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Vijaya Dialani

Mental and emotional well-being coach, NLP practitioner, writer, podcaster, and healer.

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THE LITERATURE TODAY

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FROM THE *Editor-in-chief*

When we began with **The Literature Today**, we were not sure about where the journey with our brainchild would take us. With every edition, we learned, grew, expanded the corners of our magazine, and educated ourselves simultaneously. The Quarterly E-Magazine has helped us redefine the meaning and significance of media and bridge the gap between the world of words and quickly evolving technology. **Volume 4 of the first Issue Edition** of The Literature Today Magazine has helped us expand our dimensions a little more with a bunch of topics that we have explored.

The latest edition features much more than just books and attempts to reach out to more readers this time. The magazine includes book reviews and author interviews, featuring articles on a wide variety of topics like technology, lifestyle, fashion, and all that is revolutionary and influential in people's lives. It also includes content that is relevant to the present scenario under the heading of current topics. In addition, some surprise entries can be read once the readers lay their hands on this edition.

With every edition, we strive to achieve new heights and improve the next edition, as we believe there is always more to add and to learn. Hence, we would heartily welcome valuable suggestions from our readers at theliteraturetoday@gmail.com. We look forward to hearing from you. Happy Reading!



Dr. Mayurkumar Mukundbhai Solanki

Editor, *The Literature Today*, India

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Best Regards,

M. M. Solanki

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INTRODUCING - VIJAYA DIALANI, AN ACCOMPLISHED AUTHOR, MENTOR, AND MENTAL WELLNESS COACH, IS THE VISIONARY BEHIND THE PROGRAM "THE EMPOWER YOU."

Ms. Vijaya Dialani is a multi-faceted individual dedicated to guiding others on their transformative journey to wellness and self-discovery. As an accomplished author, life coach, **NLP (Neuro-Linguistic Programming)** expert, and healer, she is passionate about empowering individuals to unlock their full potential and lead fulfilling lives with her highly acclaimed **"The Empower You"** Program.

Although she has her Master's in Analytical Chemistry and a Bachelor's in Education the extensive training in various coaching methodologies and therapeutic approaches has equipped her with a holistic understanding of human behavior and potential. Over the years, she has earned multiple certifications in life coaching and **NLP**, solidifying her reputation as a transformative force in the personal development arena. She brings a wealth of knowledge and expertise to roles as an author, life coach, **NLP** practitioner, and healer. Her professional journey has been marked by a commitment to understanding the intricacies of the human mind and spirit. As a child, she experienced emotions of extreme ignorance not only from her extended family but also from her immediate family and classmates which turned into being rebellious as a teenager making her feel left out. She has independently worked on resolving both the war in her mind and the fights with people which is one of the predominant reasons she chose to serve the community as a Life Coach.

Driven by a belief in the power of self-discovery and personal growth, Vijaya's coaching philosophy revolves around unlocking the untapped potential within each individual. Her approach is rooted in **NLP** techniques, fostering positive mindset shifts and empowering clients to overcome challenges, set meaningful goals, and achieve lasting success. She blends traditional coaching methods with the transformative power of **NLP**, creating a unique and personalized experience for her clients. She believes in harnessing the innate potential within each individual to overcome challenges and achieve their goals.

As a certified **NLP** expert, she leverages the principles of neuro-linguistic programming to help individuals reprogram their thought patterns, overcome limiting beliefs, and create lasting positive change. Her well-experienced techniques are integrated seamlessly into her coaching sessions to enhance the effectiveness of the transformational process. In addition to coaching and **NLP**, she is a dedicated healer, using various holistic modalities to promote physical, emotional, and spiritual well-being. Her healing practices aim to restore balance and harmony, fostering a sense of inner peace and resilience in those she works with.

As the visionary founder of “**The Empower You**” Program, Vijaya has created a transformative platform specifically tailored for working professionals. This program integrates her expertise as a life coach and **NLP** practitioner to provide a comprehensive approach to personal and professional development. Through workshops, coaching sessions, and online resources, participants gain valuable tools to enhance their careers and overall well-being. Vijaya specializes in guiding professionals through career transitions, stress management, leadership development, and effective communication. Her **NLP** expertise enriches her coaching sessions, enabling clients to overcome limiting beliefs and create positive, lasting change. Her clients consistently praise her ability to inspire transformation. Testimonials highlight her genuine commitment to their success, citing the tangible impact her coaching has had on their careers and personal lives.

