

THE
LITERATURE

TIMES

TOP
10
BOOKS

YEESHT DEVISINGH
HOSANEE

2025 Success Tips

UNVEILING THE MUST
READ BOOKS OF 2025.

& Much More!



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.

Editor's Note



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

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

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

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

editorial@theliteraturetimes.com. We hope to hear from you soon. If you're reading this, I hope you enjoy it.

Enjoy your reading!

Zinnia A Laha

Editor-in-Chief

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WELCOME

Cool to see you in this issue.

We invite you to join us in our journey to reach the next milestone and see what marvel our new venture has in store for us.

Our effort intends to reach out to maximum readers who want to see the movements and developments in the literary world and aspire to write someday too. So, with the hope of giving you a joyous experience in reading, let's begin without delays.

We hope you enjoy this one.

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COVER STORY /

YEESHTDEVISINGH HOSANEE

Yeeshtdevisingh Hosanee, recipient of the 2024 Global Recognition Award, is celebrated for her outstanding contributions to Artificial Intelligence and Machine Learning. A trailblazer from Mauritius, she holds degrees in Computer Science, Software Engineering, and Banking. With over 15 years in IT, she champions inclusive computing education for children,

women, and underperforming students. Yeeshtdevisingh is the author of multiple books and academic papers, and an advocate for awareness of Industry 5.0 and Society 5.0. Her mission is to inspire others to explore new opportunities in tech. Through her work, she simplifies complex concepts, making them accessible and empowering to all.



New Article

Aurthor Spotlight!

Yeeshtdevisingh Hosanee has been bestowed with the 2024 Global Recognition Award, a distinguished honor recognizing her profound contributions to technology. This esteemed accolade celebrates her exceptional accomplishments and eminence in Artificial Intelligence (AI) and Machine Learning (ML), positioning her as a pioneering figure in information technology innovation from Mauritius.

At the young age of 17, Yeeshtdevisingh Hosanee developed a keen interest in Computer Programming. She earned a Bachelor of Science (BSc) in Computer Science with honors, a Master's degree in Software Engineering and a Master's in Business Administration specializing in banking. With over 15 years of expertise in the Information Technology sector, she has also been a fervent advocate for including children, women, and underperforming students in computing education. She has authored academic papers in peer-reviewed journals, been in many conferences, and penned several books to impart her knowledge and expertise to the youth. Additionally, she has facilitated numerous workshops to integrate adults into computing education.

Yeeshtdevisingh Hosanee addresses the challenges of Industry 5.0 and Society 5.0 by raising awareness on social media platforms worldwide, inspiring diverse audiences globally. Recognizing that Artificial Intelligence (AI) reduces manual labor, she highlights alternative avenues for economic and social development. She states, "AI does indeed reduce or replace manual tasks, but it also opens up new job opportunities. The only way to find these opportunities is to create an inspiration for their lookout." Since 2022, through her engagement and insightful publications—including four books on Python, Java, AI, and Machine Learning—she shares these inspirations, making complex tech concepts accessible to learners across generations and backgrounds with passion and clarity.

By receiving the 2024 Global Recognition Award, she aspires for her work to inspire others, encouraging them not to be daunted by the complexities of concepts in computer science, Artificial Intelligence or Machine Learning.

Despite her struggles with comprehending these concepts, she hopes that her non-technical insights can reach the youth and society at large. She thanks the Global Recognition Award team for this once-in-a-lifetime recognition. "Thank You!"



Introduction to Machine Learning Through Poetry



Book Review

Fruit Vegetarian by Yeeshtdevisingh Hosanee is a bold and imaginative fusion of science, metaphor, and poetry. In an educational landscape dominated by rigid technical explanations, this book offers a refreshing and accessible take on Machine Learning by comparing its processes to natural vegetation cycles. Through the metaphor of fruit and plants, complex algorithms and data patterns are demystified, making the subject more engaging for younger generations and non-technical readers. The author's interdisciplinary approach—blending science with philosophy and poetic expression—challenges conventional learning methods and invites deeper reflection on how we interpret knowledge.

What truly sets this book apart is its unique use of poetry as a medium to explain and reflect on Machine Learning. The verses provoke curiosity, stimulate imagination, and allow readers to connect with technical concepts on a more humanistic level. Yeeshtdevisingh's commitment to inclusivity in education shines through every page, as she bridges the gap between technology and creativity. Fruit Vegetarian not only educates—it inspires. It's a must-read for educators, students, and computer scientists who are open to seeing the future of AI education through a more artistic and intuitive lens.

Dodo Yeesho in Chennai



Book Review

Dodo Yeesho in Chennai is a wonderfully imaginative blend of storytelling, education, and technology, tailored for the digital age. Yeeshtdevisingh Hosanee brings a fresh perspective to programming education by combining the whimsical journey of a flyless dodo with real-world applications of Python, Swift, and Scala. Through Dodo Yeesho's magical transformations into endangered animals across the city of Chennai, readers not only explore biodiversity but also learn how to apply programming logic in a creative context. This unique narrative helps demystify artificial intelligence and programming, making them more approachable, especially for younger readers and those new to the field.

What makes this book truly remarkable is its interdisciplinary approach. Hosanee masterfully integrates ecological awareness, cultural storytelling, and coding education into one cohesive experience. The magic bag and stick serve as metaphors for tools of transformation—both in the digital and natural worlds. As the author champions transdisciplinary education, she demonstrates how learning can be both imaginative and impactful. This book is a standout resource for educators, learners, and anyone passionate about blending science, culture, and technology to inspire the next generation of digital thinkers.

An Interview with Author Yeeshtdevisingh Hosanee



Your books beautifully blend technology with art and storytelling. What inspired you to use poetry and metaphors, like the "Fruit Vegetarian," to explain complex topics like Machine Learning?

Technology, particularly advancements in Artificial Intelligence (AI), is today transforming the landscape of human civilization in profound ways. Yet, five decades ago, this technology was unheard to many, but most probably behind the lab work. The development of neural networks in the 1970's, starting with the pioneering work of John Hopfield and Geoffrey E. Hinton, has been a cornerstone in this transformation.

However, many researchers have revolutionized AI from a laboratory scientific tool to a practical tool, leading to an economic and social growth today. Institutions are using AI chatbot to respond to customers' queries quickly. Social media content creators create videos quickly. Students use AI related application for homework.

As far as AI can bring benefits to society, it can also introduce some other issues such as replacing human jobs, unfairness in job selection process due to its limited dataset, not aligning to our morality and emotional human system.

I believe AI has reached a stage where it is an integral tool for everyone. Therefore, AI should not be confined to the realm of science students alone; it should be as ubiquitous as spoons and forks for the entire global population of 8.2 billion people.

We use a spoon to savor a full bite of rice, and we use a fork to navigate through something more challenging. Similarly, AI should be accessible and essential for everyone, enabling us to enjoy the simplicity of everyday tasks and tackle more complex problems with ease.

In my view, poetry is the simplest way to spark imagination. A poet expresses their thoughts, while the reader interprets and imagines the words in their own world. I wanted to highlight the best wordings that a non-technical reader can grasp by recalling how, in the absence of the internet and technology, a farmer relied on their own intelligence and resourcefulness. They observed the sun to gauge time and cultivate fruits and vegetables. Regardless of the end product, the farmer constantly needed to think with precision and foresight.

With the advent of technology, we often overlook the beauty of the human mind and the power of language. Technology is not exclusively for scientific people, but a social fabric for all.

In your second book, Dodo Yeesho explores animal life while coding in different programming languages. How did the idea of connecting wildlife conservation with AI and programming come about?

To me, when a baby is born and cries, it is not out of fear, but because they are transitioning from the darkness of the womb to the brightness of the world. This navigation through physical life is a significant journey for the baby's body.

We can observe similar behavior in animals. Although they lack the power of language due to differences in their muscular structures, they possess emotions and non-verbal communication. A bird chirps, a dog barks, and a cat mews. For many years, we have looked to animals as companions to understand our own growth. For example, a baby elephant takes nearly two years to be born but may die at 50, while humans have the privilege of improving our living conditions from wooden to concrete to brick, thereby increasing our life expectancy beyond that of an elephant.

I believe that schools should not have separate classes for technology, animals, or climate change, rather an integrated curriculum, what I call interdisciplinary. While many tools like Scratch and Junior Scratch are being developed to introduce programming to children with animal-centric stories, what is missing is a comprehensive catalog of endemic and extinct animals. Losing track of animal species means losing part of our human legacy. By understanding animals' abilities, we can better treat our medical conditions. With 8.3 billion people, each with unique muscular systems, a wide range of animals represents our response to survival.

You mention that the world is not linear, but iterative. How does this philosophy influence both your writing and your approach to interdisciplinary education?

I am from a tropical island nestled in the Indian Ocean. Our supply chain is a rich tapestry of Eastern and Western products, reflecting a cultural and knowledge blend that is deeply ingrained in our DNA. Just as I use products from various countries, I believe that scientific and artistic endeavors are interconnected. Individually, they may seem distinct, but together, they form a cohesive whole, aligning with long-term goals.

During my primary school years, our textbooks were filled with lessons about animals under threat and those facing extinction, emphasizing the importance of animal conservation. However, these lessons were taught in separate classes, along with subjects like mathematics, English, French, and geography. Today, we have integrated more subjects for primary school children, such as STEM and humanities. While adding more academic subjects to a child's curriculum may seem beneficial, I believe it can lead to an overload of information. As adults, we struggle to assimilate and remember vast amounts of information, so it is unrealistic to expect children to do the same.

Looking back at history, in 1950, the global population was approximately 2.5 billion, and today it stands at 8.3 billion. It is logical to assume that as the human population grows, knowledge will diversify, and innovation will flourish. However, it is irrational to think that we need to expand the number of subjects in our educational system. After all, the Earth and our solar system remain constant. Why are we overwhelming our children with excessive information?

