

THE

# LITERATURE

VOLUME 5, ISSUE 4

TODAY

Building Stories Beyond Structure  
Where Engineering Meets  
Storytelling

Must-Reads for Every Book Lover  
Inside the Mind of Meenu Singh:  
The Intentional Daughter-in-Law  
Radhika Aggarwal on Love,  
Laughter, and Life Lessons



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The Satvic Way: Balance,  
Mindfulness, Impact  
Weaving Dreams, One Page at a  
Time – Pavithra Srinivasan  
Where Engineering Meets  
Storytelling – Naveen Miriyala  
A corporate by day, a poet by  
heart, a storyteller for the soul. –  
Subhi

DR. MEENU SINGH

# FROM THE *Editor-in-chief*

As the festive season lights up our homes and hearts with the joy of Dussehra, Navratri, and the approaching Diwali, there's no better time to celebrate the stories that illuminate our minds and connect our souls. Festivals remind us of renewal, reflection, and the triumph of light over darkness — values that resonate deeply with the essence of literature.

When we began our journey with *The Literature Today*, we couldn't have imagined the remarkable heights this creative venture would reach. Each edition has been a milestone—refining our vision, expanding our reach, and bringing together voices that shape the literary landscape. Today, we proudly stand as a vibrant platform that bridges the timeless beauty of literature with the ever-evolving world of ideas and innovation.

**Volume 5, Issue 4** arrives as a celebration of creativity and spirit, offering an inspiring blend of stories, interviews, and reflections designed to engage, enlighten, and energize.

In this edition, discover narratives that go beyond the ordinary —

**Building Stories Beyond Structure**, a creative exploration of the craft that connects imagination and design. **Where Engineering Meets Storytelling – Naveen Miriyala**, blending precision and poetry in unique harmony. **Must-Reads for Every Book Lover**, a curated list to enrich your reading season.

**Inside the Mind of Meenu Singh: The Intentional Daughter-in-Law**, a dialogue on purpose, tradition, and individuality. **Radhika Aggarwal on Love, Laughter, and Life Lessons**, capturing the beauty of simple joys. **The Satvic Way: Balance, Mindfulness, Impact**, offering a path toward inner harmony.

**Weaving Dreams, One Page at a Time – Pavithra Srinivasan**, a journey of passion and perseverance. And **Subhi** — *a corporate by day, a poet by heart, a storyteller for the soul* — embodying creativity that transcends routine.

At *The Literature Today*, our mission remains steadfast — to deliver content that informs, inspires, and kindles meaningful thought. Each issue is curated with care, creativity, and deep respect for our diverse readership. As we step into this festive season of light, joy, and new beginnings, we invite you to join us in celebrating the enduring magic of words. Your feedback continues to guide and inspire us — share your thoughts at [theliteraturetoday@gmail.com](mailto:theliteraturetoday@gmail.com).

Let's continue to honor the stories that unite us, this season and always.

**Happy Reading and a very Happy Festive Season!**



**Dr. Mayurkumar  
Mukundbhai Solanki**

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**Editor,**  
*The Literature Today, India*  
**Best Regards,**  
*M. M. Solanki*

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MARIYAM YASSER, PROF. RAMYA

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*Happy*  
**DIWALI**  
Festival of lights

*Happy Diwali from Team The Literature Today!*

*May this Festival of Lights fill your life with joy, peace, and prosperity.*

*Let the glow of Diwali inspire hope, togetherness, and new beginnings.*

*Wishing our readers a season shining bright with happiness and inspiration.*





# INTRODUCING

## DR. MEENU SINGH

**Dr.** Meenu Singh is a Professional Certified Coach (PCC) from the International Coaching Federation (ICF), a Life Coach, NLP Practitioner, and Executive Coach with over 600 hours of one-on-one coaching experience. With a Ph.D. in Pharmaceutical Sciences and 18 years of professional experience, Dr. Meenu's background blends scientific rigor with a passion for helping individuals cultivate meaningful relationships and personal growth.

Currently working full-time in an MNC, Dr. Meenu manages a successful corporate career while dedicating her spare time to coaching and mentoring. She is deeply committed to uplifting others, particularly women, by guiding them through the challenges of building harmonious relationships, especially with in-laws, while balancing life's many demands. Her journey as a caregiver for her mother-in-law during her battle with cancer further fueled her passion for helping others find balance, peace, and fulfillment in difficult circumstances.

