

THE LITERATURE TIMES

VOL 02 | ISSUE 03

Book Reviews
Literary Articles

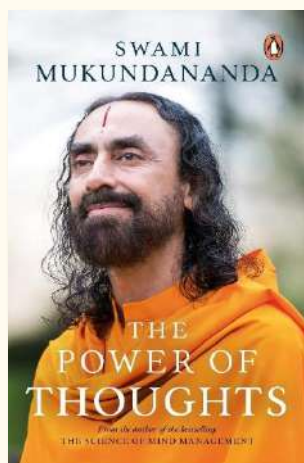
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Author Interviews

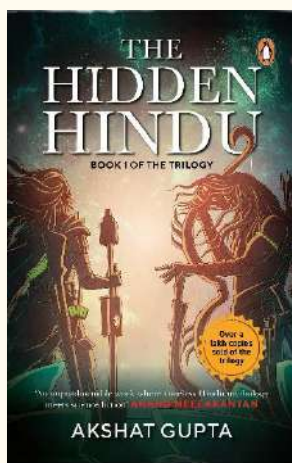
AUTHORS
**APEKSHA GUPTA
&
BHOOMIKA GARG**

Cover Story

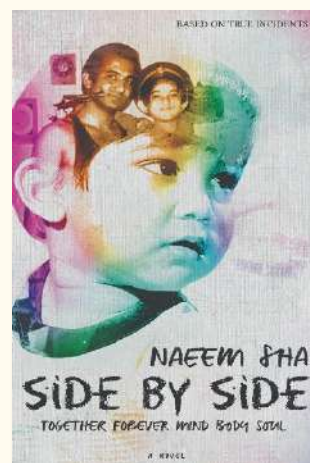
TOP 9 BEST BOOKS TO READ IN 2023



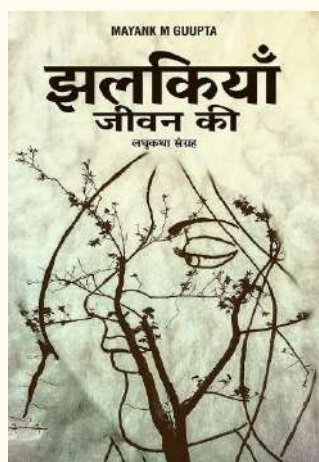
The Power Of Thoughts
Swami Mukundananda



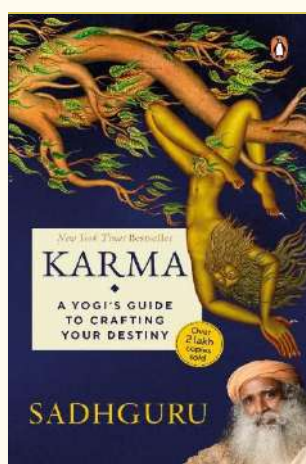
The Hidden Hindu
Akshat Gupta



Side by Side
Naem Sha



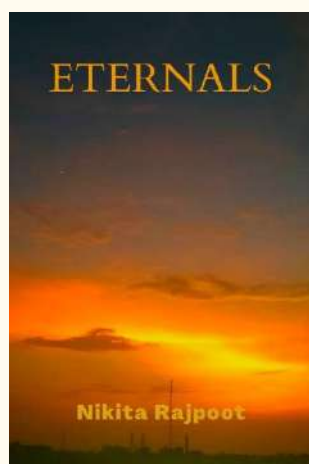
Jhalkiyaan Jeevan Ki
Mayank M Gupta



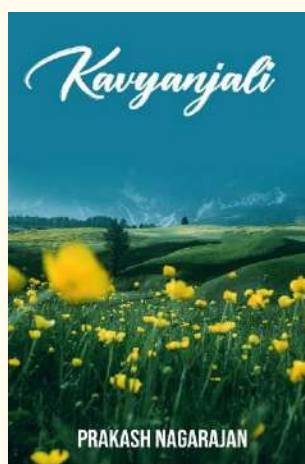
Karma
Sadguru



The Killer's Ring
Viswanatha Sarma



Eternals
Nikita Rajpoot



Kavyanjali
Prakash Nagarajan



Trikaalagya
Naem Sha

Editor's Note



Swati Sucharita

Editor-in-Chief

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. 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 3rd Issue of the Volume 2, May 2023 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. We hope to hear from you soon. If you're reading this, I hope you enjoy it.

Enjoy your reading!

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.

We hope you enjoy this one.

CONTENTS

COVER STORY

- Apeksha Gupta
- Bhoomika Garg

TLT SPECIAL ARTICLES

- Kushangi Shrivithika

BOOK FEATURES

- Broke, Healed and Loved
- The Art of Being Happy
- Milk Memories
- Symphony To Jazz
- 10x Your Focus
- Sizzling with... She 2 She
- My Life in Design
- The Third Party

FEATURED AUTHOR

- Devangshree Saini
- Dr. Mukesh Jain
- Vikrant Kelkar
- Ankit Khemka
- Dhritiman Chakraborty
- Shaheen Kazi
- Vithika Agarwal

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COVER STORY

Bhoomika Garg and Apeksha Gupta are two sisters who have made remarkable contributions to society through their individual passions and expertise.

Bhoomika is an experienced educationist, school principal, and author. She has written two books—one on leadership and another on upskilling and reskilling. Her leadership book provides practical tips and techniques based on her extensive experience, while her book on upskilling and reskilling, titled "We Are Not Going Back to Normal," offers guidance and resources for personal and professional growth in response to the changing job market.



Apeksha is a successful author and expert in international business and marketing, possessing a strong educational background in both computer science and international business. She understands the global marketplace and the role of technology in shaping it.



Both Bhoomika and Apeksha exemplify the power of a strong bond and the impact it can have on individual growth and success. Their inspiration stems from their parents and brother, emphasizing the importance of family support in achieving success. Together, their contributions demonstrate how pursuing passions and sharing expertise can make a significant difference in society. Bhoomika's experience as an educationist and school principal offers her a unique perspective on the evolving landscape of education and the necessity for continuous learning. Her book on upskilling and reskilling is an invaluable resource for those seeking to stay competitive in the job market. Apeksha's expertise in international business and marketing, coupled with her dedication to bridging the gap between theory and practical application, positions her as an inspiring thought leader. Her upcoming book on the digitalization of logistics service-providing companies showcases her commitment to sharing knowledge and inspiring future business leaders. Overall, Bhoomika and Apeksha exemplify how individuals can positively impact society by pursuing their passions and sharing their expertise. Their dedication to learning, growth, and making a difference is an inspiration to all who aspire to contribute meaningfully to society.

An Interview with Author Apeksha Gupta



What responses are you getting from your readers? Please share your experience with this book.

I am delighted with the positive response to my first edition book, Silsila, edited in collaboration with Evince Pub. The book's success is also reflected in the positive reception of my latest work on logistics digitization, aided by your publication's impactful promotional materials. I am sincerely grateful for your support and guidance, and I eagerly look forward to future collaborations, confident in the potential for my upcoming books to receive a similarly enthusiastic response.

What encourages you to become an Author?

I have always aspired to be a mentor, driven by a passion for knowledge sharing and helping others learn. To bridge the gap between academia and practicality, I gained real-world experience before becoming a lecturer. Recognizing the need for suitable educational materials for Indian students, I wrote books with relatable examples and simpler explanations to make education more accessible and eliminate complexity. I am grateful for the collaboration with your publication to reach a wider audience and promote a better understanding of education.

What are your favorite topics of writing? Please tell us something about your

I am passionate about writing books on international business, export-import, logistics, management, corporate social responsibility, entrepreneurship, and start-ups. These topics captivate me as they delve into the complexities of the global marketplace, exploring cultural, economic, and political dynamics. I aim to shed light on the challenges faced by businesses worldwide and emphasize the importance of corporate social responsibility. Additionally, I am eager to provide insights and guidance to aspiring entrepreneurs, recognizing their role as catalysts for innovation and growth in the business world..

We were hoping you could tell us about some of those writers who had inspired you and whom you follow!

As an aspiring author, I have found inspiration in great writers who have shaped my writing style and approach. Eric Ries, with "The Lean Startup," has influenced my perspective on entrepreneurship, emphasizing experimentation and iterative development. Thomas Friedman's "The World is Flat" has deepened my understanding of the global economy and the challenges faced by businesses. Douglas Kent's practical guidance in "Exporting" and Martin Christopher's strategic insights in "Logistics and Supply Chain Management" have inspired my work in the fields of export, import, and logistics. I am excited to contribute my accessible writing and practical knowledge to the conversation on these topics.