Interdisciplinary or integrated research is a new research area which is gaining traction in the academic field today. This curriculum is often referred to as “double degree”, “liberal arts”, “multi-disciplinary” or “transdisciplinary”. Although the word “liberal arts” was introduced by Roman statesman and philosopher Cicero 2000 years ago, till today, it has proven to be very difficult to train staffs and students to think in an integrated way.

As someone working in both academia and creative writing, what challenges do you face when introducing poetic or metaphorical language to technical audiences?

I believe that as humans, we are comfortable with routines, and change is often perceived as risky. Since 2020, I have been submitting my books to publishers, but it has been challenging to get them published in my native country due to the limited number of publishers and lack of interest from writers.

When I sent my international literary work to multiple publishers, it was praised for its creativity, but traditional publishers were hesitant to represent the technical knowledge, considering it too risky in terms of sales for large-scale publication due to their brand positioning. The same applies to literary agents.

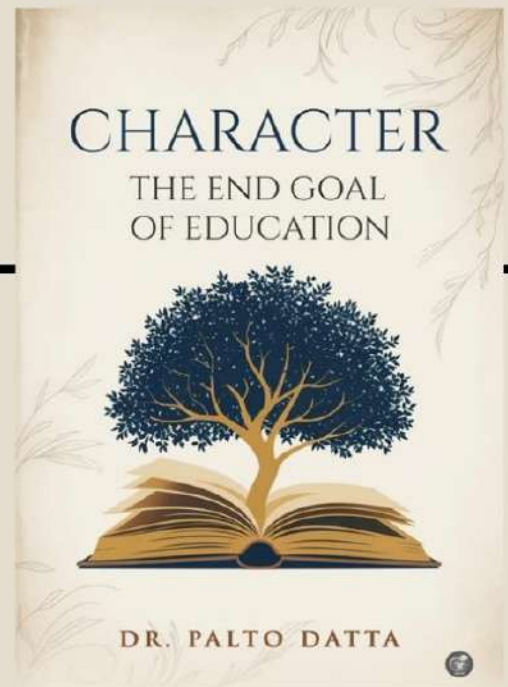
Unable to find an international publisher willing to take on my work for three years, I began self-funding my publications by contacting third-party independent publishers. My books are currently available online, and I hope they will reach a wider audience one day. To date, I have published 18 books, including works in French and English. My books, all related to technology, range from textbooks and non-fictional cultural mixes to poetry and storytelling.

As a book author, writing is not currently a career for me, but rather a passion. I am focused on the philosophy behind my writing, and as a legacy, I want to ensure that anyone who wishes to read my work can access it. To achieve this, my books are registered with the national libraries of France, India, Australia, and the UK, making them available to a broader audience.

Life is short, and knowledge is often scattered. What truly matters is conveying the message you wish to share in an appropriate form. Even if only one person reads your book, the person will be your ambassador, spreading the message to a group of individuals, even after you are not part of this world.

Character: The End Goal of Education

Book Review



Dr. Palto Datta's *Character: The End Goal of Education* is a bold, timely, and deeply reflective work that challenges the current trajectory of global education systems. Written by an experienced academic and thought leader, the book argues with clarity and conviction that education must return to its true essence—shaping character, fostering virtue, and nurturing holistic human development. Drawing from a wealth of experience and interdisciplinary insight, Dr. Datta proposes that the ultimate purpose of education should not be producing mechanised individuals programmed to pass tests but cultivating ethical, resilient, and collaborative human beings who can thrive in complex, interconnected societies.

The narrative is rich and nuanced, weaving together philosophical foundations such as Ubuntu and Stoicism with modern frameworks like Sustainable Development. The book is critical of rigid systems of standardised testing and rote memorisation, which the author contends are insufficient for shaping well-rounded, socially responsible individuals. Dr. Datta introduces the concept of “caring criticism” and advocates for policy reforms that elevate meaningful engagement, community participation, and reflective learning. In doing so, he inspires educators, parents, policymakers, and students alike to reimagine education not merely as a means to employment but as a lifelong journey of character formation.

One of the book's greatest strengths lies in its global outlook and cultural sensitivity. While grounded in universal values, the work acknowledges regional contexts and disparities in educational philosophies and outcomes. Dr. Datta's vast academic background—encompassing science, marketing, and pedagogy across multiple continents—adds immense credibility to his arguments. His ability to distil complex ideas into accessible language without compromising depth makes the book highly readable and relevant to a broad audience.

This is not just a book for academicians; it is a call to action for anyone who believes education should be more than an assembly line of academic credentials. It challenges readers to reflect on their own educational experiences and to question the broader societal goals of learning. With practical insight, philosophical grounding, and a vision for systemic change, *Character* is a manifesto for reform that is both radical and optimistic.

In an era increasingly defined by automation, division, and mental health crises, Dr. Datta's work arrives as a powerful reminder of the human purpose of education. It is a book that dares to ask difficult questions and, more importantly, offers a vision for answers rooted in empathy, equity, and empowerment. For anyone concerned about the soul of education, *Character: The End Goal of Education* is an essential read.

Beyond the classroom, *Character: The End Goal of Education* holds profound implications for how we structure communities, workplaces, and even governance. By centering character and virtue as the foundations of lifelong learning, Dr. Datta implicitly invites organizations and institutions to re-evaluate what they reward and how they define success. The book challenges us to consider: What would our societies look like if empathy, collaboration, and critical reflection were held in as high regard as technical skill or economic productivity? Through this lens, education is not a separate sphere but the very fabric through which social cohesion, civic responsibility, and inclusive progress are woven.

What makes Dr. Datta's vision especially compelling is its hopefulness. While many critiques of modern education stop at diagnosis, this book moves confidently into prescription, offering tangible pathways for transformation. From incorporating community-driven curricula to fostering emotional intelligence and ethical reasoning from an early age, the solutions proposed are as actionable as they are visionary.

Dr. Palto Datta is a seasoned academic with over 27 years of teaching experience in UK higher education. He holds degrees in Plasma Physics and Marketing, including a PhD from the University of Hertfordshire, and has completed certificate programs at Harvard, Penn, Edinburgh, and Samford. A Fellow of several prestigious institutions, he is a Senior Lecturer at Regent College London and leads multiple research and editorial initiatives. Dr. Datta is the author of numerous English and Bengali books and contributes widely to conferences and media. His organization was honoured by the U.S. Congress in 2019. He has travelled to over 75 countries.



Love Across The Realm

Book Review

Love Across The Realm by Ammu Krishna is a heartfelt and imaginative paranormal romance that takes readers on an emotional journey between two beings from vastly different worlds. At the heart of the novel is the love story between Bella, a compassionate and grounded human, and Robert, a celestial and powerful angel who is bound by the sacred laws of heaven. Their meeting is no accident, and as their connection deepens, they are forced to confront not only their feelings but also the immense obstacles that threaten to destroy their bond.

From the moment Bella and Robert encounter each other, there's an immediate sense of tension and wonder. The contrast between Bella's earthly warmth and Robert's divine aura creates a dynamic that is both compelling and emotionally rich. Ammu Krishna does a wonderful job of building their relationship with care, giving readers time to invest in the characters and the stakes of their union. It's not just a tale of love at first sight—it's a story of growth, trust, and mutual sacrifice.



The central conflict—that Robert is forbidden to fall in love with a mortal—adds a compelling layer of tension to the narrative. It's not simply a matter of disapproval from society or family, but divine laws and cosmic order that stand in the way. Krishna explores this theme with nuance, painting a picture of love as something that is at once beautiful and dangerous. The forbidden nature of their relationship feels genuinely high-stakes, with real consequences looming in the form of supernatural opposition and moral dilemmas.

In addition to the romantic storyline, the book also weaves in darker elements that give it depth and suspense. The forces of evil gathering to destroy Bella and Robert's bond aren't just a backdrop—they're an active threat that tests the strength of their connection. These moments bring a sense of urgency to the story and keep the plot moving at a brisk pace. Krishna successfully balances the softness of romantic moments with the tension of external threats, creating a layered and engaging narrative.

The author's prose is accessible and sincere, capturing both the gentleness of affection and the weight of longing. She writes with a clear emotional core, making it easy for readers to empathize with the characters. Bella is a relatable protagonist—kind, brave, and full of heart. Robert, while otherworldly, is given enough vulnerability to make him feel human. Together, their love story feels both fantastical and emotionally real.

Krishna also delves into the themes of destiny, sacrifice, and the power of love to transcend the limitations imposed by society—or in this case, divine decree. Bella and Robert are not passive characters swept up by fate; they make choices, face danger, and fight for what they believe in. Their courage to love in the face of such overwhelming odds is both inspiring and heartbreaking.

Love Across The Realm stands out in the paranormal romance genre for its emotional honesty and spiritual depth. Rather than leaning solely on fantasy elements for drama, Krishna roots her story in the universal struggles of love—distance, disapproval, and the fear of loss. The paranormal backdrop enhances the drama, but it's the emotional truth at the center of Bella and Robert's relationship that makes the novel resonate. This book will appeal to readers who enjoy forbidden romance, fantasy with emotional depth, and love stories that are about more than just attraction—they're about connection, sacrifice, and fighting for something greater than oneself. Ammu Krishna has crafted a story that feels both magical and intimate, a rare blend that will stay with readers long after the final page.

Beyond its romantic and fantastical appeal, *Love Across The Realm* also subtly reflects on larger philosophical questions about fate, free will, and the boundaries between realms. Ammu Krishna raises thought-provoking ideas about the nature of divine authority and whether love can exist outside of the rigid structures of celestial order. Robert's inner turmoil—torn between duty and desire—mirrors the universal human conflict of choosing between what is expected and what the heart yearns for. Bella, too, must grapple with the gravity of loving someone who defies natural law, knowing that their union could invite peril.



These deeper themes elevate the story, making it more than just a romance—it's a meditation on the costs of transcending boundaries for love.

