

THE

LITERATURE

TIMES

NEXT-GEN
VOICES

BOLD
STORIES

AUTHOR'S
EDGE

READ. WRITE. RISE.

FEATURING
**BHARAT
SACHDEVA**
CRITICS' CORNER

|
& Much More!

UNVEILING
THE MUST READ
BOOKS OF 2025

AUTUMN 2025



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.

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Published By: Astitva Prakashan

ISBN: 978-93-7002-896-8

www.astitvapublishing.com

Cover Story

When Bharat Sachdeva plunged into the waters of the Palk Strait in 2024, he wasn't just swimming across a geographic landmark—he was embarking on a spiritual voyage that would challenge the limits of endurance, faith, and human connection. His feat of swimming across the mythical Ram Setu, an ancient bridge steeped in Indian legend and history, captured hearts and minds, turning him from an accomplished athlete into a symbol of resilience and unity.

Bharat's journey is not just about physical stamina; it's a story woven with layers of cultural heritage and personal transformation. Ram Setu, or Adam's Bridge, is more than a chain of limestone shoals connecting India and Sri Lanka—it is a powerful metaphor for bridging divides, both external and internal. For Bharat, each stroke was a tribute to the myths that shaped his identity and a testament to the unyielding human spirit.

In his debut book, *Ram Setu: The Bridge Within*, Bharat invites readers to dive deeper beyond the swim itself. The book beautifully blends gripping narration with reflective insights, showing how every wave and every breath was imbued with the strength of belief. His story transcends sport, exploring the interplay of endurance, mindfulness, and spirituality. Bharat shares not only his physical struggles battling the relentless currents but also the mental and emotional tides he navigated along the way.

What sets Bharat apart is his holistic approach. Founder of WarriorYogi Fit, he fuses ancient practices like yoga and breathwork with modern performance science, offering a unique perspective on what it means to be truly resilient. His role as a high-performance mentor to India's Olympic boxing team further highlights his commitment to empowering others to unlock their inner strength.

The swim was also a deeply personal journey. Bharat's reflection on faith as the "invisible current" that carried him through moments of exhaustion reveals a profound connection to something greater than himself. His story resonates not only with athletes and adventurers but with anyone facing their own 'Ram Setu'—the internal bridge that must be crossed to overcome fear, self-doubt, or adversity.

In this exclusive interview with *The Literature Times*, Bharat opens up about the intersection of mythology and modern endurance, the role of faith in his training, and the lessons that anyone can apply to their own lives. He also shares a glimpse into his future projects, promising to continue exploring themes of conscious living, resilience, and redefining personal strength.

Ram Setu: The Bridge Within is more than a memoir; it is a call to action for readers to find their own bridges and summon the courage to cross them. Bharat Sachdeva's journey reminds us that the greatest adventures often happen within, and that the path to transformation is built on faith, discipline, and the willingness to push beyond the familiar.

AUTHOR

Spotlight



Bharat Sachdeva is a remarkable figure whose journey transcends the boundaries of sport, spirituality, and cultural connection. As an Ironman triathlete and international swimmer, Bharat has pushed the limits of human endurance, representing India on global platforms including the World Masters Swimming Championships. In 2024, he undertook a legendary swim across the Ram Setu—the ancient bridge linking Sri Lanka and India—transforming it into a profound personal and cultural pilgrimage. This extraordinary feat is captured in his inspiring debut book, *Ram Setu: The Bridge Within*, where he explores themes of faith, resilience, and unity.



Beyond his athletic achievements, Bharat is the founder of WarriorYogi Fit, a holistic wellness initiative that fuses yoga, breathwork, and mindfulness with modern sports science. His work as a high-performance mentor for India's Olympic boxing team showcases his commitment to nurturing both physical and mental strength in athletes. Bharat's approach is deeply rooted in the belief that true endurance comes from harmony between body, mind, and spirit.



As a cultural ambassador and author, Bharat Sachdeva continues to inspire people worldwide to confront their fears, embrace faith, and build the inner bridges that lead to transformation and connection. Through his athletic adventures, mentorship, and writing, he embodies the spirit of courage and hope, encouraging others to dream big and discover the extraordinary within the ordinary.

"Life isn't about waiting for calm waters—it's about learning to swim through the storms with purpose, faith, and the courage to keep going when the shore is nowhere in sight."

— Bharat Sachdeva

Q&A

BHARAT SACHDEVA



By Korina Villanueva

OPENING NOTE

Thank you to The Literature Times for featuring my journey. I am honored to share not just my swim across the Ram Setu, but the deeper story of endurance, faith, and unity that inspired it. For me, this journey was more than sport—it was a bridge between cultures, a reminder of our shared heritage, and a personal exploration of what lies within when we go beyond fear and comfort.

Q

What inspired you to swim across the legendary Ram Setu and turn it into a book?

Ram Setu has always been more than just a geographical landmark—it is a bridge of faith, culture, and imagination. When I first thought of swimming across it, it felt like an opportunity to connect mythology with modern endurance, to honor our heritage while testing human limits. The swim became a personal pilgrimage—uniting body, mind, and spirit. Documenting it as a book was a natural extension, to ensure that the story, lessons, and spirit behind this journey could inspire others to dream big and conquer their inner oceans.

Q

How did mythology and history shape your perspective during this extraordinary journey?

Mythology gave meaning to every stroke I took. The story of Lord Rama and his army building the bridge with faith and determination reminded me that the impossible is often just a test of will. History added weight to my effort—knowing that I was traversing waters that civilizations revered. It wasn't just a swim; it was a dialogue between the past and the present, between myth and man. In those moments, I felt like a vessel—carrying ancient energy forward through sheer belief and breath. It deepened my respect for our cultural roots and reminded me that endurance is sacred when it's aligned with purpose.

Q

1. What role did faith play when you faced physical and mental challenges in the Palk Strait?

Faith was the invisible current that carried me forward. When fatigue, waves, or self-doubt tried to pull me under, I leaned on prayer, breath, and the belief that I was part of something bigger than myself. Faith turned fear into surrender, and surrender into strength. Every wave became a reminder that belief can carry you farther than muscle ever could. In those moments, faith transformed adversity into alignment. And with every stroke, I wasn't just moving through water—I was moving closer to myself.

Q

1. How do you balance your identity as an athlete, adventurer, and spiritual seeker?

For me, these identities are not separate—they are different expressions of the same quest. The athlete in me seeks excellence, the adventurer seeks discovery, and the spiritual seeker looks for meaning. Together they create balance: pushing limits without losing grounding, exploring the world without forgetting the inner world



Q

Could you share a moment during the swim when you almost gave up but found new strength?

At the halfway mark, exhaustion hit me hard. The currents felt endless, and doubt crept in. But then I remembered why I was doing this—not for a medal, but to inspire, to build bridges between cultures, and to prove to myself that resilience is born when comfort ends. In that moment, thinking of my fellow swimmers, supporters, and the people waiting at the shore gave me fresh energy to push on.



Q

Your book also offers exercises and affirmations—why was it important to include these for readers?

I didn't want the book to just be a story—it had to be an experience. The exercises and affirmations are tools that readers can use in their own journeys. They help translate lessons of endurance, faith, and focus into everyday life, whether it's overcoming a challenge at work, in relationships, or in health



Q

As a mentor and coach, how do you help others unlock their endurance and resilience?

I guide people to look within, to strengthen both body and mind. Through breathwork, visualization, movement, and discipline, I help them shift from fear to flow, from doubt to determination. Resilience is not about avoiding struggle—it's about meeting it with awareness and grit.

Q

1. How does WarriorYogi Fit bring together ancient practices and modern performance science?

WarriorYogi Fit is where yoga meets sports science. It blends breathwork, meditation, and mindfulness with training methods, mobility drills, and performance psychology. The goal is holistic transformation—building strength and stamina while also cultivating calm, clarity, and purpose

Q

What message do you hope readers will carry with them after finishing Ram Setu: The Bridge Within?

That we all have a "Ram Setu" within us—an inner bridge to cross. It might be fear, self-doubt, or a life challenge, but with courage, faith, and resilience, we can reach the other shore. I want readers to believe that the extraordinary lies within the ordinary—if only we dare to take the first step.

RAM SETU



R

am Setu: The Bridge Within is not just a memoir—it's a soulful expedition that dives deep into the heart of mythology, human resilience, and spiritual awakening. In this powerful debut, Bharat Sachdeva recounts his awe-inspiring journey of swimming across the legendary Ram Setu, an ancient bridge steeped in both myth and historical intrigue.

But what makes this book compelling is that the journey across the ocean mirrors an even deeper inner voyage—one from fear to faith, from uncertainty to unshakable purpose.

Bharat's writing is raw, honest, and beautifully introspective. With every stroke he takes across the Palk Strait, readers are invited to reflect on their own inner limitations and what it truly means to persevere. The physical challenges—intense currents, isolation, fatigue—are matched only by the emotional and spiritual trials he faces. Yet, through breathwork, prayer, and deep self-belief, he emerges not only victorious but transformed.

What sets this memoir apart is its multi-layered offering. It isn't just a story of endurance; it's a toolkit for personal growth. The inclusion of reflective prompts, affirmations, and practical exercises provides readers with tangible ways to connect with their own "inner bridge."

At its core, Ram Setu: The Bridge Within is a call to action—not to swim across a strait, but to confront the metaphorical distances we all carry within us. It's about building connection—between body, mind, spirit, and the world around us. Whether you're an athlete, a spiritual seeker, or simply someone in search of inspiration, this book delivers a deeply moving and empowering experience.

A captivating blend of adventure, cultural reverence, and soulful wisdom, Bharat Sachdeva's memoir leaves you with one resounding truth: the greatest journeys begin within



KEDARNATH

UNVEILING THE SECRET OF BHEEM SHEELA

Book Review

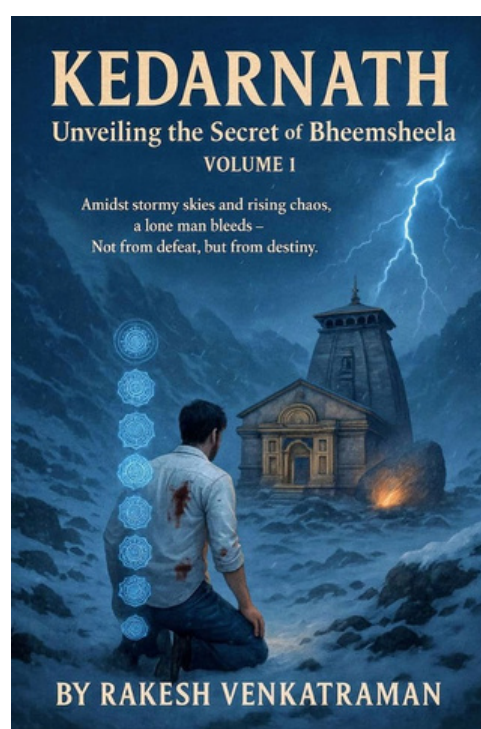
In the vast world of mythological thrillers and spiritual fiction, Rakesh Venkatraman's *Kedarnath: Unveiling the Secret of Bheemsheela* shines as an evocative blend of mythology, mystery, and self-discovery. This Hinglish audiobook takes its audience on a riveting journey through India's sacred landscapes, exploring not just temples and ancient energies, but also the hidden corridors of the human spirit.

At the heart of the story is Rohan Desai, an ordinary young man from Mumbai. Trapped in the monotony of corporate life, Rohan embodies the silent discontent of millions living on autopilot. But his life changes forever after an encounter at Bhuleshwar, which sets him on an unforeseen quest. From the chaotic lanes of Mumbai to the elemental energy centers across the subcontinent, Rohan discovers that he is more than just another face in the crowd. He is destined to be a guardian of divine secrets linked to the Panch Tattvas—Earth, Water, Fire, Air, and Ether.