The titles seem different and catchy; how did you decide? Please let us know the story behind it.

I am pleased to know that you found the title "Silsila and Digitization" relevant and catchy. The word "Silsila" symbolizes the continuation of my writing journey in the areas of international business, export, import, logistics, and entrepreneurship. The inclusion of "Digitization" reflects the industry's current demand for digital transformation, showcasing the impact of technology on logistics. The title aims to captivate readers' attention, combining the themes of continuity and innovation, appealing to students and general readers interested in these subjects.

What are your achievements so far? Tell us something about your writing career.

I have consistently achieved academic success, ranking highly in both my engineering studies and MBA program. Alongside my studies, I have excelled in extracurricular activities, honing my communication and writing skills. With a strong background in industry and teaching, I aim to simplify complex concepts and make learning more accessible to all through engaging and informative content in my books and research papers. My goal is to inspire and educate others, helping them overcome barriers to learning and fostering a positive impact on their lives..

What is your current goal in writing a career? How do you see your future in writing?

My goal as a writer is to create captivating books on diverse and intriguing topics while also providing inspiration to emerging writers. I am particularly interested in exploring the connection between mythology and management, uncovering valuable lessons and tactics that remain relevant. With my passion for writing and education, I aim to support and guide aspiring authors, offering mentorship and collaboration to help them succeed in reaching their audience and achieving their goals.

Are there any other books being worked on by you? Please let us know about your future projects.

I am currently working on three books that align with your mission of promoting education and lifelong learning. The first book focuses on logistics, providing a comprehensive guide to the process, including digitization and industry trends. The second book explores entrepreneurship, offering practical guidance on starting a business through government policies, methods, and case studies. Lastly, my third book delves into corporate social responsibility, highlighting its significance and the changing landscape, with insights into incorporating CSR practices into business strategies. These books cater to professionals, students, and anyone interested in these respective fields.

How do you see Indian writing in the 21st century? What changes do you see in the modern way of writing? Do you feel it has changed over time?

Indian writing in the 21st century has transformed, becoming more diverse and accessible due to technology and globalization. New genres and styles have emerged, including graphic novels and webcomics, allowing writers to express themselves creatively. There has been a shift towards colloquial language, making literature relatable to a wider audience. Furthermore, writers are actively addressing social and political issues, bringing awareness to topics like gender inequality and environmental degradation. Digital platforms and self-publishing options have provided opportunities for new voices to be heard, fostering a more inclusive and varied literary landscape.

How easy/ difficult it was for you to publish your book? What message would you like to give to budding authors?

Publishing a book can be challenging, whether through traditional publishing or self-publishing. It requires a strong manuscript, an understanding of the target audience, and a willingness to receive feedback and make revisions. Evince Pub provided exceptional support in the publication process, handling various aspects like manuscript reading, editing, cover design, and promotional materials.



An Interview with Author BHOOMIKA GARG

What responses are you getting from your readers? Please share your experience with this book.

My readers have provided overwhelmingly positive feedback on both of my books, particularly on my leadership and upskilling/reskilling books. Professionals and aspiring leaders have found practical tips and insights beneficial for personal and professional growth. Similarly, readers seeking career advancement have found my upskilling/reskilling book informative and helpful. I am delighted and gratified to know that my books are positively impacting the lives of those who read them.

What encourages you to become an Author?

As an experienced educator and author, I am motivated to inspire and educate others through writing. Literature has shaped my worldview and storytelling connects people across cultures. Writing allows reflection, idea articulation, and sharing with others, contributing to transformative learning. As an author, I aim to challenge assumptions, explore ideas, and inspire meaningful engagement for a more just and equitable society. I am honored to share my experiences and ideas, hoping to contribute to a compassionate world.

What are your favorite topics of writing? Please tell us something about your

I am deeply passionate about writing on leadership and social change, inspiring individuals to become leaders in their lives and communities. Effective leadership and its role in positive societal transformation interest me greatly. I explore leadership qualities and offer practical strategies for skill development. Additionally, I write about social change and activism, aiming to inspire and mobilize communities toward a common goal. Ultimately, my writing focuses on empowering individuals to create a better world through their actions.

We were hoping you could tell us about some of those writers who had inspired you and whom you follow!

As an experienced CBSE school principal and author, I have been inspired by various writers who have made a significant impact on me. Sudha Murty conveys life lessons through her grounded storytelling, while J.K. Rowling captivates millions with her imaginative Harry Potter series. My siblings, also writers, have been valuable mentors, and Paulo Coelho's thought-provoking books explore spirituality. Chimamanda Ngozi Adichie's writing addresses complex issues and challenges societal assumptions. Overall, I am inspired by writers who tell compelling stories, convey important messages, and shape our understanding of the world.

The titles seem different and catchy; how you decided it? Please let us know the story behind it.?

The title of my book, "Upskill and Reskill," was chosen to capture the essence of helping individuals develop new skills and adapt to a changing world. "Upskill" refers to learning new skills for career advancement, while "reskill" refers to acquiring new skills for transitioning into a different field. In today's competitive job market, continuous learning and adaptation are crucial. The title is catchy, memorable, and effectively communicates the book's purpose. I am pleased with the title as it accurately conveys the message of the book.

What are your achievements so far? Tell us something about your writing career.

As a CBSE school principal, I have achieved academic excellence and created a positive learning environment. My books on leadership and upskilling/reskilling have been well-received, offering practical advice for personal and professional development. I have conducted workshops on education and personal growth. Writing has been a fulfilling journey, allowing me to inspire and promote positive change. I strive to provide practical insights and advocate for lifelong learning. I am proud of my accomplishments and eager to embrace new opportunities in the future.

Are there any other books being worked by you? Please let us know about your future projects.

As an author, I am currently working on completing a book about early childhood education. They will utilize their experience as a school principal and extensive research in the field to offer practical advice and insights for parents and educators. They are also interested in exploring other topics related to education and personal growth. Their goal as an author is to create informative, engaging, and inspiring works that provide practical advice and insights to help readers achieve their goals and reach their full potential.

What is your current goal in writing a career? How do you see your future in writing?

Writing is an exploration. You start from nothing and learn as you go; - E.L. Doctorow
The author, an experienced CBSE school principal and writer, embraces writing as a form of exploration and self-discovery. They believe that writing not only allows for self-expression but also fosters personal growth. Their current goal is to continue learning and exploring through their writing. In the future, they plan to expand their writing to encompass various subjects such as education, leadership, and personal growth. The author's aspiration is to share their knowledge and experiences with others, recognizing writing as a potent tool for this purpose. They are determined to inspire and inform through books, articles, and other written forms of communication. Writing has been an essential part of their career, and they eagerly anticipate the path it will lead them on in the future.

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How you see Indian writing in the 21st century? What changes do you see in the modern way of writing? Do you feel it has changed over time?

In the 21st century, Indian writing has transformed with new themes and experimentation due to technological advancements and global connectivity. This includes a focus on diversity and representation, bringing marginalized communities' experiences to the forefront. Modern Indian writing is characterized by its experimental styles, innovative narrative structures, and challenging of traditional storytelling conventions. These changes have created a vibrant literary scene that reflects the diverse nature of Indian society and engages with the complexities of our contemporary world.

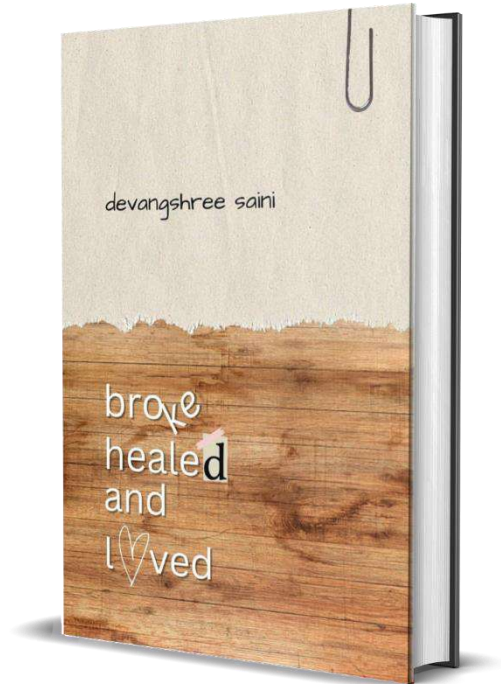
How easy/ difficult it was for you to publish your book? What message would you like to give to budding authors?

