

THE LITERATURE TODAY

**Presenting The Best of Literary Works -
In The Mist of Festivities!**

COVER STORY

Neha Ranglani is an Integrative nutritionist and health coach practicing for the last 14 years and has helped 20000+ people across the globe to become health independent and take charge of their own health. She helps people reverse or manage obesity, diabetes, thyroid, PCOS, infertility, and any other issue in the most natural way possible. In less than 2 years she had authored 2 books in her Reboot Series and wishes to write many more. Neha has been educating people about authentic nutrition and wellness information through her social media, corporate and school workshops, and authored articles in reputed magazines and publications like vogue, Grazia, mid-day, and many online portals. Neha's passion for her work is unparalleled and she makes sure she serves in her best capacity.

**NEHA
RANGLANI**



ISSN - 2583-2263



COVER STORY – BESTSELLING AUTHOR NEHA RANGLANI

Neha Ranglani is an Integrative nutritionist and health coach practicing for the last 14 years and has helped 20000+ people across the globe to become health independent and take charge of their own health. She believes our body has this innate ability to heal itself provided it is fed with the right raw materials in terms of food, thoughts, emotions, and actions. She helps people reverse or manage obesity, diabetes, thyroid, PCOS, infertility, and any other issue in the most natural way possible. In less than 2 years she had authored 2 vegan and gluten-free books in her Reboot Series – Breakfast and Beverage Reboot and is proudly announcing the launch of her 3rd and the most awaited and requested in the reboot series “**Dessert Reboot**”.

Neha has been educating people about authentic nutrition and wellness information through her social media, corporate and school workshops, and authored articles in reputed magazines and publications like vogue, grazia, mid-day, and many online portals. Neha’s passion for her work is unparalleled and she makes sure she serves in her best capacity.



DESSERT REBOOT BY NEHA RANGLANI



FROM THE

EDITOR-IN-CHIEF

With every edition of The Literature Today, we strive to give something additional and try innovative ideas. Therefore, every edition comes out as an exciting version and keeps our readers entertained and engaged in seeing the authors that are featured on our magazine's canvas. The auspicious occasion of Diwali brought us great authors whose works feature promise and assurance to stand their time to be recognized in the coming years.

In this edition of The Literature Today, we mainly focused on books, authors, articles, and topics that would reach out to the maximum readers so that they can connect, and we can understand what our readers want. It is through the valuable feedback of our readers that we have been able to advance further and bring about new editions that are based on their suggestions. Through this edition, we hope to reach out to more readers and probably even build a new line of readers. For this reason, we have kept content that is varied and can cater to readers of all tastes. As always, we welcome your suggestions, feedback, and comments as they become more valuable with every edition. With this thought, let's dive into the world we have created. Happy Reading!

Dr. Mayurkumar Mukundbhai Solanki

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Best Regards,

M. M. Solanki



THE LITERATURE TODAY MAGAZINE IS ALSO
PUBLISHED ON MAGZTER AND PRESSREADER WEBSITE.

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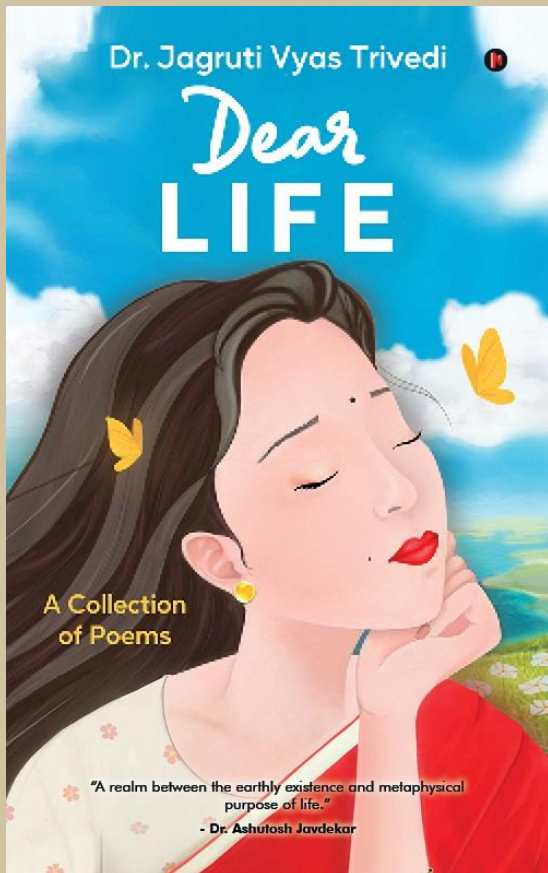
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TLT Magazine