The narrative is infused with the aura of ancient legends. The Lingas of power, long-hidden spiritual artifacts, become central to Rohan's journey as he is guided by allies like the fiery Maya and the enigmatic Arjun.

Together, they battle the sinister cult Kala Surya Sangh, whose obsession with harnessing cosmic energies threatens to disrupt the balance of the world. The confrontations whether in the sacred silence of Walkeshwar Temple or amid the ruins of Ambreshwar are laced with suspense, symbolism, and action, making the story both cinematic and meditative.

What makes the book truly stand apart is its fusion of mythology with modern sensibilities. Rakesh Venkatraman does not merely retell age-old legends; he breathes contemporary life into them. The protagonist is not a warrior saint or an ascetic sage, but a young urban professional who struggles with the same questions we do: What is the purpose of life?





The audiobook format in Hinglish further adds a unique flavor. The language seamlessly switches between English and Hindi, giving it a conversational, immersive feel. The sound design like temple bells, chants, train announcements, or the ambient chaos of Mumbai creates a vivid world that engages multiple senses. It feels less like listening to a book and more like experiencing a cinematic audio-drama.

Another strength of the book is its character dynamics. Priya, who initially nudges Rohan out of his routine, represents the spark of curiosity that begins many spiritual awakenings.

Maya, fierce yet vulnerable, emerges as both a protector and a mystery. Arjun, the archaeologist-scholar, adds intellectual depth, grounding the mystical quest with historical and cultural authenticity. These companions are not just side characters; they symbolize different dimensions of human strength, emotion, courage, and wisdom.

The philosophical undertones elevate the story beyond a conventional thriller. The Panch Tattvas are not only depicted as cosmic energies but also as metaphors for human emotions and spiritual growth. Earth stands for stability, Water for adaptability, Fire for transformation, Air for freedom, and Ether for transcendence. Rohan's encounters with each element mirror his inner evolution teaching him (and the listener) that the path to divinity is as much about conquering one's inner chaos as it is about fighting external enemies.

Stylistically, Rakesh Venkatraman writes with raw authenticity and emotional depth. His storytelling is not ornamental, but deeply rooted in real feelings and spiritual curiosity. He manages to balance action-packed sequences with intimate, reflective moments such as Rohan recalling his mother's chicken curry or the nostalgia of childhood cartoons. These personal touches ground the mystical quest in relatable human experiences, ensuring that the story resonates with both seekers of adventure and seekers of meaning.

The book also subtly explores themes of destiny, choice, and responsibility. The Aghori's revelation to Rohan that he has been chosen, that his grandfather's stories were not just bedtime tales but preparations echoes the timeless belief that every individual carries a unique purpose. The battle against the cult becomes not just a fight for cosmic balance but also a metaphor for the battle against ignorance, greed, and disconnection in our modern lives.

If there is one critique, it may be that the density of mythology and symbolism might feel overwhelming at times for casual listeners. However, this is also what makes the audiobook rewarding for those willing to immerse themselves fully. Every temple, every ritual, every symbol carries layers of meaning that enrich the experience upon reflection.

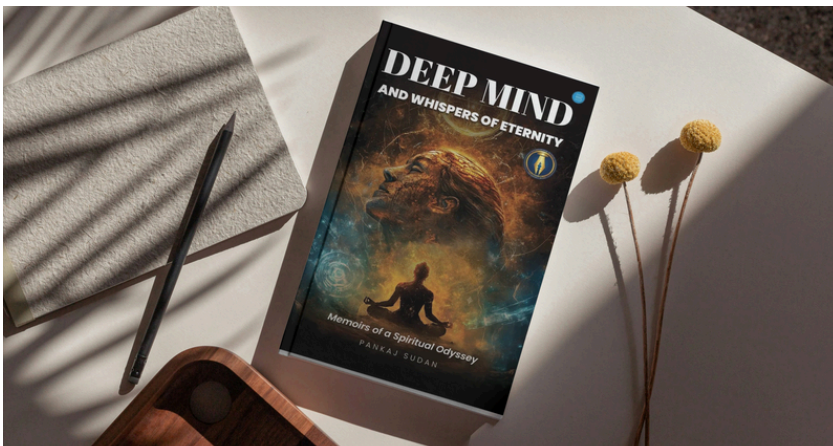
In conclusion, *Kedarnath: Unveiling the Secret of Bheemsheela* is more than a thriller—it is an invitation to awaken. Through Rohan's eyes, listeners traverse sacred spaces, encounter ancient legacies, and confront both divine forces and human vulnerabilities. Rakesh Venkatraman has crafted not just a story, but an experience one that blends the adrenaline of a thriller with the quiet power of spiritual discovery.

For those who love mythology, mystery, and journeys of self-realization, this audiobook is not to be missed. It reminds us that sometimes, the greatest adventures begin not in distant lands, but within our own hearts.

Featuring Pankaj Sudan

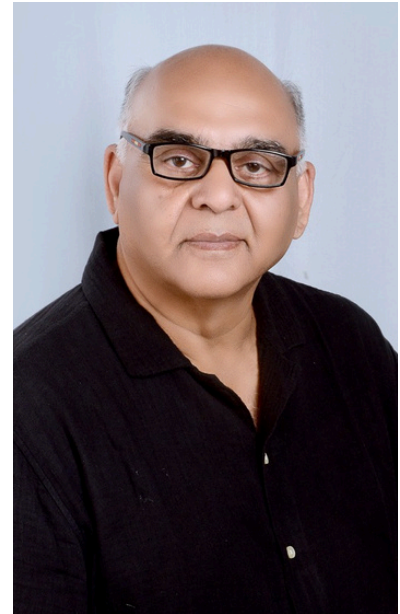
In a genre filled with how-to manuals and step-by-step guides to inner peace, *Deep Mind – Whispers of Eternity* by Pankaj Sudan stands out as an introspective, humorous, and quietly profound work. Recently awarded the Legacy of Literature Award 2025 for Best Non-Fiction in Personal Growth, the book invites readers into a deeply personal spiritual journey that refuses to offer easy answers—instead, it offers deeper questions.

Written as a collection of seemingly random memoirs, the book unfolds like a series of whispered insights—some light-hearted, others quietly transformative. Sudan doesn't dictate a path to enlightenment. Instead, he offers parallel clues that the reader may grasp based on their own mental clarity and readiness. It's a refreshing approach that treats the reader not as a follower, but as a fellow traveler.



Pankaj Sudan's own life mirrors the depth of this work. As a young man, he journeyed to the Himalayas in search of meaning. He later became a brahmachari at the Sri Ramakrishna Mission in New Delhi and went on to serve as Vice President of the Sri Ramakrishna Ashrama in Meerut. For over two decades, he conducted free meditation sessions, while also exploring parapsychology, writing poetry, working in education and banking, and always returning to his role as a seeker. His voice is at once wise, irreverent, and deeply human.

Deep Mind – Whispers of Eternity is not a linear guidebook, but a reflective companion for those drawn to silence, inner clarity, and self-exploration. Its recognition as the Best Non-Fiction (Personal Growth) at the Legacy of Literature Awards 2025 affirms its quiet yet powerful impact. This is a book not just to be read—but to be returned to, again and again.



Pankaj Sudan

Deep Mind – Whispers of Eternity by Pankaj Sudan is a wonderful and hilarious account interspersed with philosophical and spiritual insights during his spiritual journey written as random memoirs. At a very young age, he went to the Himalayas in search of meaning and purpose in life. Later, he joined as a brahmachari at Sri Ramakrishna Mission, New Delhi, subsequently becoming vice President of the executive committee of Sri Ramakrishna Ashrama, Meerut. He is a spiritual seeker and experiments in the fields of parapsychology, along with being an educator, banker, and poet. He conducted free meditation sessions at the Ramakrishna Ashram premises for more than twenty years. He wrote his first book *Zero*, when he was just 21.

Featuring Abhilash Fraizer

In a literary world often dominated by fast-paced thrillers and commercial storytelling, *The Ballad of the Universe* by Abhilash Fraizer emerges as a quiet, powerful force—an elegy to art, nature, and the forgotten voices on the fringes. Winner of the Legacy of Literature Award 2025, where it won the title of Best Literary Fiction, this 144-page novel transcends traditional narrative structures to become a profound meditation on music, spirituality, and social justice.

At the heart of the novel is Bharath, a gifted musician and disciple of the enigmatic Maestro Vishwanath. Bound by a vow of silence after his Master's death, Bharath finds himself torn between obedience to a cryptic command and the urge to use his art to serve humanity. His journey unfolds across India's evocative landscapes—from the moonlit shores of Kanyakumari to the misty forests of Idukki—each setting rendered with lyrical, sensory-rich prose that mirrors his internal conflict.

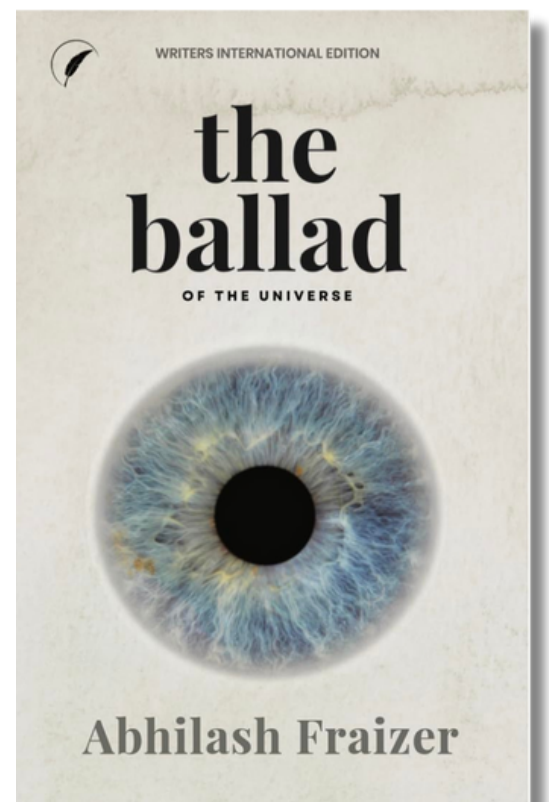
What makes *The Ballad of the Universe* stand apart is its central concept of "Cosmic Music", a spiritual discipline that teaches musicians to listen to the subtlest sounds of nature—raindrops, leaves, and even silence itself—and translate them into universal symphonies. Fraizer uses this idea not only as a metaphor for self-discovery but also as a commentary on the interconnectedness of all life. Bharath's music becomes more than art; it becomes resistance, memory, and healing.

The novel's climax is especially powerful: Bharath breaks his silence with a public concert aimed at defending a tribal community threatened by corporate displacement. His music, rooted in ancient rhythms and natural harmony, awakens something primal—not only in the people but in the environment itself. Earthquakes, storms, and fire erupt, symbolizing nature's fury against exploitation. It's a cinematic yet poetic moment, underscoring Fraizer's central belief: that art, when aligned with truth, can shake the very foundations of power.

Characters such as Niranjana—Bharath's past love—and Renju, a spirited tribal boy, add emotional depth and grounding. Niranjana's presence reminds readers of the sacrifices made in the pursuit of higher callings, while Renju represents hope, continuity, and the enduring wisdom of indigenous cultures. Supporting characters like Gopikrishnan bring warmth and realism, showing that even solitary artists need allies.