Publishing a book is a challenging yet rewarding process. Understanding the market and target audience is crucial, as is being persistent and patient throughout the revisions and editing stages. It is essential for aspiring authors to stay true to their vision and passion, continually practicing and learning. Taking risks, embracing feedback, and reading widely and diversely are key to improving writing skills and developing a unique voice. Dedication and hard work are necessary to bring stories to life and share them with the world.

TLT Specials

Broke, Healed and Loved

Book Review



Human emotions are always the most difficult aspect of life to both understand and deal with. It is these emotions that have given the world remarkable poets who have created literary pieces that have redefined the ways to deal with emotions and embrace them with all power. A similar product is born in Devangshree Saini, who also addresses the emotions of love, healing and all between in her series of 81 poems in “Broke, Healed and Loved.” The series of poems that deal with depicting these emotions sequentially talk about the different thoughts a person gets when going through them. Through the author’s words, they would also realize that they are not the only ones going through this.

It is interesting to note how “Broke, Healed and Loved” features poems that do not have titles and rather flow into each other. The only division is done through the pages assigned to them. This shows the chaos that defines human thoughts and how they ramble far more when going through an emotional phase. Saini successfully conveys that this phase is never an easy one but also hints that there is light at the end of the tunnel, it is just about the time it takes to reach there. By sharing such thoughts and insights, she shows her maturity in dealing with these complex emotions. In addition to the aforementioned points, Saini’s decision to present the poems without titles and instead allow them to flow seamlessly into one another adds an intriguing layer to the collection. The absence of titles eliminates any preconceived notions or expectations that readers may have when approaching each poem. It allows the reader to experience the poems as a continuous stream of consciousness, mirroring the erratic and unpredictable nature of human thoughts during times of emotional turbulence.

The lack of explicit divisions between the poems also reinforces the idea that emotions and experiences are interconnected and often blend together in our lives. By presenting the poems in this manner, Saini captures the essence of the human psyche, where emotions can be messy, overlapping, and intertwined. It reflects the complexity and multifaceted nature of our inner lives, where joy can coexist with pain, love with heartbreak, and healing with scars. Furthermore, the absence of titles encourages a more fluid and organic reading experience. It prompts the reader to navigate through the collection with an open mind, allowing the emotions and themes to unfold naturally. It invites a deeper engagement and connection with the poetry, as readers are compelled to actively interpret and derive meaning from the words and imagery presented.

Saini's ability to convey the chaotic nature of human thoughts and emotions during an emotional phase not only showcases her talent as a poet but also demonstrates her emotional intelligence and maturity. Through her words, she acknowledges the challenges and difficulties inherent in such a phase, but she also offers a glimmer of hope by hinting at the eventual arrival of light at the end of the tunnel. This nuanced portrayal of the emotional journey resonates with readers who may be going through their own struggles, offering solace, understanding, and a sense of shared experience.

In "Broke, Healed and Loved," Saini captures the chaotic nature of emotions and has a remarkable ability to distill complex feelings into simple yet powerful language. It is often a daunting task to find the right words to articulate the depth and intricacies of one's emotions, but Saini accomplishes this with remarkable ease. Through her minimalist approach to language, Saini demonstrates a profound understanding of the power of brevity and restraint. She carefully selects each word, stripping away unnecessary embellishments and allowing the raw emotions to take center stage. In doing so, she creates a potent and evocative atmosphere that resonates deeply with readers.

By employing a concise and precise style, Saini enables the emotions within her poems to shine through unencumbered by excessive ornamentation. This simplicity allows for a direct and immediate connection with the reader, as they are able to grasp the essence of the emotions being expressed without any barriers or distractions. Through this simplicity, she touches upon universal feelings, making her work relatable and accessible to a wide range of readers. Moreover, the author's ability to express complicated feelings with fewer words is a testament to her skill in capturing the essence of an emotion, distilling it down to its core, and conveying it in a concise yet impactful manner. This approach gives her poetry a sense of clarity and resonance that lingers in the minds and hearts of those who read it.

The Art of Being Happy

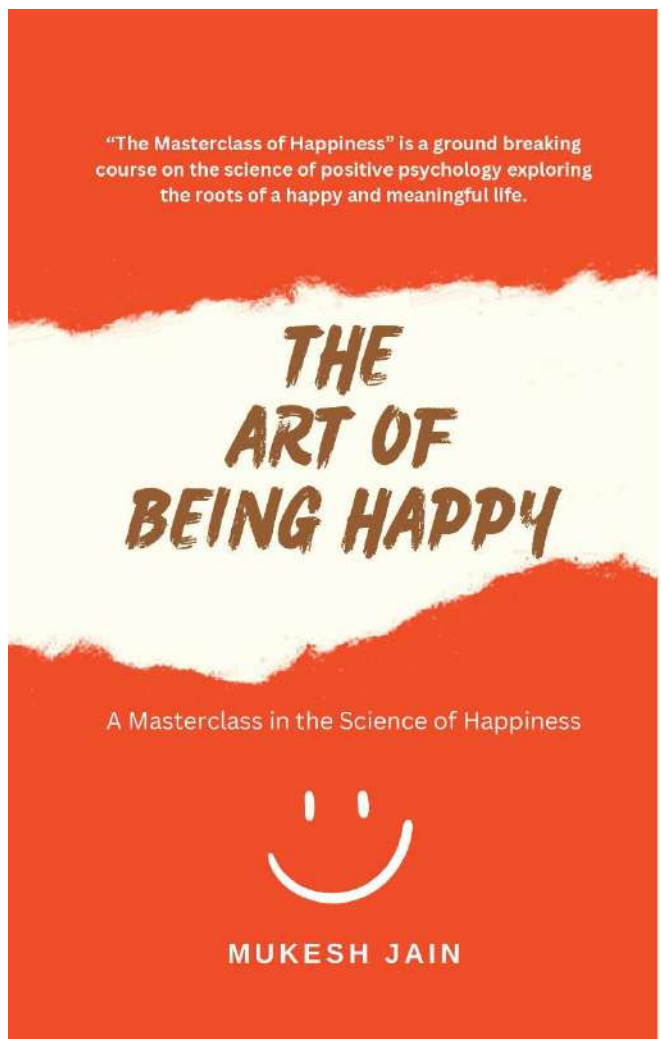
Mukesh Jain

BOOK REVIEW

"The Art of Being Happy" by Dr. Mukesh Jain is a remarkable book that delves into the science behind true happiness. Drawing from extensive research in positive psychology, neuroscience, and evolutionary biology, Dr. Jain presents readers with practical exercises and evidence-based insights to help them cultivate happiness and live more fulfilling lives.

The book begins by addressing the common misconceptions and myths surrounding happiness. Dr. Jain emphasizes the need to move beyond anecdotal advice and untested strategies, and instead, rely on scientific findings to understand the true nature of happiness. Through clear and accessible language, he guides readers through the fundamental principles and concepts that underpin the science of happiness.

One of the book's strengths lies in its ability to present complex psychological concepts in a relatable and understandable manner. Dr. Jain skillfully breaks down intricate theories and research studies, making them accessible to readers from all backgrounds. This approach enables readers to grasp the significance of the scientific findings and apply them to their own lives.



Throughout the book, Dr. Jain explores various facets of happiness, including social and emotional well-being, the importance of positive relationships, and the quest for meaning and purpose. He provides practical exercises and techniques that readers can incorporate into their daily lives to enhance their overall happiness and well-being.



What sets "The Art of Being Happy" apart is its emphasis on the measurability of happiness. Dr. Jain highlights the growing body of research that demonstrates how happiness can be objectively measured and quantified. This evidence-based approach adds credibility to the book's teachings and instills confidence in readers that they can indeed achieve lasting happiness.

In addition to the wealth of scientific knowledge presented, Dr. Jain's personal anecdotes and experiences add depth and authenticity to the book. His background as an IPS officer and his academic achievements bring a unique perspective to the subject matter, making the book both informative and engaging.

