

THE

VOL. 4 ISSUE 1

LITERATURE TIMES

9 ^{MUST} READ
BOOKS

Featuring

Top 10 Authors of 2024

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Cover Story

Anshita Sharma



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Editor's Note



Zinnia A Laha

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 1st Issue of the Volume 4, March 2025 Edition of The Literature Times has allowed us to broaden our horizons by introducing us to a wide range of new ideas.

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

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

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

editorial@theliteraturetimes.com. 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.

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Anshita Sharma

A well-being coach and energy healer, helping individuals achieve emotional healing and personal growth.

COVER STORY

Anshita Sharma is a passionate and transformative figure in the field of psychological well-being and personal growth. As a dedicated coach, meditation teacher, and energy healer, she has made it her life's mission to help individuals lead fulfilling and balanced lives. Serving as the Founder and CEO of Shine n Inspire, Anshita has created a platform that encourages people to awaken to their true potential and embrace a lifestyle that promotes happiness, peace, and well-being.



Her work spans various domains, with her expertise encompassing Cognitive Behavior Therapy, depression, anxiety, relationship issues, trauma healing, and phobias. Anshita's deep understanding of mental health challenges, combined with her rich skill set in different therapeutic techniques, has enabled her to make a profound impact on her clients' lives. She is particularly recognized for her work as a Past Life Regression and Inner Child Integration Therapist, where she guides individuals in uncovering the roots of their emotional struggles and facilitates healing through deeper self-awareness.

In addition to her therapeutic practices, Anshita is an experienced motivational speaker and corporate wellbeing trainer, bringing her insights and practices to the workplace and helping organizations foster healthier, more productive environments. Her skills as an aura reader and Reiki practitioner add an intuitive and spiritual dimension to her work, making her a well-rounded and holistic wellness advocate.

Through her YouTube channel and blog, Anshita continues to inspire and empower a global audience by sharing valuable knowledge on mental and emotional health. She is committed to supporting individuals on their journey to mental clarity, emotional healing, and spiritual growth. Whether through one-on-one sessions, workshops, or her written content, Anshita's ultimate goal is to help people break free from the limitations that prevent them from leading vibrant, authentic lives..

AUTHOR SPOTLIGHT

Anshita Sharma



In a world where personal growth and emotional healing have become central to our well-being, few individuals embody the essence of transformation like Anshita Sharma. As a transformational psychological wellbeing coach, meditation teacher, energy healer, and the founder of Shine n Inspire, Anshita is dedicated to helping people discover their best selves, heal past wounds, and create meaningful, fulfilling lives.

Her latest work, *Shine N Inspire: Guide Towards Your Journey of Transformation, Change & Manifestations*, serves as a beacon for anyone eager to embark on a path of self-improvement. This step-by-step guide takes readers on a journey through the challenges of personal transformation and provides practical tools to navigate change, harness the power of manifestation, and unlock their true potential.

A Journey of Empowerment and Healing

Anshita's journey towards becoming a transformational coach and healer was not a straight path, but rather a deep, personal process of awakening and self-discovery. Drawing from her rich background in cognitive behavior therapy, past life regression, inner child integration, and aura reading, she has crafted a unique approach that blends psychological techniques with spiritual healing practices.

As the founder of Shine n Inspire, Anshita's mission is simple yet profound: to help individuals create a better-quality life for themselves, to guide them toward becoming the best versions of themselves, and to empower them to live life to the fullest. Her holistic approach to healing focuses on not just addressing surface-level issues but delving deep into the root causes of emotional and mental blocks, allowing her clients to achieve lasting transformation.

The Power of Shine N Inspire

Shine N Inspire is more than just a self-help book. It's a roadmap for anyone who feels stuck, overwhelmed, or disconnected from their true purpose. Anshita provides readers with a comprehensive guide to overcoming the challenges that often arise during a transformational journey, such as fear, self-doubt, and resistance to change. Through practical advice and personal insights, she encourages readers to trust in their own abilities, embrace change, and cultivate habits that lead to a fulfilled, purposeful life.

What makes the book stand out is its ability to connect both the emotional and psychological aspects of transformation. Anshita combines her expertise in therapy with her passion for spiritual practices like energy healing and meditation, creating a powerful resource for anyone looking to shift their mindset and embrace their own journey of self-discovery.

A Diverse and Passionate Healer

Anshita's work extends far beyond her book. As a motivational speaker, blogger, YouTuber, and corporate wellbeing trainer, she reaches audiences both online and offline with her messages of empowerment and healing. Her work spans multiple areas of mental and emotional wellness, including depression, anxiety, relationship issues, trauma, and phobias. She is especially passionate about helping individuals navigate the complexities of their inner world and emerge stronger, more self-aware, and at peace.

Her background as a reiki practitioner and energy healer also plays a key role in her approach, as she believes in the transformative power of energy to heal emotional wounds and restore balance. Whether through a therapy session, a meditation practice, or a workshop, Anshita combines modern psychological tools with ancient healing methods to create lasting change.

A Global Impact

Anshita's work is not just limited to individuals but also extends to the corporate world, where she trains companies on fostering wellbeing and creating healthier work environments. Through her diverse range of services, she touches lives across the globe, inspiring people to awaken to their true potential and transform their lives for the better.

As part of the "Awakening Revolution," Anshita believes in the power of collective growth and healing. She encourages individuals to embrace their inner strength and contribute to the global shift towards consciousness, positivity, and enlightenment. Her goal is to inspire people to not only heal themselves but to inspire others in the process, creating a ripple effect of transformation that spreads across the world.

Looking Ahead

As Anshita continues to inspire, guide, and heal, she hopes to see a world where individuals are empowered to take charge of their lives, live authentically, and manifest their deepest desires. Through Shine N Inspire and her ongoing work, she is dedicated to lighting the way for others on their own transformative journeys. If you're ready to embark on your own journey of self-discovery and empowerment, Anshita Sharma's Shine N Inspire may just be the guide you need to begin.

TLT Specials

Shine N Inspire

BOOK REVIEW

Shine N Inspire by Anshita Sharma is a powerful and insightful guide that offers readers the tools, inspiration, and guidance needed to embark on a journey of personal transformation, change, and manifestation. As a transformational coach, meditation teacher, and energy healer, Anshita Sharma combines her extensive knowledge in psychology, therapy, and spiritual practices to create a practical, step-by-step manual for anyone seeking to improve their life and unlock their true potential.

A Comprehensive Guide for Transformation

What stands out in *Shine N Inspire* is its holistic approach to self-improvement. The book not only addresses the psychological aspects of transformation but also integrates spiritual and emotional healing techniques, making it a well-rounded resource for anyone looking to create lasting change in their life. Anshita's background as an expert in cognitive behavior therapy, inner child integration, and energy healing allows her to offer a unique perspective that caters to both the mind and the soul.

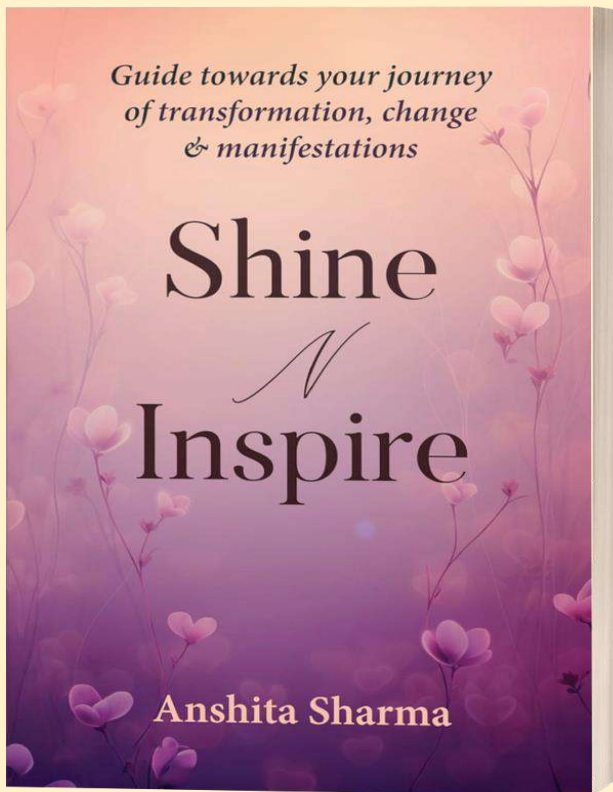


Throughout the book, Anshita walks readers through the challenges they might face on their transformational journey. From fear and self-doubt to resistance to change, she provides practical exercises, thoughtful reflections, and actionable strategies to overcome these common obstacles. What makes this book particularly engaging is Anshita's compassionate and non-judgmental tone, which creates a safe space for readers to explore their own challenges and aspirations.