BOOK REVIEWS

Dear Life by Dr. Jagruti Vyas Trivedi



“Poetry is when an emotion has found its thought and the thought has found words. Poetry is an echo, asking a shadow to dance. Poetry is not a turning loose of emotion, but an escape from emotion; it is not the expression of personality, but an escape from personality!”

Reviewing this beautiful poetry collection book, **“Dear Life”** by Author-Poet **Dr. Jagruti Vyas Trivedi** has been a very satisfying experience to me since I started my writing journey as a poet. And now whenever I get a chance to review a poetry collection title, I not only enjoy reading these new and expressive poems, where the poet conveys some unheard messages through their words, but also I get the opportunity to learn something new regarding the composition of poetry, each time!

Book’s Theme & Introduction: Poetry – This book, **“Dear Life”** by Author-Poet **Dr. Jagruti Vyas Trivedi** is having a lovely collection of poems, one after another, which are mostly based upon the various emotions of life like togetherness, sentiments, relationships, faith and happiness. The book highlights the human emotions in an incredible manner.

‘Dear Life’ touches every chord of the heart. It dwells around the different facets of emotions one experiences and tries to interweave it with the varied aspects of life. It tries to reflect upon the significance of bonding among kinship! The book presents **43 Reading Worthy Poems**, which are indeed a precious gift from the poet to the poetry lovers.

Book Title: The title, **“Dear Life”** for this poetry collection book is certainly an appropriate one, with reference to the collection of poems added to this book by the Author. In addition, it is a very ‘Catchy Title’ and this is something, which makes the book even more interesting, as the title itself compels you as a poetry lover to pick up this book for reading.



Dr. Jagruti Vyas Trivedi

About the Author: Author **Dr. Jagruti Vyas Trivedi**, hails from a family that is deeply steeped in spirituality and culture. Her inclination toward literature, especially for poetry, and her upbringing in a serene ambiance nurtured her poetic imagination, resulting in this debut poetry collection. She believes that poetry can ignite the minds and souls of people, making them transcend this world of sensory perception. In her poems, she mingles the flavour of diverse moods and sensibilities intrinsic to the process of creation.

She received her doctoral degree in the Poetry of Sylvia Plath and is presently working as an associate professor in the department of English at Smt. Kesharbai Lahoti College, Amravati (MS). She relishes being into creative writing and working on the editorial board of the college magazine. Apart from poetry, she is passionate about listening to music and traveling in the realm of nature with family and friends.

In this case, the title is giving a very positive and beautiful vibe so you would feel the urge to go inside the chapters and try to understand the Author's expression of words! In addition, I must mention that the title of this book is much **"Justified"** with regards to the poems in this book. Undoubtedly, it is a very apt for this poetry collection book and the Author had been extremely wise to go for this title.

Book Cover: The portrayal of *"a woman in the traditional Indian wear of Sari with her eyes closed, as if she is feeling the moment under an open sky with butterflies around her"* in the book's front cover is creating a very **"Specular Impression!"** In addition, the book cover is also reflecting a very optimistic and beautiful vibe just like the book's title. The readers can interpret the book cover design in a thousand different ways as per their sense of interpretation, but the most common interpretation could be that the illustration on the book cover is showing the Author's idea of engaging with the life by feeling the very moment of the life!

Readers' Connect: The way, Author had expressed herself with her well-versed poems in this poetry collection book, **"Dear Life"** is something really incredible and is undoubtedly an enough reason for you to shift your focus towards her poems and give this book a chance. It is the poets who plays the pivotal role in touching the inner cords of our emotions and making us believe and think the way their words intend to and Author-Poet, **Dr. Jagruti Vyas Trivedi** had done this job in an exceptionally top-notch manner! Moreover, the Author had beautifully expressed her feelings through her soulful words, and that gives a **Strong-Start** to the poems; also, you can see that most of these poems had retained their flow until the very end, which gives you an immense amount of satisfaction as a poetry lover.