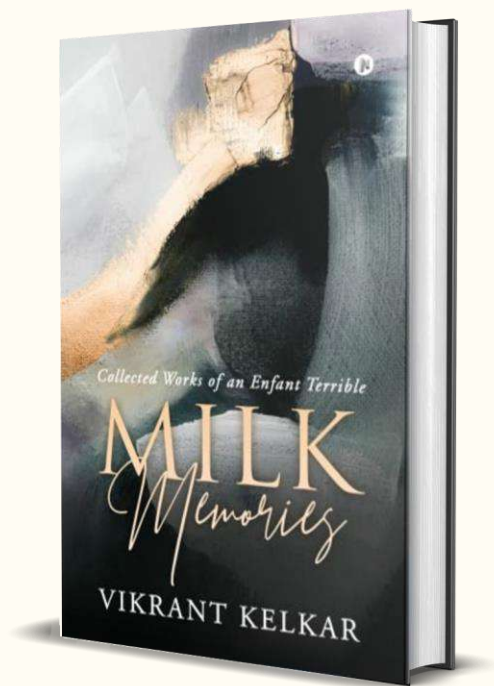
"The Art of Being Happy" is not a quick-fix solution or a collection of superficial tips. It is a comprehensive guide that encourages readers to embark on a journey of self-discovery and self-improvement. By integrating the science of happiness into their lives, readers are empowered to take charge of their well-being and unlock their true potential for happiness.

Overall, "The Art of Being Happy" is a thought-provoking and insightful book that offers a masterclass in the science of happiness. Dr. Mukesh Jain's expertise, combined with his ability to translate complex research into practical guidance, makes this book a valuable resource for anyone seeking to lead a happier and more meaningful life. It is a must-read for those who are ready to embrace the science-backed path to genuine and lasting happiness.

TLT Specials

Milk Memories: Collected Works of an Enfant Terrible

Book Review



“Milk Memories: Collected Works of an Enfant Terrible” by Vikrant Kelkar is a captivating compilation of tales that delves into the depths of the human psyche, presenting a mosaic of characters ranging from low-lifers to knights and decorated officers. Through this collection, Kelkar chronicles the challenges of the new millennium, exploring supernatural elements, apocalyptic scenarios, and a myriad of themes that cater to a diverse range of readers. These stories take the imagination of the readers to different stages of fancy and keep them involved throughout.

From the very first page, it becomes apparent that “Milk Memories” is not for the faint of heart. The book serves as a looking glass into the darkness that resides within the human soul, exposing the hidden desires, fears, and vulnerabilities that often lie dormant. Kelkar fearlessly explores the grotesque, the macabre, and the humorous, creating a disconcerting yet compelling atmosphere that keeps readers engrossed throughout. Despite this fact, the book is still a captivating read and keeps the readers fixed as they explore through the text.

The strength of Kelkar’s storytelling lies in his ability to seamlessly blend multiple genres, creating a unique narrative experience. The supernatural tales within the collection transport readers into eerie realms where the boundaries between the real and the supernatural blur. These stories engage the imagination and provoke contemplation on the unknown forces that shape our existence. In the midst of this, they also bring across different natures of people through characterizations and every character reacts in a different way to the situations that face them.

Moreover, the apocalyptic scenarios depicted in “Milk Memories” serve as a chilling reminder of the fragility of our world. Kelkar skillfully weaves tales of societal collapse, environmental destruction, and human resilience, prompting readers to question the consequences of our actions and the potential darkness that looms on the horizon. Humor, though often dark and twisted, serves as a contrasting element that provides respite from the weight of the book’s themes. Kelkar’s sharp wit and clever wordplay inject moments of levity into the narratives, offering a balance that prevents the collection from becoming overwhelmingly bleak. These moments of humor create a rollercoaster of emotions, adding depth and complexity to the overall reading experience.

One of the standout aspects of “Milk Memories” is Kelkar’s ability to create vivid and multifaceted characters. Each story introduces a new set of individuals, flawed and complex, yet relatable in their humanity. Through their journeys, Kelkar explores the depths of human nature, exposing the intricacies of their motivations, fears, and desires. These characters leave an indelible mark on the reader’s mind, lingering long after the book is closed. Kelkar’s prose is as evocative as it is thought-provoking. With eloquent and vivid descriptions, he paints atmospheric landscapes that transport readers into the heart of each story. His language is both lyrical and gritty, creating a rich sensory experience that immerses the reader in the narrative. The stories unfold with a rhythmic pace, effortlessly drawing readers deeper into the world Kelkar has crafted.

While “Milk Memories” offers a captivating reading experience, it is worth noting that the book’s darkness and occasional grotesqueness may not be suitable for all readers. The content explores the darkest corners of the human psyche, confronting taboo subjects and challenging societal norms. Those seeking lighthearted or conventional storytelling may find themselves discomforted by the book’s unflinching exploration of the human condition.

In conclusion, “Milk Memories: Collected Works of an Enfant Terrible” by Vikrant Kelkar is an enthralling compilation that fearlessly confronts the complexities of human nature. Through its supernatural and apocalyptic tales, the book presents a compelling tapestry of characters and themes that will captivate readers who appreciate narratives that challenge conventions. Kelkar’s skillful storytelling, evocative prose, and multifaceted characters make this collection a thought-provoking and immersive reading experience. However, it is important to approach the book with an open mind, as its exploration of darkness may not be suitable for all readers.



THE AUTHOR

The author is a troubled soul going through vices and naivety of the world around him. But still, he is innocent at heart. The writer began writing at a very early age as the Babri Masjid was demolished and the riots took place. Seeing the futility of the time, he became a troubled soul and was led astray at an early age. He wrote about the times when humanity failed him and he had to tread wayward to find solace. Even though he led a turbulent life, he completed his BA in English from the prestigious Fergusson College, Pune, and Masters in Filmmaking from the University of Pune. But somehow, he got out of it and saved his grace by becoming completely sober and sane. His troubled soul was saved by literature and music.

THE ART OF LETTING GO EMBRACING FREEDOM AND HEALING

In the journey of life, we often find ourselves entangled in the web of attachments, clinging tightly to memories, relationships, and experiences that have shaped us. Yet, there comes a time when we must learn the art of letting go. It is a powerful act of self-love and healing that opens the door to liberation and personal growth. Letting go is not easy; it requires courage, strength, and vulnerability. However, the rewards it offers are beyond measure, bringing us closer to inner peace and emotional freedom.

The Weight of Baggage: Carrying the weight of past hurts, regrets, and unfulfilled expectations burdens our spirits and hinders our ability to live fully in the present. We imprison ourselves in a perpetual cycle of pain and stagnation, unable to embrace the beauty and possibilities that surround us. It is in these moments that we must realize that holding on tightly to the past prevents us from embracing the joys and wonders that await us in the present moment.

Embracing Impermanence: Life is a constant flow of change, and nothing remains the same forever. As we learn to let go, we acknowledge the impermanence of all things and recognize that attachment only leads to suffering. Just as a tree releases its leaves in the autumn, we too must shed the layers of attachments that no longer serve us. By doing so, we create space for new beginnings and allow ourselves to grow and evolve.

The Power of Forgiveness: One of the most transformative aspects of letting go is forgiveness. Holding onto grudges and resentment only poisons our own hearts and souls. True forgiveness liberates us from the shackles of anger and bitterness, offering a path towards healing and reconciliation. It is a gift we give ourselves, releasing the burden of pain and granting ourselves the freedom to embrace love and compassion.

Finding Strength in Vulnerability: Letting go requires vulnerability and a willingness to face our deepest fears and insecurities. It is an act of surrender, allowing ourselves to be vulnerable to the unknown. In this vulnerability, we find strength, resilience, and the capacity to rebuild our lives with renewed purpose. It is through releasing our grip on the past that we discover our true resilience and capacity for growth.

The Liberation of Letting Go: When we finally release our grasp on what no longer serves us, we experience a profound sense of liberation. We open ourselves to new opportunities, fresh perspectives, and limitless possibilities. Letting go allows us to reclaim our power and take charge of our lives, free from the constraints of the past. It is in this freedom that we find the space to create, dream, and live authentically.

The art of letting go is a profound journey of self-discovery and growth. It requires courage, vulnerability, and a deep commitment to our own well-being. As we release our attachments, forgive, and embrace impermanence, we create space for healing, joy, and inner peace. Letting go is not an easy process, but its rewards are immeasurable. So, let us take a deep breath, summon our strength, and embrace the art of letting go, for it is through surrender that we truly find ourselves and live a life of freedom and fulfillment.



