

THE LITERATURE TODAY

MAGAZINE

WHERE STORIES INSPIRE AND IDEAS TRANSFORM

COVER FEATURE

Dr. Sachin Sharma

Unlocking Conscious Living

An Exclusive Feature on *The Aware Being Code*

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From The Editor-In-Chief

Summer arrives with warmth, energy, and a renewed sense of creativity. It is a season of movement and transformation—where ideas bloom, voices grow stronger, and stories leave lasting impressions. As the days grow brighter, literature continues to offer a space for reflection, imagination, and meaningful connection. In this vibrant summer edition of *The Literature Today*, we are proud to present Dr. Sachin Sharma as our Cover Feature in *Unlocking Conscious Living*—an exclusive feature on *The Aware Being Code*, exploring mindfulness, awareness, and the deeper dimensions of personal growth.

This issue brings together a compelling collection of voices in *Inside the Pages of Powerful Stories*, featuring Ratish Ravindran, Damini Grover, Abhiraj Gupta, Shakti Ghosal, and Sudhir R Nambiar—writers whose narratives explore emotion, resilience, identity, and the evolving human experience. In *Books Reviewed & Redefined*, we revisit impactful literary works including *Echoes Of Love*, *Footsteps To Glory*, *Time To Come Home*, *The Chanakya Playbook*, *The Last Writer of Kolkata and Other Stories*, and *The Mangalyaan Protocol*—books that inspire thought, spark imagination, and redefine storytelling in contemporary literature.

Our *Spotlight on Emerging & Distinctive Voices* celebrates the creative journeys of Sujay Kantawala, Priyanka Awasthi, Dhritiman Chakraborty, and Arvind Venkat Namuduri—each bringing originality and fresh literary perspectives. This edition also features *Exclusive Author Conversations*, offering readers a closer look into the inspirations, creative philosophies, and literary experiences behind their work.

Adding to the richness of this issue are our *Author Spotlights* on Soma Bose, Pragati Mukherjee, and Jisu Singh, alongside our carefully curated *Top 5 Books of the Month*—must-read titles making waves in contemporary literature. Our *Poetry Corner* continues to celebrate emerging writers and fresh creative expressions, while *THE LITERATURE TODAY EXCLUSIVES* brings readers the latest publishing news, literary highlights, exclusive coverages, and industry buzz from the evolving world of books and ideas. As always, we hope this edition inspires thoughtful reading, meaningful conversations, and a deeper appreciation for storytelling in all its forms. We welcome your reflections and feedback at theliteraturetoday@gmail.com. Here's to a summer filled with stories that stay with us long after the final page.



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**Editor,
The Literature Today, India
Best Regards,**

M. M. Solanki





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INTRODUCING DR. SACHIN SHARMA



MAPPING THE INNER JOURNEY FROM SURVIVAL TO SOUL

In an age defined by speed, ambition, and constant external validation, Dr. Sachin Sharma stands out as a rare bridge between two worlds — the rigor of modern leadership and the depth of ancient inner wisdom. A life and business strategist, technocrat, and spiritual mentor, Dr. Sharma's work is rooted not only in knowledge, but in lived transformation.

With over two decades of experience in software product development, Agile leadership, and Strategic Product Management, Dr. Sharma built a successful corporate career before turning inward to explore a deeper question that many achievers silently carry: What does success mean if the self remains fragmented? That inquiry became the foundation of his life's work.

His acclaimed book, *The Aware Being Code: A Journey from Survival to Soul, from Lust to Liberation*, is not positioned as a conventional self-help manual.

Instead, it is a reflective companion — a return map for seekers, leaders, and high-performing individuals who sense that clarity, peace, and purpose are not achievements to be chased, but truths to be remembered. Drawing from Vedic wisdom, Sankhya philosophy, yogic science, modern psychology, hypnotherapy, and mindfulness, the book presents a grounded, accessible framework for inner awakening. At the heart of Dr. Sharma's philosophy is a five-phase transformational model — Clarity, Alignment, Purpose, Flow, and Legacy — a structure born not from theory, but from years of observing real human change across leadership, healing, entrepreneurship, and spiritual growth. His writing reflects the same quality as his teaching: calm, precise, and deeply human. Readers often describe his voice as non-preachy, non-performative, and quietly penetrating — one that invites awareness rather than demands belief.

