

VOLUME 5, ISSUE 1 – WINTER 2025

THE LITERATURE TODAY

Dr. Ruhi Satija:
Transforming Women's
Mental Health Through
Awareness and Literature

Discover her inspiring journey
and groundbreaking initiatives.



ISSN 2583-2263

*Pioneering Women's Mental
Health with Awareness,
Empowerment, and
Transformation!*



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the future of storytelling.

DR. RUHI SATIJA

FROM THE *Editor-in-chief*

When we began our journey with The Literature Today, we could not have foreseen the heights this creative endeavor would reach. Each edition has been a stepping stone, refining our vision and broadening our scope. Today, we take pride in being a dynamic platform that connects the timeless essence of literature with the transformative power of modern technology.

Volume 5 of this first-issue series marks another leap forward, offering an exceptional blend of content designed to engage and inspire. From insightful book reviews to in-depth author interviews, this edition explores themes that resonate with the evolving interests of our readers. We are thrilled to feature exclusive interviews with renowned personalities, including Dr. Ruhi Satija, Sarbpreet Singh, and Lt. Gen. Y.K. Joshi, offering unparalleled perspectives on contemporary issues.

At The Literature Today, our commitment remains unwavering: to deliver content that enlightens, inspires, and fosters intellectual discourse. Each issue is a labor of love, crafted with dedication to meet the expectations of our diverse readership.

We believe in building a community where readers and authors connect, engage, and grow together. Your feedback fuels our journey, and we invite you to share your thoughts at theliteraturetoday@gmail.com.

Thank you for being an integral part of our story. Together, let's continue celebrating the vibrant world of literature. 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 - DR. RUHI SATIJA: A LIFE DEVOTED TO MENTAL HEALTH, WOMEN'S EMPOWERMENT, AND TRANSFORMATION

Dr. Ruhi Satija is not just a psychiatrist; she is a force of change, a woman who has turned her struggles into a mission to heal, empower, and uplift. Wearing multiple hats consultant psychiatrist, psychotherapist, women's mindset mentor, entrepreneur, author, and advocate for mental wellness Dr. Satija has dedicated her life to helping people reclaim their mental health and personal agency. Her work isn't confined to clinical psychiatry; she integrates evidence-based therapy with deep mentorship, coaching, and community support, making mental health care accessible and truly transformative.

A Journey Born from Struggle:

Dr. Satija's passion for mental health stems from her own experiences. She grew up grappling with childhood trauma and anxiety, which gave her an intimate understanding of the complex layers of mental health. Instead of letting these struggles define her, she turned them into stepping stones, fuelling her desire to create safe, healing spaces for others. Her journey is a testament to resilience—the power of using one's pain to bring light into the lives of others.

Academic Excellence and Expertise:

Dr. Satija's educational background is as rich as her experience. She holds an MBBS from Lugansk State Medical University and a Diploma in Psychiatry from the College of Physicians and Surgeons Mumbai. She has specialized in psychological counselling, addiction medicine, and perinatal mental health through prestigious institutions like NIMHANS and Yale University. With over seven years of experience in psychiatry, addiction treatment, and psychotherapy, she has mastered the nuances of mental health care. Her expertise covers a broad spectrum, including:

- Addiction Medicine – Helping individuals break free from substance abuse.
- Perinatal and Postnatal Mental Health – Supporting women through pregnancy and postpartum challenges.
- Depression and Anxiety Disorders – Providing therapy for mood disorders and anxiety-related conditions.
- Obsessive-Compulsive Disorder (OCD) – Implementing CBT-based interventions.
- Stress and Behavioural Management – Guiding individuals to build resilience against everyday stressors.

A Voice for Women's Mental Health

Dr. Satija's work is deeply rooted in women's empowerment. Having navigated the challenges of being a working mother, she understands the immense pressure women face in balancing careers, relationships, and self-care. This led her to **create Decoding Thyself**, a program designed to help women reclaim their confidence, emotional resilience, and clarity in life. The program addresses societal conditioning, self-limiting beliefs, and burnout, guiding women toward self-discovery and empowerment.