AI Tools for Authors: Enhancing the Writing Process

In today's digital age, advancements in artificial intelligence (AI) have opened up new possibilities for authors, offering innovative tools to enhance the writing process. Whether you're a seasoned writer or just starting your literary journey, AI-powered tools can provide valuable assistance in refining your craft and improving your storytelling.



GRAMMAR AND EDITING ASSISTANCE

AI-powered grammar and editing tools, such as Grammarly and ProWritingAid, can be invaluable in ensuring polished and error-free content. They detect grammar, punctuation, and spelling errors, while also providing suggestions for sentence structure, clarity, and consistency.



CONTENT GENERATION

AI writing tools like ChatGPT and Copy.ai help overcome writer's block by providing prompts, outlines, or even complete paragraphs. These tools use machine learning algorithms to analyze existing text and spark inspiration for generating new ideas.



STYLE AND TONE ANALYSIS

AI tools like Atomic Reach and Hemingway Editor analyze writing style, readability, and tone. They offer feedback on sentence complexity, word choices, and readability scores, helping authors engage their target audience effectively.



PLAGIARISM DETECTION

Plagiarism checkers like Turnitin and Copyscape compare your writing against a vast database of published content. These tools flag potential instances of plagiarism, ensuring the authenticity and integrity of your work.



BOOK COVER DESIGN

AI-powered design platforms like Canva and Adobe Spark offer pre-designed templates and customizable options for creating professional book covers. Authors can design visually captivating covers that represent the essence of their story and attract readers.

While AI tools can be powerful aids, it's important to remember that they are tools, not substitutes for human creativity. Authors should embrace these tools as assistants that enhance their skills and productivity. The creative vision, storytelling prowess, and personal touch should always come from the author's imagination and passion.



Kushangi Shrithika

Kushangi Shrithika was born and raised in the city of happiness, Hyderabad. Growing up, she was fascinated by the magic of words which led to reading and she was drawn to writing down her thoughts. Later, Kushangi Shrithika who now works as a content writer developed a passion for writing and is taking a stroll, on the road to explore the varied forms of writing. Believing in learning at each step of her flourishing journey and aiming to publish a book of her own, publishing her aesthetic poetry in varied magazines is considered as stepping stone to her triumphant success.

Happiness lies within

There comes a time when we get to realize,
 It is just us wherein the happiness truly lies.
 People surrounding us are just temporary,
 We are the only ones that accompany ourselves to
 the mortuary.
 Some leave in a jiffy while some stay for a while,
 Enjoy the moments of togetherness than adding
 issues as a pile.
 A new day is a new beginning,
 Value its importance rather than thinking about it
 later and repenting.
 Never take this life for granted,
 The sooner you realize this, the quicker your life
 gets sorted.
 Let me tell one thing crisp and clear,
 Unknowingly, we are passing the day of our death
 anniversary every year!



Society – Wake up!

I sit down and wonder about this terrible world,
 I find some people with a pleasant smile and some other with bitter words,
 I want to ask the society to ponder over,
 Is it only academics that matter forever?
 What if her report card says fail,
 Why do u act as if she has to be placed in jail?
 Her family understands her I suppose,
 But why is society always ready to oppose?
 Why doesn't society just accept her and her flaws?
 But instead, point out and use them as a clause!
 Just understand her as her family does!
 And for god's sake, stop behaving like a cuss!
 Support her in choosing her stream,
 And you will be responsible to fulfill her dream!
 Believe her in every decision she makes,
 And encourage her in every step she takes!
 If so, u will be the one to reduce her stress,
 And the one as a stepping stone to her success!

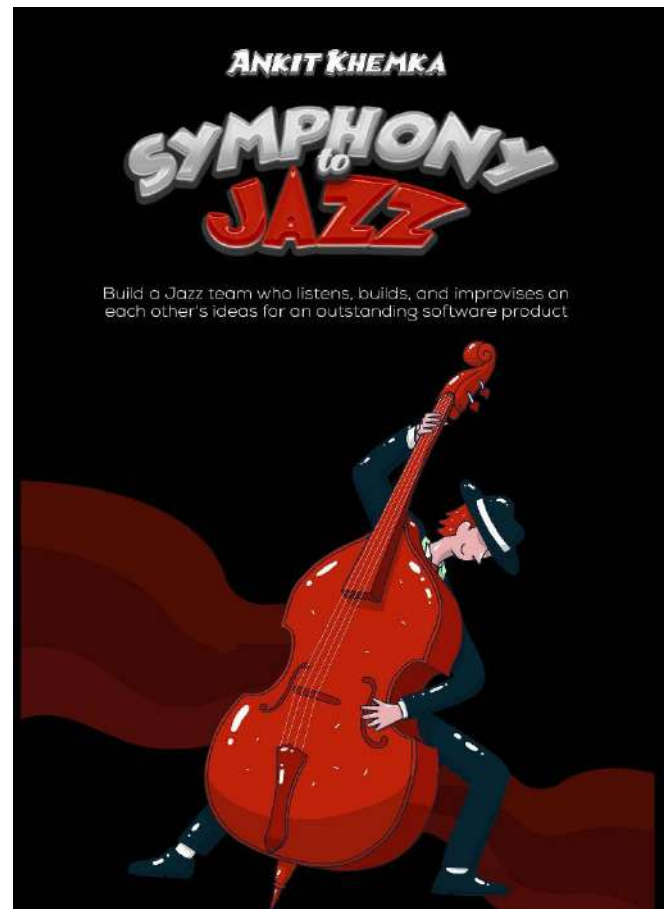
Symphony To Jazz by Ankit Khemka Book Review

-Neel Preet

Well, before going ahead with the review for this title, 'Symphony To Jazz' let us understand the context in which the author has used the word – Jazz. Well, in the literal sense 'Jazz' is a musical genre that originated in the African-American communities of New Orleans, Louisiana, in the late 19th and early 20th centuries. While, over here the author has used the word 'Jazz' as a metaphor for working together creatively in teams and finding new solutions and ideas. Interestingly, the word 'Symphony' too is a musical reference, which means sounding together, harmony of sound.

This remarkable book, "Symphony To Jazz" by Author Ankit Khemka is written with a very generous aim of highlighting the methods of creativity & team work in the modern day businesses. In this book, the author has talked about the significance of building a team with a creative mindset along with the necessity of innovation. The author has also explained that how it is better for the business houses to embrace the changes and have a contingency approach in their operations. The readers shall find a detailed analysis of building a result-oriented team in this book. Moreover, the stimulating insights over the subject matter of 'Team Building' is simply making this title an incredible one!

Author Ankit Khemka is a technology & management enthusiast with over 18 years of experience in software product development and services. He has incredible experience leading and executing multi-million transformational programs combined with business and technology globally.



Over the years, Ankit has engaged closely with customers, solving their problems by playing diverse roles. He loves to develop products and build Jazz teams grounds-up on varied skills, diverse cultures, and passion. Ankit launched his first book 'Cacophony to Symphony' – a step-by-step guide to transform the software product development shop from chaos to order, from discord to harmony. Ankit graduated with a Bachelor of Engineering in Computer Science from V.J.T.I, Mumbai. Further, he completed globally recognized executive programs in business analytics, sales, and marketing. Ankit has a knack for numbers and data visualization. When not working, Ankit probably hangs out with his friends, travels, or builds LEGO with his son!



ANKIT KHEMKA (AUTHOR)

This book, “Symphony To Jazz” by Author Ankit Khemka is a business guide and comes under the category of ‘Business & Strategy!’ In this remarkable title, the author explores the powerful analogy of jazz music as a metaphor for teamwork, creativity, and innovation in the business world. Through this engaging and thought-provoking book, the author delves into the notion that embracing change and fostering a collaborative environment are essential for achieving success and finding new solutions in today’s dynamic business landscape.

Further, the book draws parallels between the improvisational nature of jazz and the need for flexibility and adaptability in organizations. It highlights the importance of breaking away from rigid structures and embracing a more fluid and open mindset that encourages experimentation, creative freedom, and expression. By doing so, the author argues that business houses can foster innovation, collaboration and change, which are imperative in the face of evolving market demands. Through the, ‘5 Reading Worthy Chapters’ presented in this book, the author has done an incredible job, which indeed is praise worthy!