As an author, she has penned the book “**Breakthrough Mental Wellness Techniques**” which serves as a guide for individuals seeking inspiration, practical tools, and profound insights to navigate the complexities of life and embark on their growth journey. She regularly conducts workshops and retreats that blend coaching, **NLP**, and healing practices. These immersive experiences provide participants with the tools and knowledge needed to cultivate positive change, deep self-awareness, and holistic well-being.

Vijaya's unwavering dedication to empowering working professionals sets her apart as a multifaceted influencer in the fields of coaching, **NLP**, and authorship. Whether through her transformative coaching sessions, best-selling books, or the innovative “**The Empower You**” Program, Vijaya continues to impact lives positively, guiding individuals toward their fullest potential in both their personal and professional journeys.



AUTHOR INTERVIEWS

- Gargi Rawat
- Colby Sharma
- Major General Neeraj Bali
- Major General Rajpal Punia
- Vijaya Dialani
- T.E. Aravind
- Sreeja Raman

An exclusive interview with journalist Gargi Rawat.

Questionnaires:

The Literature Today: First of all, I would like to congratulate you on the success of your book TIGER SEASON. This book is based on your own experience during the SAVE TIGER campaign. What initially drew you to write about this specific experience?

Gargi Rawat: Thank you. I was inspired to write the novel by my own experiences reporting on wildlife and conservation issues. Particularly covering man-animal conflict which is a very complex issue that people don't put enough effort into understanding. There was a tragic incident in 2015 at Ranthambore when a forest guard was killed by a tiger, T24 popularly known as Ustad. When the forest department removed him to a zoo, as he was perceived as a threat as he had killed humans earlier as well, there was a huge hue and cry among tiger lovers. I had covered the story and found the outrage over Ustad's shifting misplaced. Most conservationists agreed with the Forest Department's action. These are the issues I wanted to bring out in my book.

The Literature Today: As a journalist, you covered the Save the Tiger movement. What particular change in yourself did you find, though, once your stay was up?

Gargi Rawat: I feel spending time in nature helps one become more empathetic, and appreciative. I would highly recommend people try and take a break from city life and visit a national park. One needn't be tiger fixated, but learn to enjoy being in the wild and seeing other animals, and birds.

The Literature Today: How successful, in your opinion, is it to use a celebrity for these kinds of campaigns?



About the Author - Gargi Rawat is a senior news anchor and environment reporter who has worked with **NDTV 24/7** for the last two decades. For many years she has been a regular face on the channel and has filmed several documentaries and environment-related programmes. She worked on the first-ever news show on wildlife in India, 'Born Wild', and anchored its Hindi version, 'Safari India', for the Hindi channel **NDTV India**. Gargi has also been editorial head for some of the best-known environmental campaigns carried out by **NDTV**, including 'The Greenathon', 'Save Our Tigers', and the 'Banega Swachh India Campaign'. She received widespread acclaim for her award-winning documentary series on the state of the river Ganga. She has just released her first book *Tiger Season*, a work of fiction, which has themes of tiger conservation and environmental concerns.

Gargi Rawat: Using a celebrity helps boost a campaign. Many people who otherwise would not be attracted to an environmental campaign, often come because of the star but then also learn about the issues they are promoting. During the NDTV Save Our Tigers campaign, we had Amitabh Bachchan as our campaign ambassador, and other big names like Dia Mirza, and M S Dhoni were involved.

The Literature Today: Can you please explain your book's subtitle "Stripes, Safaris and Sparks?"

Gargi Rawat: My editors and I thought the subtitle would convey that it was at the heart of it, a fun, light read with a dash of romance. The title of the book *Tiger Season* indicates it was a novel involving tigers and wildlife. The subtitle was to add a fun element.

The Literature Today: In your opinion which was the biggest challenge – saving the tiger, or convincing people?

Gargi Rawat: There are those who say 'Why save tigers when we have so many more challenging issues?' To them, I would say we need to protect tigers as it's one of the most beautiful species and it's a matter of pride that India has over 70% of the world's wild tiger population. Also, thanks to the effort to save tigers by former Prime Minister Indira Gandhi, under whom Project Tiger was launched, we managed to protect such huge tracts of our forests and natural spaces. These forests are the origins of countless rivers, and provide us with clean air. We know now the biggest protection against climate change and extreme weather is forests. So, in protecting the tigers, we also protect ourselves.

The Literature Today: What was your reaction when you met the mahanayak Amitabh Bachchan himself? Were your reactions the same as you described in the book?

Gargi Rawat: The book description of meeting the Bollywood star was very different as it was fictional and the character was different from Mr. Bachchan. Meeting Amitabh Bachchan feels very special given what a massive star he is. He's also extremely sharp articulate, and willing to learn which was very wonderful to see.