She further extends her impact through **Metamorphosis Retreats**, immersive experiences designed to help individuals heal from trauma, manifest their goals, and build resilience. These retreats are not just about therapy; they are about transformation—helping participants step into the best versions of themselves.

Entrepreneurship: Decoding Mental Health:

Mental health should be accessible, and that belief led Dr. Satija to launch **Decoding Mental Health**, an initiative that breaks barriers in mental health care. Through workshops, webinars, and therapy sessions, she provides individuals with the tools to manage anxiety, navigate emotional challenges, and build self-awareness. Her online psychiatric practice ensures that therapy is not bound by geography. Whether it's working professionals, mothers, or individuals struggling with personal crises, she offers a safe space for healing through virtual sessions.

An Advocate and Author:

Beyond therapy and mentorship, Dr. Satija is a storyteller. She uses her words to spark change, whether through **The Times of India** Parenting Series, where she educates parents on fostering emotional intelligence in children, or through her books.

Her literary contributions include:

- **"Echoes of the Mind"** – A deeply personal poetry collection that explores emotions, relationships, and the human psyche.
- **"Decoding Mental Health"** Series – A groundbreaking initiative showcased at the **World Book Fair in Pragati Maidan**, New Delhi, aimed at normalizing mental health conversations in India.

Her writing is not just informative; it's deeply personal, empathetic, and actionable, making complex mental health topics relatable to a broad audience.

Recognition and Impact:

Dr. Satija's contributions have been widely acknowledged. She has been featured in major publications like **Hindustan Times**, **Cosmopolitan**, **The Times of India**, **TV9**, **Her Circle**, and **Pinkvilla**. She is also a member of **WHO FIDES**, reinforcing her global commitment to mental health advocacy. Her efforts in empowering women were recognized with the Women of Resilience Award by the Women's Mental Health Branch of the Indian Psychiatry Society, a testament to her unwavering dedication.

A Mother First, Always:

Beyond her professional achievements, Dr. Satija is a mother who homeschools her son, ensuring he grows up in an environment that prioritizes emotional intelligence and well-being. She believes parenting should be about guidance, not control—a philosophy she promotes through parenting workshops that help parents foster strong, emotionally secure relationships with their children.

A Vision for the Future:

Dr. Satija's mission is far from over. She is expanding her reach through:

- **Scaling Decoding Mental Health** – Making mental health care more accessible through digital programs.
- **Global Collaborations** – Working with international organizations to promote mental health awareness.
- **More Books and Resources** – Creating educational tools that empower individuals worldwide.

Leaving a Legacy:

Dr. Ruhi Satija's life is a testament to resilience, healing, and empowerment. She has not just built a career in psychiatry; she has built a movement—one that encourages individuals to break free from mental health stigma, embrace self-awareness, and live fulfilling lives. Her message is simple: **Mental health** is a journey, not a destination. And everyone deserves the tools and support to navigate it.