Now coming to the Readers’ Connect part for this title, “Symphony To Jazz” I must mention that this book is way too unique. As one of the strength of this title lies in its ability to clearly articulate the value of teamwork, and the qualities that contribute to effective collaboration. The author emphasizes the significance of character, creativity, and co-creation in building successful teams. By examining what makes a great solution and fostering self-driven and self-sufficient teams, the book offers practical insights and strategies for organizations to navigate the unknown and drive positive change.

The book’s narrative is engaging and accessible, making it suitable for both business professionals and individuals interested in personal and professional development. The author effectively weaves together anecdotes, case studies, and real world examples to support their arguments and bring the concepts to life. Additionally, the book strikes a balance between theoretical concepts and actionable advice, making it a valuable resource for readers seeking practical guidance!

Finally, coming to the Book’s Verdict part, let me begin by mentioning that this title, “Symphony To Jazz” is for sure a MUST READ one. While the book primarily focuses on the realm of business, the insights and principles presented in this business & strategy title can be applied to various aspects of life. Undoubtedly, this book is a captivating exploration of the parallels between jazz music and effective teamwork in the business context. Through its compelling narrative and practical insights, the book serves as an inspiration for organizations and individuals seeking to foster creativity, collaboration, and innovation. By embracing the spirit of jazz, readers are encouraged to break free from conventional thinking, embrace change, and create harmonious and impactful results!

10x Your Focus

To Achieve Career
Success in A
Competitive World

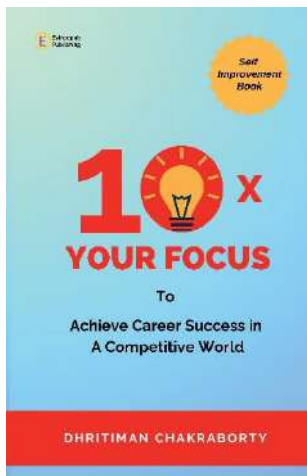
BOOK REVIEW

In this swiftly developing world which is driven by technology, it is necessary to be focused, goal-oriented, determined and equally driven towards achieving it. But, amid so many things happening around in addition to the information explosion where knowing about everything is just a few clicks away, focusing and remaining focused is one of the challenges confronting human beings. Whether it is kids or grown-ups, everyone faces this issue and likewise, everyone is also trying to find the solution to the same. **“10x Your Focus: To Achieve Career Success in A Competitive World”** by **Dhritiman Chakraborty** is a comprehensive guide that provides readers with practical tips and strategies to help them achieve their long-term career goals. The book aims to help readers enhance their focus, improve their productivity, and develop a growth mindset that will enable them to succeed in a highly competitive world. The author, Dhritiman Chakraborty, is an experienced executive who has spent years working in the corporate world. He has seen firsthand the importance of focus and productivity in achieving career success, and he has distilled his knowledge and experience into this valuable guide. This experience finds its way into “10x Your Focus” and ensures that the book becomes a product of his valuable experience which is full of insights and anecdotes.

One of the strengths of this book is its practical approach. Chakraborty provides readers with a range of strategies and exercises that they can use to improve their focus and productivity. For example, he provides tips on how to manage distractions, such as turning off notifications on your phone and setting aside specific times to check your email. He also provides advice on how to prioritize your work, such as using the Eisenhower matrix to determine which tasks are most important.

Another strength of “10x Your Focus” is its focus on developing a growth mindset. Chakraborty explains that in order to achieve long-term success, it’s important to view setbacks and challenges as opportunities for growth and learning. He provides readers with strategies for cultivating a positive mindset, such as practicing gratitude and visualization exercises. The book also addresses the importance of resilience and perseverance. Chakraborty acknowledges that setbacks and failures are an inevitable part of any career, but he encourages readers to view these experiences as opportunities for growth and to use them as motivation to keep moving forward.

One of the key themes of the book is the importance of leveraging technology to maximize productivity. Chakraborty provides readers with tips on how to use technology to automate repetitive tasks, such as setting up filters in your email to automatically sort incoming messages. He also discusses the importance of using technology to stay organized, such as using project management tools. This also makes sure that “10x Your Focus” is more of a guide to become a better version of what one is at present and become more skilled in building focus and making it last.



In addition, the author emphasizes the importance of self-awareness and self-reflection, which are essential for achieving personal and professional growth. By understanding your strengths, weaknesses, and values, you can align your actions with your goals and make the most of your skills and talents. “10x Your Focus” is highly recommended to people who plan to progress in their professional lives by raising their concentration levels and remain focused amidst every downside. The 10 chapters with multiple subheadings are a vital step in the development of any personality to become more oriented towards targets. This book is also recommended to people who will soon venture into professional lives. One of the most valuable aspects of the book is the author’s use of real-life examples and case studies, which bring the concepts to life and make them more relatable to readers. The writing style is clear and concise, and the book is well-organized, making it easy to read and follow along. It also makes it easier for the readers to connect with the situations as shared by the author and understand in light of them.

“10x Your Focus: To Achieve Career Success in A Competitive World” by Dhritiman Chakraborty is a valuable guide for anyone looking to enhance their focus and productivity in the workplace. The book provides practical advice, exercises, and strategies that readers can use to develop a growth mindset, overcome distractions, and achieve long-term success.

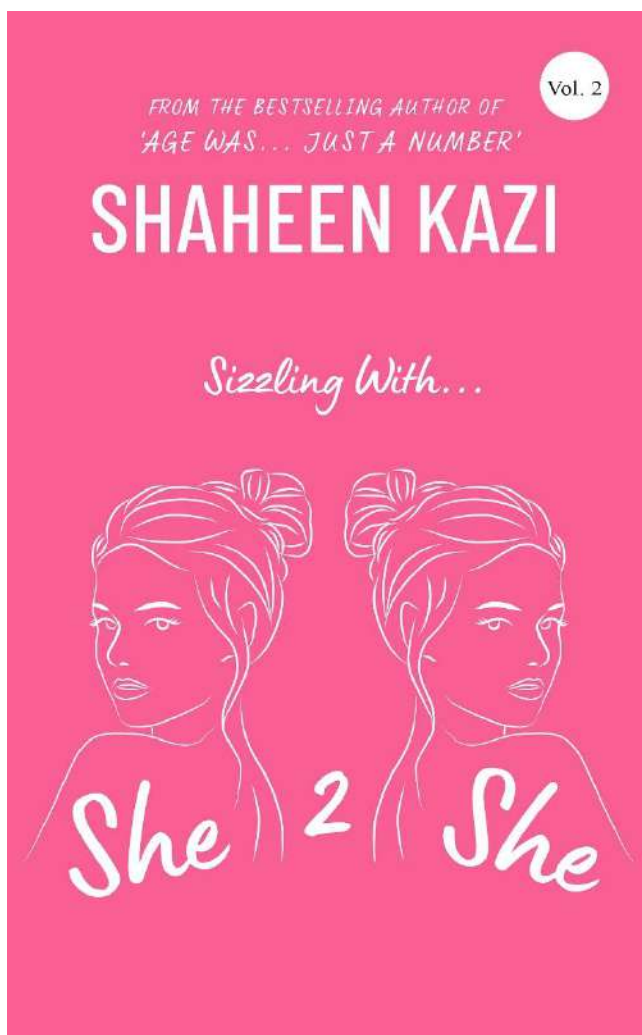
Sizzling with...

She 2 She

Shaheen Kazi

BOOK REVIEW

It is accurately said that love has no language, no gender barriers, or any strict definitions that would restrict two people from being in love with each other. This idea has been propagated time and again with a number of people who not only fight odds and battle odd times to be together but also face tough circumstances, but their desire to not give up on each other becomes the idea of inspiration for the ones who hear their stories. A similar experience is felt by the readers when they read Shaheen Kazi's short story collection, "Sizzling with... She 2 She." While the book may for once be perceived as the portrayal of women in love and may be for once frowned upon, but on reading the stories closely, the readers will understand at which the author explores themes beyond merely sexual or limited to the bodies. At the beginning of "Sizzling with... She 2 She," the author Shaheen Kazi clarifies that this collection is a lot more than it may seem to be on the surface level. It goes far beyond the ordinary and shows a world through the eyes of women who look for a person, irrespective of their gender who would give them the desired affection, care, attention and love. At times, women in "Sizzling with... She 2 She" seem to be searching for these qualities in their male counterparts but due to one incident or the other, they feel aloof and distant in connecting with the opposite gender and hence, the connection with other women gives them the required sense of completion and fulfilling of the search that had been prolonged and going on for a long time. This forms a significant part of the book and overall runs throughout the narrative of the stories that follow.