In a time when global attention is increasingly drawn to climate crises and social inequities, *The Ballad of the Universe* is not only relevant—it's necessary. It invites readers to reconsider their relationship with nature, with art, and with those whose voices are seldom heard. Abhilash Fraizer, already an acclaimed poet and author, offers a novel that feels both timeless and urgent, personal yet universal.

Winner of the Legacy of Literature Award 2025 for Best Literary Fiction, *The Ballad of the Universe* is not just a book—it is a symphony of the soul, and it deserves to be heard.



By Anupam Pattanayak

THE DHARMA CODE: ANCIENT ETHICS

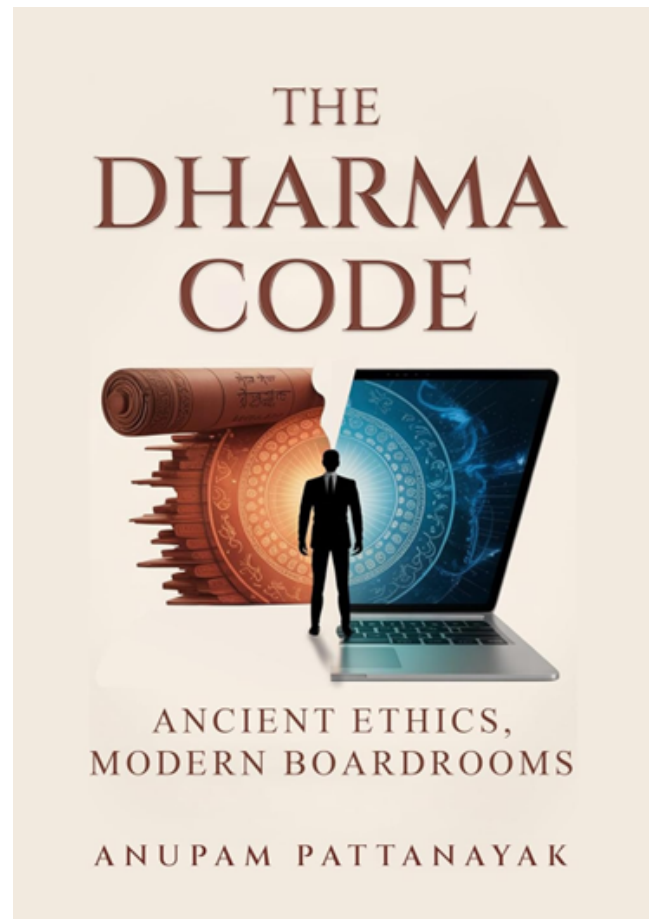
Book Review

A

nupam Pattanayak's *The Dharma Code: Ancient Ethics, Modern Boardrooms* is a compelling and timely

intervention into the world of business literature. In an age where corporate leadership is often criticized for being profit-driven and ethically compromised, Pattanayak introduces a refreshing and necessary reframe—one that positions leadership not as conquest, but as an ethical duty. Drawing on the profound moral and strategic lessons of the Mahabharata, this book bridges the ancient with the modern, showing how the battlefield of Kurukshetra is not confined to mythology but is very much alive in today's boardrooms, corner offices, and C-suites.

The central thesis of the book is clear: ethical leadership is not optional, it is fundamental. Pattanayak structures his argument around the metaphor of the modern boardroom as a contemporary Kurukshetra, where decisions often pit ambition against integrity, speed against wisdom, and personal gain against collective good. It's in these tensions that the book thrives. Through engaging storytelling, richly drawn parallels from the Mahabharata, and deeply relevant case studies, the reader is taken on a journey that is both intellectually stimulating and practically applicable.



One of the book's greatest strengths lies in its innovative frameworks. The "Dharma Compass" and the "Ethical Decision Matrix" are not abstract philosophical tools, but hands-on guides for navigating real-world dilemmas. Whether it's dealing with a whistleblower, managing stakeholder conflict, or making tough calls on succession planning, Pattanayak offers structured pathways to think through difficult decisions with moral clarity. These tools are particularly effective because they are not presented as one-size-fits-all solutions, but as adaptable frameworks that encourage reflection, alignment with core values, and contextual sensitivity.

P

attanayak's use of characters from the Mahabharata is both inspired and insightful. Krishna's diplomatic strategy,

Arjuna's internal conflict, and Yudhishtira's steadfast moral compass are all used not as distant mythic figures, but as mirrors to today's leaders. For example, the author draws a powerful comparison between Yudhishtira's commitment to truth and the modern leader's challenge in managing transparency during crisis communications. Such parallels not only enrich the narrative but also make the ancient text startlingly relevant to contemporary issues.

Another notable feature is the accessibility of the content. Despite dealing with complex philosophical ideas, the book is written in a way that is approachable to both Indian and global readers. Pattanayak includes a helpful glossary, visual tools, and chapter-end prompts for reflection, making this an interactive guide rather than a passive read. The story-driven format keeps the reader engaged while providing depth without dogma.



What distinguishes *The Dharma Code* from many leadership books is its deeply rooted ethical foundation. It doesn't just speak to performance metrics and strategy; it speaks to the soul of leadership. The book subtly challenges readers to ask not just "What should I do?" but "What is the right thing to do?" In an environment where corporate malfeasance and ethical blind spots often make headlines, this book serves as a call to reimagine leadership through the lens of Dharma—duty, responsibility, and righteousness.

Anupam Pattanayak's credibility and professional background lend weight to his arguments. His three decades of experience in global business, coupled with his passion for Indian philosophy, make him uniquely positioned to write this book. He is not preaching from the sidelines but speaking as someone who has navigated the very complexities he discusses.

The Dharma Code is a must-read for anyone in leadership—CEOs, board members, consultants, CSR heads, and even aspiring leaders in business schools. It does not offer easy answers, but it does offer a much-needed compass in a world where the lines between right and wrong are often blurred. With this book, Pattanayak doesn't just teach leadership—he redefines it.

The Author

Anupam Pattanayak is a seasoned business leader with over 30 years of global experience across industries. His deep engagement with Indian philosophy and ethics informs his unique approach to leadership. As a writer and thinker, he bridges the gap between ancient wisdom and modern organizational challenges. With *The Dharma Code*, he brings a much-needed ethical lens to leadership, drawing from real-world experience and timeless principles of duty and righteousness.

Featuring Santanu Panda

As the world marks four years since the COVID-19 pandemic began, many of us have returned to a sense of normalcy. Masks have come off, emergency declarations have been lifted, and hand sanitizers no longer dominate every doorway. Yet, the invisible threat of zoonotic diseases—the kind that jump from animals to humans—continues to loom.

In his award-winning book, Dr. Santanu Panda, a veterinary scientist and researcher, calls for urgent action through the One Health approach—an integrated, collaborative method that unites human, animal, and environmental health systems to prevent future pandemics. For this vital and timely contribution, Dr. Panda was honored with the Legacy of Literature Award 2025 for Best Non-Fiction (Health, Fitness).



Drawing from his background in animal biotechnology and years of experience in infectious disease control, Dr. Panda explains how most pandemics—including COVID-19—are rooted in environmental disruption, deforestation, poor animal health systems, and fragmented public health responses. His book is not only a scientific exploration but also a philosophical one.

He creatively compares the One Health model to the many-armed Goddess Durga—a force of unity, strength, and protection. He clarifies this is a personal metaphor rather than a religious claim, intended to capture the spirit of collective action needed to fight unseen enemies.

Accessible yet deeply insightful, Dr. Panda's work is a must-read for anyone concerned about global health, public policy, or the future of our shared planet. More than a guide—it's a call to action. Because in a world where one microbe can change everything, health must be seen as one, not separate.



Santanu Panda

Santanu Panda, Ph.D., a veterinary science graduate, began his scientific journey during his Master's and doctorate studies in Animal Biotechnology at the National Dairy Research Institute, India. With a wealth of lab experience in animal infectious disease, he currently serves as Assistant Director at the Institute of Animal Health Veterinary Biologicals, Kolkata, under the Govt. of West Bengal and remains on the verge of routine transfer in his service. His research has been published in several notable journals including Plos One, Protein Expression and Purification, and Reproduction in Domestic Animals.

Featuring Shubhan Dattanand Balvally

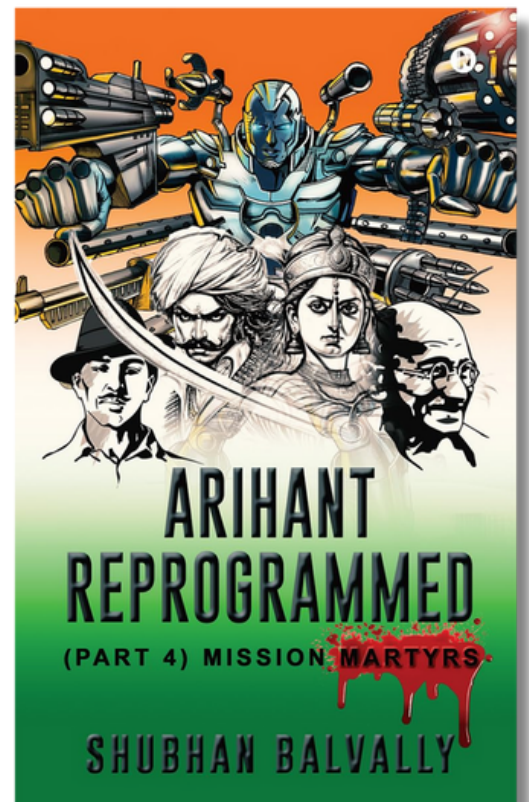
In a literary landscape teeming with mythological retellings and nostalgic tales of India's past, debutant author Shubhan Balvally introduces something radically different—a visionary fusion of futuristic technology and India's turbulent colonial history. His novel, *Arihant – Revenge Par Excellence*, the fourth instalment in the *ARIHANT* Series, recently won the Legacy of Literature Award for Best Historical Fiction, cementing its place as a standout work that defies genre conventions and pushes creative boundaries.

Set in a near-future Mumbai, the story follows computer scientist Suraj Singhania and his formidable *IRON* armies—androids and gynoids led by the brave *ARIHANT* and *AKSHITA*—as they help secure India's peace in a post-war scenario. With global demand surging for these robotic warriors, Suraj's lab transforms into a hub of next-generation defence technology. But the narrative takes an even more astonishing turn when his friends, physicists Balam Nagpal and Samay Nagpal, invent a time machine and uncover a twin planet of Earth running three months behind in time.

What follows is a daring mission unlike any other—Suraj and his team use the time machine to travel back to the days of India's freedom struggle. Armed with futuristic intelligence and weaponry, they attempt the impossible: to save India's most iconic freedom fighters from martyrdom and to prevent the partition of India. In doing so, they face not only the oppressive British Empire, but also the complex political and emotional realities of the time. The tension between historical reverence and speculative reinvention is at the heart of what makes this novel a page-turner.

Balvally's storytelling is packed with patriotism, action, emotional gravitas, and futuristic thrill, creating a powerful reading experience that appeals to both young adult and mature readers. The narrative moves at breakneck speed, with unexpected plot twists and deeply emotional moments that resonate long after the book is closed. His background in film and advertising lends a cinematic flair to the story—every scene feels staged for the big screen, and the climax delivers a punch worthy of any epic.

What makes *Arihant – Revenge Par Excellence* even more remarkable is its seamless blending of science fiction with historical narrative, creating a genre-defying hybrid that feels fresh, bold, and uniquely Indian. The book is the kind of high-concept fiction that invites adaptation—and with two sequels already written or underway, Balvally's *ARIHANT* universe seems poised to become a major franchise.