Before transitioning into coaching, Dr. Meenu spent eight years as a professor in pharmacy colleges across India. She then brought her mentoring skills into the corporate world, focusing on client engagement, communication training, and leadership development.

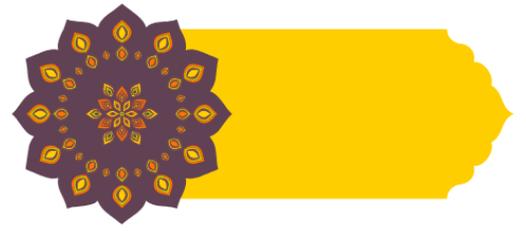
Through her YouTube channel, *Happiness by Choice*, which has garnered over 22,000 subscribers, Dr. Meenu shares valuable insights on emotional resilience and intentional living. Whether through coaching, podcasts, or public speaking, she continues to inspire and empower others to create positive change in their lives.

Get in Touch with her

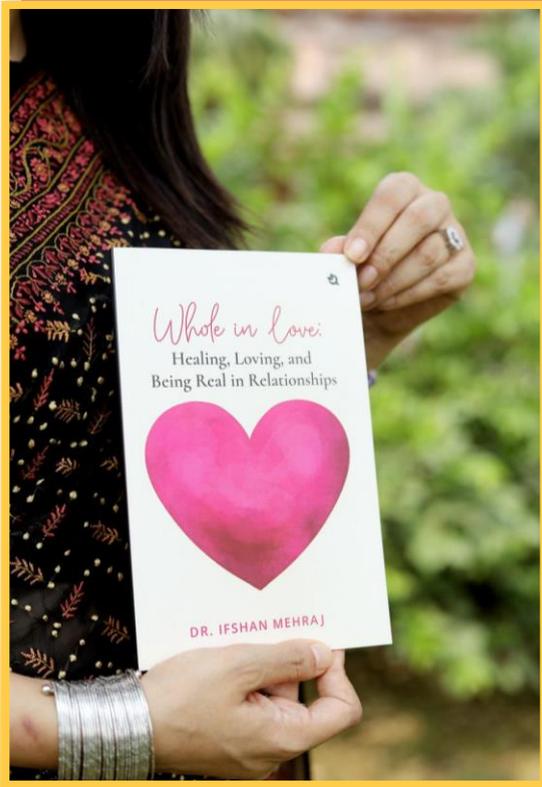
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# **AUTHOR SPOTLIGHTS**



- **DR. IFSHAN MEHRAJ**
- **SUBAH AND HARSHVARDHAN SARAF**
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- **AUTHOR S. SRIVATSEN**
- **SHONEEKA GHAI**



## An Exclusive Interview with Dr. Ifshan Mehraj

Dr. Ifshan Mehraj is an author, entrepreneur, and healer whose work bridges literature, nature, and resilience. Her debut poetry collection *Barefoot & Brave* won the prestigious Emily Dickinson Award, marking her as a powerful voice unafraid to capture the rawness of womanhood, love, and self-discovery. She followed this with *Whole in Love*, a moving exploration of intimacy, vulnerability, and the courage to embrace love fully, and *What We Never Were*, a deeply layered fiction about boundaries, longing, and emotional truth. Her upcoming novel *Whispers of the Hive* draws inspiration from her Kashmiri roots, weaving together love, memory, and the timeless wisdom of her grandmother.

Beyond writing, Ifshan is the founder of Fallhoney, an artisanal honey brand born from her belief in nature's healing power. She also co-leads her family's adventure travel venture, blending sustainability with the spirit of exploration. These entrepreneurial pursuits reflect her deep connection to both the land and its stories.

Writing has been her anchor and strength, a space where she has transformed pain into poetry and silence into stories. Through her books, she seeks not only to share her journey but also to help others find healing, courage, and the reminder that they are not alone. For her, words are both refuge and revolution—an offering to those who long for depth in an often hurried world.



## Questionnaire:

**TLT:** Your debut book, *Barefoot & Brave*, was a poetry collection about womanhood and emotional truth. How did your creative journey evolve from poetry to writing a relationship-focused reflective guide in *Whole in Love*?