Practical Tools and Insights

The heart of *Shine N Inspire* lies in the exercises and techniques Anshita shares. Each chapter is filled with actionable steps to help readers tackle their inner blocks, overcome limiting beliefs, and create positive habits. Whether through guided meditations, self-reflection questions, or manifesting exercises, the book encourages readers to take tangible steps toward their goals.

One of the most valuable aspects of the book is its focus on manifestation. Anshita not only explains how manifestation works but also provides clear and easy-to-follow steps for how



readers can begin to manifest their desires and goals. Her approach emphasizes the importance of aligning one's thoughts, emotions, and actions with their highest desires, offering a practical way to turn dreams into reality.

Emotional Healing and Self-Awareness

Beyond the practical advice, *Shine N Inspire* also delves deep into the emotional aspects of personal growth. Anshita encourages readers to explore their inner world, address past traumas, and heal emotional wounds that may be holding them back. She emphasizes the significance of understanding one's strengths, gifts, and purpose, helping readers connect to their true selves and move forward with confidence.

Anshita's gentle yet powerful guidance helps readers cultivate self-awareness, build resilience, and develop a deeper sense of inner peace. By integrating practices like meditation and energy

healing, she introduces a more holistic approach to mental and emotional wellness, making the book an invaluable resource for anyone on a path of healing and self-discovery.

A Source of Inspiration

What truly sets *Shine N Inspire* apart from other self-help books is Anshita Sharma's authentic voice and deep passion for helping others. Her own personal journey of transformation and commitment to uplifting others shines through in every page. She doesn't just provide advice—she genuinely cares about the readers' growth and is dedicated to guiding them on their journey.

As someone who has worked extensively in the fields of therapy and healing, Anshita brings a unique blend of knowledge and compassion that resonates with readers. Her message is clear: transformation is possible, and the power to create change lies within each individual. This book serves as both a roadmap and a source of motivation for anyone looking to take control of their life and manifest their fullest potential.

Final Thoughts

Shine N Inspire is a must-read for anyone interested in personal development, emotional healing, and the power of manifestation. Anshita Sharma's insightful wisdom, practical exercises, and compassionate approach make this book an invaluable resource for readers looking to improve their mental, emotional, and spiritual wellbeing.

Whether you're at the beginning of your transformation journey or looking for guidance to push through obstacles, this book will inspire and empower you to take that next step. If you're ready to shine, heal, and manifest the life you truly deserve, *Shine N Inspire* is the perfect companion to guide you along the way.

An Interview with Author Anshita Sharma



What inspired you to write "Shine N Inspire," and how did you come up with the idea for the book?

Shine N Inspire was born from my personal experiences and the insights I've gained through my work as a transformational coach and therapist. I have witnessed firsthand how people can break free from limiting beliefs and embrace their fullest potential. The idea came to me during a period of deep reflection, where I realized how much transformation I had experienced myself. I wanted to create a guide that would serve as both inspiration and a practical tool for others who are on their own path of transformation. The book is a reflection of the healing journey I've taken and the knowledge I've gathered along the way.

In your book, you discuss transformation and manifestations. What do you think is the most common challenge people face during their transformational journey, and how can they overcome it?

One of the most common challenges people face is self-doubt. When we embark on a journey of transformation, we often feel uncertain about whether we are capable of making lasting changes. This fear can hold us back and keep us trapped in old patterns. The key to overcoming this is trust - trusting yourself, trusting the process, and embracing vulnerability. It's important to recognize that transformation is not a linear path; there will be setbacks, but they don't define your progress. Embracing these moments with self-compassion and perseverance can help people stay on track.

As a transformational coach and therapist, what do you believe is the key to unlocking one's full potential?

The key to unlocking one's full potential is self-awareness. Knowing yourself - your strengths, weaknesses, and true desires - creates the foundation for growth. When individuals are clear on their values and purpose, they can align their actions with their authentic self, which leads to greater fulfillment. It's not about achieving perfection; it's about progress and being true to who you are. Self-reflection, mindfulness practices, and seeking support when needed are all vital aspects of this journey.

You touch on the importance of finding one's purpose, strengths, and gifts. How can someone who feels lost or disconnected start to uncover these aspects of themselves?

When someone feels lost or disconnected, it's often a sign that they need to slow down and reconnect with themselves. I suggest starting with introspection and journaling - asking questions like, "What excites me?" or "What brings me joy?" It can also be incredibly helpful to engage in practices like meditation, energy healing, or spending time in nature, as these practices can help clear the mental fog and help a person reconnect with their inner self. Often, these gifts are already within us, and the key is creating space to listen and trust our intuition.

In your personal experience, how has meditation and energy healing played a role in your own journey of transformation?

Meditation and energy healing have been fundamental in my own transformation. Meditation helped me quiet the mind and access a deeper level of self-awareness. It has been a way for me to listen to my inner wisdom and connect with my higher self. Energy healing, on the other hand, taught me how to release emotional blockages and negative energy. It allowed me to heal and recalibrate, giving me a sense of balance and clarity. These practices have not only supported my growth but have also helped me guide others in their journeys of healing.

You have a diverse background, from being a motivational speaker to a therapist and energy healer. How do these different roles inform your approach to helping others on their transformational journey?

My diverse background allows me to approach transformation from multiple angles, which I believe is essential for holistic healing. As a motivational speaker, I focus on inspiring individuals to take action and believe in their potential. As a therapist, I offer deep, psychological insights and guidance. And as an energy healer, I work with the energetic body to facilitate healing on a deeper, non-verbal level. By integrating all of these aspects, I can offer a well-rounded, tailored approach to transformation, meeting my clients where they are and helping them move forward in their own unique way.

What advice would you give to someone who is struggling with self-doubt or fear of change but is eager to improve their life and make positive changes?

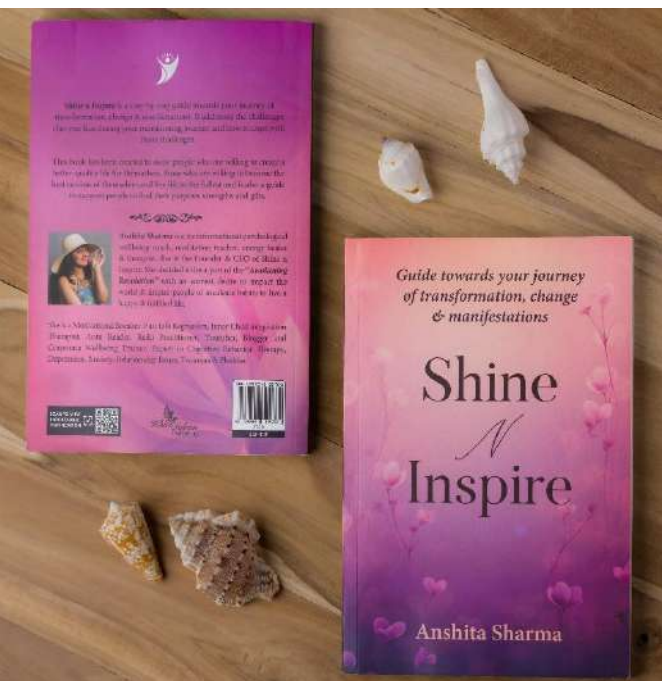
I would tell them to be patient and compassionate with themselves. Self-doubt is natural, but it doesn't define your future. Start with small, manageable steps toward your goals. Progress doesn't have to be immediate, but consistency is key. Surround yourself with positive influences, whether it's people, books, or online communities, and allow yourself to lean into the discomfort of change. Remember that change often comes with growth, and growth is worth every bit of discomfort.

