

# THE LITERATURE TIMES

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THE INSIGHTS 2023  
WORLD CUP 2023

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COVER STORY

BESTSELLING AUTHOR

ARVIND RISHI

# Editor's Note



**POOJA SAHU**

Editor-in-Chief

When we embarked on the journey of creating The Literature Times, little did we know the remarkable path it would pave for us. With each passing issue, we honed our skills, expanded our horizons, and absorbed knowledge that enriched our venture. The evolution of our magazine has been a transformative experience, reshaping our perception of media and bridging the realm of literature with the swiftly advancing domain of technology. As we proudly present the 6th Issue of Volume 2 in the May 2023 Edition of The Literature Times, we stand on the threshold of new possibilities, ready to embrace a diverse array of fresh perspectives.

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!

# 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

Arvind Rishi

## INTERVIEW

- Arvind Rishi

## BOOK FEATURES

- The Brown Sunshine
- Won't let you win
- Mechanisms Of Transformational Yoga
- Pious Role
- A Roadmap For Mbbs Students And Aspiring Medicos
- Selling is Not Cheating
- Disruptions In Dahanu - A Seaside Mystery From India
- Snippets From My Backyard

## TLT SPECIAL ARTICLES

- Cricket World Cup 2023
- Threads The Israel-Gaza Conflict Unraveling the Historical
- Time Never Stops
- How People are Misusing Artificial Intelligence

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# COVER STORY |

Bestselling Author

# ARVIND RISHI

## *About The Author*

Arvind is currently pursuing his masters at Cornell University, New York. He was born in Jamshedpur, Jharkhand and completed his undergrad from RV College, Bangalore. With experience as a software developer, Arvind has an impressive repertoire of technical blogs where he captivates his audience with his ability to navigate complex concepts with grace. A talented filmmaker, he has written and directed a host of critically acclaimed short films. "The Brown Sunshine" is a poignant tale of love, loss, and redemption where he delves into the depths of the human psyche through the pages of this psychological thriller. Prepare to be immersed in a world where mythology, fiction and philosophy intertwine, guided by the brilliance of this multi-faceted author.

## BOOK REVIEW

# The Brown Sunshine

Life's mysteries can unfold in unimaginable ways, and the anticipation of favourable outcomes adds to the thrill. Arvind Rishi's gripping psychological thriller, "The Brown Sunshine," delves into suspense and mysteries, offering newfound wisdom and a touch of insanity. The narrative revolves around the main character, drawing readers into a captivating story where unfolding mysteries promise an exhilarating experience.

Arvind Rishi, currently pursuing his masters at Cornell University, New York, brings a unique blend of skills to his storytelling. With a background in software development and a talent for filmmaking, Rishi crafts a poignant tale that explores love, loss, and redemption in the depths of the human psyche. "The Brown Sunshine" seamlessly intertwines mythology, fiction, and philosophy, guided by the brilliance of this multi-faceted author.

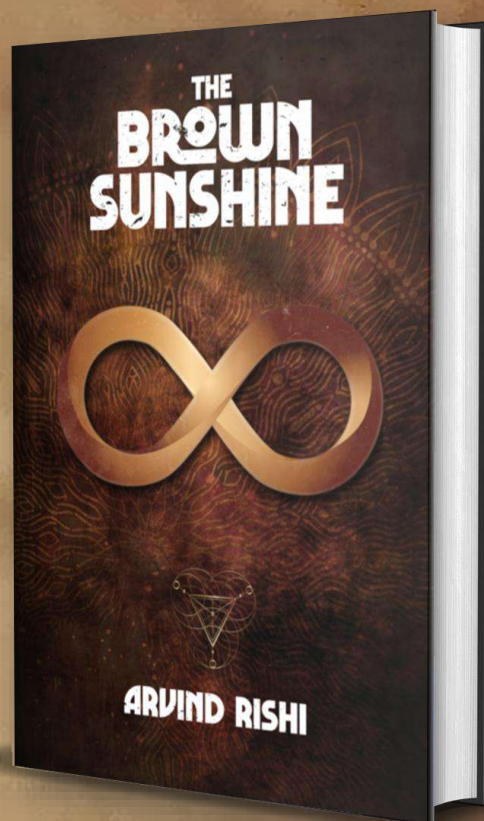
The story follows Anthony Biswas, a forensic pathologist haunted by a traumatic past and alcohol addiction. Rishi's skillful storytelling and strong characterization keep readers on the edge of their seats, unraveling dark secrets beneath the surface. The atmosphere of pain and intrigue established from the beginning captivates, making Biswas' journey one of self-discovery and redemption.

The title, "The Brown Sunshine," proves fitting as it exudes mystery and captivation. It serves as a 'Catchy Title' that compels readers to explore the chapters, adding an extra layer of interest to the book. The title aligns seamlessly with the mysterious and intriguing vibe of the novel, drawing readers into the author's thoughts.

The justified title aligns perfectly with the novel's reading-worthy storyline. Rishi's wisdom in choosing the title becomes evident as readers dive into the well-woven narrative filled with twists and turns. The pacing, blending mystery, thriller, and suspense genres, maintains engagement throughout, leaving readers eager to uncover the truth.

A significant highlight is the element of surprise, with Rishi introducing unexpected plot twists that challenge assumptions and keep readers guessing. This adds excitement and intrigue, ensuring the story remains unpredictable and thrilling until the very end.

In conclusion, "The Brown Sunshine" is a must-read. Arvind Rishi's captivating psychological thriller, with its strong characterization, well-crafted story, and unexpected twists, transcends typical mystery novels. This thought-provoking and emotionally charged read is bound to leave a lasting impression, especially for fans of the mystery, thriller, and suspense genres. Arvind Rishi's creativity and honest work make this book a compelling and worthwhile read.





## INTERVIEW WITH ARVIND RISHI

**Author's Background:** Author Arvind Rishi, is currently pursuing his masters at Cornell University, New York. He was born in Jamshedpur, Jharkhand and he had completed his undergrad from RV College, Bangalore. With experience as a software developer, Arvind has an impressive repertoire of technical blogs where he captivates his audience with his ability to navigate complex concepts with grace. A talented filmmaker, he has written and directed a host of critically acclaimed short films.

Neel Preet: Firstly, Congratulations on your book, “The Brown Sunshine!” Well, can you please share your experience about making your work come in the form of book!

