angle, yet all remain anchored in human emotion and reflection. Particularly striking is the story retold through the perspectives of three characters from the *Ramayana*. By shifting the lens from the familiar narrative, the author encourages readers to reconsider history, morality, and perspective, highlighting how truth often changes depending on who tells the story.



Another story follows a journalist's investigative pursuit, revealing how seemingly ordinary situations can conceal complex and unsettling realities beneath the surface. The story that begins with a yellow scarf unfolds gently, using simple imagery and language to touch upon deeper emotional truths. Equally moving is the portrayal of love between two elderly characters—a tender, understated depiction of devotion, care, and emotional companionship that stands apart from conventional romantic narratives. The final piece, expressed in just thirty-eight words, captures the most painful and complex aspects of relationships, demonstrating how restraint can sometimes speak louder than elaboration.

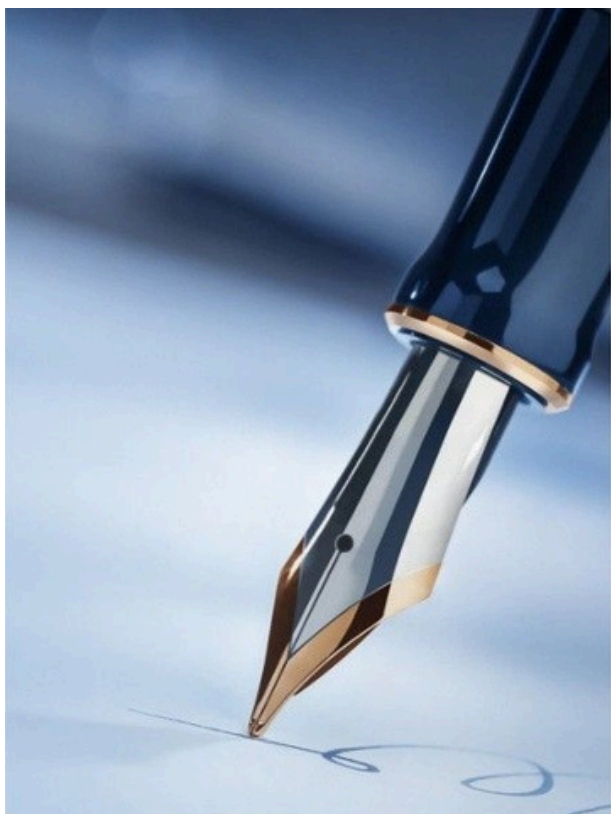
Animesh Anant's writing style is marked by clarity, emotional restraint, and quiet philosophical depth.



He does not rely on ornate language or dramatic twists to engage the reader. Instead, his strength lies in observation—of people, relationships, and the silent conflicts that shape everyday life. His characters appear ordinary, yet their inner worlds are layered with unspoken emotions and moral dilemmas, making them deeply relatable.

*Sandesh* is a book for readers who seek reflection rather than spectacle, and meaning rather than noise. It celebrates the extraordinary truths hidden within ordinary moments and gently urges readers to examine their own relationships, choices, and inner lives. Long after the final page, the “message” of this book continues to resonate, inviting quiet contemplation and emotional honesty.

Beyond its narrative and thematic depth, *Sandesh* also stands out for its emotional honesty and restraint. Animesh Anant does not attempt to offer easy answers or neatly resolved conclusions. Instead, he respects the intelligence and emotional maturity of the reader, allowing space for interpretation and personal reflection. This openness is one of the book’s most compelling qualities, as it transforms reading into a participatory experience rather than a passive one. The author’s background outside the literary world subtly informs his writing. His experience in technical fields and finance seems to have sharpened his observational clarity, lending the prose a grounded, realistic tone.



There is a quiet discipline in the way ideas are structured—thoughtful, precise, and never excessive. Yet this logical foundation is balanced by deep sensitivity, ensuring that the stories never feel mechanical or detached. Emotion flows naturally, often emerging in silence, pauses, and understated moments rather than overt expression.

Another notable strength of the collection is its ability to bridge time and context. Ancient wisdom, mythological perspectives, modern journalism, and intimate personal relationships coexist seamlessly within the same volume.