You mention in your bio that you are a part of the "Awakening Revolution." Can you elaborate on what that means and how it influences the work you do?

The "Awakening Revolution" refers to the global shift in consciousness that is happening right now, where people are waking up to their true potential and connecting with their higher selves. It's a movement toward greater self-awareness, compassion, and spiritual growth. This revolution influences my work by reminding me that I'm part of something much bigger than myself. My role is to support and guide individuals on their personal journeys, helping them unlock their potential and contribute to this collective shift in consciousness.

What do you hope readers take away from "Shine N Inspire," and how do you envision it impacting their lives in the long term?

I hope that readers of Shine N Inspire are inspired to believe in their ability to create positive change in their own lives. I want them to walk away feeling empowered, knowing that they have everything they need within themselves to transform and manifest the life they desire. In the long term, I envision the book helping people shift from a place of limitation and fear to one of possibility and self-empowerment. My hope is that it serves as a lasting source of inspiration and guidance for individuals as they embark on their own journeys of transformation.



TLT Specials

Sayoni's Dream

Book Review



Dr. Palto Datta is a multifaceted individual whose contributions span the realms of academia, business, and literature. With an academic foundation rooted in plasma physics from the Peoples' Friendship University of Russia, Dr. Datta transitioned into the fields of marketing and higher education, earning an MSc from Glamorgan University and a PhD from the University of Hertfordshire, UK. His illustrious career includes fellowships with the Royal Society of Arts, Advance HE, and the Chartered Institute of Marketing, UK. He is also a Certified Management & Business Educator, showcasing his exceptional expertise and leadership in education and research.

Currently, Dr. Datta holds the position of Senior Lecturer and Scholarship Lead at the School of Business and Enterprise, Regent College London. He also serves as the Executive Chair of the Centre for Business & Economic Research, UK, and Chief Editor of two esteemed journals: the *Journal of Business and Retail Management Research* and the *International Journal of Higher Education Management*. His roles reflect a commitment to advancing academic excellence and fostering a global understanding of business and education.

Dr. Datta's prolific writing career encompasses a wide array of topics, including business, entrepreneurship, marketing, and literature. His notable works include *We're Doomed! Brexit Revisited* (2020), *The Art of Entrepreneurship: The Path to Success and Wealth Creation* (2022), and *Relationship Marketing for Enhancing Customer Retention* (2018). Beyond his contributions to business and education, Dr. Datta is also a novelist and poet, with several Bengali literary works to his name. His ability to write across genres highlights his creative versatility and profound understanding

With over 27 years of experience in teaching within the UK's Further and Higher Education sectors, Dr. Datta has become a respected voice in the academic community. He frequently participates in international academic conferences, serving as a keynote speaker or session chair, and contributes thought-provoking articles to leading English-language newspapers in Bangladesh on topics such as business and higher education. His insights have also been featured on television in both the UK and Bangladesh, further amplifying his influence and reach.

Dr. Datta's work has earned him prestigious accolades, including recognition from the US Congress, the New York State Assembly, and the NYC Small Business Service in 2019 for his contributions to research. His dedication to knowledge and innovation has not only benefited academia but also the global community.

An avid traveler, Dr. Datta has visited over 75 countries, enriching his worldview and inspiring his literary and academic pursuits. His latest novel, *Sayoni's Dream*, is a poignant exploration of autism and societal acceptance, reflecting his deep empathy and commitment to fostering inclusivity. Dr. Datta continues to inspire through his diverse body of work, bridging the gaps between academia, literature, and social awareness.

The Author

Dr. Datta, a seasoned academic and researcher, holds a bachelor's in plasma physics from Peoples' Friendship University of Russia, an MSc in marketing from Glamorgan University, and a PhD in marketing from the University of Hertfordshire. He is a fellow of various prestigious organizations, including the Royal Society of Arts and the Chartered Institute of Marketing, and currently serves as Senior Lecturer and Scholarship Lead at Regent College London. Dr. Datta has authored multiple books on business and marketing and contributes regularly to international conferences and leading newspapers. He is also the Executive Chair of the Centre for Business & Economic Research, UK.



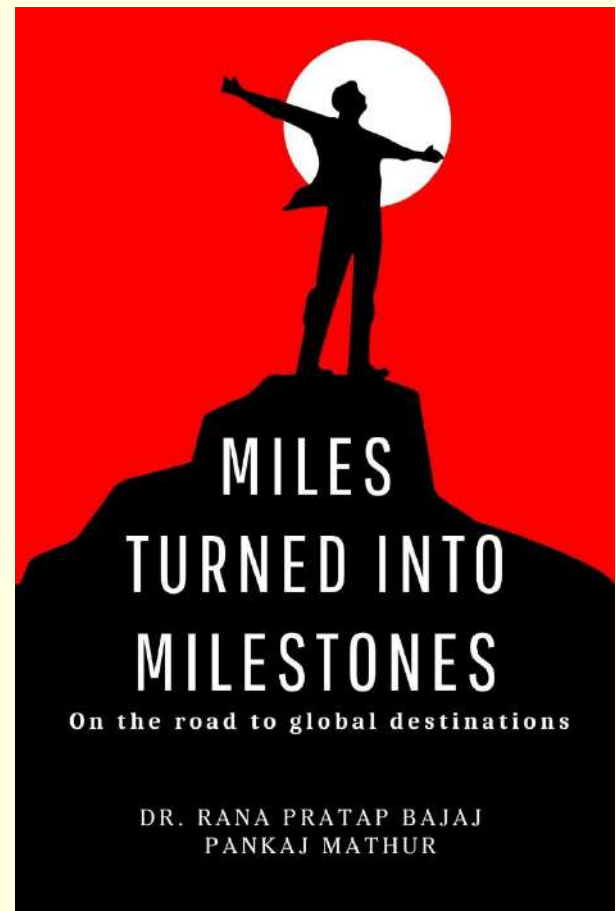
Miles Turned into Milestones by Dr. Rana Pratap Bajaj and Pankaj Mathur

-Neel Preet

Miles Turned into Milestones: On the Road to Global Destinations by Dr. Rana Pratap Bajaj and Pankaj Mathur is a captivating narrative that blends the essence of travel with profound global insights. The book takes readers on an extraordinary journey through the eyes of an experienced diplomat and traveler, offering an intricate tapestry of cultures, political landscapes, and personal experiences that shape the world we live in.

Dr. Rana Pratap Bajaj, with a distinguished career in the Ministry of External Affairs spanning decades, presents firsthand accounts of his travels across various nations, each encounter enriched with historical, political, and social reflections. His deep understanding of international relations allows him to dissect the nuances of each country's political climate while capturing the spirit of its people. The book is not merely a travelogue; it is an introspective reflection on global diversity, diplomacy, and human connections.

The narrative is structured in a way that seamlessly transitions from one country to another, making it feel like an immersive experience. Readers are introduced to vibrant landscapes, unique traditions, and the complexities of different societies. Through personal anecdotes, historical references, and keen observations, the book paints a vivid picture of how geography and governance influence everyday life in different parts of the world. The descriptions are rich yet precise, striking a balance between storytelling and informative discourse.



Pankaj Mathur's contribution brings an artistic touch to the book, as his background in advertising and passion for photography lend a visually engaging perspective. His insights add depth to the storytelling, making the reader appreciate not just the places visited but also the emotions and moments captured along the way. His ability to translate visual experiences into words enhances the overall reading experience, making the book as much about feeling the essence of a place as it is about learning its history.