Arvind Rishi: Thank you, for the kind words and for featuring my book in your magazine. I am filled with gratitude that I got the opportunity to pen down my ideas and themes in a way that was engaging. Ideas inherently, I believe, exist everywhere. Writing this book was a great experience overall. It was a journey that took 7 years. I do believe that it is the execution that differentiates the good from the great, and I am optimistic by the reviews and love that has poured in for the novel till now. I hope for more responses – on both ends of the spectrum, in the future as well.

Neel Preet: What inspired you to write this book? What was the impetus behind this work of yours?

Arvind Rishi: The inspirations were mostly from a seed of thought that came to me a few years ago. It was the theme of how memories, and perspectives shape different men uniquely. People can go through the same set of events and come out taking different learnings from it. I also wanted to bring the genre of psychological thrillers to the forefront in the context of fiction novels in India. I genuinely believe, there is a huge range of audience for every type of content, until it is ‘engaging’ and there are ‘takeaways.’ Additionally, I have spent quite a few years writing screenplays and directing short films, so those experiences also gave impetus to the command I had over my skillset.

Neel Preet: Your book title, ‘The Brown Sunshine’ is definitely a catchy one! So, can you please explain the reasons for going with this book title!

Arvind Rishi: So, there’s an interesting story behind the title. I had written a blog on Quora with the same name, and a similar plot, quite a few years ago. I had never come around, to finish it and it was called – The Brown Sunshine. The reasons was that the protagonist, sees a sunshine that is of a different color, a new hue. For lack of a name, he terms it looks like ‘brown.’ So that’s where the name comes from. In the book, this stands true as well.

Neel Preet: Well, can you please explain that how is this book different from the other books of the same genre?

Arvind Rishi: I would like to say that a lot of effort has gone into structuring the book in a manner that it is ‘enagaging.’ The prime rule of thrillers, is to stay one step ahead of the audience, is to be unpredictable, while still maintaining a form and flow. This is where I believe The Brown Sunshine stands out. Also, I would like to add a second point – that it fuses mythology with fiction and philosophy in a manner that serves the story, which I would want to believe is a standout quality.

Neel Preet: Apart from this mystery-thriller writing, in which other genres would you like to make your contributions?

Arvind Rishi: Oh, I would love to write a comedy genre novel. Something like ‘Three men in a boat.’ Comedy is subjective and is a difficult genre to get right, but yeah, if you ask me, that is one book – I would definitely be interested in writing.

Neel Preet: After reading this book, I’m greatly impressed & I want you to explain us, in your version, that how this book will appeal the readers of the present day!



Arvind Rishi: As you have rightly pointed out, readers do evolve with time. From their attention span to what 'sells' in the market is a factor of the decade we live in. There are 2 aspects I would like to touch upon. The first one, being, the current scenario with respect to my book. I believe the story is told through the lens of Anthony Biswas, who is an everyday bloke with his set of skills and failures, which make him relatable to the reader easily. Navigating through the world of fantasy and dark forces with a relatable character makes my job easier as a writer, because I know that the protagonist is grounded and would hold the reader's interest. Secondly, I would like to touch upon the aspect of storytelling and its universal themes which are not a factor of the decade we live in. The inherent themes and threads of this book talk about a story of loss and redemption, of love and heartbreak, of life and death. These themes would resonate universally across any day and year, if done properly. The 'if done properly,' being the key phrase.

Neel Preet: Next, I want you to tell us about some of those writers, who had inspired you!

Arvind Rishi: I would definitely start this list with Rabindranath Tagore. His writings are rooted in the heartland of India and touch the emotional string every single time. Stephen King and Mark Z Danielewski are also great inspirations. They are the masters of the psychological thriller genre, and rightly so. I would also like to mention Dostoevsky as one of my favourite writers. His take on a human psyche and their reactions to the environment around them are unparalleled.

Neel Preet: Is there any message that you would like to convey to your readers? Or any piece of advice, which you would like to give to the readers out there!

Arvind Rishi: The message would definitely be to read the book and have a good time. It would also be to have to think for oneself before believing anything they see, hear or read outside. See, the entire point of writing a fictional story is that people can take home the message that appeals to them in the version they prefer. It is subjective. I would definitely want my readers to read through it and come up with their own versions of the message, which is pretty much how the real world operates as well.

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

Arvind Rishi: I am actively working on the sequel. This is part 1 of a trilogy. Other than that, I plan to delve into the non-fiction market as well, and I have a few ideas there.

Neel Preet: Thank you so much for answering all my questions. All the very best to you for future and your book too!

Arvind Rishi: Thank you Neel, for reading my book and having this wonderful conversation with me. I wish you best of luck as well !



# TITLE

## Won't let you win

I didn't ask you to help me.  
 Follow me like a pussy.  
 Ask me how I have been.  
 Ask me what I hide underneath.  
 What would you gain by digging so deep?  
 All you will get is a carcass beneath.  
 All dead with a heart, a clump of coal.  
 I won't let you win.  
 I won't let you believe in me.

I know what I deserve.  
 I have seen the agony of the world, let me bury in it.  
 Don't tell me you can heal my injuries.  
 Don't tell me I don't need to suffer.  
 Honey this is ain't an ideal world.  
 Can guarantee, no one has a healing prince.

Don't make me the one to hurt you.  
 Tear your world apart, in the digging of my soul.  
 This wall so high will crush you by.  
 This won't be as easy as the peeling petals of a rose.  
 Fuck why are you so persistent?  
 What is that you see in me?  
 If there was something hidden in me,  
 Why didn't others see?  
 Why did I feel like I was a freak?  
 Why wasn't I made to believe a gem underneath?

Stop it Rimmi Don't believe him.  
 Runaway like you always do.  
 That's the safest way, isn't it?



## About The Author

I am Rimmi Kaur, an author who uses poetry to express my struggles with Borderline Personality Disorder (BPD) and depression. I believe in being open about my experiences, and I use my writing as a tool to cope with the ups and downs of my mental health journey. and it often highlights the dichotomy of pain and happiness that I feel.

Through my poems, I have learned how to express my pain and embrace my vulnerability. I hope that my work not only helps me heal but also inspires others to express themselves freely and honestly. Writing has become a cathartic experience for me, and I am grateful for the opportunity to share my story through my words.