“Sizzling with... She 2 She” is a book that can be read by grown-up readers who understand the delicacy of the emotion of love and the fact that it can go beyond the demarcations of body or gender to express or even to find itself. The women in the short story collection are from different parts of the world, true to themselves, and embrace their identities the way they are.



“Sizzling with... She 2 She” explores the world through the eyes of women who are not restricted by the boundaries of gender and social constructs or stereotypes that put women into a specific frame and show the courage to explore their desires and themselves on the whole with a person who would understand them, connect with them emotionally and satisfy their needs beyond the body. In that sense, Kazi’s work also spearheads the writings written in the direction of exploring not just same sex relationships sexually but going beyond to understand the complexities and intricacies involved in it. It is interesting to note how Kazi places different characters at different junctures to explore these ideas and hence, share a similar language that the other characters communicate in, the language of love.

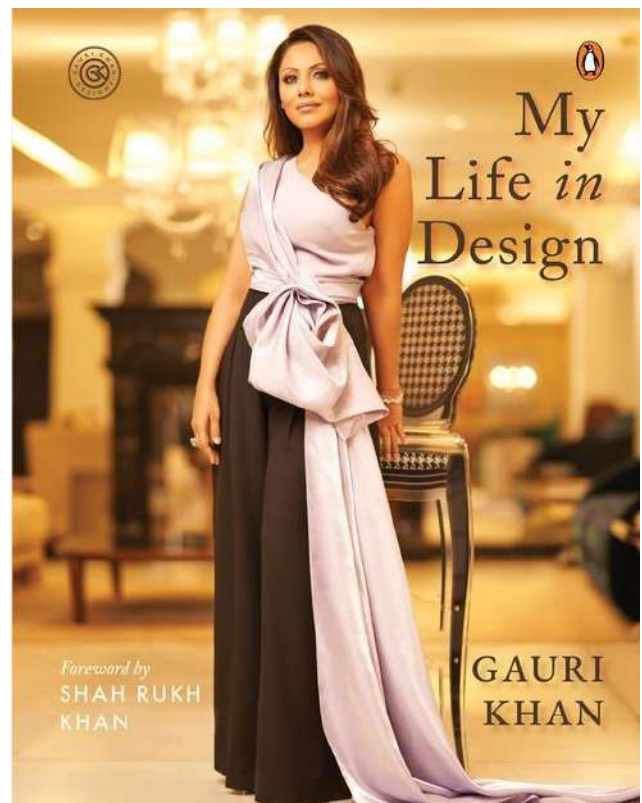
After writing bestsellers like “Age... was just a number,” and poetry collections like “Cupid’s Arrow,” Shaheen Kazi explores the concept of love from yet another perspective that is unique but relatable for many. She goes beyond conventions to understand human psychology and their thought processes and hence, builds a whole different universe which also makes the readers think on a different level and understand the language of love. The exploring of love as an emotion irrespective of age, time, or gender is what distinguishes Kazi’s work and artistic style in experimenting with the different forms that she undertakes to express her views while giving the words to her characters instead. “Sizzling with... She 2 She” is another effort in the same direction. Her work in the short story collection is also distinguishable because she makes a mark as a writer with the second short story collection after “13 Nights of Tricks.” In addition, the children’s book, “Baabubrown and His School Holidays,” takes the readers into yet another universe that Kazi creates for children. Every work is distinct, unique, and versatile and enhances the artistic capabilities of the author further

My Life in Design

BOOK REVIEW

Gauri Khan is a remarkable designer who effortlessly blends her exquisite design sense with her unique personality. With each project she undertakes, she skillfully considers the clients' requirements, transforming spaces into personalized havens. Her approach is marked by a quiet elegance and a sophisticated aesthetic, resulting in spaces that not only captivate the eye but also provide a sense of joy and comfort to their occupants. Throughout her career, Gauri Khan has consistently demonstrated an unwavering commitment to meticulous attention to detail, skillfully juxtaposing practicality with luxury. These principles form the bedrock of her design firm, Gauri Khan Designs, which has garnered acclaim for its originality, intricate detailing, and unparalleled workmanship since its inception.

In her captivating coffee table book, "My Life in Design," Gauri Khan invites readers on a journey through her illustrious career as a designer. Within its pages, exclusive pictures of Gauri and her cherished family—Shah Rukh, Aryan, Suhana, and AbRam—gracefully illustrate the love and warmth that permeate her life and work. The book also showcases unseen images of her enchanting Mumbai residence, Mannat, offering a glimpse into the thoughtful design processes that brought it to life. Additionally, Gauri shares insights into her other key projects, unveiling the creative inspirations that shaped each remarkable space.



However, "My Life in Design" is more than just a visual spectacle—it is a treasure trove of wisdom for aspiring designers and enthusiasts alike. Gauri generously imparts her invaluable tips and advice to those seeking to enter the field of design, offering guidance on honing one's creative instincts, navigating industry challenges, and establishing a unique design identity. For the laypeople fascinated by the captivating and inspiring world of design, Gauri demystifies its intricacies, providing a deeper understanding of the transformative power of well-crafted spaces.



As readers immerse themselves in the pages of "My Life in Design," they will witness Gauri Khan's remarkable evolution as a designer and gain profound insights into her design philosophy. Through her words and images, she eloquently showcases her ability to marry functionality with beauty, creating spaces that truly reflect the essence and individuality of their occupants. Whether it is through her attention to detail, her innovative design solutions, or her unwavering dedication to creating memorable environments, Gauri Khan's extraordinary talent shines brightly within the pages of this remarkable book. "My Life in Design" is a testament to her remarkable journey and a source of inspiration for all those who appreciate the transformative power of design.

The Third Party

Vithika Agarwal

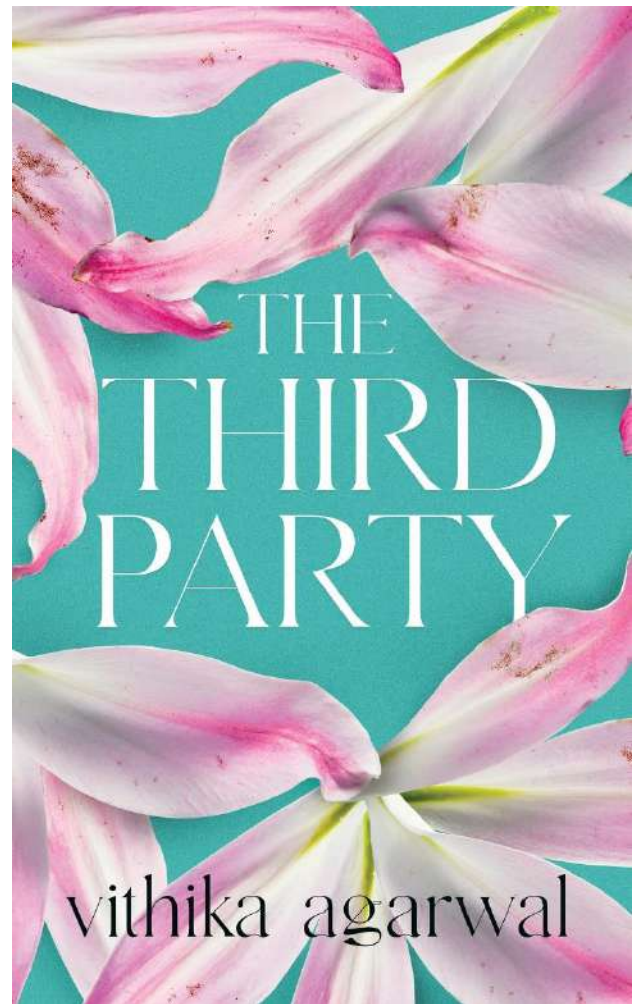
While generally, there are works that end the story on the happily ever after, there are only a few books that go beyond to explore the story of what happens after that. Such stories may only be a handful, but they successfully explore the complexities that accompany relationships and the challenges that arise henceforth.



Vithika Agarwal, in her debut novel, “The Third Party,” talks of life from this viewpoint and explores the world through complex characters who have their own viewpoints and contradictions. On the surface, the book explores a simple story, but on a deeper level, it also raises significant issues that are a part of routine life but generally does not get noticed or mentioned.