Another standout aspect of Krishna's storytelling is her vivid worldbuilding. The celestial realm, with its golden halls, ethereal guardians, and sacred laws, is described in such rich detail that it becomes a character in its own right. Contrasted with the familiar, grounded world Bella inhabits, the divide between heaven and earth feels tangible and immense. Yet, Krishna skillfully bridges these two realms through emotional resonance and narrative tension. Her descriptions are poetic without being overly ornate, and the supernatural elements feel fully integrated into the story's emotional landscape. Whether describing a quiet moment under the stars or an epic clash between heavenly and dark forces, Krishna maintains a careful balance between wonder and intimacy.

FROM SHELF TO SELF

Crafting an Author Aesthetic Readers Remember

—Shakshee Sahu

Why Aesthetic Matters

In today's digital-first world, readers often meet the author before the book. Your author aesthetic—how you present yourself visually and tonally online—plays a key role in how readers perceive and remember you. Much like Taylor Swift's distinct "Eras" where each album has a clear emotional and visual identity, authors too can cultivate a brand that goes beyond blurbs and bios.

What Is an Author Aesthetic?

An author aesthetic is your unique creative signature. It includes your book covers, website colors, social media visuals, caption tone, and even your personal style. Think of Neil Gaiman's gothic, monochromatic vibe or Rupi Kaur's minimalistic poetry paired with soft, earthy visuals. These are not random—they're carefully crafted to reflect their stories and personalities.

The Power of Consistency

Readers crave familiarity. Just like Stephen King's name evokes eerie imagery and suspense, your aesthetic can evoke emotional memory. Consistent use of colors, tones, and language across platforms builds brand trust. J.K. Rowling's magical, whimsical aura stretches from her book covers to her Twitter presence, reinforcing her identity beyond just Harry Potter.

Building Your Own Style

Start by reflecting on the emotional core of your work. Is your writing healing, dark, romantic, or empowering? Let that inform your visual tone. For example, if you write cozy romances like Emily Henry, consider using warm tones, nostalgic fonts, and playful language online.

Final Thought

A cohesive author aesthetic isn't about being trendy—it's about being unforgettable. When style meets substance, readers don't just remember your books—they remember you. From your shelf to your self, your aesthetic becomes your lasting imprint in a crowded literary world.

UNDERSTANDING (OCD)

OBSESSIVE-COMPULSIVE DISORDER

Obsessive-Compulsive Disorder (OCD) is a chronic and debilitating mental health disorder characterized by recurring, intrusive thoughts (obsessions) and repetitive behaviors (compulsions) that an individual feels driven to perform. These obsessions and compulsions can consume significant time and cause distress, interfering with daily functioning and relationships.

Definition of Obsessive-Compulsive Disorder (OCD)

Obsessive-Compulsive Disorder (OCD) is a mental health disorder characterized by recurring, intrusive thoughts (obsessions) and repetitive behaviors (compulsions) that an individual feels driven to perform. These thoughts and behaviors can interfere with daily life and cause significant distress.

Key Characteristics of OCD

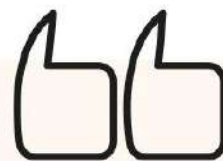
- **Obsessions:** Unwanted and distressing thoughts, images, or urges that recur and persist.
- **Compulsions:** Repetitive behaviors or mental acts aimed at reducing anxiety or preventing perceived harm.

Impact of OCD

- **Interference with daily life:** OCD symptoms can significantly impact daily functioning and relationships.
- **Distress and anxiety:** OCD symptoms can cause significant emotional distress and anxiety.



DR. MEGHA SHARMA



Dr. Megha Sharma is an Associate Professor at Dr. APJ Abdul Kalam University, Madhya Pradesh, with a strong academic foundation that includes a B.A., M.A. in Hindi Literature and Psychology, B.Ed., M.Ed., and a Ph.D. in Psychology. She specializes in mental health and psychological disorders, with a keen interest in Obsessive-Compulsive Disorder (OCD). Her interdisciplinary expertise enhances her teaching and research, blending literary insight with psychological analysis. Dr. Sharma is committed to promoting mental health awareness and contributes actively to academic development through research, mentoring, and education. She is based in Indore and continues to inspire through her scholarly work.

Treatment for OCD

- Cognitive Behavioral Therapy (CBT): Effective therapy for OCD, particularly Exposure and Response Prevention (ERP).
- Medication: Selective serotonin reuptake inhibitors (SSRIs) can help manage OCD symptoms.

Common Symptoms of OCD

- Contamination Obsessions: Fear of germs or contamination, leading to excessive handwashing or cleaning
- Checking Compulsions: Repeatedly checking locks, appliances, or other things to prevent harm
- Symmetry and Order Obsessions: Preoccupation with objects being arranged in a particular way
- Ritualistic Behaviors: Repetitive actions performed according to strict rules
- Intrusive Thoughts: Unwanted thoughts or images that cause distress

Causes and Risk Factors of OCD

- Genetic Factors: Family history of OCD or other anxiety disorders may increase the risk
- Neurobiological Factors: Abnormalities in brain function and neurotransmitter imbalances, particularly serotonin and dopamine
- Environmental and Psychological Factors: Stressful life events, trauma, or childhood experiences may trigger OCD symptoms

Treatment Options for OCD



- Cognitive Behavioral Therapy (CBT): Effective therapy for treating OCD, particularly Exposure and Response Prevention (ERP)
- Mindfulness-Based Cognitive Therapy (MBCT): Combines mindfulness practices with cognitive therapy to manage obsessive thoughts
- Pharmacotherapy: Medications like selective serotonin reuptake inhibitors (SSRIs) can help manage OCD symptoms
- Medication Adherence: Consistent use of medication can maintain stability
- Support Networks: Engaging with supportive family, friends, or support groups provides emotional support
- Routine and Structure: Maintaining a structured routine and practicing relaxation techniques can help manage anxiety.

Living with OCD

- Regular Therapy: Continued participation in therapies like CBT and MBCT can help manage symptoms

Obsessive-Compulsive Disorder (OCD) can affect individuals across various age groups, from children to adults. The impact of OCD can vary depending on the age and developmental stage of the individual.

Children (5-12 years)

- Academic performance: OCD symptoms can interfere with a child's ability to focus and complete schoolwork.
- Social relationships: OCD symptoms can make it difficult for children to form and maintain friendships.
- Emotional distress: Children with OCD may experience significant emotional distress, including anxiety and frustration.

Adolescents (13-19 years)

- Academic performance: OCD symptoms can impact a teenager's academic performance and ability to complete homework.
- Social relationship: OCD symptoms can strain relationships with friends and family members.
- Self-esteem: OCD symptoms can negatively impact a teenager's self-esteem and confidence.

Adults (20-64 years)



- **Work performance:** OCD symptoms can impact an adult's ability to perform their job duties and maintain productivity.
- **Relationships:** OCD symptoms can strain relationships with family and friends.
- **Quality of life:** OCD symptoms can significantly impact an adult's overall quality of life.

Older adults (65+ years)

- **Quality of life:** OCD symptoms can impact an older adult's overall quality of life and ability to engage in activities they enjoy.
- **Health concerns:** OCD symptoms can exacerbate existing health conditions or lead to new health concerns.
- **Social isolation:** OCD symptoms can contribute to social isolation and loneliness

OCD can have a significant impact on individuals across various age groups. It's essential to recognize the symptoms of OCD and provide effective treatment and support to help individuals manage their symptoms and improve their quality of life.

Conclusion



Obsessive-Compulsive Disorder (OCD) is a complex and debilitating mental health condition that can significantly impact an individual's quality of life. Characterized by recurring, intrusive thoughts (obsessions) and repetitive behaviors (compulsions), OCD can cause significant distress and impairment in daily functioning.

Key Takeaways

- **OCD is a treatable condition:** With effective treatment, individuals with OCD can manage their symptoms and improve their quality of life.
 - **Early intervention is crucial:** Early recognition and treatment of OCD can help prevent long-term consequences and improve outcomes.
- Support is essential: Family and friends can play a critical role in supporting individuals with OCD and helping them access effective treatment.

Future Directions

Increased awareness: Raising awareness about OCD can help reduce stigma and encourage individuals to seek treatment.

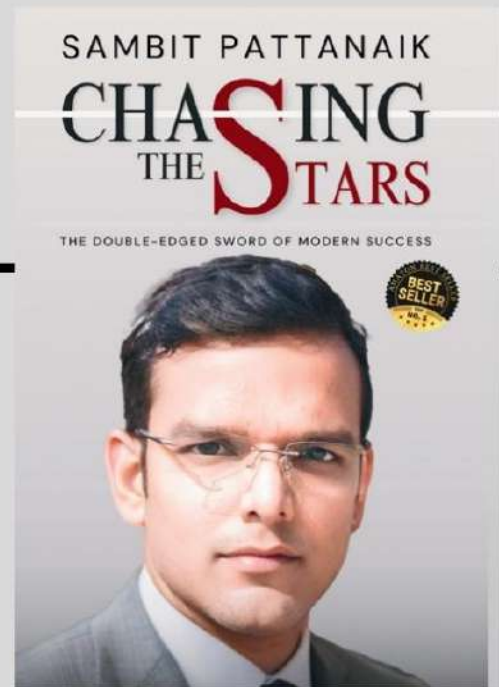
Improved treatment options: Continued research into the causes and treatment of OCD can lead to more effective and personalized treatment options.

Support for families and caregivers: Providing support and resources for families and caregivers can help them better understand and support individuals with OCD.

By understanding OCD and its impact, we can work towards providing effective treatment and support for individuals affected by this condition.