**Clash of Titans**  
**The Epic Showdown in the ICC**  
**Cricket World Cup 2023 Final**  
**India vs. Australia**

**TLT**  
**SPECIALS**

The cricketing world was buzzing with excitement and anticipation as the ICC Cricket World Cup 2023 reached its pinnacle, culminating in a thrilling final between two cricketing powerhouses, India and Australia. The stage was set at the iconic MCG (Melbourne Cricket Ground), where a sold-out crowd eagerly awaited the clash of titans that promised to be a spectacle for the ages.

Both India and Australia had displayed their cricketing prowess throughout the tournament, defeating formidable opponents to reach the grand finale. India, led by their charismatic captain Virat Kohli, showcased a formidable batting lineup, with the likes of Rohit Sharma, KL Rahul, and the young sensation Shubman Gill firing on all cylinders. Meanwhile, Australia, captained by the steely Aaron Finch, boasted a potent combination of aggressive batting, reliable bowling, and exceptional fielding.

India's journey to the final saw them overcoming tough challenges, including memorable victories against arch-rivals Pakistan and a dominant performance against England in the semi-finals. Australia, on the other hand, showcased their resilience by defeating South Africa in a nail-biting semi-final clash that went down to the wire.

As the two teams took the field for the final, the atmosphere at the MCG was electric. The coin toss proved crucial as India elected to bat first, setting the stage for a challenging target for the Australians.

India's top order lived up to its reputation, with Rohit Sharma and KL Rahul providing a solid foundation. The duo's partnership set the tone for a formidable total. However, the turning point came when Australia's pace spearhead, Mitchell Starc, dismissed Rohit Sharma with a fiery yorker. The wickets of Virat Kohli and Shubman Gill soon followed, putting pressure on the middle order.

In a display of remarkable composure, India's middle order, led by the experienced MS Dhoni and the hard-hitting Rishabh Pant, resurrected the innings. Their partnership steadied the ship, and late cameos from Hardik Pandya and Ravindra Jadeja propelled India to a competitive total of 280 runs.

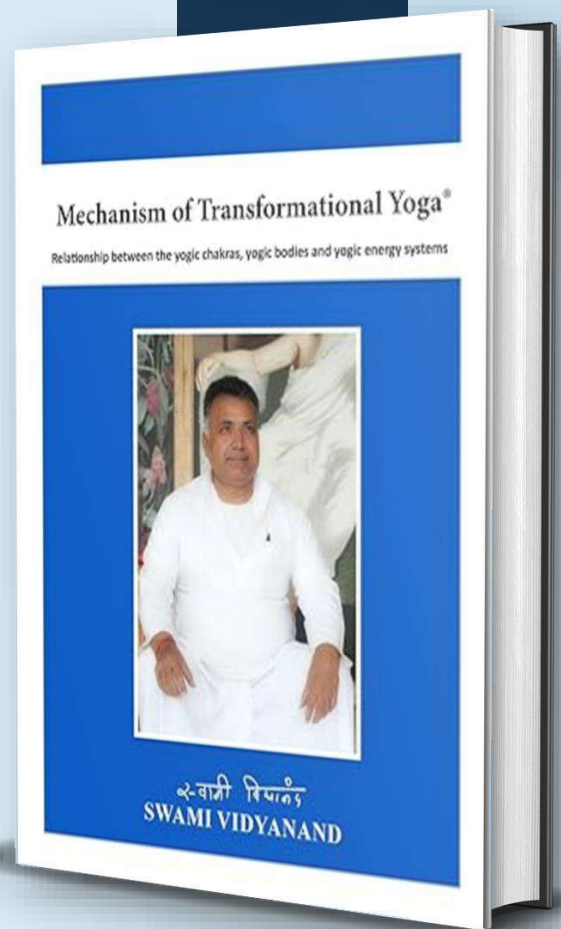
Chasing 281 for victory, Australia faced early setbacks as India's pace battery, spearheaded by Jasprit Bumrah and Mohammed Shami, struck early blows. The wickets of David Warner and Aaron Finch left Australia reeling. However, Steve Smith and Glenn Maxwell showcased their class with a brilliant partnership, resurrecting Australia's hopes.

The match ebbed and flowed with each passing over. Tight bowling from India's spinners, Yuzvendra Chahal and Ravindra Jadeja, kept the pressure on. With 15 runs needed off the final over, the tension in the stadium was palpable. Jasprit Bumrah held his nerve, defending the target and sealing India's victory in a nail-biting finish.

As the Indian players erupted in joy, the Australian team displayed sportsmanship in defeat. The MCG witnessed an emotional moment as players from both teams exchanged handshakes and congratulations, acknowledging the spirit of the game.

The ICC Cricket World Cup 2023 final between India and Australia will be etched in the memories of cricket fans worldwide as a classic encounter filled with drama, skill, and sportsmanship. It was a fitting conclusion to a tournament that showcased the best of international cricket, and as the Indian team lifted the trophy amidst a sea of blue, they celebrated not just a victory but a triumph of determination, skill, and teamwork.

# Book REVIEW



## MECHANISMS OF TRANSFORMATIONAL YOGA

“Mechanisms of Transformational Yoga: Relationship between the Yogic Chakras, Yogic Bodies, and Yogic Energy Systems” by Swami Vidyanand is a profound exploration of the intricate and interconnected systems that underlie the practice of yoga. In this enlightening and comprehensive work, Swami Vidyanand delves deep into the complexities of yoga, dissecting its various components, from the chakras to the energy systems and their relationships. As a testament to the transformative potential of yoga, this book not only elucidates the philosophy but also provides practical insights that inspire the teachings of Sri Aurobindo.

The title alone hints at the depth and scope of the book. “Mechanisms of Transformational Yoga” suggests an in-depth examination of the inner workings of yoga, and it delivers on this promise. The book is a guide for both novices and experienced practitioners, offering insights into the intricate and often mystical aspects of yoga, with a particular focus on the connections between the chakras, bodies, and energy systems. One of the most striking aspects of Swami Vidyanand’s work is its relevance to the teachings of Sri Aurobindo. These prominent figures in the realm of spirituality and transformation have inspired generations with their philosophies and practices. In this book, Swami Vidyanand bridges the gap between their teachings and the practice of yoga, showing how they are intertwined and can enhance one another. This connection between spiritual teachings and yoga gives the book a unique and powerful dimension, appealing to those who resonate with the spiritual philosophy of Sri Aurobindo.