What sets this book apart is its ability to resonate with a diverse audience. For travel enthusiasts, it offers an inspiring account of exploration and adventure.

For those interested in diplomacy and international affairs, it provides valuable insights into global politics and cultural diplomacy. For general readers, it is a heartwarming and intellectually stimulating journey through continents, told with sincerity and passion.

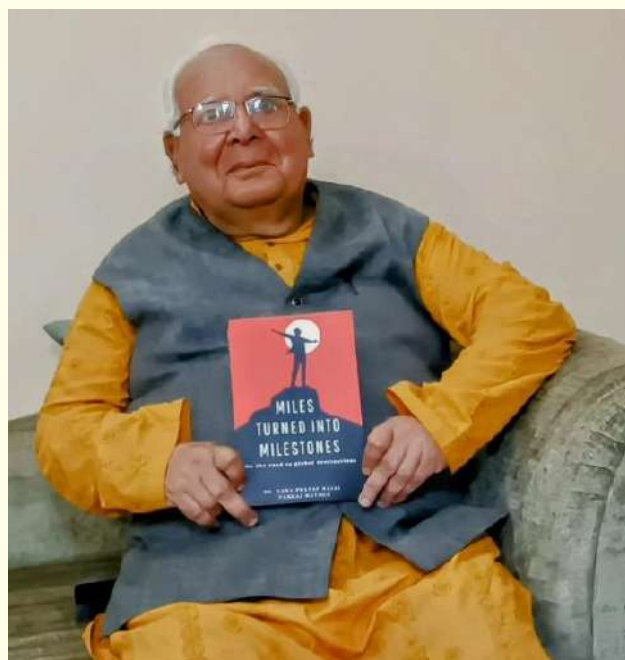
The authors succeed in transforming miles into milestones—each chapter is not just a recollection of places visited but a significant marker of personal and professional growth. The reflections in the book go beyond mere descriptions; they urge readers to think about their own place in the world, the importance of adaptability, and the beauty of experiencing life beyond one's comfort zone.

Dr. Rana Pratap Bajaj's previous work, *I Have Resolved Not To Stop*, showcased his determination and life's philosophy, and this book further cements his legacy as a storyteller with a keen sense of observation and wisdom. His accolades, including the Lifetime Achievement Award-2023 for Social Work, Honorary Doctorate, Global Icon Award 2024, and APJ Abdul Kalam Award 2024, stand as a testament to his contributions in various fields.

In its essence, *Miles Turned into Milestones* is more than just a book about travel—it is a celebration of resilience, discovery, and the ever-evolving nature of human experience. It is an ode to those who seek to understand the world beyond borders, who embrace change with open arms, and who find joy in the journey itself. This book is a must-read for anyone looking for a blend of adventure, intellect, and inspiration, all woven together in an engaging and thought-provoking narrative.

About the Author

Dr. Rana Pratap Bajaj, born on November 30, 1943, in Jalandhar, had a distinguished career in the Ministry of External Affairs, serving in 8 countries and traveling to over 30. He holds a Master's in Political Science and International Relations and has co-authored two books. Actively involved in social work, he serves as Vice President of Uni-Disaster Management and Rural Development Society. Dr. Bajaj has received numerous honors, including the Lifetime Achievement Award for Social Work (2023), Honorary Doctorate, Global Icon Award (2024), and APJ Abdul Kalam Award (2024), and is widely respected for his contributions to society and international relations.





Social Media's Impact on Reading and Writing

Social media has dramatically changed how we read and write, influencing habits, language, and literary culture. Platforms like Instagram, Twitter, TikTok, and Facebook have reshaped our interaction with literature, introducing new genres, promoting casual language, and reducing attention spans, while also fostering creativity and democratizing access to reading material.

Changes in Reading Habits

Social media has led to fragmented reading, favoring quick, bite-sized content over long-form reading. However, platforms like BookTok and Wattpad have made book discovery more community-driven and interactive.

Changes in Writing Styles

Social media promotes brevity, with platforms like Twitter encouraging concise writing. New forms like microfiction and digital poetry have emerged, blending words with visuals.

Impact on Publishing

Social media allows authors to connect directly with readers, bypassing traditional publishing. It also plays a key role in book promotion, with platforms like BookTok boosting sales.

Challenges

Social media's focus on brevity can harm deep reading, while the pressure to stay relevant online can affect creativity and authenticity.

Conclusion

Social media has reshaped reading and writing, offering new opportunities but also challenges. A balance is needed between quick content consumption and the depth of traditional literature.

Kainaz Jussawalla

Author SPOTLIGHT

Kainaz Jussawalla isn't just any author—she's a storyteller with a knack for mixing humor, heart, and a whole lot of boldness.

Her latest book, a romantic memoir *Who Wants to Marry Kai Juicewalla?*, is packed with laugh-out-loud moments, fun information on the parsi way of living and lessons on self-love, mental wellness, and how to live life on your own terms.

This unique memoir published by Om Books International has got rave reviews from noted bookstagrammers and the stamp of approval from celebs like Sonali Bendre (book club) and Cyrus Broacha, (Cyrus Says podcast) and it's been raved about in *The Daily Guardian*, the *Sunday Guardian*, *Scroll*, *Parsiana*, *Times of India*, *Midday*, and the *Society Achievers*.



A noted filmmaker has also snapped it up for a screen adaptation!

Kainaz's books have serious star endorsements behind them. Her debut, *Coffee Days, Champagne Nights*, was praised by Mr Javed Akhtar, Madhur Bhandarkar, and Ayushmann Khurrana. Meanwhile, her second book has wowed everyone from veteran Kabir Bedi to Farah Khan, Sonu Sood, Nawazuddin Siddiqui, Priya Dutt, Rajkumar Rao, Manoj Bajpayee, and Ajay Devgan.

Before she became the writer we all love, Kainaz was flying high—literally—as a flight attendant with a top international airline. Her jet-setting life added color to her writing, and in her former life as a young columnist she's worked with Times of India, Magna Publications, and Debonair.

Currently, She's the executive editor of Reader's Choice Global Ezine.

But Kainaz isn't just about books and writing. She's also a passionate advocate for mental health and the founder of Be A Friend, a group that supports lonely senior citizens.

And if that's not enough, her YouTube channel, Chai With Kai, and her social media feeds are brimming with everything from food and travel tips to lifestyle insights and personal anecdotes on her journey so far. Her blogs and vlogs offer a delightful mix of inspiration and entertainment, captivating her fans with every post.

Kainaz hosts the popular show Mumbai Bol at Title Waves, an open mic that encourages creativity from all channels including poetry, music, art and of course writing.



A certified Reiki master, Kainaz has been nominated for several awards and has racked up a few awards too. All authentic and organic.

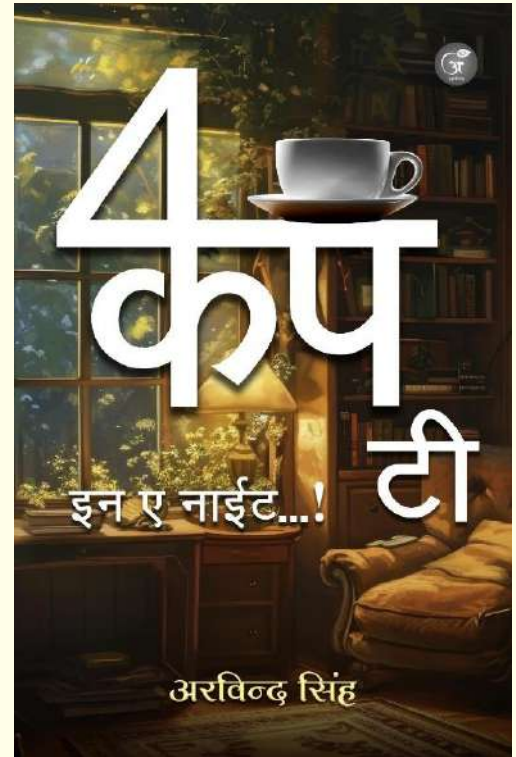
She won the Shiksha Ratna, the Asian Literary Society Award, and the Fuzia Women Achiever Award for her first book.