**Dr. Ifshan Mehraj:** I wrote *Barefoot & Brave* a long time ago — during a storm in my life when silence became my companion. At that time, I wasn't thinking about publishing at all. I just wrote because I had to breathe. One of my closest friends read my early writing and told me, 'You have to keep writing.' Another friend said, 'These words shouldn't just stay on your phone.' Those two voices stayed with me. I only published *Barefoot & Brave* much later — after more heartbreak, more healing, and even finding love again. The poems had aged with me, gathered depth, and become ready to be shared. *Whole in Love* was born from this second season of life. It carries lessons from loving again — the beauty of giving freely, the pain of not always receiving, and the courage to keep one's heart open. I wanted to give readers a book that would help them pause, reflect, and discover how to love without losing themselves. It was a natural evolution — from writing for myself to writing for others.

**TLT:** You describe yourself as a writer, healer, and mother. How do these three identities come together in shaping your voice as an author?

**Dr. Ifshan Mehraj:** Being a mother to my son, Amaan, has been my anchor. He reminds me that life is still playful, that there is laughter even on hard days. Being a healer — not professionally, but as a seeker and a believer in healing — allows me to write with compassion. I hold space for my own pain and for the pain I see around me. And being a writer is the thread that ties it all together. Writing is where I make sense of motherhood, love, heartbreak, and faith. My father has been my quiet supporter, standing by me through every chapter, and I can't thank Allah enough for giving me a voice that could heal someone else's heart.

**TLT:** What was the personal moment or experience that first sparked the idea for *Whole in Love*?

**Dr. Ifshan Mehraj:** The idea came when I had walked through heartbreak, watched friends go through their own, and then found myself loving again. That love taught me softness and giving, but it also came with struggles that made me reflect deeply. I realized that many of us enter relationships with unhealed parts of ourselves. *Whole in Love* was my way of telling readers: pause, reflect, become whole first — because a healthy love story starts with a healthy you.

**TLT:** The book blends real-life stories, reflections, and healing practices. How did you decide on this unique structure instead of choosing one single form like memoir or self-help?

**Dr. Ifshan Mehraj:** "My own journey has never been just one thing — it was prayers, journal entries, quiet reflections, and moments of laughter in between tears. I wanted the book to feel that way. So, I combined personal stories, healing exercises, and space for the reader to write their own thoughts. It's not just my story — it becomes theirs as they interact with it."

**TLT:** You emphasise that this book isn't only about love, but about becoming whole. What does "wholeness" in relationships mean to you personally?

**Dr. Ifshan Mehraj:** Wholeness is remembering that you are enough before anyone chooses you. It's being able to give and love without erasing yourself. Wholeness doesn't mean never getting hurt — it means you know how to return to yourself after pain, how to forgive, how to walk away when you must, and how to keep your heart soft enough to try again.





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**Satvic Movement** is a community-driven health revolution to help you reach the peak of your physical, mental, and spiritual well-being

<https://satvicmovement.org/>

## An Exclusive Interview

**with** Subah and Harshvardhan Saraf, Co-founders of Satvic Movement, a health education platform

In this exclusive interview, we speak with Subah Saraf and Harshvardhan Saraf, the visionary co-founders of the Satvic Movement—a health education platform that has transformed the wellness space with its holistic approach to nutrition and lifestyle. Together, they share their journey, the inspiration behind Satvic Movement, and how their philosophy is redefining the path to healthier, more conscious living. <https://satvicmovement.org/about>

### Questionnaire:

**TLT:** What personal experiences or turning points in your lives led you to explore natural healing and ultimately create the Satvic Movement? How did these experiences shape the vision that we are now witnessing in The Satvic Revolution?

**Subah & Harshvardhan:** At the age of 13, I was diagnosed with multiple health issues and prescribed several medications. Despite years of treatment, my conditions persisted, and I had resigned myself to a life of chronic illness.

At 17, my father took me to a 4-day camp on natural healing. Though the lifestyle and diet felt unfamiliar at first, I chose to give it a chance. Within three months, my thyroid issues, PCOD, and hair fall completely disappeared. For the first time, I felt in control of my health and my life. This transformation inspired me to quit traditional schooling and dedicate myself to the study of natural healing. Over the next two years, I immersed myself in this science, traveling to health institutes across India and the U.S.



In August 2017, I shared my first video on YouTube, *Super Easy Detox Salad Recipes*. The channel quickly gained traction as people experienced results from these teachings. Soon after, I began hosting workshops—initially in the basement of my aunt’s home in Delhi. The growing response encouraged me to expand to larger workshops in Delhi and Mumbai, each drawing hundreds of participants.