Chasing The Stars

Book Review



In *Chasing the Stars: The Double-Edged Sword of Modern Success*, Sambit Pattanaik presents a timely and deeply reflective examination of ambition, success, and the emotional costs often hidden behind high achievement. In an age where the chase for professional accolades often overshadows personal well-being, Pattanaik’s message is both necessary and powerful. This book is not simply a self-help guide or a career development manual—it’s a soulful call to introspection, authenticity, and balance.

Drawing from his personal journey from the shop floor to the executive boardroom, Pattanaik brings rare authenticity to the topic of ambition. Unlike many leadership books that glorify relentless drive and workaholicism, *Chasing the Stars* dares to explore the downsides of unchecked ambition. Pattanaik neither demonizes success nor romanticizes sacrifice—instead, he urges readers to redefine what success truly means in the context of their own values and well-being.

From the outset, the book poses a profound question: what does it mean to craft a life you genuinely love? Pattanaik invites readers to reflect on their personal motivations, fears, and aspirations, challenging them to look beyond societal expectations and industry norms. The discussion here is not abstract. Through candid personal anecdotes and moments of self-doubt, the author shares how he once equated professional success with fulfilment, only to realize that true meaning lies in balance, alignment, and purpose.

A standout feature of the book is how it merges real-world leadership wisdom with psychological insight. Pattanaik offers practical tools and exercises to help readers identify their true passions and align them with career goals. He delves into the modern struggle to balance career ambition with personal interests and relationships, demystifying the idea of “work-life balance.” Rather than presenting it as a fixed state to be achieved, he frames it as a dynamic, ongoing negotiation between competing priorities—a more honest and achievable perspective.

Chasing the Stars by Sambit Pattanaik is a thought-provoking and heartfelt exploration of ambition, leadership, and personal fulfillment. At its core, the book challenges the conventional definition of success, critiquing society's overemphasis on external achievements like titles, salaries, and accolades. Pattanaik urges readers to rethink their pursuits and instead build a life rooted in legacy, purpose, and meaningful relationships. His message is clear: true success lies not in metrics but in values that stand the test of time.

Drawing from his rich experience as a senior HR leader, Pattanaik delves into leadership with a focus on empathy, empowerment, and authenticity. He highlights the importance of servant leadership, emphasizing that the best leaders uplift others rather than seeking glory for themselves. His own philosophy—marked by humility, continuous learning, and service—runs consistently throughout the book. This makes his leadership model both inspiring and accessible, especially for professionals seeking deeper meaning in their roles.

The book's approachable tone and sincere storytelling make it resonate across audiences, from corporate veterans to those just beginning their careers. Pattanaik does not shy away from discussing the emotional cost of unchecked ambition, including burnout, disillusionment, and lost opportunities for joy. This vulnerability, combined with practical wisdom, makes the narrative both relatable and impactful—more a conversation with a trusted mentor than a traditional self-help guide.

A key strength of Chasing the Stars lies in its holistic view of life and growth. Pattanaik emphasizes the role of personal passions—like fitness, cycling, and golf—as sources of balance and resilience. He doesn't offer simplistic solutions but instead encourages readers to reflect on profound questions about their aspirations and the true meaning of a fulfilling life. In a world driven by constant achievement, this book is a rare and essential guide to finding clarity, purpose, and peace. Pattanaik's insights serve as a gentle but firm wake-up call to redefine what it means to truly thrive. His work encourages readers to pursue success that not only elevates their careers but also nourishes their souls.

Sambit Pattanaik is a distinguished HR leader and strategic thinker with a track record of driving transformative change across industries. He specializes in crafting people strategies that align with organizational growth and resilience. A firm believer in servant leadership, Sambit focuses on empowerment, inclusivity, and building high-performance cultures. Outside of work, he is an avid marathoner, cyclist, golfer, and blogger, viewing fitness as a reflection of discipline, resilience, and balance. His passion for continuous learning and personal growth informs his leadership style. In Chasing the Stars, he blends professional insights with personal experiences to explore meaningful success and purposeful living.



INSPIRE IMPACT IGNITE

Book Review

INSPIRE IMPACT IGNITE: Leadership is a STORY, Not a TITLE by Mr. Kuruva Venkataramana Murthy is a thought-provoking and transformational book that redefines leadership in a deeply human, inclusive, and practical way. At a time when leadership is often perceived as something reserved for the elite—defined by status, titles, or corporate influence—this book offers a compelling counter-narrative: that leadership is accessible to everyone and begins not with power, but with purpose, authenticity, and story.

Murthy's central thesis is powerful and refreshingly simple—leadership is not about holding a title; it's about telling a story that resonates. Drawing from his own rich experiences as a corporate leader, meditator, holistic healer, and awareness coach, he skillfully weaves together wisdom from business, spirituality, and personal growth. The result is a guide that does far more than instruct; it inspires, uplifts, and empowers readers to find the leader within themselves, regardless of where they are in life.



The book is particularly relevant to a diverse range of readers. From CEOs and managers looking to motivate their teams more effectively, to emerging leaders crafting their personal brand, to mothers, teachers, and community builders navigating everyday influence—Murthy speaks directly to each of them. His message is that storytelling is a universal leadership tool, one that transcends context and background. It's this democratization of leadership that gives the book its unique strength.

What sets this book apart is its highly actionable content. Unlike many leadership books that remain theoretical, **INSPIRE IMPACT IGNITE** is packed with practical frameworks, templates, reflective exercises, and even role-playing scenarios. These tools are designed to help readers not just understand storytelling, but apply it meaningfully in their lives. Whether you're preparing a high-stakes corporate presentation, leading a community project, or having a tough conversation at home, the tools presented can be adapted to fit the situation. Murthy's approach emphasizes alignment between head and heart—between logic and emotion—which makes his storytelling methodology not only effective but also deeply human.

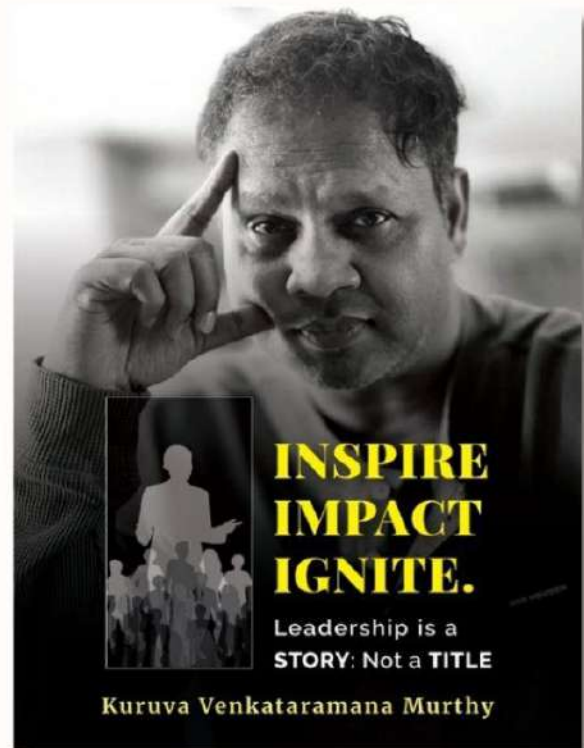
One of the most compelling aspects of the book is its guidance on handling conflict and crises. In today's complex and emotionally charged environments, many leaders struggle to communicate with clarity and empathy under pressure. Murthy offers a refreshing alternative: use story as a bridge. He shows how authentic narratives, drawn from personal truth and delivered with transparency, can disarm resistance, rebuild trust, and foster real understanding.

His strategies emphasize not just what to say, but how to say it in a way that connects, especially when tensions run high.

There is also a strong undercurrent of holistic growth throughout the book. Murthy doesn't just want readers to become better leaders in a professional sense—he wants them to evolve as people. The book offers quarterly growth strategies and practices that encourage continuous self-reflection, realignment, and expansion. It's not about quick fixes or leadership hacks; it's about developing a narrative legacy that grows with you over time and becomes a source of strength, identity, and inspiration.

Murthy's unique background adds considerable depth and credibility to his message. As someone who transitioned from leading a major Indian conglomerate to becoming a spiritual seeker, healer, and storyteller, he writes with rare authenticity and humility. His journey—from corporate boardrooms to cosmic exploration—enriches every page, offering readers not just a guide, but a companion who has walked the path himself. His previous works and coaching experiences lend weight to his voice, and his tone throughout the book is warm, encouraging, and deeply respectful of the reader's potential.

The writing itself is engaging and accessible. Murthy does not overwhelm with jargon or abstract theories. Instead, he uses stories—his own and others'—to illustrate key points in a relatable way. He speaks as a mentor rather than a lecturer, inviting readers to reflect, to try, to grow. His language is simple but profound, and his messages linger long after the pages are turned.



Ultimately, **INSPIRE IMPACT IGNITE** is more than a book—it's a movement. It invites a shift in perspective: from seeing leadership as a position to embodying it as a practice. It challenges conventional models and replaces them with something far more meaningful: a call to lead with authenticity, empathy, and story. In doing so, Murthy empowers readers not only to influence others but to transform themselves.

This is a must-read for anyone who wants to lead with heart and substance in any aspect of life. Whether you're looking to elevate your career, connect more deeply with your team, or make a lasting difference in your community or family, this book offers both the inspiration and the tools to get there. With **INSPIRE IMPACT IGNITE**, Mr. Kuruva Venkataramana Murthy offers a timeless reminder: your story matters—and through it, you can lead, impact, and ignite change in ways you never imagined.

Bullets to Betrayals

Book Review



V.B. Bonny's *Bullets to Betrayals: A Dark Love Story Wrapped in Bullets and Secrets* delivers a gripping, emotionally-charged narrative that walks a razor's edge between love and danger. At its core, the novel explores the murky grey areas of justice, loyalty, and romance—all intricately woven together through the lives of its compelling protagonists, Arav Virk and Saira Sravya. With lyrical intensity and cinematic pacing, Bonny crafts a world that is both alluring and terrifying, pulling the reader into the undercurrents of power and betrayal.