Recently, she bagged the She the People 40 over 40 Award and the Karyashala's Star Influencer of the Year.

With her infectious energy, quirky writing, and dedication to causes close to her heart, Kainaz is a true force of nature—and she's just getting started!



TLT Specials



“4 Cup Tea” by Aravind Singh is a beautifully woven narrative that seamlessly blends the art of storytelling with the emotional depth of poetry. The author has skillfully crafted a fictional tale that feels deeply realistic, offering a sense of relatability and resonance for readers. This balance of prose and poetry is both refreshing and inspiring, making the book an exceptional piece of work.

The story serves as a beacon of hope for individuals facing challenges in their lives. Through its pages, it encourages readers to persevere, strive for excellence, and embrace personal growth. The inclusion of meaningful poems adds a unique charm to the narrative, imbuing it with a lyrical quality that enhances its emotional impact. Each poem is thoughtfully placed, offering moments of introspection and inspiration that align seamlessly with the prose.

Aravind Singh has made a concerted effort to use his imagination to craft a world that feels grounded and authentic. His writing is not only engaging but also purposeful, as it provides readers with valuable lessons on developing an impressive personality while remaining mindful of societal norms and limitations. The book emphasizes the importance of resilience, optimism, and the relentless pursuit of greatness, making it an empowering read for anyone navigating life’s struggles.

What sets “4 Cup Tea” apart is its ability to strike a balance between motivating readers and guiding them toward introspection. It does not merely tell a story; it offers readers a roadmap to self-improvement and a deeper understanding of life’s principles. The author’s philosophical undertones are evident throughout the book, reflecting his academic background and his personal journey of growth and self-discovery.

Aravind Singh's personal story, as shared in the "About the Author" section, adds an additional layer of authenticity to the book. His humble beginnings, educational journey, and career as a pharmaceutical professional showcase his perseverance and determination. His reflections on identity and his gratitude toward his family and publisher further highlight his grounded and sincere personality. These qualities shine through in his writing, making "4 Cup Tea" not just a story but an extension of the author's soul.

The book also showcases a deep understanding of human emotions and social dynamics, which is evident in the nuanced way the author portrays struggles and triumphs. The narrative invites readers to explore their own lives, encouraging them to find meaning in their challenges and take steps toward a better future. Aravind Singh's storytelling is both heartfelt and thought-provoking, leaving a lasting impression on readers.

In conclusion, "4 Cup Tea" is a compelling work of fiction that transcends mere storytelling. It is a source of inspiration, a guide to personal growth, and a celebration of resilience and humanity. Aravind Singh has successfully created a book that not only entertains but also enriches the reader's mind and spirit. Whether you are seeking motivation, emotional depth, or simply an engaging story, "4 Cup Tea" offers it all. This book is a must-read for anyone looking to find meaning and hope amidst life's challenges.



About the Author

Aravind Singh hails from the serene village of Rasulpur in the Mirzapur district of Uttar Pradesh. Born into a humble family, he was nurtured under the loving care of his mother, Mrs. Lalati, and his father, Mr. Baliram Singh. His journey in education was shaped by the unwavering support and dedication of his parents, allowing him to complete his academic pursuits seamlessly.

With a strong foundation in education, Aravind Singh first earned a bachelor's degree in Philosophy, which broadened his intellectual perspectives. Seeking a more specialized career path, he later pursued a bachelor's degree in Pharmaceuticals, stepping into the professional world as a pharmaceutical expert. His quest for knowledge did not stop there, as he further enriched his understanding of management and business by obtaining an MBA degree.

Aravind Singh's multifaceted academic background, combined with his practical experience in the pharmaceutical industry, has shaped his worldview and professional expertise. His story is one of dedication, perseverance, and the pursuit of excellence across multiple disciplines.

TLT Specials



Book Review

“Who’s My Next Victim?: Dreams are harmless... or are they?” by Shivani R P is an enthralling debut novel that masterfully blends the allure of mystery with the chilling intrigue of dark arts. This book takes readers on a gripping journey through the lives of four high school friends—June, Ava, Asher, and Austin—who find themselves entangled in a web of eerie occurrences and unsettling truths that test the limits of their courage and friendship.

The story begins with the untimely and mysterious death of Grace, a vibrant and lively student, found lifeless in her dorm room. This incident sets off a series of strange and inexplicable events, including vivid, unsettling dreams experienced by the protagonists. These dreams weave a story that contradicts the apparent reality, forcing the friends to confront their fears and delve deeper into the enigma surrounding Grace’s death.

What stands out in this narrative is Shivani’s ability to create a vivid atmosphere of suspense and dread. The descriptions of the dreams and the gradual unraveling of dark secrets are both haunting and captivating, leaving readers eager to turn the page. The characters are well-drawn, each with distinct personalities that contribute to the dynamic of the group. Their interactions feel authentic, and their growth throughout the story is both compelling and relatable.

As the friends piece together clues and struggle to escape what seems like an endless loop of confusion and danger, they uncover secrets that challenge their understanding of the truth. The plot twists are well-executed, keeping readers guessing and questioning the reality presented to them. Shivani skillfully blends elements of the supernatural with the everyday lives of her characters, creating a story that feels grounded yet otherworldly.

One of the novel's strengths lies in its pacing. The story unfolds at a steady pace, maintaining a balance between action, suspense, and character development. The mystery deepens with each chapter, and the revelations are timed perfectly to keep readers engaged. Shivani's prose is clear and descriptive, painting vivid images that enhance the eerie and ominous tone of the narrative.

It's remarkable to note that Shivani R P, at just 14 years old, has crafted a story with such depth and complexity. Her passion for storytelling shines through in her writing, and her talent for building suspense and intrigue is evident throughout the novel. The fact that this book originated as an idea during a math class and evolved over two and a half years into a fully developed story is a testament to her dedication and creativity.

Shivani's ability to balance her academic life with her passion for writing is inspiring, and her debut novel serves as an encouragement for young writers to pursue their dreams. Her love for storytelling, combined with her interests in music, science, and mathematics, adds a unique perspective to her writing, making her voice fresh and engaging.

"Who's My Next Victim?" is a promising debut that will appeal to fans of mystery, suspense, and the supernatural. It is a story of friendship, resilience, and the courage to confront the unknown. As readers reach the final pages, they are left with a lingering sense of curiosity and anticipation for what Shivani R P will create next. This book not only showcases her immense talent but also establishes her as a rising star in the world of young adult fiction.

About the Author

Shivani R P is a 14-year-old aspiring author in high school who has been captivated by storytelling from a young age. With a talent for suspense and intrigue, she has written multiple short stories and even published one on her own. Her debut novel, *Who's My Next Victim?* Starting as a raw idea during one of her math classes, it blossomed into a fully developed, published book in a span of two and a half years. Apart from writing, she enjoys playing with numbers in math classes and performing experiments in physics. She has also developed a passion for music and has loved playing the keyboard since she was 9.

Starting her writing journey in August 2022, Shivani reached a major milestone, with her first novel hitting bookshelves in November 2024.

She hopes her work will inspire other young authors to pursue their own stories, no matter where or when inspiration strikes. Shivani lives in Bangalore and balances her passion for writing with her high school studies and creative hobbies.