Harshvardhan’s journey was similar. Born with chronic sinusitis and later developing psoriasis at the age of 10, his life revolved around doctor visits, steroids, inhalers, and antibiotics. After years of limited improvement, he discovered the healing power of food as medicine. Though skeptical at first, he decided to try it. Within days, he could breathe freely without steroids, and within months, he no longer depended on antibiotics. This experience inspired him to establish Vedary, a natural health center in Mumbai, to help others heal through lifestyle changes. We eventually met during one of my workshops held at Vedary, and realizing that we shared the same vision—to spread the healing knowledge that had transformed our lives—we decided to collaborate. This partnership marked the beginning of the Satvic Movement. Today, with the support of our dedicated team, we host online workshops that reach tens of thousands of people and are blessed to have built a community of over 10 million individuals worldwide.

**TLT:** The Satvic Revolution speaks passionately about the body’s natural ability to heal itself when given the right conditions. In a world where illness is often treated with quick fixes, did you face any challenges in encouraging people to trust in this slower yet steady, more conscious healing process?

**Subah & Harshvardhan:** Interestingly, we did not face significant resistance because the Satvic lifestyle is not actually a slow process. When sincerely practiced, it delivers results almost immediately. Within days—sometimes even within a week—people notice tangible changes.

- Those struggling with excess weight begin to see daily progress on the scale.
- Individuals dealing with acne or skin issues observe visible improvements.
- Digestive issues such as bloating or constipation start to ease, and bowel movements become regular.
- People with high blood sugar or diabetes often witness their sugar levels dropping steadily.

This immediate feedback reinforces trust in the body’s innate healing capacity and strengthens belief in this lifestyle.

Most chronic conditions—thyroid disorders, diabetes, sinusitis, asthma—can be healed naturally. We never advise people to stop their medication; rather, we encourage them to change their food and lifestyle. In time, it is their doctors who reduce or discontinue their medicines.

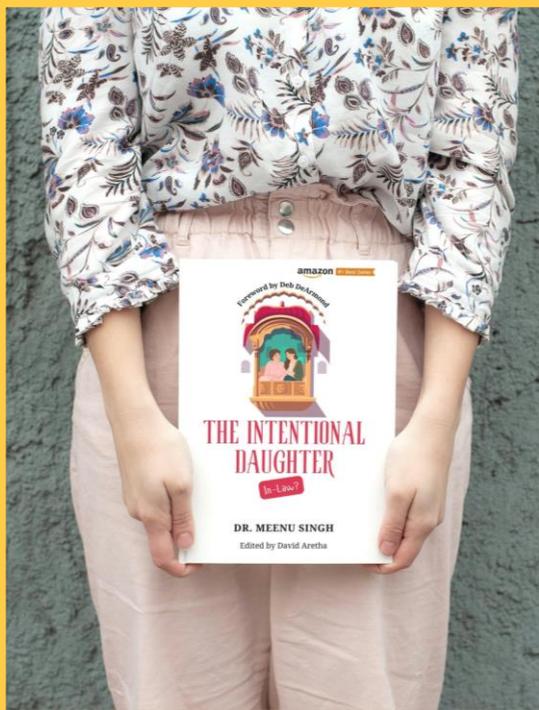
**TLT:** Your book integrates ancient Indian wisdom, particularly Ayurveda and yogic philosophy, with modern lifestyle challenges. How did you approach the task of translating these age-old principles into something relatable and practical for today’s readers, especially the Gen Z kids?

**Subah & Harshvardhan:** The Satvic lifestyle bridges ancient wisdom with modern science. Our ancestors left us timeless solutions, but much of this knowledge risks being forgotten. We aim to revive it while backing it with modern research, making it both authentic and credible. Equally important was making health knowledge engaging and accessible. Too often, it is presented in technical terms that alienate people. At Satvic Movement, every idea is refined, reviewed by experts, and presented through stories, visuals, and activities—ensuring the learning journey feels simple, practical, and enjoyable.

**TLT:** You’ve both spoken about food as not just nourishment but as sacred energy that shapes our mind and body. Could you take us through the emotional, philosophical, and scientific thinking that informed your dietary principles in the book?

**Subah & Harshvardhan:** For us at Satvic Movement, food is never “just food.” It is sacred energy—something that can heal us, uplift us, and even shape the way we think and feel. That’s why our dietary philosophy is built around three simple but powerful principles: food should be **living, wholesome, and plant-based**. When we say **living food**, we mean food that carries *prana*, or life energy. You can feel the difference yourself—cut fruits or a home-cooked meal will spoil within hours because they are alive, full of vitality. Compare that with processed foods like biscuits or chips that stay unchanged for months. They fill the stomach but not the spirit. The second principle is **wholesome food**—eating what is closest to the way Mother Nature created it. Whole grains, nuts, seeds, and fresh produce nourish us in ways that refined or heavily processed foods simply cannot. The science is clear: when we eat foods that have been stripped of their natural goodness, our gut struggles, and our energy drops.