KOI TO SAMJO MANE

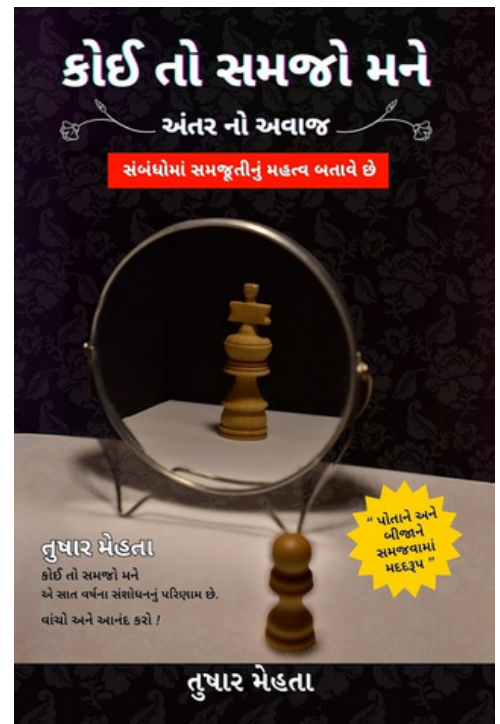
Koi To Samjo Mane: Anter No Avaz by Tushar Mehta is a deeply compassionate and emotionally intelligent book that arrives at a time when the world desperately needs more empathy and understanding. Written in Gujarati, yet speaking a universal emotional language, this collection of stories is more than just a literary offering—it's a mirror into the inner world of human relationships, filled with quiet realizations and gentle wisdom.

At its core, the book revolves around a simple but profound human yearning: the desire to be understood. Mehta explores this universal longing through an array of short stories that touch on the nuanced dynamics between spouses, parents and children, grandparents and grandchildren, friends, neighbors, and even between individuals and their own inner selves. These stories are not about dramatic twists or grand events; they are about everyday moments, often overlooked, that shape the emotional fabric of our lives. And that's precisely where the power of the book lies—in its ability to find meaning in the ordinary.

Tushar Mehta has a gift for capturing the delicate and often unspoken tensions that simmer beneath the surface in human relationships.

A recurring theme in the book is how small moments of neglect, careless words, or the absence of acknowledgment can slowly chip away at emotional closeness. In one instance, a husband casually tells his wife “anything will do” when asked what he wants for dinner. This moment, seemingly trivial, is portrayed with such emotional clarity that readers can immediately recognize the deeper implications—how emotional intimacy is often eroded not by major betrayals but by accumulated indifference.

The book is especially compelling in its portrayal of characters across different stages of life. From the silent struggles of a housewife like Preksha, who tries to rediscover her identity in the midst of family responsibilities,





to the quiet loneliness of aging parents in a busy household, Mehta invites us to see the world through the eyes of others. His characters are ordinary people facing familiar situations—yet through his storytelling, their experiences are elevated into universal truths. Each story opens a small window into a life that feels both intimate and relatable, urging readers to pause and reflect on their own emotional responses and interpersonal behavior.

There is an unmistakable authenticity in Mehta's writing that makes these stories feel lived rather than imagined.

. His professional background as a life coach and relationship counselor adds a layer of psychological realism that resonates throughout the book. It is clear that these stories are drawn from years of observation, from countless conversations with individuals navigating emotional complexities. As a result, the narrative never feels superficial or manufactured. Instead, it flows naturally from real-life experiences, offering insights that are both emotionally stirring and practically applicable.

One of the most impressive aspects of *Koi To Samjo Mane* is how it balances realism with hope. Mehta does not shy away from showing the cracks in relationships, the pain of being misunderstood, or the weariness that life sometimes brings. Yet, he also gently points toward resolution—not through grand gestures, but through empathy, communication, and self-awareness. His stories are a reminder that even the most frayed relationships can be mended with sincere effort, that acknowledgment and listening can be transformative, and that understanding is often the greatest form of love.

Stylistically, the language is simple and unpretentious, yet full of emotional resonance. The dialogues are natural and sharp, the inner monologues reflective without being heavy-handed. Even readers who are not fluent in Gujarati would sense the emotional rhythm of the book. The stories are short but linger in the reader's mind, not just for what they say, but for what they make the reader feel. This is literature that speaks quietly but leaves a lasting echo.

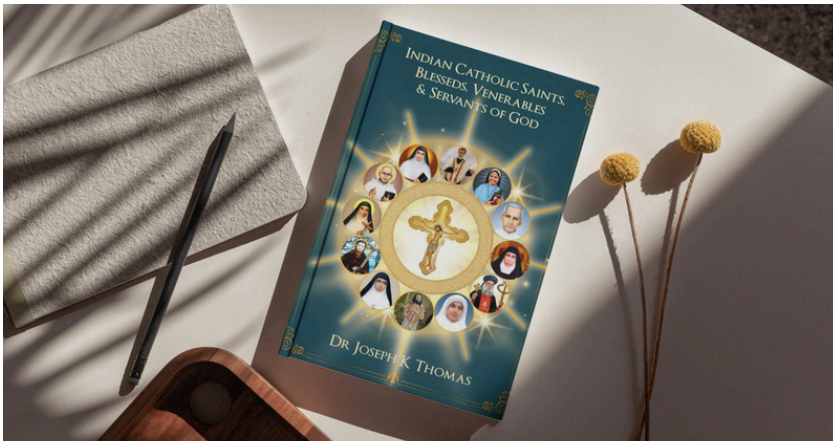
The spiritual undertone of the book also adds depth to its emotional landscape. The “voice within,” referenced in the subtitle, suggests not just a plea for external understanding but also a call for self-awareness. Many of the stories push the reader to listen to their own inner voice—to acknowledge their own emotional needs and, equally, to become more attuned to the silent cries of those around them. In this way, the book becomes not just a collection of stories, but a journey inward.

Tushar Mehta's presence on social media through his “Happiness Within” series on platforms like Facebook, Instagram, and YouTube has already garnered a wide audience, and this book feels like a natural and mature extension of that work. There is a sense that the stories have been shaped not in haste but in quiet reflection, over years of listening, learning, and living. The emotional intelligence that runs through the book is a testament to Mehta's own journey of understanding people—not just through theory, but through genuine human connection.

Featuring Dr Joseph K Thomas

India's spiritual heritage is as diverse as its geography, yet within this rich tapestry lies a lesser-known but powerful tradition: the lives of India's Catholic Saints and Servants of God. Dr. Joseph K. Thomas's latest book, a definitive guide to the Holy Men and Women of the Indian Catholic Church, brings these figures to life with clarity, reverence, and historical depth.

Winner of the Legacy of Literature Award 2025 for Best Religious & Spiritual, the book is a heartfelt tribute to India's Saints, Blesseds, Venerables, and those on the path to canonization. Through short, engaging accounts, Dr. Thomas presents the extraordinary journeys, sacrifices, and legacies of these spiritual warriors—men and women who lived the Gospel through service, compassion, and resilience.



From well-known saints like St. Alphonsa and St. Gonsalo Garcia to lesser-known figures who made silent yet profound contributions to faith, the book celebrates lives rooted in Indian soil but guided by divine purpose. It's not just a historical record—it's a spiritual resource that uplifts and educates.

Dr. Joseph K. Thomas, a Kargil War veteran and bestselling author, blends his deep personal faith with a scholar's attention to detail. His ability to make these sacred stories accessible to general readers is what sets this work apart.

For Catholics, history lovers, and spiritual seekers alike, this book offers a window into the soul of India's Christian legacy. It reminds us that faith is not bound by time or culture—and that holiness, in its truest form, is timeless.



Dr Joseph K Thomas

Dr. Joseph K. Thomas has played many roles in his life - an Kargil War Veteran, a corporate leader, an educationist, and a social entrepreneur. He is a soldier by choice, an engineer by profession, an educationist by passion, and Amazing Best Selling Author. He is a man with a humble beginning; his journey from the war room to the board room and then to the classroom has been an illustrious one.

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

Featuring Deepa Gaitonde

In a society layered with complex traditions, rituals, and beliefs, some customs, though once widely accepted, left behind a legacy of pain and injustice. One such custom is the now-outlawed but historically tragic practice of Sati—a ritual where widowed women were coerced into self-immolation on their husbands' funeral pyres. Acclaimed Marathi author Deepa Gaitonde revives this chilling chapter of history in her powerful novel *Sati - Sangharsha Tichya Astitvacha* (*Sati - Her Battle for Existence*), a work that has garnered both national and international acclaim, including the prestigious Legacy of Literature Award 2025 for Best Regional Fiction.

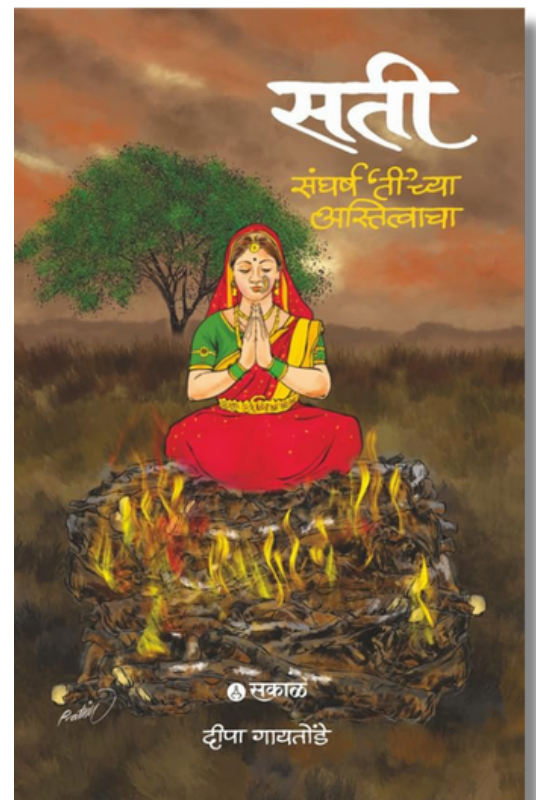
Deepa Gaitonde is not only a masterful storyteller but also a Reiki Grandmaster, certified life coach, and seasoned spiritual healer with over 25 years of experience. Her dedication to emotional and mental well-being, especially through her role as District Chairperson - Mental Health with the Lions Club, reflects in the emotional depth and therapeutic tone of her literary work.

In *Sati*, Gaitonde introduces readers to Uma, the protagonist who gives a hauntingly personal account of surviving the Sati ritual. Through Uma's voice, readers are drawn into a world of unimaginable fear, fiery resistance, and a fragile hope for life. The novel does not just recount a personal tragedy—it gives space to the collective trauma and resilience of countless women silenced by patriarchal traditions.

What makes this novel deeply impactful is the raw honesty with which it confronts uncomfortable truths. The narrative walks us through Uma's journey from victim to survivor, while also shining a light on how regressive traditions were often protected under the guise of culture and religion. Through meticulously crafted scenes, Gaitonde exposes the hollowness of blind customs that have for centuries oppressed women, forcing them to fight not only for their rights but for the very right to live.

Uma's story also brings forth the heartbreaking truth that when a woman chooses to challenge these norms, she must face the wrath of a deeply entrenched patriarchal mindset. The resistance isn't just external—it is societal, cultural, and deeply personal. In the novel, Uma's battle is as much with fire as it is with a society that deems her expendable.

The brilliance of Gaitonde's storytelling lies in her ability to make readers both feel and reflect. Her attention to emotional nuances, her vivid portrayal of historical and social settings, and her powerful character arcs make *Sati* a compelling read that lingers long after the final page. While the book is fictional, the emotions and experiences it captures are rooted in painful historical truths that continue to resonate in today's conversations around women's rights and social reform.