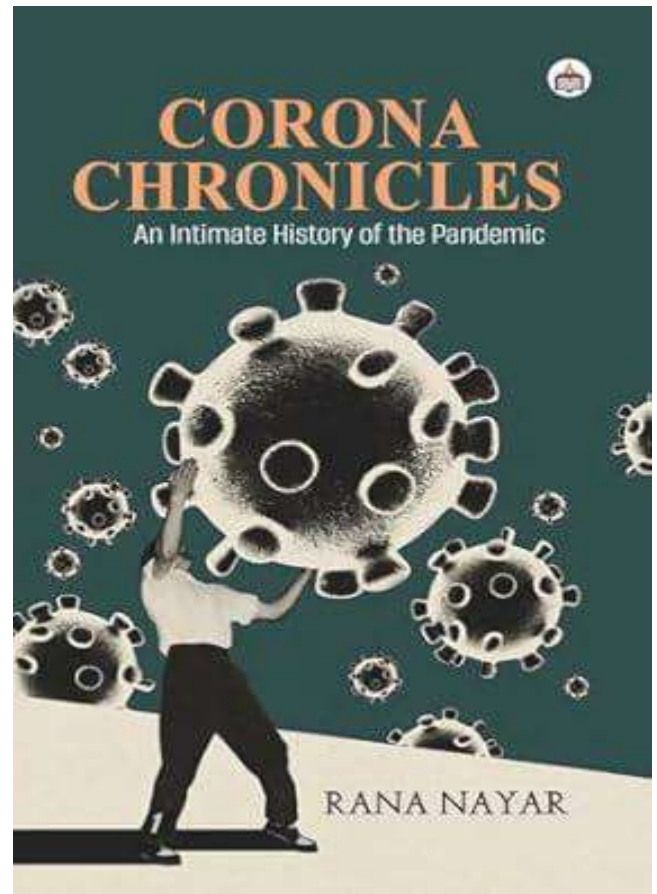
Corona Chronicles: An Intimate History of the Pandemic by Prof. Rana Nayar

- Malini Joshi

“Corona Chronicles: An Intimate History of the Pandemic” is a profound and reflective exploration of a defining global event—the COVID-19 pandemic—written by Prof. Rana Nayar. As someone who retired as a professor of English and Cultural Studies, Nayar brings a seasoned academic perspective, enriched by his extensive experience as a translator and theatre director. This book stands out in its combination of personal insight, cultural reflections, and vivid storytelling, making it both accessible and engaging for a wide range of readers.

Pandemics, as history teaches us, tend to emerge once every century or so, yet societies rarely document the full human experience of living through such crises. Corona Chronicles is an invaluable attempt to fill this gap, offering a personal and collective account of a moment that will define our era. Future generations will inevitably look back on this time, seeking not just the scientific and political narratives, but the emotional and societal shifts that shaped it. By capturing the intimate, human side of the pandemic, Nayar ensures that we preserve a crucial piece of history, reminding us of the importance of documenting these global upheavals before they fade into the past, unrecorded and forgotten.

The narrative approach of “Corona Chronicles” is unique. Instead of merely recounting the pandemic through the lens of statistical analysis or global policy shifts, Nayar infuses the story with the intimate details of his own observations, experiences, and the collective responses of society



The book is not presented as a dry historical account but as an experiential journey. In his own words, the author describes himself as a witness, not an imposing narrator, which gives the text a distinct, almost journal-like quality. His writing invites readers into the moment, capturing the bewilderment, fear, hope, and resilience that characterized the early months of the pandemic and continues to reverberate through our lives.

Nayar’s balance of fact and fiction is one of the book’s notable features. By blending personal impressions with reportage, he adds depth to the historical record, showing not just the clinical aspects of the virus and its effects but also how it transformed everyday life in profound, often unpredictable ways.

He portrays the virus as a silent intruder that entered our homes, disrupting normalcy and challenging societal structures. However, his narrative does not focus solely on the grim aspects of the pandemic. Instead, it explores the emotional and psychological shifts it triggered—how it forced individuals and communities to rethink priorities, relationships, and resilience.

The book also reflects on the personal and societal losses that the pandemic brought about, alongside the unexpected gains. The profound isolation felt by individuals during lockdowns, the toll on mental health, and the collective mourning of lost lives are all part of the story. Yet, Nayar also captures the moments of triumph and solidarity that emerged in the face of adversity. There is a nuanced reflection on the lessons learned, not just in terms of public health but also in terms of humanity's capacity to endure hardship, adapt, and rebuild.

The prose is clear, accessible, and reflective, making “Corona Chronicles” a book that is easy to read yet filled with moments that encourage deep thought. Nayar’s ability to weave together personal anecdotes with broader cultural and global observations gives the narrative a universal appeal, while the sensitivity with which he handles the subject matter ensures that the book resonates emotionally with readers. His background in cultural studies and literary theory is evident in his capacity to analyze the pandemic not just as an event but as a cultural phenomenon that altered the way people perceive life, death, and community.

In the opening chapters, Nayar captures the initial disbelief and uncertainty surrounding the pandemic, as the virus seemed distant but quickly grew into an overwhelming global crisis. As lockdowns take effect, the book shifts focus to the sudden disruptions in daily life, with Nayar reflecting on the isolation and psychological

strain many felt during the early days of the pandemic.

As the story progresses, Nayar explores themes of survival and resilience. He delves into the personal losses and emotional toll the pandemic took on individuals, while also highlighting moments of hope, solidarity, and adaptation. These chapters reveal the diverse ways in which people responded to the crisis, from overcoming the virus to grappling with profound grief and change.

Later chapters reflect on the broader cultural and societal impacts of the pandemic, asking what lessons have been learned and how we have changed as individuals and communities. Nayar examines the pandemic not only as a tragedy but as a moment of collective transformation, questioning whether these lessons will last.

In the concluding chapters, Nayar conveys a sense of cautious optimism as vaccines are rolled out and societies begin to reopen. However, he leaves readers contemplating the long-term emotional and cultural effects of the pandemic. Overall, the book is a moving and insightful exploration of human resilience, adaptation, and the profound impact of the pandemic on our lives.

In conclusion, “Corona Chronicles: An Intimate History of the Pandemic” is more than a historical account; it is a poignant reflection on the human condition during one of the most challenging periods in recent memory. Prof. Rana Nayar’s insightful narrative provides a compelling, deeply human perspective on how the pandemic has affected individuals and societies, offering a blend of personal testimony and cultural reflection that will resonate with anyone who lived through this global upheaval. It is a book that not only documents a crisis but also reflects on the resilience, adaptation, and transformation that arose from it.

Mushkil Jeevan, Aasaan Raaste

BOOK REVIEW

“Mushkil Jeevan, Aasaan Raaste” by Vibha Ranjan and Rajeeva Ranjan is an insightful and thought-provoking book that explores the complexities of modern life while offering a guiding light toward simplicity, happiness, and fulfillment. The book addresses an issue that resonates with almost everyone—the increasing stress, pressure, and dissatisfaction that seem to accompany the so-called advancements in the world. The authors argue that despite material progress, human beings continue to struggle with internal conflicts, stress, and unhappiness. Through a balanced mix of philosophical insights, real-life observations, and practical wisdom, this book attempts to bridge the gap between a technologically advanced society and an emotionally troubled humanity.

The premise of the book is deeply relatable. It acknowledges the stark contrast between the external appearance of a smooth and successful life and the internal struggles individuals face daily. The book challenges the illusion of progress by pointing out that material comfort has not necessarily translated into emotional well-being. Instead, people find themselves trapped in an endless cycle of ambition, responsibilities, and societal expectations. The authors, however, strongly assert that this struggle is not inevitable.

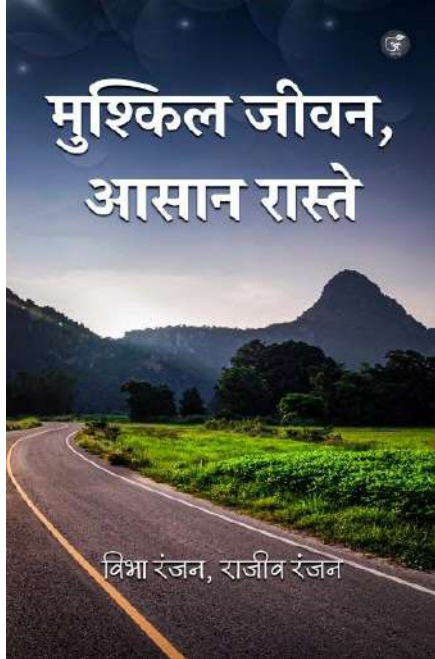


There are ways to simplify life, bring peace to the mind, and truly enjoy the journey rather than constantly chasing an uncertain future.