The Literature Today: Looking back, are there any aspects of the campaign you would have approached differently with the knowledge you have now?

Gargi Rawat: Only that I would have made sure I visited more of the country's tiger parks. I got to see so many different parts of the country but there's always so much more to see.

The Literature Today: What were the key lessons you got from the campaign?

Gargi Rawat: I was very lucky to be involved in a campaign like Save Our Tigers as well as other environmental campaigns that we did at NDTV. It was great to see how a concerted well thought-out effort went a long way in creating awareness about these key issues. Even today people remember our campaign. We started by emphasising only 1411 tigers were left and that number created a sensation and got many people to care.

The Literature Today: Finally, I would like to know about your plans related to literature. Are you planning any other book related to wildlife or any other important matter?

Gargi Rawat: I think *Tiger Season* deserves a follow-up book. Many people have told me they would like to read more about Sunaina Joshi's journey and the other characters in the book. I would like to pick up other parts of the country to highlight in a fictional way, especially Corbett tiger reserve which is my home state Uttarakhand. So, let's see. I think in a few years a book on broadcast media and its evolution is also something I'd like to write on. Especially since I've seen how it's changed in the last 20-odd years.



An exclusive interview with **Colby Sharma**, the bestselling author.

About the Author - Colby Sharma is an author, and lawyer. Colby is the founder of several successful businesses including the Queens Personal Finance Initiative (QFI) Queens Personal Finance Initiative. His seminal book *The Curveball: a Story of Grit, Adversity, and Winning the Game of Life*. The book takes an awe-inspiring journey through struggle, teaching perseverance, grit, and daily tactics and habits. Now booked as a speaker Colby is able to use his tremendous personal experience to take an audience on a path to personal mastery. A huge sports fan Colby sees the stories that are told through sports, the triumphs, the failures, and the links to personal growth and self-help.

Serial entrepreneur Colby has worked with CEOs and high-level entrepreneurs on a range of businesses and initiatives across a number of industries. Colby is the founder and president of the Queen's Personal Finance Initiative. A program to support students to achieve success outside from education through leadership, and entrepreneurship support and advice. He also developed pioneering legal software during his time as a director of Firefly Legal.

In writing his first book, Colby explores the ideas of the egoic self and the heroic self and the battle to overcome adversity. This ongoing battle exposes the challenges and difficulties we all face as a human battling with ourselves. A big proponent of daily habit, Colby believes that good rituals and can lead to increased productivity and growth and provide a solid foundation, particularly in times of change and instability.

As a speaker, he shares his own personal story of overcoming adversity. As a sports fan, he playfully weaves sports analogies and stories into his talks. Developing a narrative that inspires and motivate his audience. In terms of team building, Colby Sharma is an advocate for mentorship and togetherness, he believes in the power of sports to bring people together. For corporations looking to inspire and motivate teams, Colby is a fantastic choice.

YOU CAN CONNECT WITH COLBY AT

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Instagram: [colbysharmaofficial](https://www.instagram.com/colbysharmaofficial)

LinkedIn: www.linkedin.com/in/colbysharma/

The Literature Today: First of all, many congratulations on your book *THE CURVEBALL*. How has the response to the book been so far?

Colby Sharma: Thank you very much. Very grateful for the response and how people have reacted to the book. It has become a bestseller in India.

The Literature Today: You are a professional lawyer. How did you think about writing a book on self-help?

Colby Sharma: I had always wanted to write a book yet it wasn't until I faced life's inevitable adversities that I knew what I wanted the book to be about.

The Literature Today: Your book talks about turning fear into fuel, doubts into confidence, and failure into victory.

Colby Sharma: How important is it to not have a slight amount of fear, doubts, and failure in one's life? Well, I think the essence of life is to also experience fear, doubts, and failure. Because that's how we know we are heading in the right direction provide a pathway for success.