By Agyaat

NOTHING IS TRUE: EXTENDED RELATIVITY

Book Review

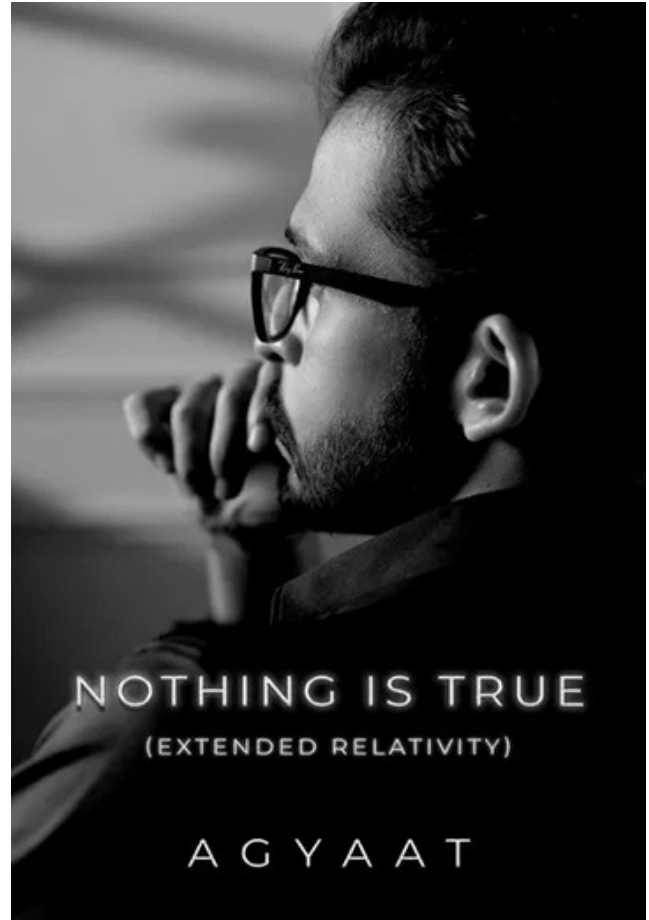
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elativity and Absolute by Agyaat is a deeply contemplative and philosophically rich book that dares to tackle two of the most

enduring and profound concepts in human thought: the nature of relative reality and the existence of the absolute truth. Written in a tone that is at once humble and deeply introspective, this book is not just a philosophical treatise—it is a meditative journey that invites the reader to examine life, perception, morality, and the essence of existence itself.

At the heart of the book lies the distinction between two dimensions of experience. The first is relativity—the world of appearances, duality, change, and illusion that shapes our everyday existence. The second is the absolute—the ultimate, unchanging truth that lies beyond all appearances, labels, and frameworks. Agyaat explores how these two realms interact, how they are misunderstood, and how individuals might begin to transcend the illusions of relativity in pursuit of the absolute.

What makes *Relativity and Absolute* especially engaging is the clarity with which Agyaat discusses complex philosophical ideas. While the subject matter is undeniably abstract, the book remains grounded through the use of real-life analogies and reflections drawn from ordinary human experiences.



Agyaat shows that relativity is not just a concept confined to physics or spiritual philosophy—it is present in how we interpret situations, judge others, assign value, and even perceive time and space. The examples provided—simple yet profound—demonstrate how much of our reality is shaped by subjective filters, conditioned responses, and mental constructs.

For instance, a situation perceived as a “failure” by one person may be seen as a “lesson” or “stepping stone” by another. This divergence highlights the essence of relativity: truth in the relative realm is not fixed, but constantly shifting based on perspective, belief, and context. Agyaat uses such examples to gently unsettle the reader’s sense of certainty, opening the door to deeper inquiry.

A

nd it is this inquiry that leads to the second focus of the book: the absolute. Agyaat makes it clear from the beginning that

the absolute cannot be fully known through intellect, language, or logic. Instead, it is something to be lived, experienced, and perhaps only glimpsed through the stillness of a morally aligned life. Unlike many philosophical works that attempt to define or describe ultimate truth, Agyaat chooses a different path—he maintains the mystery, letting the absolute remain unnamed, ungraspable, and, as the author's own pen name suggests, unknown.

This refusal to confine the absolute within intellectual boundaries is one of the book's greatest strengths. It echoes the non-dual traditions of Vedanta, Taoism, and mystic branches of many world religions, where the highest truth is not a concept but a state of being—beyond time, beyond identity, beyond mind. Yet Agyaat does not advocate escapism or mystical detachment. Instead, he emphasizes the importance of morality as the path that bridges the relative and the absolute.



This moral dimension gives the book an unexpected practicality. While its language is philosophical, its impact is ethical. It challenges readers not just to think differently but to live differently. It suggests that our journey toward the absolute is not found in intellectual speculation alone, but in the integrity of our actions, the humility of our choices, and the awareness we bring to our relationships and responsibilities.

Another remarkable aspect of the book is the author's anonymity. By writing under the name Agyaat, meaning "unknown," the author removes ego from the equation and allows the focus to remain entirely on the ideas themselves. This gesture is consistent with the central message of the book: that the self we identify with—name, status, identity—is part of the relative world, and true understanding begins when we are willing to let go of fixed notions, including our own sense of self. The author's surrender to the "unknown" is not just a literary device, but a philosophical stance—one that encourages readers to do the same.

The writing style is poetic without being ornamental, clear without being simplistic.

The Author

Writing under the pen name Agyaat, meaning "unknown," the author embraces anonymity as a reflection of their core philosophy—that the Absolute, the ultimate truth governing existence, remains unknowable. Neither the inspiration nor the purpose behind their work is clearly defined, reinforcing their belief in uncertainty as a fundamental aspect of life. By surrendering identity and intention, Agyaat invites readers to explore truth beyond labels, logic, and individual ego.

Featuring Sathyamoorthy Buma Sridhar

In our fast-paced, uncertain world, *The Conscious Compass* by Sathyamoorthy Buma Sridhar offers a deeply reflective guide to navigating life with clarity, intention, and inner peace. Winner of the Legacy of Literature Award 2025 – Best Non-Fiction (Spiritual), this book empowers readers to align with their inner wisdom and embrace life's challenges with grace.

Centered around five key principles—Acceptance, Letting Go, Surrender, Gratitude, and Awareness—the book combines real-life anecdotes and gentle spiritual teachings. Through stories like Sonam's journey of healing and Sarah's path to self-discovery, Sridhar illustrates how surrendering control can lead to unexpected transformation.



Sathyamoorthy presents timeless truths in a relatable, modern voice. He explores how practices like early morning meditation, mindful awareness, and gratitude can help us move from mental chaos to emotional clarity. The section on “The Three Poisons”—comparison, attachment, and desire—offers powerful insight into the root causes of inner turmoil and how to overcome them.

More than just a spiritual guide, *The Conscious Compass* invites readers to live intentionally, make peace with the present, and lead a life rooted in meaning.

Author Sathyamoorthy Buma Sridhar, a certified mental health coach and experienced IT leader, blends mindfulness with practical wisdom to guide readers toward inner stability and purpose.

This book is a thoughtful companion for anyone seeking balance, healing, and a deeper connection with themselves and the world.



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In a world overflowing with noise, pressure, and digital overstimulation, *The Mindful Teen* arrives as a much-needed lifeline for adolescents seeking clarity, emotional balance, and self-awareness. Authored by the award-winning mental health coach and technology expert Sathyamoorthy Buma Sridhar, this groundbreaking book offers more than advice—it delivers transformation. Recently honored with the Legacy of Literature Award 2025 for Best Non-Fiction (Teen & Young Adult), *The Mindful Teen* is poised to become a defining guide for the new generation.

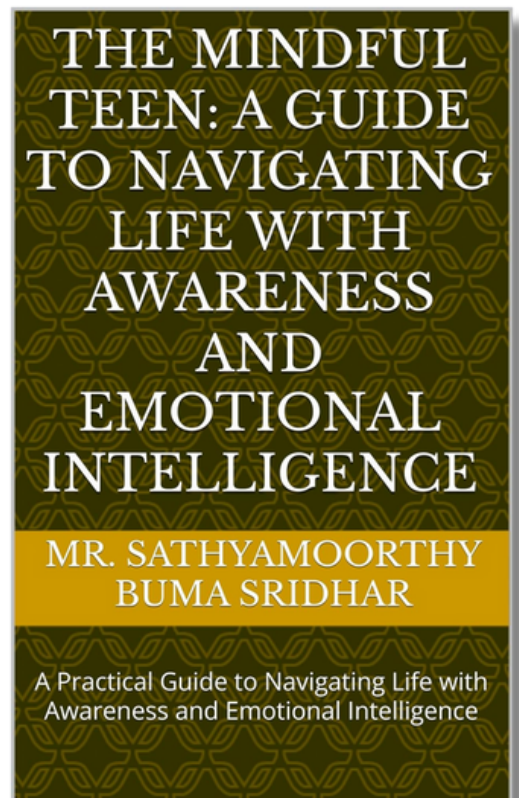
At its heart, the book serves as a holistic handbook for navigating the complex, often turbulent terrain of adolescence. Whether it's managing the addictive pull of social media, understanding the intricacies of relationships and consent, or dealing with body image and academic stress, the book addresses each challenge with empathy, insight, and actionable wisdom.

Sathyamoorthy's strength lies in his ability to connect with young readers without preaching. The tone throughout *The Mindful Teen* is compassionate and relatable—peppered with real-life anecdotes, simple mindfulness exercises, and journal prompts that encourage self-reflection. His experience as a certified Mental Health Coach and a seasoned IT leader adds credibility and depth, creating a unique blend of emotional intelligence and technological awareness. His approach is grounded yet inspiring—firmly rooted in neuroscience and mindfulness, yet easily accessible to teenagers.

Key chapters delve into pressing issues such as digital well-being, teaching teens how to balance screen time, cope with online pressures, and protect themselves from cyberbullying. Equally important are the discussions on body image, self-esteem, relationships, and the impact of pornography, handled with nuance and care. The book also offers strategies for building emotional intelligence, improving mental health, and finding one's purpose in a competitive world—essential life skills often left out of formal education.

What sets *The Mindful Teen* apart is its call to authenticity. Readers are encouraged to embrace their true selves, challenge toxic societal norms, and find strength in vulnerability. It doesn't promise a stress-free life, but rather the tools to meet life's challenges with resilience, clarity, and courage.

Sathyamoorthy's work extends far beyond the pages of this book. With more than 16 years in the tech industry and over 600 clients positively impacted through his mental health coaching, his mission to integrate mindfulness into everyday life is both personal and professional. He's not only shaping minds through his writing, but also through corporate wellness coaching and academic pursuits in AI and Machine Learning, reflecting his commitment to a future where technology and well-being coexist harmoniously.



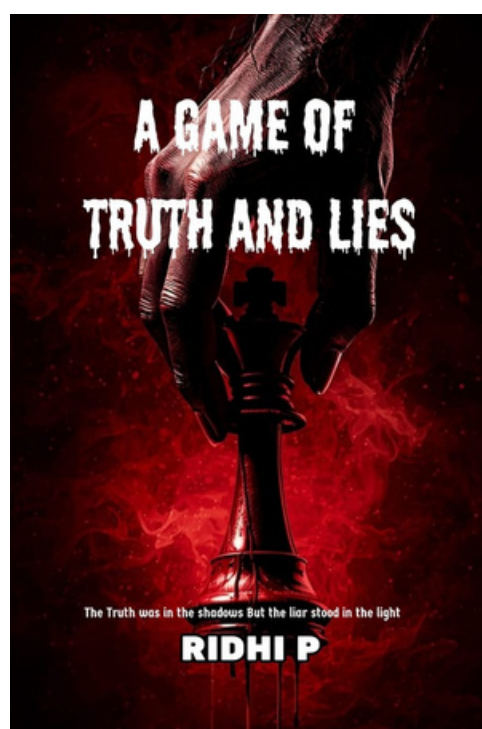
GAME OF TRUTH AND LIES

Game of Truth and Lies by Ridhi.P is a masterclass in psychological suspense, a novel that does not merely unfold—it seeps into the reader’s mind, burrows into the imagination, and lingers like a ghost long after the final page is turned. At its core, this is more than just a thriller. It is a deliberate, calculated experience, designed to unsettle, provoke, and question the very foundations of trust and friendship.