Swami Vidyanand takes readers on a journey through the yogic universe, explaining not only the theoretical concepts but also providing practical guidance. The book is accessible to those with various levels of experience in yoga, making it a valuable resource for both beginners and advanced practitioners. Vidyanand’s ability to communicate complex ideas in a clear and understandable manner is one of the book’s strengths. The concept of chakras is central to yoga philosophy, and Swami Vidyanand delves deep into the subject. He explains the role and significance of the seven main chakras, their colors, elements, and the impact they have on the physical, mental, and spiritual aspects of an individual’s life. This comprehensive exploration of the chakras provides readers with a profound understanding of these energy centers and how they are integral to the practice of yoga.

Furthermore, the book explores the concept of yogic bodies, which is an enlightening aspect for those who want to understand the multifaceted nature of human existence. Swami Vidyanand elucidates the physical, vital, mental, and spiritual bodies, explaining how they interrelate and influence one another. This holistic approach to understanding human existence is a valuable insight into the inner workings of yoga and its transformative potential. One of the book’s strengths is its clear and structured presentation of the subject matter. Swami Vidyanand takes a systematic approach, breaking down complex topics into digestible sections. This makes it easier for readers to grasp the intricacies of yoga philosophy and practice, especially when exploring the relationships between the chakras, yogic bodies, and energy systems.

Another notable aspect of “Mechanisms of Transformational Yoga” is the author’s ability to make connections between the ancient wisdom of yoga and contemporary life. Swami Vidyanand discusses how the principles and practices of yoga can be integrated into modern living, emphasizing the relevance of yoga in addressing the physical and mental challenges of today’s world. This bridge between tradition and contemporary life is especially appealing to readers seeking a practical and holistic approach to self-improvement. “Mechanisms of Transformational Yoga: Relationship between the Yogic Chakras, Yogic Bodies, and Yogic Energy Systems” by Swami Vidyanand is a profound exploration of yoga’s inner workings. It bridges the teachings of Sri Aurobindo and the Mother with the practice of yoga, offering a unique and powerful perspective. The book provides an in-depth understanding of the chakras, yogic bodies, and energy systems, with practical exercises that can be applied by practitioners at all levels. Swami Vidyanand’s systematic and clear presentation of complex concepts, coupled with his ability to make ancient wisdom relevant to contemporary life, makes this book a valuable resource for those seeking transformation and self-discovery.

# PIOUS ROLE



AHAN SENGUPTA & SRIJAN SENGUPTA

## "Pious Role"

by Ahan and Srijan Sengupta

"Pious Role" is not just a collection of short stories; it is a literary testament to the boundless capabilities of the human spirit. Authored by Ahan and Srijan Sengupta, twin non-verbal autistic young adults, this compilation offers readers a unique and authentic glimpse into their world. The 34 short stories within the book paint a vivid mosaic of society, portraying individuals in all their complexities, strengths, weaknesses, and the intricate dance of their emotions. The authors show their creative prowess and capabilities to write through their imagination and clarity of thought.

The distinctive feature of this collection lies not only in the variety of characters but also in the breadth of themes explored. Ahan takes the lead by contributing 29 stories, while his brother Srijan adds his voice to the narrative with five stories. The stories vary not only in length, ranging from brief 100-word snippets to more elaborate tales crossing the 1000-word mark, but also in the depth of their emotional impact. At the same time, they also transport the readers into a different world that is driven by imagination, thoughts and expression.

The characters populating these narratives are as diverse as the stories themselves. From teenage boys and girls navigating the tumultuous waters of adolescence to young adults in colleges and universities, and even elderly men and women reflecting on the tapestry of their lives, the collection encompasses a broad spectrum of human experience. The characters assume roles as students, teachers, stockbrokers, doctors, authors, and even CID officers, lending the stories a multifaceted richness. Stories like "A Holy Incident," "Bifurcation," "The Curious Boy," "Taru's Story" and many others effortlessly captivate the imagination of the readers.

One of the striking aspects of "Pious Role" is its unflinching portrayal of the human experience. The stories delve into the intricate dynamics of relationships, exploring themes such as envy, jealousy, friendship, attraction, and love among school boys and girls. The narratives seamlessly transition to the realm of romanticism, relationships, and revenge, encapsulating the emotional rollercoaster faced by college and university students. Moreover, the collection provides poignant glimpses into the past, with elderly characters reminiscing about the milestones and regrets of their lives.

In the story titled "Silly," Sraddha confronts her long-forgotten childhood crush, encapsulating the nostalgic and often bittersweet nature of revisiting the past. Contrastingly, in "Heir," the complexities of a polyamorous relationship take center stage as a lady grapples with uncertainty about the father of her child. Each story is a narrative gem, offering readers a kaleidoscopic view of human relationships and emotions.

"Pious Role" is a triumph of storytelling and a celebration of the diversity of the human experience. Ahan and Srijan Sengupta have created a literary tapestry that is both unique and universal. The collection is not confined by the labels of genre or authorship; instead, it invites readers into a world where emotions flow freely, and perspectives are boundless. "Pious Role" is a testament to the power of storytelling to bridge gaps, break barriers, and create a shared understanding of the human condition. It is a must-read for those who seek narratives that challenge preconceptions, evoke empathy, and illuminate the richness of our shared humanity. This book is recommended to all those readers who are interested in getting transported in a different world born through the amalgamation of imagination and reality.



# The Israel-Gaza Conflict

## Unraveling the Historical Threads

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The Israel-Gaza conflict, marked by a recent unprecedented assault initiated by the Palestinian militant group Hamas on October 7, has a deep-rooted history that extends well beyond the recent hostilities. The violence has claimed about 1,200 lives, with the Israeli military reporting over 200 soldiers and civilians, including women and children, taken as hostages. In response, the Israeli military has conducted air and artillery strikes, resulting in over 14,000 Palestinian casualties in Gaza, as reported by the Hamas-run health ministry.

**Pre-1948: Seeds of Conflict** The roots of the conflict trace back to the aftermath of World War I when Britain took control of Palestine after the defeat of the Ottoman Empire. The land was inhabited by a Jewish minority, an Arab majority, and smaller ethnic groups. Tensions escalated when the international community tasked the UK with establishing a "national home" for Jewish people in Palestine, based on the Balfour Declaration of 1917. The conflicting claims to the land intensified as Jews sought refuge, especially after fleeing persecution in Europe during World War II.