This blend reinforces the idea that human dilemmas—fear, love, doubt, loyalty, and the search for meaning—remain constant across eras. By placing these themes in varied settings, the author subtly reminds readers that transformation is not bound by time or circumstance.

Ultimately, *Sandesh* is a reflective companion rather than a conventional book. It invites readers to slow down, listen closely, and recognize the messages life offers in moments of stillness and uncertainty. Its lingering impact lies not in dramatic revelation, but in the quiet shift of perspective it inspires—an inward turn that continues long after the reading ends.

The book also encourages readers to reconnect with empathy and mindful awareness in an age dominated by speed and distraction. Through its measured pace and introspective tone, *Sandesh* reminds us that understanding often emerges when we pause and truly listen—to others and to ourselves. It gently affirms that growth is rarely sudden or loud; it is a continuous, inward process shaped by reflection, acceptance, and conscious choice.

In this sense, *Sandesh* functions almost like a mirror, reflecting back to readers the parts of themselves they may have overlooked, avoided, or left unexplored. It does not insist on conclusions or moral certainty; rather, it creates a quiet, reflective space where questions are allowed to linger without urgency. The narratives encourage readers to sit with ambiguity, to acknowledge discomfort, and to recognize that inner clarity often emerges gradually through patience and self-awareness. This openness transforms the reading experience into something deeply personal, where meaning is shaped as much by the reader’s own life and emotions as by the text itself. Ultimately, the book’s lasting power lies in its ability to accompany the reader beyond its pages—resurfacing during moments of introspection, emotional crossroads, or silent realization—and gently reminding us that true understanding is not imposed from outside, but discovered within through attentive listening and mindful presence.





# WHEN SCIENCE MEETS THE SOUL

When Science Meets the Soul: A Doctor's Quest for Deeper Healing by Dr. Vipul Mankad is a rare and compelling blend of science, philosophy, and spirituality, offering readers a pathway to understanding themselves and living a balanced, meaningful life. Unlike conventional medical or self-help books, Dr. Mankad's work delves into the intersection of biology, consciousness, and human experience, inviting readers to explore profound questions such as "Who am I?" and "Who are we?" through both introspection and practical tools. The book is not merely theoretical; it is grounded in the author's extraordinary personal and professional journey, which lends authenticity and depth to his insights.

At its core, the book addresses the tension between external identities—age, gender, race, education, profession, and wealth—and the inner self. Dr. Mankad emphasizes that these societal labels, while useful for communication and social organization, often limit perception and generate unnecessary comparison, conflict, and even discrimination. By focusing on the inner self, or pure consciousness, he encourages readers to detach from superficial markers and find mental balance and clarity. This approach is particularly relevant in today's fast-paced and competitive world, where external validation often overshadows self-awareness.

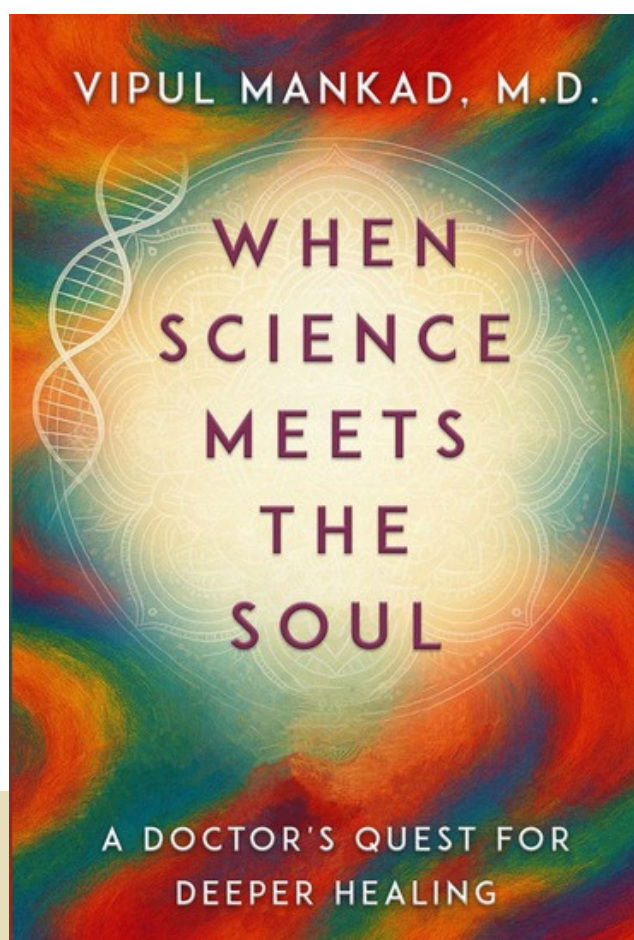
The author's narrative is enriched by his remarkable life story. Born and educated in India, he emigrated to the United States at the age of 23, beginning a journey marked by both extraordinary achievement and significant challenges. Despite facing discrimination early in his career, he leveraged meritocratic opportunities to build a distinguished medical and research career, securing substantial NIH funding, publishing extensively, and founding a Children's Hospital. His scientific accomplishments are impressive in their own right, but what distinguishes the book is his openness about the emotional and philosophical struggles he faced while caring for critically ill children and navigating systemic barriers. This honesty allows readers to see the human behind the professional accolades and underscores the book's central theme: that true success and mental balance are achieved when the mind and soul work in harmony.