Verdict: A title like *"Dear Life"* is for sure a **Must-Read** one and deserves a chance. The way author had penned down her emotions and feelings through her writings will make you go deep into the poems and find out the hidden meanings of the words, used in these poems. Author **Dr. Jagruti Vyas Trivedi** is a promising poet who is very honest with her emotions, which makes her writings honest and reading-worthy as well.

HYDRATE TO ELEVATE: ELECTROLYZED REDUCED HEXAGONAL WATER - THE KEY TO GOOD HEALTH

The significance of water in the sustenance of human life has often been quoted and mentioned among people and circles for a long time now.

The numerous kinds of research done in the direction of using water for various purposes are proof of the efforts being made. “Hydrate to Elevate: Electrolyzed Reduced Hexagonal Water the Key to Good Health” by Dr. Debi Prasad Acharjya has been written with the ideas and objectives to increase awareness of the people in this direction. Dr. Acharjya writes the book after thorough research, understanding, and analysis of the data available. Based on his research, the author compiles information about a special type of water, its healing properties, and the impacts that he has experienced on using it on a personal level. Through the book, the author attempts to educate the readers and impart learning that may not have been a part of their observations.

“Hydrate to Elevate: Electrolyzed Reduced Hexagonal Water the Key to Good Health” is divided into 19 chapters that talk about different aspects surrounding the author’s research in detail. Through the research, he also explains his explorations based on the papers he read and the sources he referred to.

It is through his research that reading the book becomes an enriching experience for the readers and they can understand multiple facts related to electrolyzed reduced water. To explain his point, the author resorts to various modes of expression. He goes into the depths of history, science, sportspersons, and the experiments on the human body along with the results. He opts for a scientific approach to demonstrate his point and explains it with examples that are from real life based on his research and understanding. He refers to many sources and lists the articles for reference for the readers which shows the transparency of his work as well as clarity of thought.

In this time when the world is facing an acute shortage of water that is fit to drink, this book comes as a lifesaver and a life giver for all those who look for a ray of hope. “Hydrate to Elevate: Electrolyzed Reduced Hexagonal Water the Key to Good Health” will also be instrumental in solving the problems of millions of people who are victims of water shortage.



**DR. DEBI
PRASAD ACHARJYA**
AUTHOR

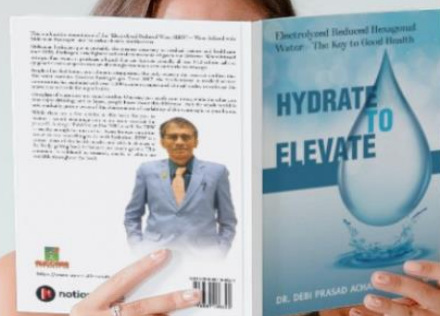
In India, where drinking water is still a significant issue in both personal and political terms, it is necessary for people to go through this book and understand the significance of electrolyzed reduced water and the extent to which it can solve problems of drinking water. Apart from this, the usage of this technology can also be extended worldwide. Dr. Acharjya also talks about the role of electrolyzed reduced water in different areas in order to explain how it will make a big difference in handling the global water issue that confronts the world.

The manner in which the author writes the book makes it simple to be read by all kinds of readers. He keeps the content compact, concentrated, and fit for understanding for any ordinary reader. It is not necessary that only knowledgeable people in the field can read the book and understand it rather, the author has simplified the scientific aspects of the book in order to make sure that every kind of reader can lay their hands on the book and understand how science has impacted and produced a new form of water that is effective, efficient and the next milestone in the accomplishments under the name of human achievements.

This book is recommended to all readers to understand the changes of the present time and how they are the foundation of the future. Reading “Hydrate to Elevate: Electrolyzed Reduced Hexagonal Water the Key to Good Health” is not only going to change the readers’ perspective but also enlighten them about the details that are vital from a knowledge point of view too. Another attraction is the length of the book. The book which is less than 150 pages has details that are short, concise, clear, to the point, and focused on explaining electrolyzed reduced water. Therefore, it can be read from the point of reference, additional learning, understanding, and enrichment.

“Hydrate to Elevate: Electrolyzed Reduced Hexagonal Water the Key to Good Health” by Dr. Debi Prasad Acharjya is likely to be referred to in the future for other research as there are more discoveries. However, this book will prove to be a significant milestone in defining the extent to which humans have the potential to do the impossible and finding out answers to questions that have been a center of discussion for ages.