**The Creation of Israel: 1948** Unable to resolve the escalating tensions, Britain withdrew in 1948, and Jewish leaders declared the establishment of the State of Israel. The move led to a war between Jewish and Arab militias, resulting in hundreds of thousands of Palestinians fleeing their homes, a period referred to as Al Nakba or the "Catastrophe." Israel emerged from the conflict in control of most of the territory. The ensuing years saw further wars, with Israel occupying East Jerusalem, the West Bank, Gaza, the Golan Heights, and the Sinai Peninsula.

**Ongoing Challenges and Occupations** The aftermath of these conflicts left Jordan occupying the West Bank, Egypt occupying Gaza, and Jerusalem divided between Israeli and Jordanian forces. The lack of a peace agreement led to ongoing disputes, and Israel's construction of settlements in the West Bank and East Jerusalem further fueled tensions. The issue of Palestinian refugees, the fate of Jewish settlements, the status of Jerusalem, and the creation of a Palestinian state alongside Israel remain unresolved points of contention.

**The Gaza Strip: A Crucible of Conflict** Gaza, a narrow strip of land between Israel and the Mediterranean Sea, became a focal point of conflict. Occupied by Egypt after the 1948-49 war and later by Israel from 1967 to 2005, Gaza witnessed the establishment of Jewish settlements. Although Israel withdrew its troops and settlers in 2005, the UN still considers the territory occupied by Israel.

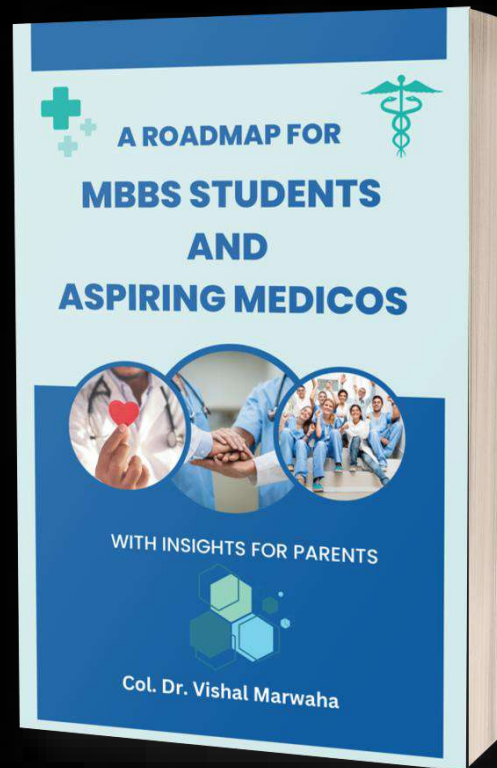
**Unresolved Issues and International Involvement** The key issues between Israelis and Palestinians include the status of Palestinian refugees, the existence of Jewish settlements, the sharing of Jerusalem, and the creation of a Palestinian state alongside Israel. Despite intermittent peace talks between the 1990s and 2010s, with the Oslo peace process being a notable moment, lasting resolutions have proven elusive. Efforts to find common ground were hindered by opposition, settlement expansions, and acts of violence.

**Global Responses to the Conflict** In the current conflict, the United States, the European Union, and other Western countries have condemned Hamas's attack on Israel. The U.S., Israel's closest ally, has provided substantial military and economic aid. On the other hand, Russia and China have refrained from condemning Hamas, maintaining contact with both sides. Iran, a staunch supporter of Hamas and Hezbollah, has been implicated in supporting the recent attack, although Tehran denies any involvement.

In conclusion, the Israel-Gaza conflict is deeply entwined with a complex history of territorial disputes, conflicting claims, and international interventions. The current situation reflects longstanding issues that demand nuanced and diplomatic approaches to find a lasting resolution.

# A ROADMAP FOR MBBS STUDENTS AND ASPIRING MEDICOS

Author: Col. Dr. Vishal Marwaha



## About The Author

Colonel Dr. Vishal Marwaha is a veteran of the Indian Army. He hails from a military family. He did his MBBS from the prestigious Armed Forces Medical College (AFMC), Pune, and was commissioned into the Indian Army in 1988. He did his MD in General Medicine from AFMC, Pune, and later pursued his long-term training in Rheumatology from AIIMS, New Delhi. He did a short observership in Rheumatology at Nottingham University, UK. During his twenty-eight years of service, he served in many army units and military hospitals across India. He took retirement in 2016.

Post-retirement, the author joined the Amrita School of Medicine as a Professor and Head of the Department of Rheumatology. He served as Vice Principal for a short period in 2017 before he took over as Principal of the Amrita School of Medicine, Kochi. It is one of the finest Medical Colleges in India, founded by the world-renowned spiritual leader Sri Mata Amritanandamayi Devi, popularly known as AMMA. He was the Principal of Amrita School of Medicine from May 2017 to October 2022.

The author joined the Department of Rheumatology at Sree Sudheendra Medical Mission Hospital and Dr. Shenoy's CARE, Kochi, as Professor and Senior Consultant in Rheumatology in 2022. The author is also one of the faculty of Medical Margdarshan, which trains students for NEET/NEXT exams. He has a passion for teaching and mentoring.

"A Roadmap for MBBS Students and Aspiring Medicos" by Col. Dr. Vishal Marwaha serves as an invaluable compass for individuals venturing into the challenging yet rewarding field of medicine. With a wealth of experience as a doctor, teacher, and former Principal of a prestigious medical college, Dr. Marwaha shares practical insights that extend beyond the classroom, encompassing the entire journey of a medical student.

One of the book's strengths lies in its broad perspective, addressing not only students but also providing essential guidance for parents navigating the complex process of selecting a suitable medical college for their children. Dr. Marwaha recognizes the multifaceted challenges faced by medical students, from the transition from school to college to the rigorous training and exams. The book offers a strategic roadmap, effectively guiding students through each year of their college life.

The topics covered in the book range from the need for regular attendance and maintaining a study-life balance to addressing mental health challenges, peer pressure, and substance abuse. Dr. Marwaha emphasizes the importance of proper clinical training, engaging in medical research, participating in outreach activities, and balancing extracurricular pursuits. The book provides a comprehensive overview of the coursework, detailing the journey from the first year to the final year and the subsequent internship.