Arav, an IPS officer haunted by the disappearance of Meera, returns to a city cloaked in secrets and shadows. He is disciplined, precise, and burdened by loss. Enter Saira, a fearless investigative journalist whose sharp intellect and bold curiosity threaten to unravel more than just old cases—they threaten the very armour Arav has wrapped around his heart. Their dynamic brims with tension, passion, and vulnerability, making their evolving relationship both unpredictable and intensely human.

The story unfolds like a thriller but carries the soul of a love story. Every revelation feels earned, every moment of tenderness precarious. Bonny's prose is crisp yet poetic, with just the right amount of emotional weight. The backdrop of Shivrang is alive with political intrigue, systemic corruption, and haunting personal histories, making the stakes unbearably real. The interplay between duty and desire, fact and feeling, builds a narrative that is at once romantic and ruthlessly honest.

What sets *Bullets to Betrayals* apart is its refusal to simplify its characters. Arav is not a flawless hero—his inner conflict adds layers to his decisions. Saira, too, is not merely a love interest or sidekick; she is as essential to the unraveling of the mystery as she is to Arav's emotional transformation. Their journey doesn't seek resolution in typical romantic tropes but rather in the raw truth of shared pain and understanding.

Bonny's strength lies in her ability to balance plot and emotion, darkness and light. With each twist, she adds depth to her characters and sharpens the tension. The betrayals are not just acts of violence or disloyalty—they're often emotional, subtle, and intimately devastating. The bullets fired in this story are metaphorical as much as they are real, making the title resonate long after the final page.

Bullets to Betrayals is a masterful blend of romantic suspense and psychological depth. It will appeal to readers who enjoy high-stakes storytelling rooted in human fragility and strength. Bonny proves once again that she can write not just with technical brilliance, but with heart. This novel doesn't just entertain—it lingers, like a secret you can't shake or a scar you've learned to live with.

In addition to its emotionally layered characters and gripping narrative, *Bullets to Betrayals* stands out for its atmospheric world-building. Shivrang is more than just a setting—it is a breathing, brooding character in its own right. From rain-soaked alleys to dimly lit interrogation rooms, every detail immerses the reader in a world where shadows hold secrets and silence can be deadly. Bonny uses the city's political and social landscape not just as a backdrop but as a force that shapes her characters' choices and challenges. The corruption that festers beneath the surface mirrors the inner battles faced by Arav and Saira, drawing a haunting parallel between personal and societal betrayals.

Bonny also explores the themes of memory and redemption with a deft hand. Arav's search for Meera is not just a subplot—it is a manifestation of his inability to forgive himself or let go of the past. Similarly, Saira's relentless pursuit of the truth is deeply personal, driven by wounds that are both professional and emotional. As the narrative progresses, both characters must confront the ghosts they carry—not to erase them, but to learn how to live with them. In doing so, *Bullets to Betrayals* becomes more than just a romantic thriller—it becomes a meditation on grief, identity, and the cost of loving in a world that doesn't always reward vulnerability.

V.B. Bonny is a bestselling author known for her emotionally rich and lyrically intense storytelling. Her breakout novel, *Not Your Silver*, topped the Medical Romance charts, while her debut poetry collection, *The Lost Letters of Her Heart*, explores themes of love, loss, and feminine resilience. An M.Tech graduate from IIT in Mechanical Engineering, Bonny blends her analytical background with a poetic voice, creating stories that are both intellectually engaging and emotionally resonant. With a strong social media presence, she shares powerful daily snippets of poetry and fiction, captivating a growing audience drawn to her romantic, dark, and thought-provoking narratives.



-ZINNIA LAHA

DEADLINE VS INSPIRATION

What Really Fuels a Writer's Best Work?

Deadline vs. Inspiration: What Really Fuels a Writer's Best Work?

Writers often find themselves caught between two forces: the pressure of a looming deadline and the hope of a perfect creative spark. But instead of treating them as rivals, consider how they can work together to help you write better, faster, and with more joy.

Inspiration: The Spark That Starts the Fire

Inspiration is powerful. It gives you those moments where the words pour out effortlessly. Use these bursts to brainstorm freely, write emotional scenes, or explore new ideas. Carry a notebook or app to capture sparks anytime they come — don't wait for perfect conditions.

Deadlines: Your Secret Weapon for Discipline

While inspiration is exciting, deadlines are essential. They create structure and prevent procrastination. Famous authors like Stephen King and Jodi Picoult follow strict writing routines — proving that showing up daily matters more than waiting for the muse.

Set mini-deadlines for chapters, drafts, or revisions. Even self-imposed ones can keep you moving forward.

The Balance: Structure That Invites Creativity

Build a writing habit that welcomes inspiration within a routine. Start writing at the same time daily, even if you don't "feel" ready. Once you're in motion, creativity often follows.

Think of deadlines as containers, and inspiration as what fills them. Together, they help shape your best work.

Tip for Writers

Don't wait for motivation — create momentum.

Break big deadlines into smaller, manageable goals.

When inspiration hits, ride the wave — but when it doesn't, trust the process.



Empower Thyself with 31 Scintillating Stars

Book Review

Empower Thyself with 31 Scintillating Stars by Shalaka Anish Kering is a luminous guide to unlocking one's inner potential, cultivating a growth mindset, and embracing the art of intentional, empowered living. This book isn't just a self-help manual—it's a heartfelt invitation to embark on a journey of personal evolution, guided by the profound belief that we are all creators of our own destiny.

Structured around 31 powerful reflections—each a “scintillating star”—the book offers readers a daily dose of motivation, insight, and mental clarity. Every chapter acts as a mirror, prompting introspection, challenging limiting beliefs, and encouraging action. Whether you are navigating personal challenges, seeking a renewed sense of direction, or simply yearning for daily inspiration, this book provides a reliable compass. The “stars” themselves are diverse in theme but unified in their purpose: to illuminate the reader's path and spark the courage needed to live authentically and powerfully.



Shalaka's writing stands out for its clarity, warmth, and accessibility. She manages to distill complex psychological and philosophical ideas into digestible, relatable lessons without ever sounding preachy or abstract. Her tone is that of a trusted mentor—encouraging, wise, and practical.

The prose flows smoothly, making it ideal for readers from all walks of life, whether they are seasoned personal development enthusiasts or newcomers exploring the world of empowerment for the first time.

What makes this book particularly impactful is how seamlessly it blends inspiration with application. Each star isn't just a feel-good message—it's a call to action. Shalaka gently pushes readers to not only think differently but to live differently. Her background as a Brain Development and Memory Enhancement Coach is evident in the structured thought process and clarity she brings to each concept. Drawing from her work with thousands of individuals through her organization, Brain Universe, she shares insights that are tried, tested, and rooted in real-life transformation.

Another compelling layer of the book is its strong emphasis on the mind as the starting point of all creation. Shalaka underscores the truth that every experience we have—be it success, happiness, or resilience—originates in the mind. By aligning thoughts with intention and taking deliberate action, we can transform our external reality. This recurring theme creates a sense of empowerment that runs through the entire book, instilling in the reader a growing awareness of their own agency.

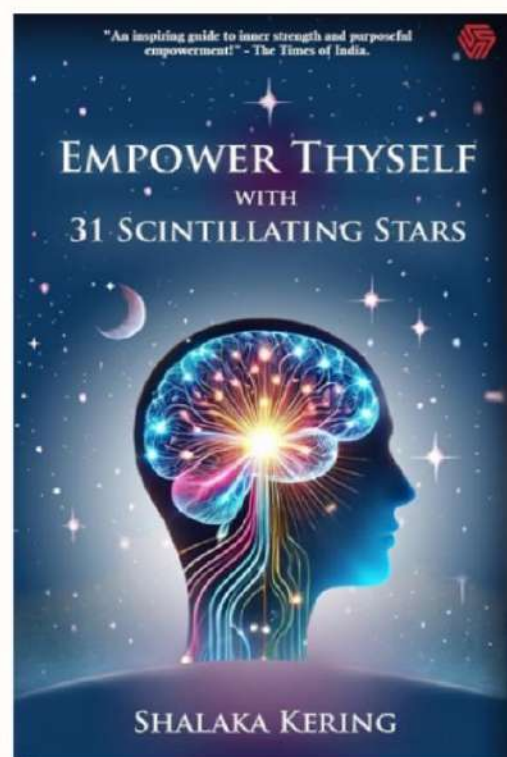
Self-Help

The author's personal journey adds credibility and inspiration to the narrative. Her transition from a successful career in the IT industry to founding a revolutionary brain development institute is a story of passion, courage, and purpose. Her achievements as an educator, coach, and changemaker—particularly her pioneering work in memory sports and cognitive empowerment—reflect the very principles she advocates in the book. It's particularly inspiring to read about how she began this journey with her own daughter, Anaisha, whose extraordinary accomplishments serve as living proof of the power of belief, strategy, and nurture.

Throughout the book, Shalaka remains deeply rooted in a value-driven philosophy that combines inner awareness with outer action. She draws on a blend of spiritual insight, psychological research, and lived experience to craft each chapter, offering a holistic approach to self-empowerment. Whether addressing the importance of self-worth, the necessity of emotional resilience, or the magic of focused thought, her message is consistently uplifting and deeply resonant.

The book's structure—31 stars for 31 days—makes it ideal for anyone looking to begin a month-long journey of transformation. Each reflection is short enough to digest in a single sitting, yet profound enough to ponder throughout the day. Readers are encouraged not only to read but to engage, reflect, and journal their thoughts, making the experience interactive and personalized. This format also enhances its longevity; it's a book that can be revisited repeatedly, offering new insights with each read as the reader evolves.

What sets *Empower Thyself with 31 Scintillating Stars* apart from many other books in the genre is its authenticity.