Throughout the book, Dr. Mankad draws on both ancient Indian and Western philosophical traditions, seamlessly integrating meditation, mindfulness, and self-reflection with scientific reasoning. He presents a series of practical tools and self-assessment exercises, encouraging readers not just to read, but to engage actively with the material. These tools help individuals reflect on their beliefs, behaviors, and emotional patterns, guiding them toward greater self-awareness and personal growth. Unlike prescriptive self-help manuals, the book respects the individuality of each reader, emphasizing personal effort and exploration over rigid formulas.

The writing style is lucid and accessible, striking a careful balance between scientific precision and philosophical depth. Complex concepts related to genetics, human development, and consciousness are explained clearly, making them understandable even to readers without a medical or scientific background. At the same time, the book does not shy away from the existential and emotional dimensions of human life, exploring grief, suffering, and resilience with sensitivity and insight. This combination of intellectual rigor and compassionate storytelling is what gives the book its unique resonance.

When Science Meets the Soul is not just a book about healing in the medical sense—it is about achieving a deeper form of well-being that encompasses mind, body, and spirit. Dr. Mankad's insights are universally applicable, whether for those facing personal or professional challenges, or for anyone seeking a more thoughtful, balanced approach to life. The book succeeds in bridging the gap between the analytical and the introspective, showing that scientific understanding and spiritual wisdom are not mutually exclusive but complementary in the quest for a Good Life.

In conclusion, Dr. Vipul Mankad offers readers a masterful synthesis of experience, science, and philosophy. The book is a guide for self-discovery, resilience, and inner balance, demonstrating that the journey to understanding oneself is both deeply personal and profoundly universal. Its combination of practical tools, personal narrative, and philosophical reflection makes it a valuable resource for anyone seeking clarity, purpose, and deeper healing in a complex world.



Dr. Vipul Mankad is a physician specializing in pediatric oncology and hematology, an internationally recognized biomedical scientist, and a former endowed professor and chair of pediatrics. Drawing on his experiences across India, the U.S., England, Brazil, and Japan, he blends scientific expertise with philosophical and spiritual insights. An advocate of meditation and self-awareness, Dr. Mankad explores life's deeper questions, guiding readers toward mental balance, resilience, and a Good Life.



# OF CONSCIOUSNESS AND EXPERIENCE

**O**f Consciousness and Experience: Reflections – 1 by Arjuna Rao Kaza is a quiet yet powerful work that resists easy categorization.

Neither a conventional philosophical treatise nor a purely spiritual memoir, the book occupies a reflective space where lived experience, moral questioning, and spiritual inquiry meet. It is a book that does not attempt to impress with complexity, but instead draws the reader in through clarity, honesty, and a steady seriousness of purpose.