ISSN - 2583-2263



About The Author: Dr. Debi Prasad Acharjya got his basic education from Christ Church Boy’s School, Jabalpur (Madhya Pradesh) and graduated from St. Aloysius College (Jabalpur University, Madhya Pradesh) in B.Sc. by being a Gold Medalist. Later he completed his Post Graduate Diploma in Systems Management from NIIT, Kolkata. He is a Certified Law of Attraction Basic Practitioner from Global Sciences Foundation, USA. He is a certified Emotional Freedom Technique (EFT) Consultant from Vitality Living College, UK and also has a Certificate in Medical Transcription.

He is a Graduate of “Landmark Forum.” Dr. Acharjya is a former officer of Canara Bank, one of the most respected financial institutions of India. He also has a Diploma in Cellular Nutrition Therapy (DCNT) from “The Open International University for Complementary Medicines”, Colombo, Sri Lanka.

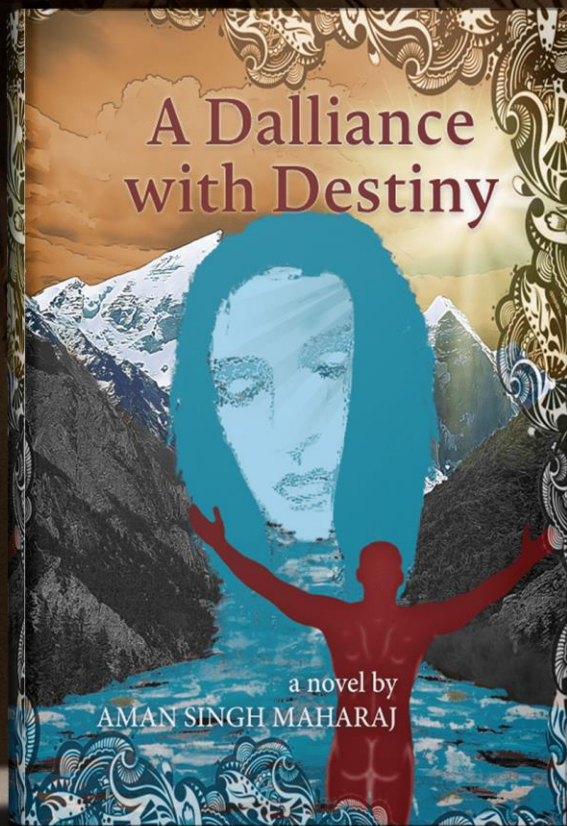
He is an International Hydration Specialist and has been awarded the certificate of “Hydrogen Advisor” from the “Molecular Hydrogen Institute (MHI).” The institute is the epicenter of hydrogen education and training and is the leading educational source for individuals interested in accurately sharing the scientific evidence regarding the therapeutic benefits of H₂ gas.

As an Ambassador of Global Health and Wellness and with years of experience and the multitude of resources, he guides people to understand what exactly is needed to acquire a healthy life at any age! As a Wellness Coach he has transformed lives of thousands of people. Working with Dr. Acharjya is a learning experience; say his beneficiaries with a sense of pride and fulfillment.

Web: <https://www.successlifecreation.com>

THE DALLIANCE WITH DESTINY

- AMAN SINGH MAHARAJ



Dalliance of fate spans over a century and does so beautifully. It effectively captures the dire circumstance under which the forefather of the protagonist is forced to leave his homeland in search of a better life. In search of a life that would enable him to provide a square meal for his family, the journey thus began from remote rural India to South African fields where Jagat Thakur begins life afresh. A life that was filled with hardships and setting a home away from home, forging new bonds with ‘Jahajibhais’, and looking beyond caste and creed.

The author describes this phase so vividly that you can visualise yourself amongst those Indians who set foot in South Africa in 1910. This section also kind of gives an idea about how hard the ancestors of the Indian diaspora may have had to struggle before making it big, and it wasn't all hunky-dory. The novel has its fair share of twists and turns that will keep you engaged as a reader; it may be pertinent to mention at this point that this is an adult reading.