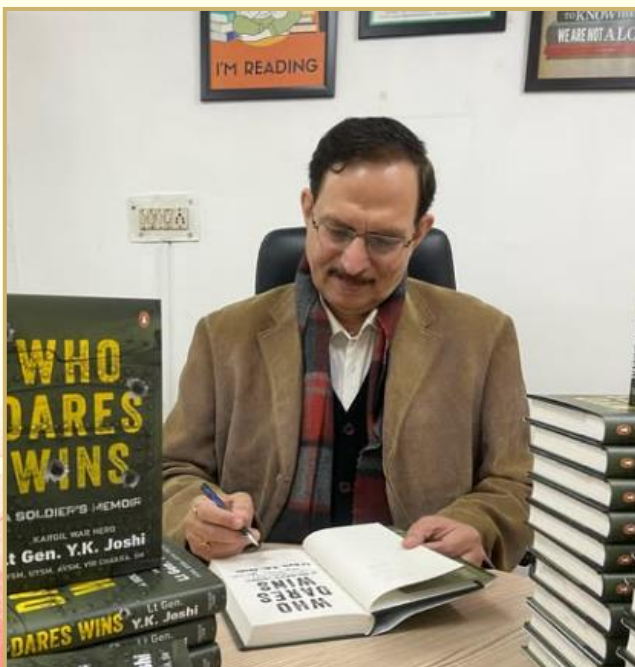
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- **KAR DIKHAO KUCH AISA: RJ KARTIK**
- **LIVE WHILE YOU'RE ALIVE: SHIV KHERA**
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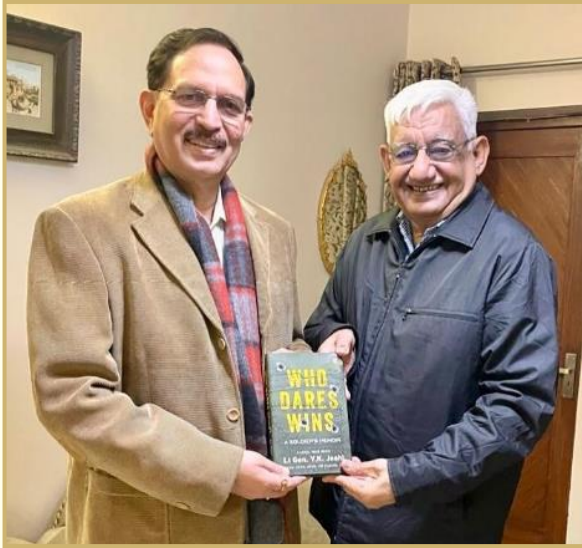
WHO DARES WINS: LT GEN Y.K. JOSHI'S MEMOIR ON COURAGE, SACRIFICE, AND NATIONAL SECURITY

Speaking at the occasion, Lt Gen Y.K. Joshi (Retd.) expressed his deep gratitude for the opportunity to share his experiences with Dr. Jaishankar. “Presenting this book to Dr. S. Jaishankar is a true honor. **Who Dares Wins** is more than just my story—it is a testament to the unwavering courage of our soldiers and the sacrifices they make to uphold India’s sovereignty. National security and foreign policy go hand in hand, and I hope this book provides valuable insights into the trials and triumphs of our armed forces.”



Dr. Jaishankar, in turn, commended Lt Gen Joshi for bringing forth an honest and riveting account of India’s military engagements. “This memoir is a significant addition to the literature on India’s defense and strategic affairs. It not only highlights the bravery of our forces but also provides a deeper understanding of the complexities involved in securing our borders. Stories like these must be told, as they shape the narrative of our country’s defense and diplomatic strategies.”

Who Dares Wins is not just a war memoir—it is a gripping story of resilience, sacrifice, and the indomitable spirit of the Indian soldier. The book takes readers behind the battle lines, offering an in-depth look into the grit, determination, and strategic acumen required to safeguard the nation. Lt Gen Joshi brings forth raw emotions, personal reflections, and the lived experiences of a soldier, making this a compelling read for anyone interested in military history, national security, and leadership.



About the Author: Lt Gen Y.K. Joshi (Retd.) is a decorated war hero and former chief of the Indian Army's Northern Command. A recipient of the Vir Chakra, he is widely respected for his role in the **Kargil War** and his strategic leadership in India's border conflicts. With an illustrious career spanning decades, he continues to inspire with his dedication to the nation and its security.

The memoir also underscores the deep connection between military operations and diplomatic strategy. **Lt Gen Joshi's** role in the **Kargil War** is well known, but his contributions to securing India's borders go far beyond. The book delves into the challenges faced by military personnel in extreme conditions and the relentless pursuit of national security that drives them. It is a story of teamwork, perseverance, and the unbreakable bond shared by soldiers who stand shoulder to shoulder-in the face of adversity.