From the very first sentence, Ridhi.P demonstrates why she has earned accolades such as the 21st Century Best Author Emily Dickinson Award and the Global Literary Award. Her writing is taut yet poetic, vivid without excess, and cinematic in its pacing. She manages to balance a gripping narrative with a chilling atmosphere, drawing the reader into a world where nothing is as it seems and no one can be fully trusted. The book opens with a deceptively simple premise: a phone call that changes everything. But as the story progresses, it becomes clear that this is no ordinary thriller. This is a descent into a carefully orchestrated psychological maze.

The plot revolves around a group of friends whose seemingly innocent evening spirals into a nightmarish game of manipulation, fear, and hidden truths. What starts as confusion soon turns into terror as they realize they are part of something far more sinister than they imagined. Ridhi.P does a remarkable job of building suspense through subtle clues—unexplained messages, unsettling noises, and the creeping realization that someone, or something, is always watching. The tension is not explosive but constant, like a low hum of dread that grows louder with every chapter.

What makes this novel truly stand out is Ridhi.P’s ability to blend external horror with internal turmoil. The most terrifying elements are not just the supernatural hints or eerie settings, but the unraveling of relationships.





Equally impressive is Ridhi.P's discipline as an author. Writing a novel of this intensity while balancing a full-time professional career speaks volumes about her passion and perseverance. Her dual identity as both a dedicated writer and working professional gives her storytelling a unique edge—grounded in reality, yet rich with imagination. Her journey itself is an inspiration to aspiring authors, proving that creativity and commitment can indeed coexist.

Beyond its technical brilliance and eerie storytelling, *Game of Truth and Lies* is, at its heart, a meditation on the human psyche—on the ways fear distorts perception,

how trust is built and broken, and how secrets can twist even the closest of friendships into something unrecognizable. Ridhi.P doesn't offer easy answers or clean resolutions. Instead, she leaves readers with questions that echo long after the final page: Who can we truly trust? What truths lie buried beneath silence? And how well do we really know the people closest to us?

In the end, *Game of Truth and Lies* is not just a book—it is an experience. One that demands your attention, plays with your mind, and refuses to let go. Ridhi.P has crafted a haunting, unforgettable thriller that not only cements her status as a literary force but also challenges the boundaries of the genre itself.

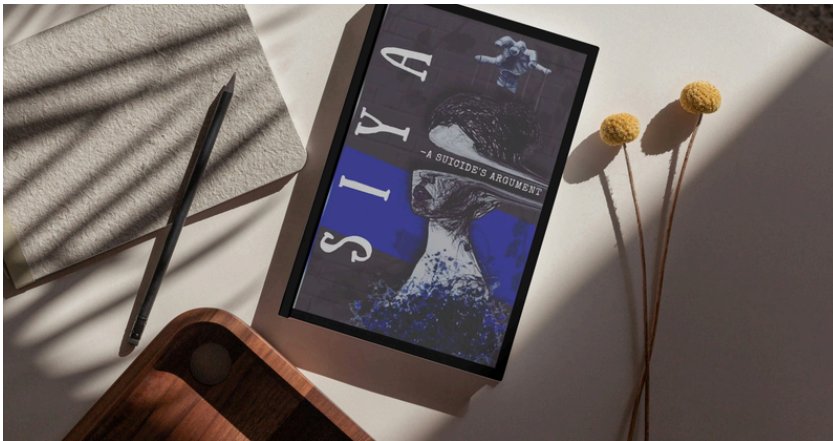
In addition to its psychological depth and narrative mastery, *Game of Truth and Lies* also stands as a testament to the evolving landscape of contemporary Indian fiction. Ridhi.P brings a fresh, fearless voice to the genre, unafraid to delve into the dark corners of the mind and explore emotional complexity through a culturally nuanced lens. She doesn't rely on tropes or formulaic twists—instead, she weaves a story that feels at once universal and deeply personal. This novel marks a significant step forward in South Asian literature's contribution to global psychological thrillers, demonstrating that homegrown stories can be just as chilling, sophisticated, and impactful as their international counterparts. With *Game of Truth and Lies*, Ridhi.P not only delivers an extraordinary story but also carves out a space for bold, genre-defying narratives in Indian fiction.

For her, the stage has never been just a platform it has always been a second home, a place where her passion meets purpose. From the very first time she stood beneath the golden glow of the spotlight, the microphone became her closest companion, and the audience, her family. Every event, every motivational speech, every performance of events carried a story one that touched hearts, inspired minds, and left trails of magic behind. The crowd's applause wasn't just noise; it was a symphony of connection, belonging, and shared emotion. Over the years, her voice has travelled across cities countries and continents, all over the blue globe making her a name celebrated on stages around the world. Yet beyond the fame and the lights, what truly defines her is the love she shares with her audience a bond built not on recognition, but on the power of words that continue to move souls long after the curtain falls

Featuring Anjali Roongta

Anjali Roongta's novel is a powerful, emotionally honest exploration of mental health, trauma, and healing. Centered around Siya—a woman who seemingly has it all: a loving partner, immense power, and professional success—the story begins with a stark contrast: she wakes up in a hospital after a suicide attempt. From that point on, the novel dives into the complexities of her internal struggles, showing that even those who appear strong can carry deep, hidden wounds.

Roongta writes with deep empathy and unflinching realism. The portrayal of mental illness—particularly PTSD, anxiety, and suicidal ideation—is nuanced and respectful. Siya's journey is not about being “fixed” but about learning to live with her pain, building healthier relationships, and finding strength in vulnerability.



The inclusion of asexual and demisexual representation, as well as strong themes of found family and emotional resilience, makes the book stand out in the growing space of inclusive fiction.

The supporting characters bring warmth and contrast to the story. The romance is subtle yet powerful, grounded in mutual respect and emotional growth. There are no quick fixes or clichés here—just honest, sometimes messy love. Roongta also integrates powerful mental health quotes and reflective moments that add emotional depth without disrupting the flow.

Though it deals with heavy topics—such as abuse, self-harm, and toxic parenting—the novel ultimately offers hope. It reminds readers that healing is not linear but possible, and that chosen family can be just as powerful as the one we're born into.



Anjali Roongta

Anjali Roongta is a versatile author with over eight published books, known for her emotionally rich and socially conscious storytelling. She is the founder of Muses Saga, an eco-friendly publishing house that reflects her passion for sustainability. Anjali also runs a poetry page and shares insights on writing, realistic sustainable living, and mental health through her blog Anjali Roongta's Musings and her YouTube channel Realistically Sustainable Diary. Her work often highlights themes of healing, identity, and self-discovery, offering representation for marginalized voices. Dedicated to both her craft and her values, Anjali continues to inspire readers and writers alike through her words and actions.

Featuring Tarun Saini

Symphony in Monotony is a tender and introspective collection that invites readers to find beauty in life's quietest moments. In a society obsessed with speed, success, and constant stimulation, this book offers a refreshing pause—a gentle reminder that not every day needs to be extraordinary to be meaningful. The author skillfully turns the lens toward everyday experiences and reveals the emotional richness and quiet wisdom they often hold.

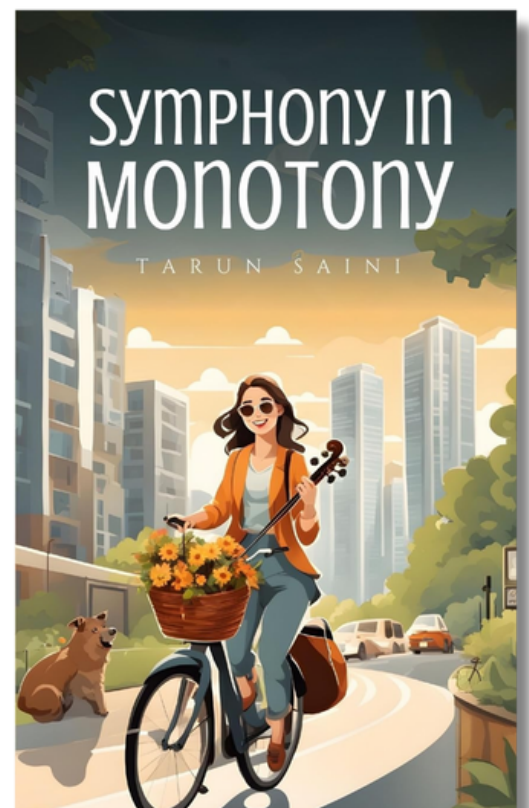
Rather than presenting life as a series of dramatic highs and lows, *Symphony in Monotony* focuses on the middle ground—the seemingly mundane routines, thoughts, and encounters that form the bulk of our existence. With a calm and observant voice, the author shows us that these moments are not empty or meaningless, but filled with a quiet symphony waiting to be heard. This shift in perspective is at the heart of the book: that meaning doesn't always shout; sometimes, it whispers.

Each reflection in the book is brief yet resonant, capturing thoughts and emotions that are deeply relatable. The writing is conversational, warm, and grounded in lived experience. There are no elaborate metaphors or overcomplicated language—just honest, well-crafted observations that strike a chord. The author's background as an engineer and a banker lends an interesting duality to the prose: there is structure and clarity, but also emotional depth and spontaneity. It feels like a conversation with someone who understands both logic and longing.

Themes of self-awareness, mindfulness, nostalgia, resilience, and emotional growth run throughout the book. Many readers will likely find themselves pausing mid-page, thinking, "Yes, I've felt that too," or "I've never thought about it that way." This quiet sense of connection is where the book finds its true power. It doesn't claim to have answers, but it offers companionship and perspective—especially for those navigating the repetitive nature of daily life.

What also stands out is the book's authenticity. There is no pretense here, no attempt to dramatize or overly romanticize ordinary life. Instead, the author accepts monotony for what it is—and then gently explores the colors that still live within it. The tone is hopeful, but not naively so. It acknowledges pain, confusion, and weariness, but counters them with small joys, moments of clarity, and the slow comfort of inner peace.

Symphony in Monotony is not a book you rush through. It's one you return to—on quiet mornings, sleepless nights, or during moments of reflection. It's a companion for anyone feeling stuck in the routine, offering the gentle reassurance that even in the repetition, life still speaks. Sometimes softly, sometimes strangely—but always meaningfully.



By Mayur Deshpande

A TIGHTROPE ORACLE

Book Review

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Tightrope Oracle by Mayur Deshpande is a moving and multi-layered novel that seamlessly blends magical

realism with harsh social realities, creating a compelling narrative that lingers in the mind long after the final page is turned. At its heart, the novel is the coming-of-age story of Sarsi, a young girl born into the marginalized Javmalsi community of street performers, yet it expands far beyond the life of a single individual. It becomes an exploration of power, belief, destiny, and resistance, all told through a voice that is both poetic and grounded.