Crucially, the author sheds light on the postgraduate entrance exams, offering guidance on when to start preparations and how to navigate them successfully. The role of mentors is highlighted, emphasizing the significance of students actively seeking mentorship throughout their medical education.

The author, Col. Dr. Vishal Marwaha, brings credibility to the book with his extensive background, having served in the Indian Army and later as a prominent figure in the medical education sector. His academic journey, from the Armed Forces Medical College to becoming the Principal of the Amrita School of Medicine, adds weight to his insights. Dr. Marwaha's passion for teaching and mentoring is evident in the depth of information and guidance provided in the book.

In conclusion, "A Roadmap for MBBS Students and Aspiring Medicos" is a comprehensive guide that goes beyond the academic aspects of medical education. It serves as a mentor in print, offering practical advice and encouragement to navigate the challenges of becoming a successful medical professional. Whether you are a prospective medical student or a concerned parent, this book is an essential companion on the journey toward a fulfilling medical career.



# Time Never Stops

In the tapestry of life, a relentless stream,  
Time, the unseen maestro, orchestrates its dream.

A dance perpetual, an unending rhyme,  
In the cosmic ballet, where time never stops, nor slows its climb.

Tick-tock echoes in the corridors of fate,  
Moments unfurl, never to recreate.  
A river flowing, ceaseless and free,  
Time, the silent sculptor, shapes our destiny.

With every sunrise, a chapter anew,  
Time whispers secrets, both old and true.  
It's a fleeting companion, a constant guide,  
In its swift current, we learn to abide.

Cherish the laughter, embrace the tears,  
For time's gentle touch erases our fears.  
In the symphony of life, a perpetual sound,  
Time, the eternal heartbeat, forever unbound.

Seize the moments, as they swiftly fly,  
Underneath the same unchanging sky.  
In the grand tapestry, a story unfolds,  
For time, the eternal witness, never withholds.

So, dance with the seconds, embrace the flow,  
In the journey of time, let your essence grow.  
For in its ceaseless rhythm, we find our part,  
A melody of existence, etched in every heart.

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*"Selling is Not Cheating - Sales is Strategy, Skills,  
Pricing, Marketing, and Ethics"*

**Author: Manojit Majumdar**

"Selling is Not Cheating" is a comprehensive guide to sales written by Manojit Majumdar, a seasoned sales professional with over 35 years of experience spanning 40-plus countries. Drawing on his extensive career, Majumdar provides readers with invaluable insights into the intricacies of sales, emphasizing the importance of strategy, skills, pricing, marketing, and, above all, ethics in the world of business.

The book is structured as a practical guide for managing sales and fostering business growth, particularly in the context of MSME (Micro, Small, and Medium Enterprises) organizations. Majumdar seamlessly blends his personal experiences with a wealth of practical knowledge, offering readers real-world examples that underscore the challenges and triumphs of navigating the sales landscape.

One of the book's standout features is its strong assertion that sales is not merely about pushing products or services; instead, Majumdar advocates for a strategic approach that considers market niches, adapts to change, and selects the right partners. This perspective sets the book apart, offering a fresh take on Western-style business education and tailoring the advice to the unique challenges faced by smaller businesses in India and beyond.

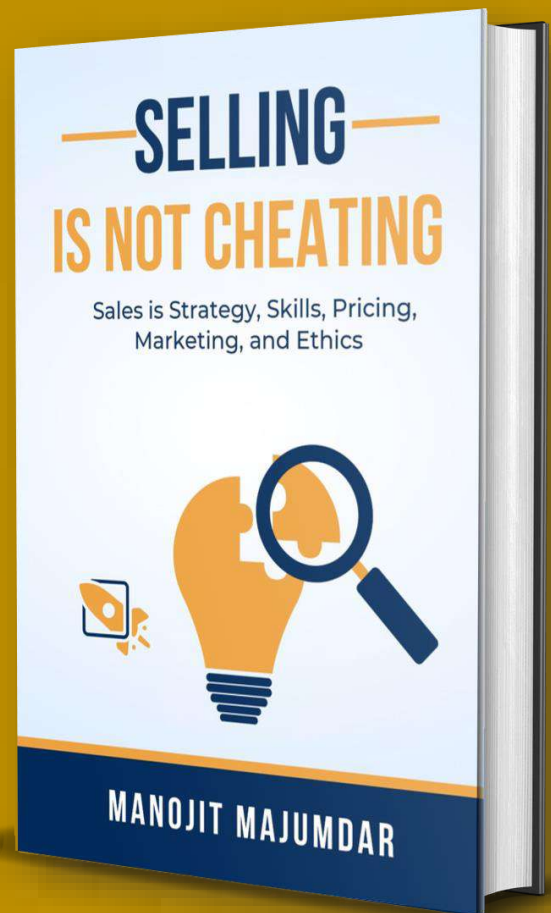
The seven golden rules presented in the book serve as a practical roadmap for small and medium-sized organizations, addressing often overlooked aspects of sales. Majumdar's emphasis on ethical considerations throughout the narrative underscores the importance of building trust and cultivating a loyal customer base, contributing to sustainable business growth.

The author delves into various facets of sales, from storytelling and diversity in sales teams to the challenges and opportunities of going global. By doing so, Majumdar provides a holistic view of the sales process, offering readers a well-rounded understanding of the dynamics involved.

What sets this book apart is the validation it receives through the manuscript review by industry experts. The endorsements from the ex-global head of procurement at Tata Sons and a seasoned entrepreneur who has experienced success and setbacks in their ventures add credibility to Majumdar's insights.

Manojit Majumdar's background as a senior executive at Newgen Software and IBM, along with his educational pursuits at prestigious institutions like Harvard Business School and Wharton, further solidify his credibility as a thought leader in sales and business leadership.

In conclusion, "Selling is Not Cheating" is a compelling and practical guide that goes beyond conventional sales literature. Manojit Majumdar's wealth of experience, combined with his ability to articulate complex business concepts in an accessible manner, makes this book an invaluable resource for anyone navigating the dynamic world of sales and business growth. Whether you are a seasoned professional or a budding entrepreneur, the insights shared in this book offer a roadmap for ethical and strategic sales practices.







ARTIFICIAL  
INTELLIGENCE

*The Dark Side of Innovation*

# How People are Misusing Artificial Intelligence

Artificial Intelligence (AI) has rapidly become an integral part of our daily lives, revolutionizing industries and providing solutions to complex problems. However, with great power comes great responsibility, and unfortunately, there is a growing trend of people misusing AI for various unethical purposes. This misuse raises concerns about privacy, security, and the potential for AI to be a tool for harm rather than benefit.