The event was attended by senior officials, dignitaries, and members of the defense and diplomatic community, reflecting the significance of **Lt Gen Joshi's** contributions to the nation. As the conversation around national security continues to evolve, *Who Dares Wins* serves as a crucial narrative that bridges the gap between military action and policy decisions. For those looking to understand the depth of India's military engagements and the minds behind its strategic operations, *Who Dares Wins* is a must-read. It captures not just the moments of triumph, but also the untold sacrifices, the behind-the-scenes decisions, and the sheer willpower required to serve and protect the nation.

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KAR DIKHAO KUCH AISA: RJ KARTIK'S INSPIRING BOOK THAT FEELS LIKE A HEART-TO-HEART CONVERSATION

In a world where motivation often feels fleeting, **RJ Kartik** brings a refreshing perspective through his book **Kar Dikhaao Kuch Aisa**. This isn't just another self-help book—it's an experience. With his signature storytelling charm, Kartik weaves 21 life lessons across 21 chapters, guiding readers through the every day yet profound aspects of family, work, self-growth, and spirituality.

RJ Kartik has built a massive following with his uplifting messages, and this book mirrors his ability to connect with people on a deep level.



Reading *Kar Dikhaao Kuch Aisa* feels less like flipping through pages and more like sitting across from Kartik himself, absorbing his wisdom through engaging narratives and powerful anecdotes. His words don't just inspire; they shift perspectives. As he aptly puts it, "Nazarīya ek chhoti cheez hai jo ek bada antar paida kar deti hai"—a small change in perspective can make a huge difference.

A Book That Feels Personal

What sets *Kar Dikhaao Kuch Aisa* apart is its ability to resonate with readers from all walks of life. Whether you're a student struggling with self-doubt, a professional facing workplace challenges, or someone simply looking for purpose, this book provides insights that are easy to grasp yet deeply impactful. Kartik's writing style is conversational, making it accessible to everyone. He doesn't preach; instead, he shares stories, making the book feel like a heart-to-heart chat with a wise friend.

Each chapter focuses on a different dimension of life, exploring themes of resilience, mindset, relationships, career, and personal growth. The narratives are rich with real-life experiences, drawing from both Kartik's journey and universally relatable situations. His ability to simplify complex emotions into easy-to-understand ideas is what makes this book special.

Why You Need This Book in Your Life

Motivation often fades, but perspective shifts last a lifetime. *Kar Dikhao Kuch Aisa* encourages readers to cultivate a mindset that fosters positivity, clarity, and confidence. It teaches us that success isn't just about external achievements but also about internal peace and self-awareness. The book doesn't promise overnight transformation; instead, it provides gentle yet powerful nudges to help readers take control of their lives, one thought at a time.

Kartik emphasizes that challenges are inevitable, but how we perceive them makes all the difference. His words act as a gentle reminder that setbacks are just setups for comebacks. This book is ideal for those who want to break free from limiting beliefs, improve their relationships, and embrace a more fulfilling life.

A Companion for Life

Unlike books that you read once and set aside, *Kar Dikhao Kuch Aisa* is designed to be revisited time and again. The beauty of this book lies in its timeless wisdom. No matter what stage of life you're in, you'll always find something that speaks to your current situation. Whether you're feeling low, stuck in a rut, or seeking direction, this book serves as a reliable companion that offers comfort and guidance. Many readers have shared that they keep this book by their bedside, opening a random chapter whenever they need motivation or clarity. Its ability to deliver the right message at the right time is what makes it truly invaluable.

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The Man Behind the Words

RJ Kartik is not just a motivational speaker and radio jockey; he's a storyteller who understands human emotions deeply. His ability to connect with people stems from years of engaging with audiences through radio, social media, and live events. His narratives are not just theoretical but stem from real experiences, making them all the more relatable and impactful. Over the years, Kartik has touched millions of lives with his short motivational videos, which have garnered massive popularity. His ability to communicate profound ideas in the simplest of words is what makes him stand out. Through *Kar Dikhao Kuch Aisa*, he extends this gift to readers, ensuring that his positive influence reaches beyond digital screens and into the very hearts of people.