Sarsi is introduced as a girl who walks the tightrope to earn a living with her parents—her father Rameshwar collecting money and her mother beating the drum. Their life is tough, precarious, and always on the edge—both literally and metaphorically. One day, while performing, Sarsi looks into the windshield of a car and sees a terrifying vision of an impending accident. Her warning saves lives, and with this singular moment, her journey begins—not just as a performer but as someone gifted with a mysterious ability to see glimpses of the future through reflective surfaces. What follows is not a fairy tale of instant fame or miraculous change, but a thoughtful portrayal of how such a gift plays out in the life of someone rooted in poverty, tradition, and moral complexity.



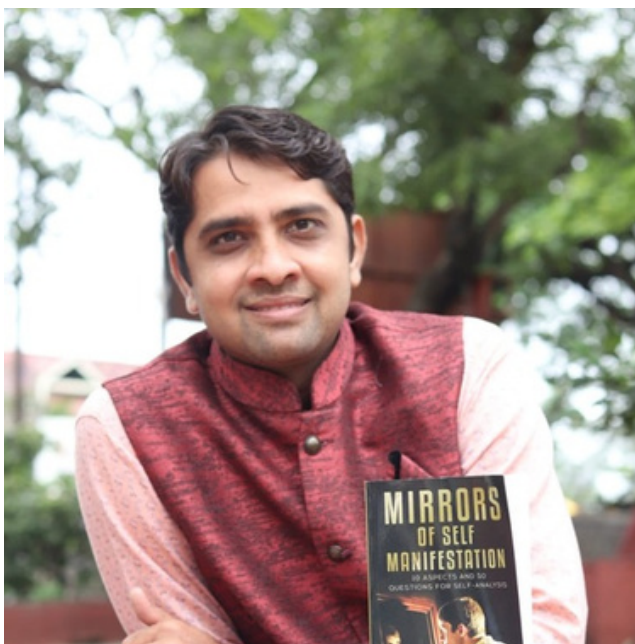
Deshpande's storytelling is remarkable in the way it captures the nuances of Sarsi's evolving understanding of her powers. Initially, she experiments in secret, predicting small events, then gradually involves her family. The author does not rush the development of this arc; instead, he lets the story breathe, letting readers experience the joy, confusion, and ethical dilemmas alongside Sarsi. Her powers do not make her omnipotent—they make her more vulnerable. The weight of expectation, the unpredictability of outcomes, and the temptation of greed surround her at every step. The narrative carefully avoids glorifying her or turning her into a savior figure. She remains deeply human—compassionate, unsure, brave, and burdened.

A

key strength of the novel lies in its moral center. When a businessman attempts to exploit Sarsi's abilities for

financial gain, her refusal marks a critical turning point. It is not a grand gesture but a quiet act of resistance that defines who she is and what she stands for. As Sarsi matures, she grapples with the limitations of her visions. The incident involving a girl she tries to save—only to see her meet a different fate—adds a chilling layer to the narrative. It suggests that the future is neither fixed nor entirely avoidable; it resists manipulation, and in trying to control it, we may end up playing god with unintended consequences.

Deshpande does not shy away from political commentary either. When the Javmali community is attacked and wrongfully arrested, the story shifts into a tale of collective resilience. Sarsi's powers are no longer the focus; instead, the courage of ordinary people—especially women—comes to the forefront. They organize, they fight back, and they reclaim their dignity. This subplot elevates the book from a personal journey to a communal one.



The author reminds us that revolutions do not require superpowers; they require belief, unity, and the courage to stand up for what is right.

The relationship between Sarsi and her father, Rameshwar, is also delicately portrayed. He is protective yet deeply respectful of her growing agency. Their bond is tested but never broken, and through their journey, Deshpande quietly underscores the emotional dynamics between parents and children, especially within socioeconomically strained families. Similarly, her marriage to Shamu offers a rare portrayal of supportive partnership—one that thrives on mutual respect and shared values, rather than idealized romance.

The inclusion of the narrator—a city-based journalist who becomes a chronicler of Sarsi's life—adds another interesting dimension. His outsider perspective allows readers to approach Sarsi with a sense of wonder and skepticism, mirroring how society views extraordinary individuals from marginalized communities.

The Author

Mayur Deshpande is an IT engineer turned analyst and writer, originally from Pusad and now based in Pune. His journey into writing began with articles on business analytics, later expanding into fiction with emotional depth. His debut book, *Mirrors of Self-Manifestation*, was well-received. Inspired by his daughter, he wrote *A Tightrope Oracle*, blending magical realism with social themes. Mayur's stories reflect his passion for self-growth, justice, and the resilience of everyday people navigating extraordinary circumstances.

Featuring Joydeep Singh

Storm's Verses is an extraordinary poetic voyage that transcends the ordinary and dives headfirst into the cosmic. Written by 16-year-old poet JOY, this collection reads like a celestial spellbook, filled with metaphors, myth, memory, and emotional gravity far beyond the author's years. From the first line, it becomes clear that JOY doesn't just write poetry—he crafts portals.

Each poem feels like a relic pulled from an ancient dreamscape. The lore is original, the fantasy realms immersive, and the emotional range vast. With the introduction of Notherin, a poetic language unique to this world, JOY adds yet another layer of mystery and depth. It's rare to encounter a young poet so willing to experiment, to invent, and to create not just lines but an entire mythology around them.



The collection is filled with contrasts—light and shadow, silence and prophecy, love and war—and in those spaces between, JOY's voice shines the brightest. His words do not shout for attention; they shimmer, whisper, and ache. There's a raw vulnerability beneath the fantasy elements that makes each poem feel incredibly personal, even when cloaked in metaphor or set in another realm. JOY's passion for both the cosmos and poetry infuses every page. You can feel his wonder, his quiet rebellion against the mundane, and his desire to make sense of the emotional storms within him. Despite its fantastical elements, Storm's Verses is, at its heart, about real things: longing, identity, imagination, and the need to be understood.

This is more than a poetry book—it's a coded message, a storm bleeding ink, a map to forgotten parts of ourselves.



Joydeep Singh

JOY is a 16-year-old poet, dreamer, and student of STEM who weaves galaxies into verses and emotions into metaphors. With a mind rooted in logic and a soul that dances with stars, he explores the space between science and storytelling through poetry. He sees writing not just as art, but as emotional alchemy—turning bottled feelings and silent truths into timeless words. When he's not studying, JOY is sculpting fantasy worlds, experimenting with languages like Notherin, and chasing the quiet magic of midnight thoughts. His work is a mirror of his spirit: imaginative, introspective, and deeply resonant with wonder.

Featuring Fatema Yasmin

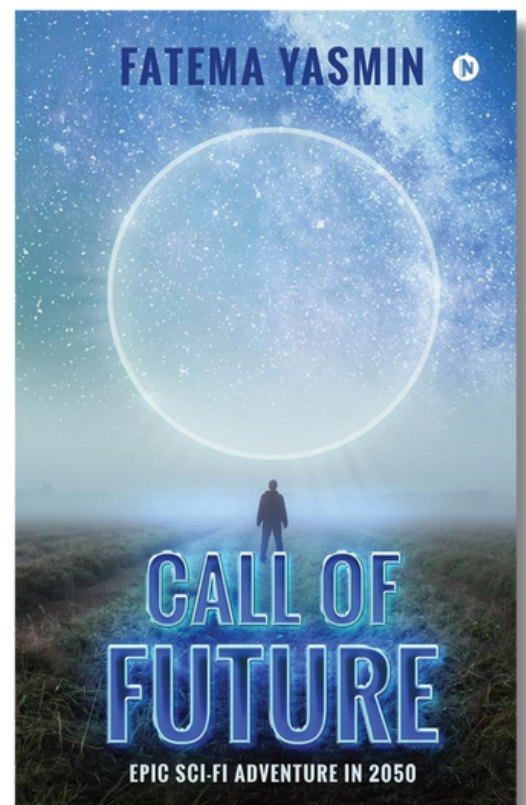
Call of Future by Fatema Yasmin is a bold and emotionally charged sci-fi novel that merges speculative science with a deeply human narrative. Set against the backdrop of Earth's impending collapse in 2050, the story uses the powerful concept of retro-causality—a theory that events in the future can influence the past—not just as a scientific twist, but as a vehicle for moral reflection and social awakening. The result is a compelling fusion of time travel, romance, and philosophical inquiry that challenges readers to think about the consequences of our present actions on the world we will leave behind.

The novel follows Dr. Philip, a brilliant scientist who, with the help of six generations of scientists, invents a revolutionary technology that allows him to alter the past in order to fix the future. This idea alone gives the narrative a fascinating structure, allowing Fatema Yasmin to leap across time and explore not just technological advancement, but the evolution of human values, the decline of ethics, and the devastating results of unchecked greed. As Dr. Philip journeys from 2014 to the devastated Earth of 2050, readers are taken on a tour of a future shaped by selfishness, climate degradation, and moral collapse.

Yasmin does not shy away from painting a bleak picture of what lies ahead if humanity continues down its current path. Yet, she balances this darkness with the enduring strength of human connection. The romantic relationship between Dr. Philip and a sixth-generation scientist adds an emotional depth to the story, making his mission not only about saving Earth but also about preserving the bonds that make life worth living. Their partnership is one of mutual respect and courage, and it anchors the narrative in hope, even during its most harrowing moments.

The strength of *Call of Future* lies not only in its high-concept plot but also in its social consciousness. Yasmin's background as a researcher, social reformer, and environmental advocate clearly informs the novel's themes. She writes with urgency and conviction, warning readers of the destructive consequences of environmental neglect, corporate greed, and moral apathy. Her portrayal of Dr. Philip's mission is as much a call to action as it is a piece of fiction.

When Dr. Philip finally returns to 2014 to begin the mission that could change everything, the story takes a tense, unexpected turn. Setbacks, betrayals, and unforeseen consequences test the protagonist's resolve, yet he pushes forward. By 2024, he unites with the sixth-generation scientists to launch a breathtaking and dangerous mission against all forces of evil threatening humanity's survival. This final act is gripping and emotionally satisfying, tying together the story's complex threads and delivering a message of resilience and unity.



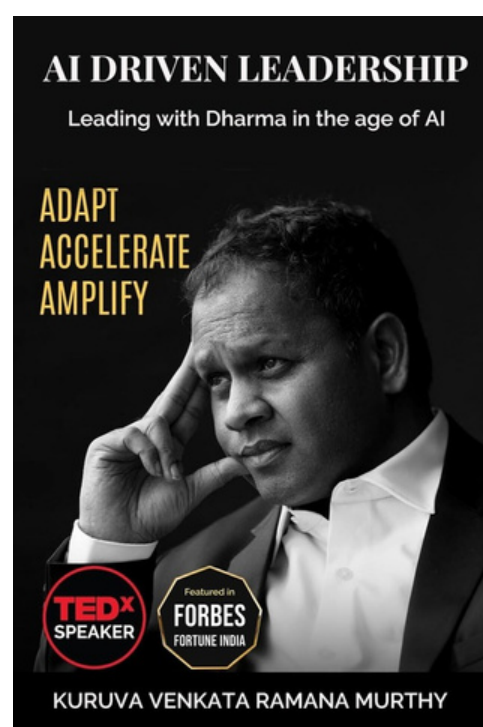
AI DRIVEN LEADERSHIP

Kuruva Venkataramana Murthy's "AI DRIVEN LEADERSHIP: Leading with Dharma in the age of AI – Adapt Accelerate Amplify" is a profound and timely book that serves as a guide for leaders navigating the complexities of the modern world. The book's central thesis isn't about the technicalities of AI, but rather the philosophical and ethical framework for leadership in an era defined by rapid technological change. Murthy masterfully blends ancient Indian wisdom, particularly the concept of Dharma, with the imperatives of contemporary business: to Adapt, Accelerate, and Amplify. This unique synthesis provides a holistic and human-centered approach to what could otherwise be a sterile, technology-focused topic.