One of the most alarming misuses of AI is the creation and distribution of deepfake content. Deepfakes use AI algorithms to manipulate or generate realistic-looking audio and video content, often replacing the likeness of individuals in existing footage. This technology has been exploited to create fake news, manipulate political narratives, and even generate explicit content featuring unsuspecting individuals. The implications for misinformation and damage to personal reputations are profound.

AI is increasingly being used to enhance the effectiveness of social engineering and phishing attacks. Malicious actors utilize AI algorithms to analyze vast amounts of data and craft targeted and convincing phishing messages. By mimicking the writing style of trusted contacts or generating highly personalized messages, these attacks can trick individuals into divulging sensitive information, leading to financial losses and security breaches.

The development of autonomous weapons powered by AI raises ethical concerns on a global scale. While AI-driven military technology can enhance precision and decision-making, it also raises the risk of unintended consequences. Without proper regulation, the misuse of AI in autonomous weapons could result in loss of human control, increased civilian casualties, and a new era of warfare that lacks accountability.

Another critical issue is the perpetuation of bias and discrimination through AI systems. If the datasets used to train AI models contain biased information, the algorithms may produce discriminatory outcomes. This is evident in various applications, from hiring processes to predictive policing. The misuse of AI in reinforcing societal biases poses a threat to fairness, justice, and the principles of equality.

AI-driven surveillance technologies, such as facial recognition systems, pose significant threats to individual privacy. Governments and private entities are increasingly employing AI to monitor and track individuals without their consent. Misuse of this technology can lead to mass surveillance, chilling effects on freedom of expression, and violations of privacy rights.

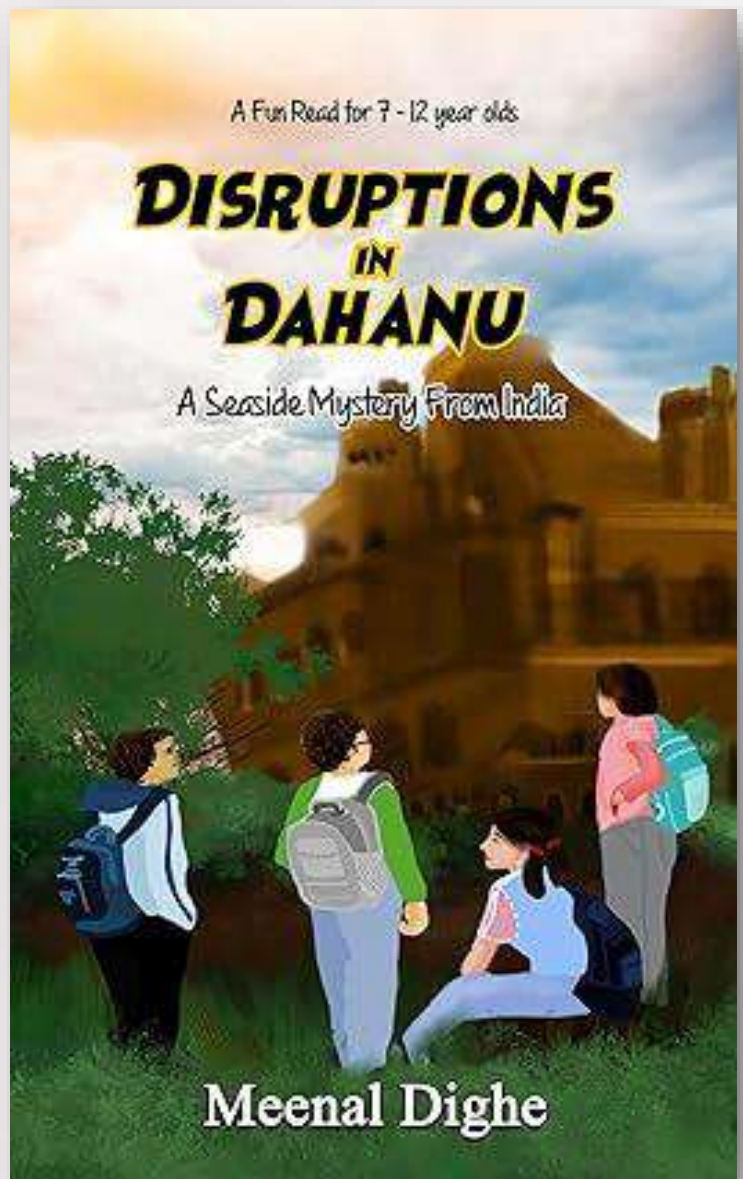
While AI holds immense potential for positive impact, the misuse of this powerful technology raises serious ethical, social, and security concerns. It is crucial for policymakers, industry leaders, and society at large to work collaboratively to establish robust regulations and ethical guidelines for the responsible development and use of AI. As we navigate the evolving landscape of artificial intelligence, it is imperative to strike a balance between innovation and safeguarding the well-being of individuals and communities.



## Book Review

Written with a unique tone & reflecting the essence of stupendous writing, Author Meenal Dighe's collection of remarkable stories, "Disruptions In Dahanu: A Seaside Mystery From India" is a real reading treat. The incredible efforts put forward by the author in her title is simply praise worthy and the stories are written in such a manner that they will definitely strike the readers. The book is having a real interesting storyline, which revolves around the primary character, Mini who is a nine years old school going girl. In addition, the chapters in this book exhibits the author's prowess to create magic with the words & wonders with the stories!

Author Meenal Dighe, lives in Mumbai and describes herself as "a bookworm mother of two young bookworms". She has studied Chemical Engineering, HR Management, Psychological Counselling, among other subjects. Nowadays she spends most of her time helping municipal schools in villages of tribal areas, and travelling around India and the world, "finding stories everywhere!" In her free time she helps run a library, teaches Spanish to kids and writes her thoughts in a blog. Meenal has lived in Dahanu in her childhood and spent lot of time in the jungles of Maharashtra. While, this particular book, "Disruptions In Dahanu: A Seaside Mystery From India" is her debut title where she brings part of her enchanted childhood to life. Her love for nature can be seen through her writing. The book is released by Astitva Prakashan in November 2023 and is available in paperback as well as in e-book format. The readers can grab a copy of this title from any of the top online marketplaces.