At its core, the book grapples with some of the most enduring questions of human existence: the nature of consciousness, the coexistence of good and evil, and the challenge of living with moral clarity in a world that often appears confused, decaying, or contradictory. Kaza approaches these questions not as an academic philosopher or religious authority, but as someone who has spent a lifetime observing, thinking, and struggling with them from within ordinary life. This grounding in experience is one of the book's greatest strengths. The reflections feel earned rather than constructed, shaped by years of observation rather than theoretical speculation.



One of the most compelling aspects of the book is its insistence that human problems cannot be solved solely through external progress. Kaza is particularly critical of modern education and social systems that prioritize technical competence and outward success while neglecting inner resilience, moral discipline, and clarity of thought.

He does not argue this point with polemical intensity; instead, he presents it as an almost self-evident truth revealed through lived reality. The result is a tone that feels contemplative rather than confrontational, encouraging readers to reflect on their own assumptions rather than defend them.

The author's treatment of good and evil is especially nuanced. Rather than framing them as simple opposites where one must defeat the other, Kaza presents them as intertwined forces embedded within human nature and the structure of existence itself. This refusal to offer simplistic moral binaries gives the book a quiet philosophical depth. Evil is not dismissed as an external aberration, nor is goodness idealized as an effortless state. Both are shown as realities that demand awareness, discipline, and continuous self-examination. In this sense, the book is less about achieving moral purity and more about cultivating moral alertness.

Kaza's background as an engineer subtly shapes the structure and tone of the reflections. There is a precision in his thinking, a concern for coherence, and a resistance to vague abstraction. Yet this technical sharpness never overwhelms the spiritual dimension of the work. Instead, logic and spirituality are allowed to coexist, each refining the other. This balance is rare, especially in writing that addresses consciousness and inner life, where clarity is often sacrificed for mysticism. Kaza manages to avoid this trap, offering reflections that are accessible without being shallow.

The language of the book deserves special mention. Written in simple, direct prose, it avoids ornamentation and rhetorical excess. This simplicity is not a lack of ambition but a deliberate choice that aligns with the book's purpose. The reflections are meant to be read slowly, absorbed thoughtfully, and revisited over time. There is a meditative quality to the writing, one that mirrors the reflective discipline the author advocates. Readers looking for dramatic storytelling or emotional intensity may find the tone restrained, but those open to quiet introspection will find it deeply rewarding.

Another strength of the book lies in its refusal to provide ready-made answers. Kaza is clear that his reflections are not solutions but invitations—to think, to question, and to look inward. In an age saturated with self-help formulas and ideological certainties, this restraint feels both refreshing and challenging. The book asks something of the reader: patience, honesty, and the willingness to sit with unresolved questions. It is not designed for quick consumption, but for sustained engagement.

At times, the book can feel demanding, especially for readers accustomed to narrative-driven nonfiction. The absence of anecdotes or dramatic personal episodes may make the reflections feel austere. However, this austerity is part of the book's integrity. Kaza writes not to entertain but to illuminate, trusting the reader's intelligence and seriousness. The reward for this trust is a work that lingers in the mind long after the final page.

*Of Consciousness and Experience: Reflections* – 1 feels very much like the opening movement of a larger intellectual and spiritual journey. It carries the weight of decades of contemplation, yet it remains open-ended, suggesting that understanding consciousness and moral life is an ongoing process rather than a destination.

## AUTHOR

Arjuna Rao Kaza is a retired engineer and thoughtful writer whose life and work unite scientific precision with spiritual reflection. With a professional background rooted in discipline, logic, and problem-solving, he brings clarity and depth to his exploration of human consciousness, morality, and the search for meaning. His writing reflects decades of personal inquiry into the nature of good and evil, social decline, and inner resilience. He is the author of *Journey into Unknown*, an autobiographical work, and *Of Consciousness and Experience: Reflections*, which captures his enduring quest for truth and self-understanding.

The book will resonate most strongly with readers who sense that material progress alone is insufficient, who feel the need for deeper foundations of thought and spirit, and who are willing to engage in disciplined self-inquiry. In the end, Arjuna Rao Kaza offers not a doctrine, but a voice—calm, reflective, and sincere. His work stands as a reminder that the search for meaning is not a retreat from the modern world, but a necessary response to it. Through his reflections, he invites readers to slow down, look inward, and rediscover the strength that comes from clarity, discipline, and honest questioning.



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