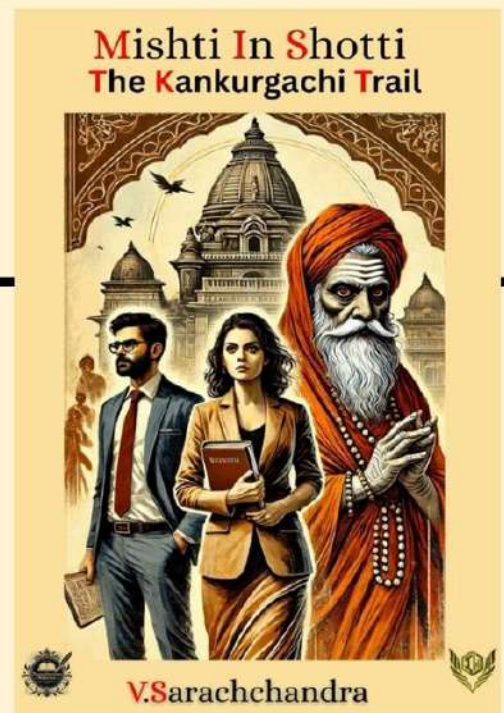
It's clear that Shalaka writes not just from theory, but from lived wisdom. Her passion for helping others shines through every word. She doesn't offer shortcuts or empty platitudes. Instead, she provides thoughtful, strategic guidance grounded in the belief that everyone—regardless of age, background, or circumstances—has untapped potential waiting to be realized.

In essence, this book is both a mirror and a map. A mirror that reflects your current mindset and habits, and a map that offers clear steps toward a more empowered, purposeful life. It's perfect for readers seeking clarity, motivation, and a structured approach to personal development. It's equally valuable for educators, parents, coaches, and community leaders who wish to inspire those they guide.

It's a transformative companion for anyone ready to lead a more intentional and empowered life.

In Mishti In Shotti: The Kankurgachi Trail

Book Review



In *Mishti In Shotti: The Kankurgachi Trail*, debut author Sarath Chandra takes readers on a gripping ride through the shadowy intersections of finance, faith, and fear. Set against the vibrant and enigmatic backdrop of Kolkata, this novel deftly combines the precision of a financial thriller with the atmosphere of a psychological mystery, delivering a story that is as intellectually stimulating as it is emotionally immersive.

At the center of the narrative is Ananya Chatterjee, a forensic auditor who thrives on facts, logic, and data. Her life is a meticulously organized spreadsheet—until one seemingly routine fraud case pulls her back to the city she had left behind: Kolkata. What begins as an investigation into missing funds and suspicious donations to an old temple trust quickly spirals into something much darker and more sinister. Disappearances, cryptic warnings, and a string of increasingly unsettling discoveries force Ananya to reckon not just with a mounting conspiracy but with buried memories and unresolved emotions.

One of the novel's standout strengths is its protagonist. Ananya is a fully realized, multidimensional character. She's intelligent, tough, and driven, but also vulnerable in ways that make her deeply relatable. Her analytical mind clashes with the irrational forces she encounters, and this inner tension becomes one of the book's most compelling elements. Sarath Chandra's portrayal of her mental and emotional journey adds depth to the story, transforming a standard investigation into a deeply personal quest for truth and understanding.

The setting of Kolkata is brought to life with evocative detail. The author clearly has a strong grasp of the city's layers—its history, contradictions, cultural rhythms, and hidden fears. The Kankurgachi locality becomes more than just a backdrop; it's almost a character in itself, echoing the duality that runs through the novel: modernity entangled with myth, logic disrupted by lore. The narrative plays on this tension beautifully, allowing readers to feel both the charm and the chill of the city's undercurrents.

Sarath Chandra's professional background in finance and forensic auditing lends a great deal of authenticity to the procedural aspects of the plot. The financial fraud investigation is meticulously laid out, and even for readers unfamiliar with the intricacies of finance, the exposition is clear and engaging. He balances technical accuracy with narrative accessibility, avoiding jargon overload while still maintaining credibility. This careful balance ensures that the story remains engaging for a broad range of readers.

What truly elevates *Mishti In Shotti* is the subtle transition it makes—from a purely logical mystery into a realm where belief, history, and spiritual legacy hold sway. This genre-bending quality infuses the story with an eerie sense of suspense. Just when readers begin to settle into a pattern of rational deductions, the narrative pivots. The ancient temple, with its shadowy past and guarded secrets, becomes a gateway into an older, more primal dimension of the story. It's a haunting shift, handled with grace and precision, and it deepens the novel's impact.

Chandra's prose is both crisp and lyrical. His background as a Telugu poet and artist is evident in the rhythm and sensitivity of his writing. There's a quiet intensity to the way he constructs scenes—an attention to detail that invites readers to look beyond the surface. Whether he's describing a cluttered ledger, a fading mural, or a dimly lit corridor in a crumbling temple, his language carries weight and atmosphere.

The themes explored in the book are as layered as its plot. At its core, this is a story about trust—financial, emotional, institutional. It questions what we believe in and why, probing into the reliability of facts and the seduction of faith. The idea that truth can be distorted by those who control the narrative—be it through numbers or rituals—is woven throughout the story. Chandra raises provocative questions without offering simple answers, choosing instead to leave space for ambiguity and introspection.

In doing so, *Mishti In Shotti* doesn't just unravel a mystery—it invites readers to interrogate the boundaries between the tangible and the intangible. It's a rare debut that combines intellectual rigor with emotional resonance, leaving a lasting impression well beyond its final page.

Mr. Vangara Naga Durga Sarath Chandra is a seasoned finance professional with over 12 years of experience and a passion for creativity. Holding an MBA in Finance, he is pursuing a master's in Economics and a cost accountant certification, alongside being a Six Sigma Green Belt and a certified forensic auditor. Beyond his professional life, he is a trained Telugu poet, artist, and bilingual storyteller. Writing under various pen names, he brings depth to both English and Telugu literature. Passionate about translation and cultural expression, Mr. Chandra seeks to inspire and connect through both his financial expertise and creative pursuits.



Beneath The Burnt Pages

Book Review

Author Nikitha Kunta's debut novel, "Beneath The Burnt Pages" is not your typical love story; in fact, it is far more intimate, fragile and hauntingly profound. Rooted deeply in the genre of literary fiction, this remarkable book offers the readers a soulful meditation on grief, emotional resilience and the beauty of quiet companionship. Set against the evocative backdrop of a Turkish village, the narrative flows like a soft breeze that occasionally cuts sharp like a memory. Interestingly, it is a novel that does not shout; it whispers and slowly unfolding the truths that sit heavy on the heart. Besides, the manner in which the author had carried out the task of storytelling in her book is captivating enough to make the readers quench for more with every turn of the page, and this is something that actually makes this title reading worthy!

Author Nikitha Kunta is known for her book, "Beneath The Burnt Pages" which is a deeply emotional slow-burn novel about love, loss, and healing. She writes stories that gently unravel the human emotions — stories that speak through the silence and linger long after the final page.



Originally from India and now based in the United States, Nikitha balances her career in supply chain management with her passion for storytelling. She finds joy in listening to strangers' stories, telling them in new ways, and spending quiet moments in her own company — often on long walks, soaking in the magic of everyday life. Whereas, this particular title, "Beneath The Burnt Pages" is published by Astitva Prakashan and is released during the period of May 2025. Also, the book is available in both paperback as well as in e-book format and the readers can find this title on all the top online marketplaces.

The story in this book, "Beneath The Burnt Pages" begins when Poo, who is a cultural researcher, stumbles upon a partially burnt diary during her work in a remote Turkish village. What she discovers within those scorched pages is Maya's story — a woman shaped by silence, burdened by duty and scarred by a love that came too late. From this point forward, author Nikitha Kunta's narrative switches between the present and the emotional past chronicled in Maya's diary, immersing the readers in a poignant exploration of what it means to love quietly and suffer silently. The juxtaposition between the researcher and the subject adds a layer of reflection to the storytelling, making it not just Maya's journey, but also a journey of understanding for those who are able to find her words!

On top of that the novel presents the delicate and a reluctant relationship between Maya and Arjun, the two broken people who were brought together by an arranged marriage, which neither of them asked for.

Mystry Thriller

Arjun, a man encased in silence and distant grief, mirrors Maya's internal torment. Both are mourning something, probably someone, and yet find themselves forced into a shared existence. What follows is a slow-burn progression, where the healing does not come in the grand gestures but in subtle shifts. It is this quiet evolution of the emotional intimacy that becomes the soul of this incredible novel. Author's prose is lyrical yet restrained, capturing the moments with a tenderness that is both rare as well as affecting. She allows her characters space to breathe and bleed. Her writing refuses to rush the journey, mirroring real grief which has no timetable.

. One of the Notable Strengths of this book is the author's deep understanding of the human emotions. She does not seek to entertain with flashy plot twists or high-stakes drama. Instead, she captures the small, quiet revolutions that happen within the people when they finally learn to feel again. There is a certain magic in her portrayal of stillness — in shared silences, in unspoken words, in the soft unraveling of guarded hearts. The novel feels deeply personal, as if the author has poured the pieces of her own soul into its pages. She handles the tensions with sensitivity and realism. Her characters are not superheroes — they make mistakes, they retreat, they hurt and they forgive. The resolution does not come in the form of a happily ever after but in hard earned emotional clarity. It is this honesty that gives the story its quiet power!

Now, upon reaching the final part of the review, i.e. the Book Verdict, we can conclude that a title like "Beneath The Burnt Pages" is for sure a reading worthy title. The book deserves a chance by the readers as it is a masterful novel that lingers long after the final chapter.



It is not a book you simply read; rather it is one that you feel. From the lyrical prose to the emotionally rich character arcs, author Nikitha Kunta has crafted a novel that quietly dismantles the idea of what love stories should be and instead delivers what they can be — raw, healing and profoundly human. Moreover, the author's writing respects the slowness of emotional healing, the uncomfortable pauses in the conversation and the time it takes to unlearn the sorrow!