BOOK REVIEW

In “The Third Party,” Vithika Agarwal delves into the intricate dynamics of relationships, offering a fresh perspective on the post-“happily ever after” phase. The novel introduces readers to a cast of complex characters, each with their own unique viewpoints and contradictions. While the story may initially appear simple, it gradually unravels to expose the significant and often unnoticed issues that pervade everyday life. Agarwal’s debut novel delves into the intricacies of relationships, examining the challenges that arise as couples navigate the complexities of their lives together. By going beyond the conventional ending, the author sheds light on the realities that many individuals face once the initial excitement of romance subsides. Through her exploration of these complexities, Agarwal invites readers to question societal norms and expectations surrounding relationships. In that sense, the novel also serves as a mode of reality check and developing a perspective for life beyond what is generally shown and depicted. At the same time, the author also explores the psychological complexities and development of a person’s thoughts that naturally occur with the passing of age and attaining further maturity. As a person gains a deeper understanding of life, the author hints upon the fact that growing apart in terms of thinking is not unusual and acceptance is the key to peace. This book would serve as a third party in the relationship of 2 people where, by reading the book, they can understand that acceptance of individual differences is the key to attaining peace. It may be in the framework of fiction, but the subject it talks about it based on non-fiction and real life to a large extent. This raises the book to the level of universal and expands its appeal on the whole.



Through her masterful storytelling, Agarwal prompts readers to examine their own relationships with a fresh perspective, ultimately inspiring empathy, acceptance, and growth. Agarwal handles the delicate subject of human relationships with maturity and skill, making them believe and agree that the developments in any relationship can go beyond or differ from expectations or what one plans. “The Third Party” not only offers a compelling narrative but also serves as a platform for discussing topics that are often overlooked or brushed aside. The novel raises awareness about the various issues individuals encounter in their daily lives, such as communication breakdowns, emotional conflicts, and the pressures of societal expectations.

Creating a happy workplace is crucial for fostering a positive work environment and enhancing employee satisfaction. Here are some strategies to help you cultivate a sense of happiness and well-being in your workplace.

Firstly, establish open and transparent communication channels. Encourage employees to express their thoughts, concerns, and ideas freely. Create an atmosphere where everyone feels comfortable sharing their opinions and perspectives without fear of judgment or reprisal.

Secondly, promote work-life balance. Encourage employees to maintain a healthy equilibrium between their professional responsibilities and personal lives. Provide flexible working arrangements, such as remote work options or flexible schedules, to accommodate individual needs and commitments.



Thirdly, recognize and appreciate your employees' efforts. Regularly acknowledge their achievements, milestones, and contributions. Express gratitude through personalized thank-you notes, verbal praise, or employee recognition programs. Celebrate team successes to foster a sense of camaraderie and motivation.

Fourthly, encourage collaboration and teamwork. Foster a collaborative work culture where employees are encouraged to work together, share ideas, and support one another. Create opportunities for cross-departmental projects, team-building activities, or workshops that promote collaboration and strengthen relationships.

Furthermore, provide growth and development opportunities. Invest in your employees' professional growth by offering training programs, workshops, or mentorship opportunities. Support their career advancement and provide challenging assignments that help them learn and develop new skills.

FEATURING AUTHOR

Dr. Pratima Vishwakarma



Dr. Pratima Vishwakarma holds a B.Sc., M.Sc., and Ph.D. degree from Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur. She has a strong academic background and has made significant contributions to the field of research. She has published sixteen research articles and four book chapters in prestigious national and international journals. Her work has been recognized and appreciated in the scientific community.

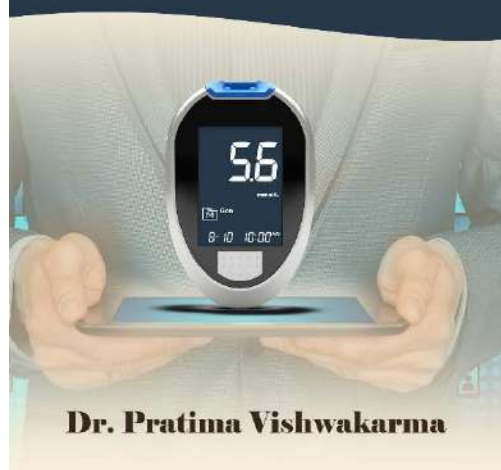
Dr. Vishwakarma has actively participated in more than 20 national and international seminars, symposia, and conferences held within India. Her presentations have been well received, and she has received accolades for her work. She has been awarded the first prize for the best oral presentation at an international conference organized by the Department of Zoology, DDU Gorakhpur University. She has also received the Prof CP Malik Medal for the best research paper presentation by the Indian Botanical Society and a certificate of merit from the same society. Additionally, she has been recognized for the 3rd best oral presentation at a conference organized by the Department of Industrial Microbiology, DDU Gorakhpur University, as well as the 1st best poster presentation at another conference organized by the same department.

As an active member of the Indian Botanical Society and the Indian Science Congress, Dr. Vishwakarma remains engaged with the scientific community. She has also participated in the Young Scientist Program organized by the Indian Science Congress, further showcasing her dedication to research and academia.

Overall, Dr. Pratima Vishwakarma's educational background, research publications, conference presentations, and membership in esteemed scientific organizations reflect her commitment to advancing knowledge in her field.

Dr. Vishwakarma is deeply passionate about writing and her dream project is "Diabetes Mellitus and its Management Strategies." In today's world, diabetes mellitus has become a prevalent chronic metabolic disorder that affects individuals at all stages of life. According to the World Health Organization, the number of people suffering from diabetes was approximately 171 million in 2000, and it is projected to more than double by 2030. Diabetes mellitus is a leading cause of heart attacks, kidney failure, blindness, and other serious complications, often resulting in patient mortality.

Diabetes Mellitus and its Management Strategies



Dr. Pratima Vishwakarma

The primary objective of this book is to provide detailed information about diabetes mellitus, including its types, complications, experimental protocols for research, animal models used in diabetes studies, and various treatment methods. The book is divided into seven chapters, with each chapter focusing on important aspects of the subject matter. Chapter 1 serves as a brief introduction to diabetes mellitus, highlighting its chronic nature and its impact on individuals at all stages of life. Chapter 2 delves into the types of diabetes, namely Type 1 and Type 2, along with the presence of gestational diabetes during pregnancy. The chapter also addresses the risks associated with diabetes, particularly the complications that can lead to patient mortality.

These complications are categorized as either acute or chronic, with acute complications including hyperglycemia, ketoacidosis, and nonketotic hyperosmolar coma, while chronic complications involve cardiovascular diseases, chronic renal failure, retinal damage, nerve damage, and impaired healing. Chapter 3 focuses on the experimental protocols used to test drugs for diabetes treatment. Various in vitro and in vivo methods are employed, such as oral glucose tolerance tests, serum glucose analysis, and assessment of organ and body weight in animal models, to evaluate the antidiabetic effects of drugs or agents. Chapter 4 of the book discusses animal models used in diabetes research, including rabbits, dogs, nonhuman primates, pigs, cats, rats, gerbils, and mice. Each model has advantages and disadvantages depending on the type and phase of diabetes being studied. Chapter 5 explores different drugs for diabetes treatment, their uses, properties, and potential side effects. It covers classes of drugs like sulphonylureas, biguanides, α -glucosidase inhibitors, and insulin, while also considering the exploration of herbal medicines as alternative remedies. Chapter 6 focuses on the use of macrofungi for diabetes treatment, and Chapter 7 delves into plants as antidiabetic agents. The book aims to provide accessible information on these topics for easy comprehension.

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TOP 9 BEST INDIAN AUTHORS TO READ IN 2023



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Akshat Gupta



Shreya Talwar



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The Literature Times

Vol 2 Issue 3

Our magazine's success is a testament to the unwavering dedication of our incredible team. From cover to cover, they worked tirelessly, overcoming challenges and delivering outstanding results. We couldn't be happier with the final product. Looking ahead, our aim is to build upon this success and further elevate our magazine with each new edition. We will continue to embrace fresh ideas and innovative experiments, ensuring our readers stay engaged and captivated. We firmly believe that innovation is key, and we are committed to pushing boundaries and introducing new concepts that will enhance the core of our magazine.

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