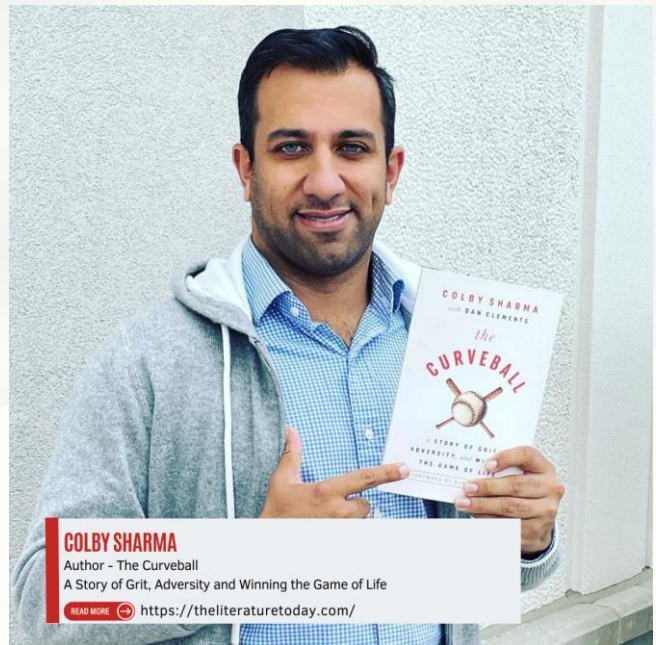
The Literature Today: What inspired you to write *The Curveball*?

Colby Sharma: I was inspired to write *The Curveball* because of a challenging time in my life when I went through adversity.

The Literature Today: To get something one needs to give something. What is your opinion about this sentence?

Colby Sharma: I like it. The result will be determined by your level of self-sacrifice. In *The Curveball* I talk about how loss is important because it's the loss of the power of the ego.

The Literature Today: The story of your book revolves around a sportsman Bryce Holloway. Have you always been a baseball fan?



Colby Sharma: Yes, I have always been a baseball fan. However, it's important to note that you do not need to be a baseball fan or a cricket fan for that matter to gain great value from the book. This book will help you to thrive amid life's adversities, wherever you find them. We had the Cricket World Cup that finished last month where we saw how important the small details are.

The Literature Today: *The Curveball* is your debut book. After completing the draft did you show it to your close ones? And what was the initial reaction you received?

Colby Sharma: After I completed the first draft, I showed it to my dad. His thoughts were invaluable to me. Yet, it would still be close to three years before the book was brought out into the world.

The Literature Today: How do you envision your future goals and aims?

Colby Sharma: I am fully focused on sharing the value of *The Curveball* broadly. I want to continue to speak to organizations about how to become more resilient.

The Literature Today: We would like to end the conversation here by requesting a few words from you for the people facing day-to-day mental challenges in their lives.

Colby Sharma: Do you mean mental health challenges? Seek little wins. Progress over perfection. Another thing I would suggest is having a great support system around you.



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An exclusive interview with Major General Neeraj Bali.

Questionnaires:

The Literature Today: Sir, your book, “The Winning Culture”, draws heavily on your experience in the Indian Army. Can you tell us about a specific instance where a strong organisational culture played a critical role in the success of a military operation?

Major General Neeraj Bali: Let me begin by repeating the theme song of my book - every organisation – company, political party, club, school and college, NGO, and government department – has a culture. Indeed, so does every family. It doesn’t matter whether that culture has come about due to thoughtful reflection and action or has grown like untamed wild grass. And the quality of that culture will largely sift the wheat from the chaff.

Culture is the prime mover of our collective behaviour. It is often the sole difference between winning and losing. My book is full of anecdotes and case studies that reflect how culture plays that critical role. Indeed, I have relied on telling stories of ordinary soldiers achieving extraordinary results, all driven by the silent force called culture. Look at the vast odds in which the Indian army retook the heights of Kargil in 1999. You will recall that in 1999, Pakistani infiltrators – mostly soldiers disguised as militants – crossed the Line of Control in the Kargil area of Jammu and Kashmir and occupied posts that the Indian Army had vacated for the winter. These posts are at heights ranging from 16,000 to 18,000 feet in rugged, barren, and cruelly inhospitable terrain. Winter temperatures routinely –48°C. Even occupying these peaks is challenging and inestimably more complicated to attack up the forbidding slopes. Pakistan’s strategy was breathtakingly audacious: to occupy the temporarily vacated bunkers and thus dominate the solitary artery running from the Kashmir Valley to Leh.

About the Author - Major General Neeraj Bali, Sena Medal (retd) is an Indian Army veteran with extensive operational experience. He notably commanded a Rashtriya Rifles battalion in an anti-terrorist role and served as a security advisor to the Lesotho government in Africa. Maj Gen Bali led an Indian brigade during an Indo-US exercise. An alumnus of the Asia-Pacific Center for Security Studies, USA, he is a teaching faculty at the Institute for Competitive Intelligence, Germany, and the School of Inspirational Leadership, Pune.