The writing style of the book is engaging and accessible. The authors do not present abstract theories but rather practical wisdom gained through years of experience. Their words reflect a deep understanding of human psychology, societal influences, and personal aspirations. The book's narrative flows effortlessly, making it a pleasant and enlightening read for people from all walks of life. It does not demand scholarly expertise but rather an open mind and a willingness to reflect on one's life choices.

Rajeeva Ranjan's journey itself is an inspiring testament to the book's philosophy. An engineer by qualification and an ex-Commandant of the Indian Coast Guard, he built a successful entrepreneurial career in the petroleum industry. Despite achieving wealth, respect, and admiration, he continued to explore deeper aspects of life that contribute to genuine happiness and mental peace.

His transition from a high-pressure leadership role to a more introspective and fulfilling life provides a practical example of how one can redefine success on personal terms. His wisdom, accumulated over decades of professional and personal experiences, enriches the book's content with credibility and authenticity.



Vibha Ranjan's contributions to the book are equally remarkable. With an academic background in M.Phil and B.Ed, and experience spanning from being a teacher and an All India Radio announcer to managing HR and finance in their family business, she brings a multidimensional perspective to the book. Her ability to translate and articulate complex life lessons in simple and relatable language makes the book a valuable resource for Hindi readers. Her poetic sensibilities are reflected in the fluidity and warmth of the text, making the reading experience both insightful and enjoyable.

One of the book's strongest aspects is its ability to offer clarity without being overly preachy. It does not dictate a rigid path but encourages introspection and self-awareness. Readers are guided to question their own choices, beliefs, and aspirations in a constructive way. The book emphasizes that happiness is not an external achievement but an internal state of mind that can be cultivated with conscious effort. It provides practical approaches to simplifying life, managing stress, and achieving a balance between personal and professional aspirations.

The essence of the book "Mushkil Jeevan, Aasaan Raaste" lies in its empowering message: Life does not have to be complicated. The overwhelming burdens people carry—whether financial, emotional, or social—are often self-imposed or magnified by societal norms. By shifting perspectives, letting go of unnecessary worries, and focusing on what truly matters, one can lead a fulfilling and stress-free life.

Overall, "Mushkil Jeevan, Aasaan Raaste" is a valuable read for anyone who feels caught in the relentless demands of modern life. It offers a refreshing perspective on how to navigate life's challenges with a sense of ease and joy. The authors' experiences, insights, and heartfelt wisdom make this book not just a reading experience but a journey toward personal transformation. Readers who are seeking clarity, peace, and a sense of purpose will find this book to be a meaningful and enlightening companion.

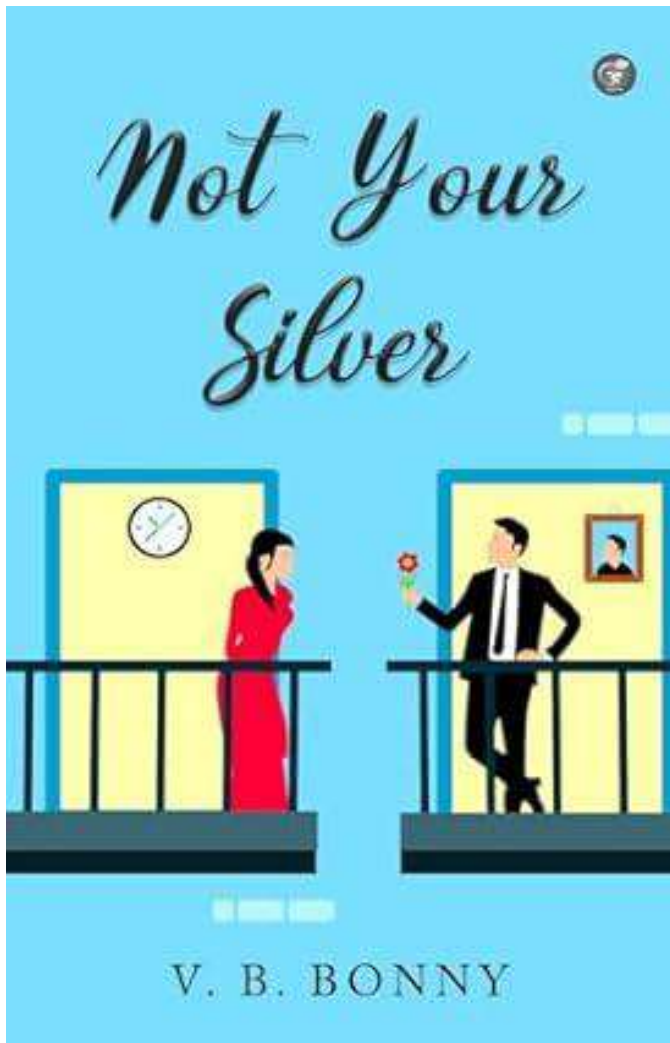
Not your Silver

V B Bonny

BOOK REVIEW

Not Your Silver by V. B. Bonny is a compelling exploration of love, emotional conflict, and the burden of past experiences. The story introduces Dr. Eenakshi Kusum, a skilled pediatrician, who, despite her professional success, struggles to reconcile with her painful history. Raised in a foreign land, her growth was shaped by the emotional weight of expectations and cultural differences. Her carefully constructed exterior hides an inner turmoil that deeply resonates with the readers, as they witness her battle between her desires for freedom and the chains of responsibility that bind her. The portrayal of Eenakshi's internal conflict is one of the book's strengths, as it showcases a character torn between the life she has built and the one she secretly craves.

Dr. Ray Jennings, a neurosurgeon with a mysterious past, enters her life and adds an intense layer of intrigue to the narrative. Ray's persona, veiled by secrecy and emotional distance, mirrors Eenakshi's in many ways, setting up a potent dynamic between the two. The chemistry between them is undeniable, yet their connection is marred by the weight of their respective histories. Ray's struggle with his own emotional boundaries creates a compelling backdrop for their relationship, which feels as much about overcoming the scars of the past as it is about the undeniable attraction between them. Bonny does a fantastic job of slowly unraveling their histories, creating a tension that builds throughout the book.



The tension between temptation and self-control is a constant theme in the story, and the characters' resistance to their growing feelings adds to the drama. Their journey of self-discovery and learning to trust one another is carefully drawn, keeping the reader engaged in their evolving relationship. The author's writing is rich in emotion, with vivid descriptions and evocative metaphors that capture the complexities of love, vulnerability, and healing. The psychological depth of the characters makes them relatable and real, inviting the reader into their world of quiet suffering and longing.



One of the most poignant elements of *Not Your Silver* is the emotional journey both protagonists must take to reconcile their pasts with their present desires. The book explores the idea that love is not always easy or straightforward. It can be messy and complicated, often requiring individuals to face their deepest fears and insecurities. As Ray and Eenakshi grapple with their feelings, the reader is reminded that healing from past wounds is never simple, and the scars left by earlier experiences can affect every decision moving forward. The story leaves the reader pondering the ultimate question: Will they allow themselves to love each other, or will the remnants of their past keep them apart?

In conclusion, V. B. Bonny's *Not Your Silver* is a beautifully written romance that transcends the typical love story by delving deep into the emotional complexities of its characters. With its focus on vulnerability, the challenges of overcoming past trauma, and the slow-burning development of the central relationship, the book will resonate with readers who enjoy nuanced, emotionally charged stories. Bonny's evocative prose and her ability to capture the intricacies of love and heartache make this a memorable read, one that lingers long after the final page.