Beneath The Burnt Pages is a deeply moving exploration of love, loss, and healing, told with subtlety and emotional honesty. Nikitha Kunta masterfully captures the quiet struggles of her characters as they navigate grief and cultural expectations, revealing the power of vulnerability and slow emotional growth. This lyrical novel invites readers to reflect on the nature of connection and resilience, making it a profound and unforgettable debut that lingers long after the final page.

THE ROLE OF THEME IN YOUR STORY

-SAKSHEE SAHU

HOW TO WEAVE IT SEAMLESSLY

A story's theme is its underlying message or central idea – the emotional or philosophical thread that ties your narrative together. Whether it's love, redemption, freedom, or identity, a well-woven theme gives your story depth and resonance, making it memorable to readers.

Why Theme Matters

The theme helps your readers connect with your story on a deeper level. It transforms a sequence of events into a meaningful experience by reflecting universal truths or questions. Without a clear theme, stories risk feeling aimless or disconnected.

How to Identify Your Theme

Start by asking yourself: What is my story really about? Beyond the plot, what truth or idea do you want to explore? Themes often emerge naturally from your characters' struggles, choices, and growth.

Integrating Theme Seamlessly

1. Show, don't tell: Instead of stating the theme outright, reveal it through character actions, dialogue, and consequences.
2. Use symbolism: Objects, settings, or recurring motifs can subtly reinforce your theme.
3. Maintain consistency: Keep your theme present throughout, but avoid preaching or over-explaining.
4. Align subplots: Make sure side stories support the main theme, adding layers rather than distracting.

Final Tip

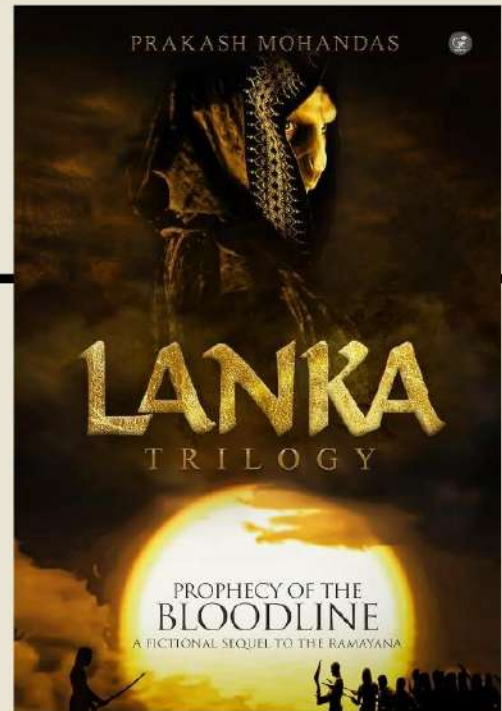
Themes don't have to be heavy or obvious. They can be light, hopeful, or complex – what matters is that they feel authentic to your story's heart.

Mastering theme weaving elevates your writing from a simple tale to a story that lingers long after the last page.



Lanka - The Prophecy of the Bloodline

Book Review



Lanka – The Prophecy of the Bloodline by Prakash Mohandas is an imaginative and thrilling extension of the Ramayana universe, crafted with bold creativity and mythological depth. Instead of merely revisiting familiar events from the epic, Mohandas dares to ask: what happened after the fall of Ravana? The result is a gripping saga that reinterprets and expands upon ancient lore while introducing new characters, conflicts, and an overarching prophecy that adds urgency and intrigue to the narrative.

The story begins in a post-war Lanka where Ravana’s brother, Vibhishana, has been installed as king to usher in a new era of peace and justice. Under his leadership, a new Rakshasa clan—the Lankans—emerges as noble and courageous. However, this fragile peace is soon shattered by the return of Ravana’s sister, Shurpanakha. Far from being a mere supporting character, she is reimagined here as a cunning strategist and power-hungry ruler. Her manipulation of past events—including the abduction of Sita and the ensuing war—are revealed as calculated moves in her ascent to the throne, reshaping our understanding of the original epic in a provocative way.

What follows is a power struggle not just for Lanka, but for the very soul of the Rakshasa people. Shurpanakha seizes control, banishes the Lankans to the forest, and enslaves the remaining Rakshasas, now called the Mayas, under her dark influence. Meanwhile, Vibhishana is held captive, and the once-proud kingdom stands divided. The introduction of a prophecy by the wise sage Vishwamitra sets the larger plot in motion—a prophecy foretelling that the one carrying the true Rakshasa royal bloodline will reunite the warring factions and restore balance. Shurpanakha, aware of this ancient vision, devises a chilling plan: to bear a child who fulfills the prophecy and secures her dominion forever.

Mohandas weaves this complex narrative with a cinematic flair, likely influenced by his background in filmmaking and performing arts. His writing is direct, vivid, and fast-paced, making the story accessible while still retaining the epic grandeur of its mythological roots.

The battle scenes are sharp and immersive, and the detailed world-building brings to life the enchanted forests, divided kingdoms, and mystical rituals of this fictional Lanka.

A standout element of the novel is its bold reimagining of Shurpanakha. Often relegated to the shadows in traditional tellings, she takes center stage here as a formidable villain—intelligent, manipulative, and deeply flawed. Her motivations are rooted in both trauma and ambition, making her a compelling and multidimensional antagonist. Equally strong is the character of Maveera, the leader of the banished Lankans, whose loyalty, resilience, and internal conflicts form the emotional backbone of the story.

While the core characters are well-developed, some secondary figures might benefit from further exploration in future volumes. Given the scale of the world Mohandas is building, more attention to these peripheral roles could enhance the narrative's complexity and emotional resonance. Additionally, readers unfamiliar with the original Ramayana may find certain references or character relationships a bit dense without prior context. Including a glossary or character guide would help make the story more accessible to a broader audience.

Ultimately, *Lanka – The Prophecy of the Bloodline* is an ambitious and captivating work of mythological fiction. It skillfully balances reverence for the original epic with a fresh, creative narrative that stands on its own. Mohandas delivers a compelling story of power, prophecy, legacy, and redemption. It's a must-read for fans of Indian mythology and epic fantasy, and it sets the stage for what promises to be an electrifying trilogy. The emotional undertones, moral complexities, and rich cultural texture ensure that this is more than just a fantasy—it is a story of identity, belonging, and the enduring struggle between light and shadow.

Lanka – The Prophecy of the Bloodline stands out for its layered storytelling and emotional depth. Prakash Mohandas not only reimagines mythology but enriches it with moral complexity and character-driven drama. Themes of destiny, loyalty, and redemption run throughout, giving the narrative a timeless quality. As the first part of a trilogy, it ends on a note of anticipation, promising more intrigue, revelation, and epic confrontations in the volumes ahead.

Prakash Mohandas is a multifaceted artist and entrepreneur known for his work as an author, dancer, actor, musician, and filmmaker. He is the founder of Agni Dance, Agni Entertainment, and the Agni Foundation for the Arts, organizations dedicated to producing and promoting South Asian art across various forms. Through these platforms, Mohandas actively supports and nurtures cultural expression and creativity. Beyond his artistic ventures, he is also engaged in philanthropic efforts, contributing to community development and social causes. His diverse talents and commitment to the arts make him a prominent figure in South Asian cultural circles.



Remnants

Book Review

Aarti Upadhyay's *Remnants: A Journey through Grief, Love and Becoming* is a tender, introspective, and deeply moving literary debut that treads the delicate terrain of human emotions with grace and vulnerability. Rooted in the universal experiences of loss, longing, and healing, the book reads like a quiet conversation between the soul and the self — raw, unfiltered, and hauntingly beautiful.

From the first page, Upadhyay's background in storytelling is evident. With the precision of a seasoned communicator and the heart of a poet, she crafts a narrative that balances personal reflection with emotional resonance. Her words do not shout but instead whisper truths — about the aching void left by loss, the quiet strength required to carry on, and the profound transformation that grief often demands. What elevates the book is not just its thematic focus on sorrow and healing, but how it gracefully oscillates between heartbreak and hope, inviting readers to hold both in the same breath.



The collection does not follow a conventional linear storyline, and that, perhaps, is its greatest strength. Like the very nature of grief — which ebbs, flows, and often circles back — the book is fragmented, yet cohesive. Each piece, whether poem, prose, or reflection, feels like a small shard of a mirror, reflecting moments of vulnerability, memory, and revelation. There is an understated elegance in her writing, with minimalism that packs emotional punch. Readers will find themselves returning to certain lines, not just for their lyrical beauty, but for the truths they quietly carry.

Upadhyay's fascination with human psychology becomes a subtle undercurrent throughout the book. She captures the nuanced ways in which people grieve — sometimes loudly, sometimes silently — and explores how connections, both lost and newly formed, shape our journey of becoming. Her reflections often feel observational yet intimate, as though she's writing both for herself and for anyone who has ever felt the weight of saying goodbye too soon.

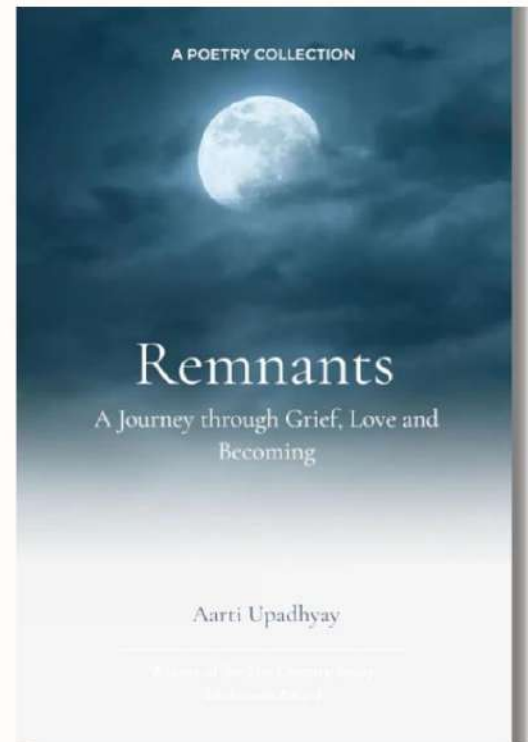
What sets *Remnants* apart from other works in the grief memoir or poetry space is its unwavering authenticity. There is no attempt to rush healing or romanticize pain. Instead, Upadhyay offers readers permission to sit with their sorrow, to honor their stories, and to emerge — not unscarred, but more whole. The inclusion of themes like love, hope, and inner growth ensures that while the book begins in grief, it does not end there. It is, as the title promises, a journey — one that honors the remnants of what was, while gently guiding readers toward what can be.