A Must-Read for Every Generation

Whether you're a teenager navigating life's uncertainties, a young professional facing a career crossroads, or someone looking for deeper meaning, *Kar Dikhao Kuch Aisa* offers invaluable lessons that apply to all. In today's fast-paced world, where stress and negativity often take over, this book acts as a beacon of hope, encouraging readers to pause, reflect, and take charge of their lives with renewed enthusiasm.

Final Thoughts

This book is more than just a read—it's a journey towards self-improvement, awareness, and inner peace. It teaches us that success is not just about accomplishments but also about cultivating the right mindset and approach toward life. It inspires us to become better versions of ourselves, not just for personal growth but also to positively impact those around us. For those looking to break through limitations and embrace a more mindful, creative, and peaceful life, this book is an unmissable read. Get your copy and take a step towards transforming your mindset—because sometimes, all it takes is a shift in perspective to create a life you truly love.

Explore more about the book and *RJ Kartik's* journey at www.rjkartik.in.

DR. S. JAISHANKAR UNVEILS SHIV KHERA'S LATEST BOOK, 'LIVE WHILE YOU'RE ALIVE'

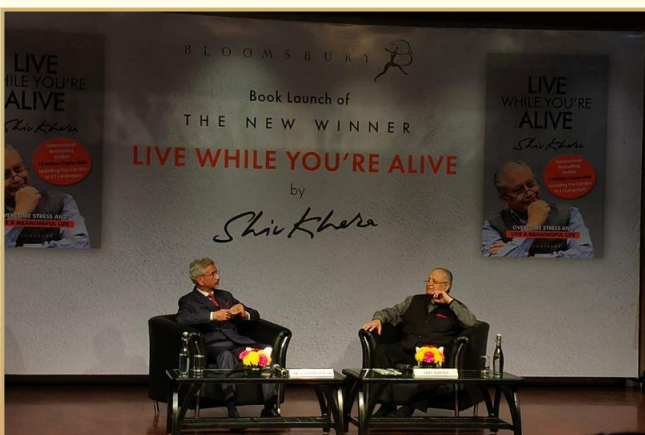
Renowned author, motivational speaker, and thought leader, Shiv Khera, has once again captivated readers with his latest book, *Live While You're Alive*. The book was officially launched by India's External Affairs Minister, **Dr. S. Jaishankar**, in a prestigious event that underscored the importance of leadership, resilience, and purposeful living.

The launch event, attended by dignitaries, thought leaders, and literary enthusiasts, was a celebration of Khera's latest literary contribution. Dr. Jaishankar, who graced the occasion as the chief guest, highlighted the relevance of Khera's work in today's fast-paced and uncertain world. He commended the book's emphasis on taking responsibility, making courageous decisions, and fostering resilience in the face of challenges.



A Book with a Powerful Message

Live While You're Alive is a profound exploration of personal growth and success, urging readers to embrace life with a sense of purpose and conviction. With his trademark storytelling style and real-life anecdotes, Khera provides practical guidance on overcoming obstacles and achieving one's full potential. Speaking at the launch, Khera remarked, "This book is a reminder that life is finite, and how we live it is entirely our choice. Through this book, I want to empower individuals to break free from limitations, take control of their lives, and leave behind a meaningful legacy." The book delves into themes of leadership, resilience, and self-motivation, offering insights drawn from Khera's extensive experience in corporate training and motivational speaking. His ability to portray complex ideas into simple, actionable principles has made him a household name in personal development literature.



Dr. Jaishankar's Perspective on Leadership and Growth

Dr. S. Jaishankar, a leader known for his diplomatic acumen and global perspective, resonated with the book's core principles. In his address, he emphasized India's "3Cs" – **Courage, Commitment, and Confidence** – as crucial elements for success in both personal and professional spheres. He pointed out that these values align with the messages conveyed in Khera's book, making it a timely read for anyone navigating today's dynamic world. "As a nation and as individuals, we must adopt a mindset of responsibility and courage. Shiv Khera's book reminds us that growth and success are outcomes of deliberate actions and a strong value system," Dr. Jaishankar stated. His words underscored the book's practical relevance for readers from all walks of life.