The first principle, Adapt, is presented not as a passive reaction to change, but as an active embrace of AI as a transformative catalyst. Murthy argues that leaders must move beyond traditional decision-making and adopt a data-informed approach. This means seamlessly blending human intuition with AI-driven insights, recognizing that AI is an enhancement to human capability, not a replacement.

This adaptation is a continuous process, demanding a flexible mindset and a willingness to evolve alongside technology. It challenges leaders to see AI not as a threat, but as a tool for deeper understanding and strategic action.

Following adaptation, the book delves into Acceleration, highlighting the speed and precision that AI enables. Murthy emphasizes that AI allows leaders to make faster, smarter decisions and to push their organizations beyond conventional boundaries. However, he introduces a crucial ethical dimension: speed alone is not enough. Leaders must wield this acceleration responsibly, ensuring that rapid adaptation is sustainable, ethical, and aligned with long-term success. The book suggests that those who leverage AI for acceleration will not only keep pace with change but will also set the rhythm for their entire industry.



Finally, Murthy explores the concept of Amplify, which is where the book truly distinguishes itself. This principle underscores that AI does not diminish the need for human connection; it amplifies it. The author posits that a great leader uses AI to strengthen trust, collaboration, and vision. This is the essence of AI-driven leadership: using technology to scale operations while simultaneously nurturing human qualities like emotional intelligence and ethical conduct. The book beautifully illustrates that leadership in the age of AI isn't about technological dominance, but about expanding human impact and shaping the future with clarity, compassion, and confidence.

In essence, "AI DRIVEN LEADERSHIP" is more than a business book—it's a philosophical manifesto for conscious leadership in the digital age. Kuruva Venkataramana Murthy's background as both a corporate leader and a spiritual guide gives the work a unique credibility and depth. He reminds us that while AI provides the tools, it is the leader's integrity, purpose, and inner wisdom that truly drive success. The book offers a refreshing perspective, urging leaders to see AI not as a challenge to their authority, but as an opportunity to amplify their most human qualities, leaving a legacy of integrity and conscious transformation. It is a vital read for anyone looking to lead with purpose in a world full of AI-driven possibilities.

About Author:

Kuruva Venkataramana Murthy is a visionary leader and published author who combines ancient wisdom with modern ambition. He has a diverse background that includes leading a major Indian conglomerate and over 25 years of spiritual practice. Murthy is an Awareness Coach, holistic healer, and cosmic storyteller.

His philosophical approach to leadership is a fusion of spirituality and business. He is the founder of "One in the Universe (OIU)," an initiative that focuses on nature-inspired, healing lifestyle products, bridging spiritual energy with material excellence.

As an author, he has published "How Chakras Liberate You from Your Karma" and "INSPIRE IMPACT IGNITE: The Art of Leadership Storytelling," in which he weaves cosmic principles into everyday challenges. His most recent work, "AI DRIVEN LEADERSHIP," focuses on leading with "Dharma" in the age of AI by following the principles of Adapt, Accelerate, and Amplify.

Murthy's personal passions include photography, music composition, painting, designing, and biking, which he uses to find inspiration in art, movement, and the rhythm of life. His journey is a reflection of his belief that leadership is the art of channeling inner wisdom into action, leaving a legacy of integrity, passion, and conscious transformation.



By Ugesh Sarcar

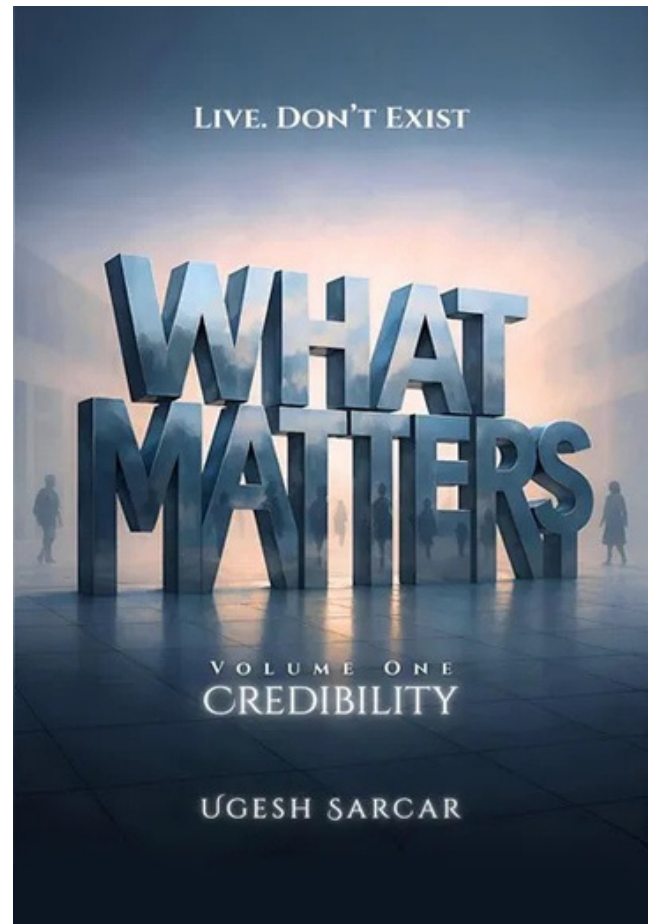
WHAT MATTERS

Book Review

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very so often, a book comes along that feels less like reading and more like holding up a mirror to your own life.

Ugesh Sarcar's *What Matters* (Volume One: Credibility) is exactly that kind of book—raw, daring, and unsettling in the best possible way. The title, on the one hand, may seem pretty simple and straightforward, but it is the simplest things that carry the deepest meaning and sensibility when examined in an objective manner. Sarcar's book fits the bill in the same sense. In his book, he features characters that appear to be quite regular and ordinary, but the situations they face distinguish them, make them extraordinary and at the same time, make them relatable too because every person would feel connected to them. It is the circumstances that define and make a person ordinary or extraordinary. "What Matters" does justice in explaining that accurately and in the most precise manner. At its core, the story takes place in an unconventional college unlike anything we've ever known. Handpicked students are thrown into an experiment with no lectures, no exams, and no traditional structure—only a series of uncompromising challenges designed to strip them of illusions and force them to confront who they really are.



The promise of a million-dollar reward may draw them in, but the true prize turns out to be something far more profound: the clarity of living with self-trust and authenticity. The picking of students again is not something that requires a person to be extraordinary, like we would otherwise witness in today's competitive world. The author retains the element of relatability for the readers right from the beginning and ensures that they are hooked to find out what is next. Whether it is experiments or unveiling the monologues in the minds of the characters or even what they say out loud during conversations, Sarcar knows exactly what is to be said by whom and when. What struck me most was the theme of credibility.

N

ot in the external sense of reputation or status, but in the deeply personal sense of being true to oneself. Sarcar asks questions we often avoid:

Do we keep promises to ourselves? Do we live by values that are ours, or ones we've borrowed? Who are we without the masks? The characters—Ria, Andy, Jules, and others—embody these struggles in ways that are painfully familiar. Their journeys feel less like fiction and more like echoes of our own hidden battles.

Sarcar's prose is unflinching. It's not polished to comfort—it's deliberately gritty, even confrontational at times. But that is the beauty of it. Growth doesn't happen in comfort, and this book refuses to let its readers stay in the safety of passivity. Instead, it immerses you, challenges you, and dares you to look inward. Reading it feels like being part of the experiment yourself. While he does use the fictional style of writing and takes readers into a world of his imagination, he makes sure it is strongly rooted in reality and never seems far-fetched or unrealistic to the extent that readers dismiss it, saying this can not be possible.



This introduces the readers to his craft as an author and his extraordinary capabilities and ensures that the readers are left eager for his next work too.

"What Matters" is not an easy read, nor is it meant to be. It is thought-provoking, immersive, and at times uncomfortable. But in that discomfort lies its gift. This book doesn't just linger after you finish it—it reshapes the way you think about identity, courage, and credibility. For anyone who has ever felt the weight of living for others' approval or struggled with the question of who they truly are, this book is a revelation. It doesn't hand out easy answers. Instead, it offers something far more valuable: the invitation to rebuild from within. This theme is strongly universal, as most readers will have encountered such situations at some point in their lives. The author effectively connects with the emotions of the readers and makes his tale an extraordinary one. "What Matters" teaches the readers what really matters and what does not. This message of empowerment will be highly relevant in today's generation which heavily relies on validation by other people through social media and platforms that make them feel good about themselves.

The Author

Ugesh Sarcar, India's first and most acclaimed mentalist, is known for blending magic with deep psychological insight. With over 20 years of experience, he rose to fame through his show 3rd Degree, redefining mentalism in India. Called "The Mystician," Ugesh delivers transformative performances and thought-provoking talks worldwide. His book series, What Matters, reflects his mission to inspire conscious living, personal growth, and the courage to challenge limiting beliefs.

Top 10



RAKESH VENKATRAMAN

Rakesh Venkatraman is a Pune-born storyteller and TEDx speaker who crafts soulful narratives blending mythology, spirituality, and emotion. His work inspires readers to rediscover their authentic selves and find wisdom in everyday moments.



ARINDAM CHAKRABORTY

Arindam Chakraborty is an Indian author and seasoned Procurement & Supply Chain leader who blends corporate insight with creative storytelling. His fiction explores psychological depth, suspense, and human emotion, focusing on themes like trauma, relationships, and redemption.



ABHILASH FRAIZER

Abhilash Fraizer, an award-winning writer from Kerala, has authored 15 books spanning fiction, poetry, and essays. He currently serves as QR Lead at Shalom World and Editor of Masticadores India.



MAHESH RAJMANE

Mahesh Rajmane is an emerging Indian author who blends mythology, science, suspense, and psychological horror in his storytelling. His work, including *Khandav*, explores forgotten legends and the supernatural through a modern, science-infused lens.



SANTANU PANDA

Dr. Santanu Panda is a veterinary scientist specializing in animal biotechnology and infectious diseases. He serves as Assistant Director in Kolkata and has published extensively in reputed scientific journals.



PANKAJ SUDAN

Pankaj Sudan is a spiritual seeker, poet, and educator who has guided meditation for over two decades. Author of Deep Mind – Whispers of Eternity, his work reflects his deep exploration of spirituality and parapsychology.



DR. PATLO DATTA

Dr. Datta is a multidisciplinary scholar and Senior Lecturer at Regent College London, with a PhD from the UK and 27+ years of teaching experience. A global speaker and author, he chairs a research centre, edits international journals, and has travelled to over 75 countries.



ROHIT BHARGAVA

Rohi Bhargava is a motivational writer whose simple yet powerful stories inspire kindness, resilience, and self-belief. His work, including The Joy of Helping Others, emphasizes compassion, faith, and finding strength through selflessness.



ANINDYA NANDI

Anindya Nandi, a retired Indian Navy sailor, is a renowned author and geopolitical analyst who advocates Sanatan Dharma and explores India's evolving identity. His notable work The Fractured Throne analyzes the impact of coalition politics on India's governance and democracy.



DR. DEEPAK SWAMINATHAN

Dr. Deepak Swaminathan is a seasoned entrepreneur, author, and speaker with over 30 years of experience in building scalable businesses and mentoring startups. His works focus on innovation, storytelling, and empowering entrepreneurs through strategic insights.

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THE LITERATURE TIMES

VOL 4 ISSUE 4

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