In a world often uncomfortable with mourning and silence, *Remnants* stands as a quietly defiant act of courage and compassion. It reminds us that grief is not a linear process but a deeply personal, often cyclical experience that changes us — sometimes subtly, sometimes profoundly. Aarti Upadhyay's debut is not just a book; it is an offering — of words, of witness, and of warmth. For anyone navigating the rough waters of loss or seeking solace in shared human experience, this collection will feel like a light gently held up in the dark.

What makes *Remnants* especially compelling is its language — both spare and rich — which holds space for unspoken emotions. Upadhyay's poems and reflections are not weighed down by ornamentation. Instead, they breathe, allowing silence to speak as powerfully as the words themselves. This restraint is not lack but intention; it mirrors the hesitations of grief and the weight of memories that resist neat closure. Through this, the work becomes more than expression — it becomes a mirror, a companion, and at times, a quiet prayer.

The structure of the collection also speaks volumes. The ebb and flow of the pieces echo the emotional tides one experiences in mourning — a testament to the careful, intuitive curation behind the work. There are moments of raw ache followed by unexpected glimmers of resilience, and these shifts feel organic, not imposed. Upadhyay trusts the reader to find their own path through the text, to linger where they need to, and to return when ready. In doing so, she honors both the personal and collective rhythms of healing.

Ultimately, *Remnants* does not claim to offer solutions or closure — and that is precisely its strength. Instead, it offers presence. In a culture that often asks us to move on, to “be strong,” or to bury our grief beneath productivity,



Upadhyay's work insists that mourning has its place — sacred, necessary, and deserving of tenderness. With grace and vulnerability, she opens a space where grief is not an interruption to life, but a part of it. In doing so, she offers readers a gentle, enduring reminder: that in honoring what we've lost, we begin to rediscover what remains.

What also stands out in *Remnants* is the universality of its message. While deeply personal in tone, the emotions Upadhyay channels—grief, remembrance, love—are experiences that connect us all. Her words create a communal space for reflection, not only for those mourning the loss of a loved one, but for anyone who has ever faced transition, heartbreak, or inner change. The book becomes a gentle bridge between the personal and the collective, offering healing through shared humanity. Readers will find themselves not only comforted but also empowered to sit with discomfort, to honour their stories, and to embrace the slow unfolding of becoming whole again.

How to Overcome Writer's Block

Zinnia Laha

Simple, Effective Ways to Get Writing Again

- **Use Writing Prompts:** A random prompt or story starter can spark unexpected ideas and get your creativity flowing when you're stuck staring at a blank page.
 - **Skip the Stuck Scene:** Don't force a part that's not working. Jump ahead to a scene you're excited to write—you can always fill the gaps later.
 - **Try Timed Writing Sessions:** Set a timer for 10–20 minutes and write without stopping. It helps bypass overthinking and builds momentum.
 - **Change Your Environment:** A new setting—like a café, park, or different room—can shift your mindset and inspire new ideas.
 - **Lower the Pressure:** Remind yourself that first drafts don't have to be perfect. Allow yourself to write freely, even if it's messy—you can revise later.
-
- **Read for Inspiration:** Dive into a favorite book or something in your genre. It can reignite your passion and spark new creative thoughts.
 - **Talk It Out:** Share your story idea or block with a friend or fellow writer. Talking it out often leads to fresh insights.
 - **Write Something Else:** Step away from your main project and write a journal entry, poem, or flash fiction to loosen creative tension.
 - **Create a Writing Ritual:** Small habits like lighting a candle, playing a specific playlist, or brewing tea can train your brain to enter “writing mode.”
 - **Revisit Your 'Why':** Reflect on why you started writing your story. Reconnecting with your passion can rekindle your drive to keep going.



Quantum Love Manifestation

Book Review

Nikhil Deotarse's *Quantum Love Manifestation* is a heartfelt and powerful guide that invites readers on a transformational journey through the landscapes of love, healing, and emotional growth. Unlike typical self-help books that offer surface-level relationship advice or quick fixes, this work is deeply rooted in spiritual wisdom, energy science, and emotional authenticity. Deotarse encourages us to stop trying to "fix" others and instead awaken the source of healing within ourselves—where true transformation begins.

The book opens with a compassionate tone, addressing a reality many people face: emotional distance, unspoken hurts, and longing for deeper connection in their relationships. Whether it's romantic love, family dynamics, or friendships, the guidance offered here applies to all forms of human connection. What immediately sets this book apart is Deotarse's approach—he doesn't advocate manipulation or chasing love. Instead, he offers a more conscious and empowering path: to align your inner world with the love you wish to experience on the outside.



Blending ancient Indian wisdom with modern energy healing practices, *Quantum Love Manifestation* delivers practical, accessible tools for emotional and relational healing. Techniques such as silent forgiveness, gratitude rituals, and loving energy transmissions are introduced gently and clearly, allowing readers from all backgrounds to engage with them meaningfully. Each practice feels like a sacred invitation rather than a demand, and Deotarse's gentle guidance makes them feel both doable and deeply personal.

What makes the book especially effective is its emphasis on emotional energy. Deotarse explains how the thoughts we carry, the emotions we suppress, and the wounds we hold onto all radiate energy—and that energy shapes our relationships. Through this lens, healing becomes less about effort and more about inner alignment. When we release past pain, forgive silently, and raise our own emotional vibration, we naturally begin to attract better experiences. Love, in this framework, is not chased—it is magnetized.

The real-life stories interwoven throughout the book add a layer of credibility and warmth. Deotarse shares examples of clients who have mended broken relationships, found peace after years of conflict, and even drawn in new love simply by shifting their internal focus. These testimonials do not feel like marketing—they feel like lived truth. They show that this work, while gentle, is also powerful.

Another strength of the book lies in its emotional honesty. Deotarse acknowledges that healing can be slow, nonlinear, and at times painful.

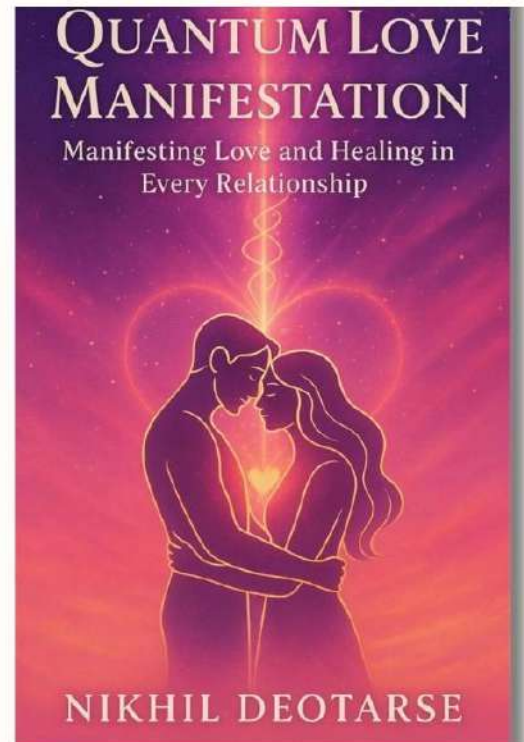
Poetry

He doesn't promise perfection, nor does he present manifestation as a magic trick. Instead, he reminds us that we are always in the process of becoming—that healing is as much about accepting our scars as it is about moving beyond them. This humility and realism make the book feel safe, even for those in deep emotional pain.

The prose itself is warm, reflective, and inviting. There's a poetic quality to Deotarse's language that reflects his background as a writer and coach. Rather than sounding instructional, his tone is more that of a wise friend or guide. He creates space for the reader to breathe, reflect, and heal at their own pace.

Ultimately, *Quantum Love Manifestation* is about more than manifesting a relationship—it's about remembering your worth, releasing old pain, and becoming a vessel for unconditional love. For those seeking a spiritual, holistic approach to healing relationships, this book is a profound companion. Nikhil Deotarse doesn't just teach us how to love others—he teaches us how to love ourselves, fully and without apology. And from that space of self-love, all other love begins.

Nikhil Deotarse's *Quantum Love Manifestation* is not just a book—it's a soulful companion for anyone seeking healing and harmony in their relationships. Beyond the techniques and tools, what lingers most is the emotional atmosphere he creates: one of safety, acceptance, and possibility. The book invites readers to slow down, tune in, and embrace love not as a transaction, but as an energetic state of being. Deotarse's message is clear and empowering—love is not something we earn; it is something we allow. As readers turn the final page, they carry with them not just insights, but a renewed sense of inner peace and possibility.



Quantum Love Manifestation offers more than just relationship advice—it's a spiritual invitation to align with love from within. Deotarse reminds us that true connection begins by healing our own emotional energy, not by chasing others. His practices help readers raise their vibration, release past pain, and create space for authentic, lasting love.

What makes this book powerful is its message that love is not something we earn—it's something we become. By embodying self-worth and emotional clarity, we naturally attract better relationships. Deotarse's gentle wisdom empowers us to stop seeking love outside and start living it from the inside out. Through reflective exercises, real-life stories, and soulful insights, the book becomes a transformative tool for anyone ready to build deeper, more meaningful connections rooted in emotional truth and inner alignment.

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