A Legacy of Motivational Literature

Shiv Khera is no stranger to crafting impactful messages. Best known for his international bestseller *You Can Win*, Khera has inspired millions worldwide with his motivational teachings. His work spans books, workshops, and corporate training programs that focus on leadership, entrepreneurship, and personal success. *Live While You're Alive* continues this legacy, offering a roadmap for those seeking to live with intention and passion. The book presents actionable strategies to develop a winning mindset, cultivate resilience, and make meaningful contributions to society.

A Must-Read for Personal and Professional Growth

Critics and readers alike have praised *Live While You're Alive* for its clarity, relevance, and motivational impact. The book is not just about success; it is about finding fulfillment, making bold choices, and leading a purpose-driven life. For readers looking to transform their mindset, build resilience, and navigate challenges with confidence, *Live While You're Alive* is an essential addition to their library.

About the Author

Shiv Khera is a distinguished Indian author, educator, business consultant, and successful entrepreneur, renowned for his motivational speaking and leadership training. He is the founder of Qualified Learning Systems USA, through which he has inspired individuals and organizations globally to realize their true potential.

His international bestseller, *You Can Win*, has sold over 3.7 million copies in 21 languages, establishing him as a leading figure in personal development literature. In addition to this seminal work, Khera has authored 16 other books, including titles like *You Can Sell* and *You Can Achieve More*, each contributing valuable insights into personal and professional growth.

Khera's expertise has been sought by numerous multinational corporations, including Lufthansa, IBM, HP, Citigroup, HSBC, Canon, Nestle, Mercedes Benz, and Johnson & Johnson. Through his dynamic workshops and keynote speeches, he has reached tens of thousands of individuals across more than 17 countries, imparting principles of leadership, motivation, and success.

Beyond his professional endeavors, Khera has engaged in social activism. He founded the Country First Foundation, aiming to ensure freedom through education and justice. In 2004, he stood as an independent candidate in the South Delhi constituency during the Indian general elections and later established the Bharatiya Rashtravadi Samanata Party in 2008. Throughout his career, Khera has been committed to fostering positive change in society.

Khera's journey from humble beginnings, including roles as a car washer, life insurance agent, and franchise operator, to becoming a world-renowned motivational speaker, exemplifies his teachings on perseverance and self-belief. His personal narrative serves as a testament to the power of determination and the pursuit of excellence. Through his books, seminars, and training programs, Shiv Khera continues to inspire individuals to achieve excellence and make a lasting impact in their personal and professional lives.



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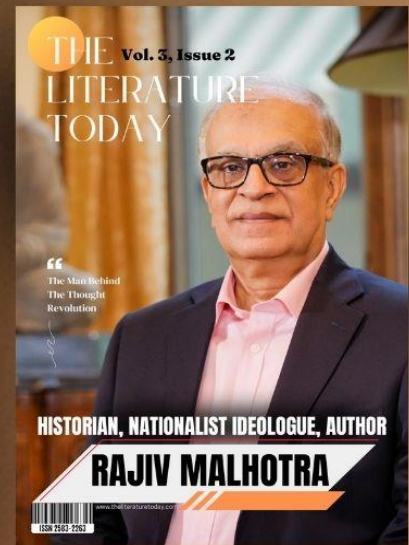
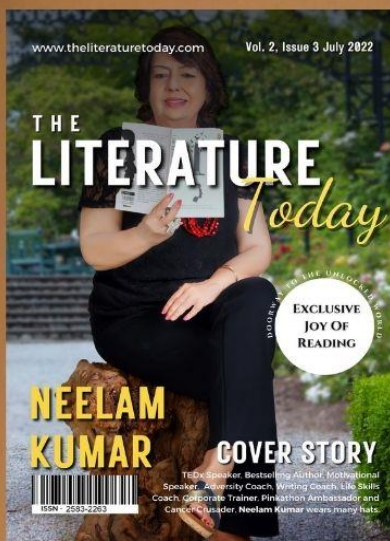
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