## An Exclusive Interview with Dr. Meenu Singh

**A**uthor Dr. Meenu Singh is a Master Certified Coach accredited by the International Coaching Federation (ICF), a Life Coach, NLP Practitioner, and Executive Coach with over 600 hours of transformative one-on-one coaching experience. Holding a Ph.D. in Pharmaceutical Sciences and backed by 19 years of professional experience, she blends the precision of science with a deep passion for nurturing emotional resilience and meaningful human connections. Through her work, Dr. Meenu empowers individuals to navigate life's complexities with clarity, compassion, and intentional growth.

### Questionnaire:

**TLT:** Drawing from your impressive background as a Ph.D. holder in Pharmaceutical Sciences and your 19 years of professional experience, what inspired you to shift your focus toward coaching and writing, ultimately leading to the creation of “The Intentional Daughter-in-Law”?

**Dr. Meenu Singh:** The seed was planted during one of the most difficult chapters of my life—watching my mother-in-law fight cancer with extraordinary courage. Around the same time, I was struck by a haunting thought: what if I'm not here tomorrow for my only daughter? What will guide her when life tests her? I wanted to leave behind something that would help her embrace love, nurture her relationships, and grow under pressure, rather than feeling crushed by responsibilities. That impulse—to turn pain into purpose—gave birth to this book.



## An Exclusive Interview with Radhika Agrawal

Radhika Agrawal is a journalist and writes for Condé Nast India and Grazia India. Her love for romance as a genre comes from the innumerable Meg Cabots and Sophie Kinsellas she devoured as a teenager, as well as the epic love story of her own parents. She lives, dreams and writes love stories with a vengeance and believes that she can help romance get the respect and attention it deserves as a genre. Red Flags and Rishtas is her first book. Radhika can be reached at [www.byradhikaagrawal.com](http://www.byradhikaagrawal.com) and on Instagram at @radhika.yellow.

### Questionnaire:

**TLT:** You've been a lifestyle journalist and now a romance novelist. How has your experience as a journalist influenced the way you tell stories in fiction?

**Radhika Agrawal:** I think it's made me a better, more thorough writer and researcher. Journalism is all about getting your facts right, and I carry that sense of truth-seeking into my fictional worlds.

**TLT:** You've mentioned being inspired by Meg Cabot and Sophie Kinsella, as well as by your parents' love story. How do these influences shape the way you write romance?

**Radhika Agrawal:** Growing up reading Meg Cabot and Sophie Kinsella's romance books has made me fall in love with a certain style of writing, which is light, breezy, and relatable. My parents' love story, on the other hand, is a lot more foundational—it has shaped the way I perceive love and romance.



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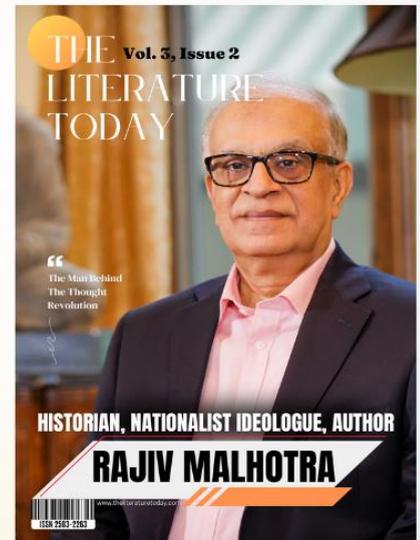
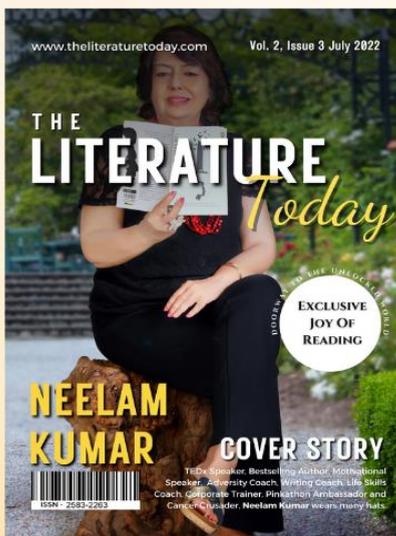
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