The protagonist of the novel is in an intriguing love-hate relationship with himself. The parts where he narrates his childhood insecurities are quite relatable. A particular incident involving his best friend is quite heart-wrenching. The portions where the protagonist is seen coming of age, could have been vulgar, but the author manoeuvred the episodes successfully steering clear of vulgarity yet conveying a detailed description. The protagonist **Milan Gansham** is unnoticeable and seemingly unlike a hero, yet he ignites curiosity about himself in the reader's mind. Having been subjected to a bygone litany of low caste monikers, and racial discrimination, the novel draws a clear picture of what the Indian diaspora faces in a foreign society, that they have adapted as their own, yet there is a bridge that needs to be crossed. In a complex way, Milan's existence was a gift of European Imperialism. And that isn't an easy task - to accept.

Milan, despite his professional experience and expertise, is looked upon as a glorified clerk by his employer who also happens to be his ex-lover. He is unfairly dismissed by his employer, and now a lonely, unemployed divorcee Milan sets off to find life. Disillusioned by his non-existent existence in South Africa, Milan embarks on a self-exploratory journey to India. His strong urge to trace his ancestral roots, the hope of finding his soulmate, and understanding the purpose of life, are what sets the pace for the next phase of the novel.

The author effectively captures the dilemma the Indian diaspora faces with respect to their loyalty to their home country and their adopted country, in this phase of the novel.

Milan indeed traces his ancestral village, **Kusmara**, and this episode in the novel will have you glued to the pages, what with Milan meeting a dacoit. You may also draw a parallel with the movie *Swadesh* at this point wherein the protagonist uses his civil engineering skills to develop a system for water supply for the poor villagers, thus becoming the hero of his new found extended family.

By this point of the story, you already would know the innumerable one-night stands and marriages Milan has had, fate never being kind to him with matters of the heart, including an interesting rocking affair with an elite intellectual he meets in Calcutta. Until one fine day when love finally beckons him in Delhi as he meets Maya. To him, she is like the goddess, perfect in every which way. Interestingly, Maya is born of a cross-cultural marriage between a **Kashmiri Pandit** father and an Iranian Zoroastrian mother.

The story becomes even more interesting hereon, and it isn't all easy to get the love of his life as a twist in fate awaits. The protagonist's journey from finding himself at Osho to Goa, to Kashmir, and finally at the holy Ganges is an intriguing and interesting read. In a way it personifies the trials and tribulations many faces during their mid-age as they try to seek pleasure, battle loss, hold on to hope, fight their own demons and past trauma, search the purpose of their existence and finally inch towards finding their true calling.

The author has efficiently captured global along with local, history, he has given extraordinary attention to detail across space and time, which is reflective of the research he must have done to write this novel. A story that maps the mental turmoil, myriad emotions, material depravity, and finally the spiritual quest of the protagonist. The author has expertly tackled the darkest human emotions, the triumph of willpower.

The title of the book is thus a very apt one. The protagonist to whom initially life is nothing more than a dalliance, a casual fling, who sees life through one's sexual escapades. And as is the law of nature, life keeps teaching us the same chapter until we learn the lesson, it holds true in this case too. Destiny keeps throwing various twists in an otherwise mundane life of an equally mundane person, until such time that he tries to seek the hero within.

This novel is intriguing to read, one that will keep nodding you to turn the page and read a bit more before hitting the bed. The language used is easy to understand, in some places Hindi words have been incorporated, albeit effectively. The novel however is best suited for an adult read, because of the context it explores, and the use of certain language and words. The author has made use of prose that is rich in alliterations and metaphors. With the power of his imagination, he has woven a sweeping plot that remains cohesive and consistent throughout the story. The characters are well thought out, and the main character as well as the supporting characters stand out on their own and leave a lasting impression on the reader's mind. Maintaining the link spanning a century is a mighty task and kudos to the author for maintaining consistency on that front. All in all the book is a good read that will take you through contrasting situations and plots and leave you wanting to read some more.



The author who belongs to the Indian diaspora, having been born and brought up in South Africa, is a civil engineer. He later pursued MBA and then a Ph.D. in development studies.

An engineer who has discovered his literary streak is a rarity. The author has worked in diverse professions from engineering to economy, before finding his calling as an entrepreneur and writer. He is also a columnist with the national newspapers, focusing mainly on the Indian Diaspora.

Hurry up, Authors!



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