**MEENAL DIGHE**

This book, “Disruptions In Dahanu: A Seaside Mystery From India” by Author Meenal Dighe is a delightful blend of adventure, mystery, and the charm of a seaside town, bringing to life the story of a 9 year old girl named Mini and her enthralling journey in the city of Dahanu. The narrative kicks off with a significant change in Mini’s life – a move to Dahanu due to her father’s transfer. What follows is a cascade of mysterious events that captivates not only Mini but also the readers. The story is a testament to how seemingly ordinary surroundings can transform into a playground for extraordinary adventures!

Moreover, Mini’s character is both relatable and endearing. As a young protagonist her curiosity, courage and determination shine through. The author effectively taps into the perspective of a child, infusing the narrative with innocence and wonder. Mini’s interactions with her new friends add depth to the story, emphasizing the importance of camaraderie in solving mysteries. Well, through the ‘13 Reading Worthy Chapters’ in this title, the author had made a very commendable attempt to take the readers to an incredible journey.

## Disruptions In Dahanu - A Seaside Mystery From India

Well, if we look at the book title, “Disruptions In Dahanu: A Seaside Mystery From India” then one can say that the title for this book is certainly an appropriate one. Moreover, with reference to the collection of chapters added to this book by the author, the book title makes complete sense. In addition, it is a very ‘Catchy Title’ and this is something, which makes the book even more interesting, as the title itself compels you to pick up this book for a read. In this case, the title is giving a very interesting as well as stimulating vibe so you would feel the urge to go inside the chapters and try to understand the author’s thoughts. In addition, I must mention that the title of this book is very much “Justified” with regards to the reading worthy chapters present in this book. Undoubtedly, it is a very apt Book Title for this book & the author had been extremely wise to go for this title!

The narrative does not shy away from introducing young readers to the complexities of solving a mystery. Mini’s deductive reasoning and the collaborative efforts of the young detectives serve as an inspiration for young minds, promoting problem solving skills and teamwork. Another very important aspect of this book is that the narration made by the author is indeed engrossing & interesting and the language used in this book is so lucid, that it would totally hook the readers until the very last page. Moreover, this is a book, which will make the readers think about the plot for several times, even after completing the title!

Now, coming to the final part of the review, i.e. the Book Verdict, we can conclude that a title like “Disruptions In Dahanu: A Seaside Mystery From India” is for sure a MUST READone. Well, the book deserves a chance by the readers, as it is a delightful read for young audiences and those young at heart. Meenal Dighe has crafted a charming tale that not only entertains but also instils valuable life lessons in its readers. The book stands as a testament to the power of curiosity and friendship in overcoming challenges, making it a must-read for young readers seeking a captivating mystery adventure.

Meenal Dighe is a very promising author, who is very creative in her ideas, which the readers can feel through her spectacular writings. In addition, her honest work makes this book even more reading worthy!

# Title: "Snippets From My Backyard"

"Snippets From My Backyard" is a poignant and soul-stirring memoir by Bhaswati Khasnabis, chronicling the author's journey through the profound loss of her husband to cancer. The book spans the tumultuous nine months leading up to his death, providing readers with a raw and intimate glimpse into the personal battles and emotional tribulations faced by the author.

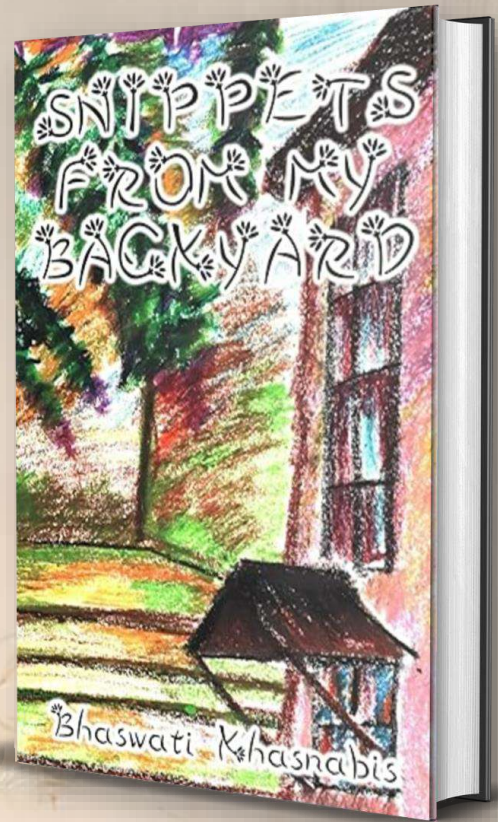
The narrative is not only a heartfelt tribute to the ten years of companionship shared by the author and her husband but also serves as a therapeutic outlet for Khasnabis to navigate the complexities of grief and the impending reality of loss. The book is a collection of poems that serve as a direct confrontation with the harshness of reality, each verse a poignant expression of the emotional turbulence experienced during this challenging period.

As the reader delves into the pages of "Snippets From My Backyard," they are invited to witness the evolution of the author as she matures from the nascent stages of her husband's illness to the final hours of his life. The poems, laden with emotion and depth, reflect the author's attempt to grapple with the inevitable, using the power of words to navigate the storm of emotions and uncertainty that engulfs her.

The trepidations about impending loss and the inevitability of death are themes that echo throughout the book. Khasnabis skillfully weaves her words into a tapestry of emotions, creating a narrative that is both cathartic and relatable. The poems act as a lifeline, helping the author maintain a semblance of normalcy amidst the chaos and ensuring that silence does not envelop her life entirely.

The metaphorical journey of sailing through a sea of storms and safely arriving on the shore is a powerful symbol that encapsulates the resilience and strength exhibited by the author. The clock ticking becomes a metaphor for life itself, and the author's determination not to let silence enwrap her life becomes a testament to the human spirit's capacity to endure and overcome.

"Snippets From My Backyard" is not just a collection of poems; it's a testament to the human capacity for resilience, the healing power of words, and the ability to find strength in the face of profound loss. Bhaswati Khasnabis invites readers into her world, where vulnerability is transformed into art, and grief is expressed with grace and honesty. This memoir is a touching exploration of love, loss, and the enduring spirit that allows us to weather life's most challenging storms.



**Author: Bhaswati Khasnabis**

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# The Literature Times

## Vol 2 Issue 6

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