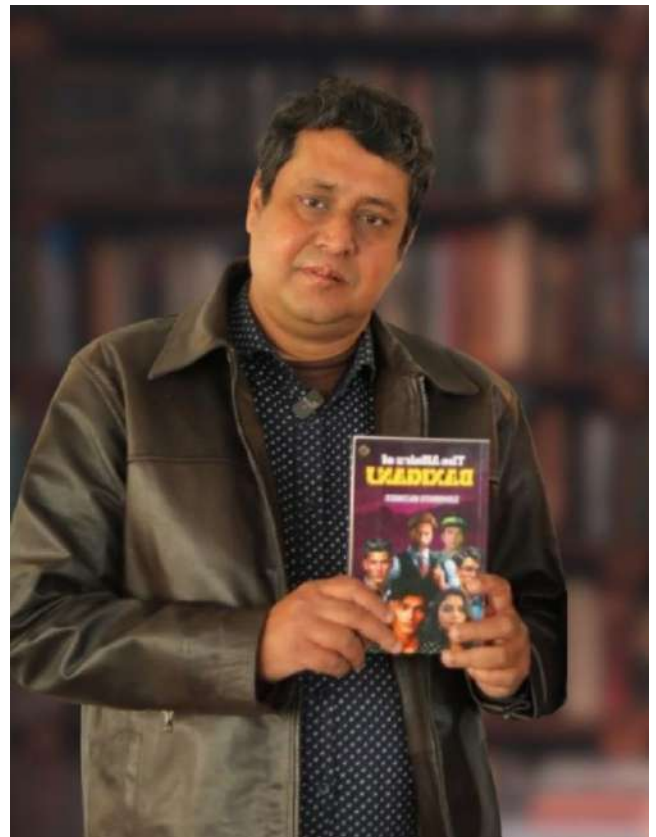
The Affairs of BAXIGANG

Subhobroto Mazumder

HIGHLY
recommended

THE AUTHOR

Subhobroto Mazumder is a geologist by profession, currently working as an explorer in an upstream oil company. He graduated in Applied Geology from IIT Roorkee and went on to earn a PhD in Earth and Environmental Studies from NIT Durgapur. While his career revolves around geology, he has a keen interest in creative writing, often blending his scientific background with his literary passions. Outside of work and writing, Mazumder enjoys playing football, experimenting with the harmonica, and embracing a free-spirited lifestyle, often wandering aimlessly. Born and raised in Durgapur, he now calls Mumbai home, where he continues to explore new opportunities in both his professional and personal life.



THE BOOK

The Affairs of Baxiganj by Subhobroto Mazumder is a thrilling mystery that delves into the complexities of friendship, guilt, and deception. Set in the seemingly quiet town of Baxiganj, the novel begins with an unsettling event—the boss's wife is shot, and the small town is thrust into a whirlwind of investigation. Four friends, each with their own secrets, find themselves entangled in the case

As the investigation unfolds, the characters' personalities and pasts unravel, leading to an intriguing exploration of who can be trusted and who might be hiding the truth.

The plot revolves around the murder of the boss's wife, an incident that initially appears straightforward but quickly becomes more convoluted as the investigation deepens. One of the four friends is soon suspected of being the shooter, but the more the

characters dig into the case, the more questions arise. Who was the real target? Why was the boss's wife shot in the first place? And, most significantly, who is telling the truth? The story keeps readers on edge, constantly twisting and turning as it moves toward its conclusion.

Mazumder's character development is a standout feature of the book. The four central characters are not one-dimensional suspects but multifaceted individuals, each with their own motivations, flaws, and internal conflicts. The author excels at revealing these layers, allowing readers to empathize with and sometimes distrust the characters. The dynamics between the friends add tension and complexity to the narrative. As secrets are exposed, the fragile nature of their relationships becomes clear, and loyalty is tested.

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 with the alternating perspectives of the four characters offering fresh insights and clues with each chapter. The pacing of the book is well-balanced, slowly ramping up the tension as more is revealed, yet never dragging on unnecessarily. The quiet town of Baxiganj serves as more than just a backdrop; its subtle, eerie nature enhances the sense of isolation and claustrophobia felt by the characters as the investigation pulls them deeper into its grip.

One of the most intriguing aspects of *The Affairs of Baxiganj* is its exploration of truth



and the depression. As the story progresses, the reader is forced to confront the question of who is reliable. The narrative cleverly plays with the reader's expectations, making it difficult to discern the truth until the very end. Themes of guilt, betrayal, and the impact of one's past decisions are explored in depth, with each character grappling with their own moral dilemmas.

In conclusion, *The Affairs of Baxiganj* is a captivating and thought-provoking mystery that not only offers suspense and twists but also delves into the emotional and psychological complexities of its characters. Subhobroto Mazumder's debut novel is a powerful reminder of how the past shapes our present and how the truth can sometimes be more elusive than we would like to believe. For readers who enjoy character-driven thrillers with a strong sense of atmosphere and intrigue, this book is a must-read.

The Importance of Literacy in the Digital Age

- Zinnia A Laha

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SPECIALS

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In the digital age, literacy extends beyond reading and writing to include digital literacy, media literacy, and information literacy. As technology continues to impact all aspects of life, it's essential for individuals to navigate and interpret information across various digital platforms.

Digital literacy refers to the ability to use technology effectively—finding, evaluating, and creating digital content. It's not just about knowing how to use a device, but understanding how information flows on the internet and identifying credible sources.

Media literacy is also crucial, especially with the rise of digital media and social platforms. It teaches individuals how to analyze and question the media they consume, recognizing biases and understanding the influence of algorithms.



Information literacy enables people to sift through vast amounts of information available online, ensuring they can identify trustworthy sources and make informed decisions. This skill is especially valuable for students and anyone engaging with digital content.

However, the **digital divide** remains a challenge, as not everyone has equal access to technology or digital education. Efforts to bridge this gap are essential for ensuring equitable opportunities in the digital world.

As technology evolves, so will literacy. To thrive in this rapidly changing world, individuals must continuously develop their digital skills, fostering a future where everyone can engage responsibly and effectively with the digital landscape.

The Top 10 Authors of 2024

As the literary world evolves, certain authors leave an indelible mark with their powerful storytelling, innovative narratives, and thought-provoking themes. The Literature Times proudly presents the Top 10 Authors of 2024, a distinguished list of literary visionaries who have captivated readers, redefined genres, and shaped the global literary landscape. From bestselling novelists to groundbreaking debut writers, these authors have set new benchmarks in creativity and influence. Join us as we celebrate their remarkable contributions to the world of books and storytelling.

Top 10 Most Influencing Authors of 2024

The Literature Times



Swapna Abraham



Dr. Kousar Shah



Sarayu Kulgod



Meera Shivashankar



David Soh Poh Huat



Dr. Kamal H Muhamed



Anurag Johari



Manoj Yadav



Vinita Rk



Chetaan Joshii

As we celebrate the Top 10 Authors of 2024, it is evident that literature continues to evolve, inspiring and challenging readers in profound ways. These authors have not only captivated audiences with their compelling narratives but have also pushed the boundaries of storytelling across genres. Their works reflect the complexities of our time, sparking conversations and leaving a lasting impact on the literary world. As we look ahead, their contributions will undoubtedly shape the future of literature, ensuring that the magic of words continues to thrive for generations to come.

Special Thanks To



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Creative Head



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The Literature Times

Vol 4 Issue 1

The success of our magazine is a reflection of the unwavering commitment and hard work of our exceptional team. From start to finish, they faced challenges head-on, delivering remarkable results. We are beyond pleased with the outcome. As we look to the future, our goal is to build on this success and continue elevating our magazine with each new edition. We remain dedicated to embracing fresh ideas and exploring innovative approaches to keep our readers engaged and excited. Innovation is at the heart of our vision, and we are determined to push boundaries and introduce exciting concepts that will strengthen the essence of our magazine.

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