After superannuation in 2016, Maj Gen Bali became CEO of The leading engineering company Rodic Consultants Pvt Ltd and managed a rural education society with ninety-two schools and colleges. Currently, he is a management advisor to Dynamic Cables Ltd in Jaipur and Notebook. Maj Gen Bali is also a motivational speaker, corporate performance coach, and an executive fellow of Woxsen University, Hyderabad.

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We heard the thunderous boom and learned of the IED blast over the radio set. Unsure whether there were more explosives along the route, we began to run towards the site, our weapons at the ready. Sporadic gunfire echoed in the distance. As we frantically jogged the few kilometers towards the sound of gunfire, an officer running alongside stopped me and pointed out that I had on red-colored collar tabs that colonels and higher ranks usually sport. The wearing of the tabs – sometimes called the lipstick on the collar – violates the norm of active operations, making the commander an easy target for enemy snipers. He briefly asked me to remove them. I promised him that I would, but my mind being preoccupied with what had happened, I resumed my anxious jog towards the site of action. After we covered a kilometer, the soldier running on my left – an Army barber – Lance Naik Roop Lal asked me: ‘Can I have a word with you, sir?’ ‘Sure,’ I replied. ‘The advice Major Dev gave you about removing the collar tabs is eminently sound. I completely agree that there is no courage in wearing these into battle when tactical norms prohibit it. What if they shoot you next? There would be utter chaos if that happened.’ I nodded in agreement as Roop Lal paused to catch his breath. ‘But sir, my next advice is that you must not remove them today. And not for at least three more months. You must not let the soldiers in the battalion get the wrong impression that a few casualties can shake their CO or the officers.’ What would you say of an organisation where such a sterling lesson on leading by example is understood and internalised even at the lowest rung? How would you rate the strength of a setup where the rank and file believe in their bones that it is the crux of leadership, even if doing so imperils your existence? To lead by example means to be more competent, work harder, and take more significant risks than those you lead. It also implies taking responsibility and protecting your team – not throwing people under the bus. And it involves staying calm in the face of adversity.

The Literature Today: In your experience, what are some of the most prominent challenges organisations face in creating a culture of high performance?

Major General Neeraj Bali: The biggest challenge preventing the development of high-performance teams is that leaders are ‘transactional’ in their behaviour. That contrasts with the Army, where all equations are ‘relational’. The followers do not believe leaders because they know that the leader is merely pursuing their selfish goals. The second problem is that few pay attention to culture while every corporate company speaks about it. And that is so because they do not believe that culture affects their revenue or profits. They feel it is an intangible and fuzzy idea that sounds good but is not a priority. Thirdly, leaders don’t understand that culture flows from the top and they have to change first. They go on blaming other factors. Finally, many leaders believe they are successful and thus know all the answers. Why should they change their conduct to fix the culture when they know the ‘secrets of personal success’?

The Literature Today: Your book offers a ‘culture-building toolkit’ for leaders. Can you walk us through some critical steps in this process?

Major General Neeraj Bali: First and foremost, leaders need to be visible. Too many corporate leaders are merely names on the door. Visibility means proactively reaching out to your team. It means being with them when there is an important project, or the chips are down. Secondly, leaders must make every effort to listen more than communicate. Listening to your team members – and every stakeholder – can be very empowering. Thirdly, do not be a ‘mysterious’ leader, resulting in a guessing game. Be open, be clear, and be consistent. People favour consistency of behaviour more than being nice. Fourthly, never should your communication reflect a lack of respect or violate dignity. Finally, communicate not just in those endless meetings that have become the bane of our lives – but in one-on-one and group interactions.

The Literature Today: You are also a motivational speaker and executive coach. How do you incorporate the lessons from your book into your coaching practice?

Major General Neeraj Bali: The lessons from my book are simply those that I have distilled from life. Nothing I say in *The Winning Culture* is drawn from a theoretical construct. These are universally applicable, and thus, there is no contradiction at all in using them in my coaching practice. As far as being a speaker is concerned – yes, I have had the fortune to address from countless platforms in India and abroad. My approach is to tell stories that inspire and resonate with the audience – and draw relevant lessons they can use. I am focussed on the word ‘relevance’. And I try to keep the lessons down to ‘three’ – something I have picked up from the Ted talk experience.

The Literature Today: Finally, what advice would you give aspiring leaders who want to build a winning team culture?

Major General Neeraj Bali: At the risk of repeating myself, I would say that they must learn to lead by example. It is not easy – it involves working hard, taking risks, always putting your best foot forward, staying calm in crisis, and genuinely taking care of your team. Taking responsibility for failures and sharing credit for successes are keys to such behaviour. This is not a moral requirement – but an operational and practical one to succeed in the battle of life.

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