Beyond authorship, Dr. Sharma is the Founder & CEO of AhaLok® Technologies and the creator of the Aware Being System and The Ecstasy Path — integrative frameworks designed to help individuals realign their inner world with outer action. His work supports transformation across all domains of life: career, relationships, health, wealth, leadership, and self-expression. Whether guiding entrepreneurs, corporate leaders, or spiritual seekers, his approach emphasizes effortless flow over force, and awareness over ambition. What distinguishes Dr. Sharma's contribution to contemporary spiritual literature is his refusal to romanticize awakening. He speaks openly about childhood conditioning, emotional wounds, Sex, and the invisible patterns that govern adult life. For him, spiritual growth is inseparable from psychological healing, and true Dharma emerges only when the inner child is no longer carrying unresolved pain. As a mentor, he is known for calm authority, intuitive depth, and deep respect for individual paths. As a writer, he offers language that feels less like instruction and more like recognition. And as a thinker, he represents a growing movement of conscious leadership — one that integrates success with stillness, and ambition with alignment. Dr. Sachin Sharma's literary and mentoring journey ultimately carries a simple yet profound message: Awakening is not becoming someone new. It is remembering who you already are. Through *The Aware Being Code*, his teachings, and his ongoing work, he continues to guide readers and seekers toward that remembering gently, honestly, and with enduring clarity.

AUTHOR SPOTLIGHTS

► **Dr. Sachin Sharma**

► **Sudhir R. Nambiar**

► **Anumeha Gaur**

► **Damini Grover**

► **Abhiraj Gupta**



AN EXCLUSIVE INTERVIEW WITH DR. SACHIN SHARMA

Author **Dr. Sachin Sharma** is a visionary mentor guiding individuals toward profound alignment, elevated success, and lasting inner fulfillment. As the creator of ‘The Aware Being System’ and ‘The Ecstasy Path’ he brings together timeless wisdom, strategic intelligence and energetic clarity to help others live extraordinary lives, both materially and spiritually!



QUESTIONNAIRE:

Q

Your book, “The Aware Being Code” explores the journey from survival to soulfulness. What personal experiences or turning points inspired you to write this transformational book?

Dr. Sachin Sharma: This book was born from lived experience, not from theory alone. For a long time, I was observing something very painful and very common: people could appear successful on the outside and still feel deeply fragmented within. I saw it in professionals, seekers, leaders, and, at different moments, I saw it in myself too. Outwardly, life may look organized, respectable, even admirable. Inwardly, however, many people are still living from fear, unprocessed hurt, longing, shame, and the need to prove themselves. That is survival in a refined form. One of my deepest turning points came during my spiritual journey, when I began to realize that much of what we casually call “living” is actually conditioning. Later, when I studied hypnosis with Yuvraj Kapadiya and Vijayasai, that insight intensified. I began to see more clearly how childhood imprints, suppressed emotions, identity wounds, and unconscious patterns quietly run our choices. Around the same time, my immersion in Vedic and yogic thought showed me that ancient wisdom had already mapped this journey—but modern people needed a language they could actually live. The Aware Being Code emerged from that meeting point: lived struggle, deep observation, spiritual inquiry, and the desire to offer people not just inspiration, but a return map—from restlessness to awareness, from lust to liberation, from survival to soul.

Q

Your work blends Vedic wisdom, Sankhya philosophy, yogic science, and modern psychology. How did you develop a framework that bridges ancient spiritual teachings with contemporary personal development?

Dr. Sachin Sharma: I developed the framework by refusing to treat ancient wisdom and modern development as two separate worlds. For me, they are answering the same human question from different languages: Why do we suffer, and how do we return to wholeness?

Sankhya gave me an extraordinarily clean philosophical map. It distinguishes purusha—pure witnessing consciousness—from prakriti—the field of nature, mind, matter, tendencies, and experience. It also explains how the three gunas shape human behavior and inner movement. Yogic science deepened that map by showing that when the fluctuations of the mind settle, the seer rests in its own nature; otherwise, we remain identified with thought, memory, emotion, and reaction. Vedantic insight then takes this even further by framing liberation not as acquiring something new, but as recognizing what is already fundamentally true.

Modern psychology and hypnotherapy helped me translate all of this into the language of conditioning, trauma, emotional patterning, identity formation, and nervous-system survival. Public-health and behavioral-health research also confirms what spiritual traditions have long known: childhood adversity and trauma leave long-lasting effects on mental, physical, relational, and even spiritual well-being. That bridge mattered to me, because today’s reader does not only need truth—they need truth that is understandable, applicable, and embodied.

Q

As the creator of ‘The Aware Being System’ and ‘The Ecstasy Path’, how do these philosophies influence the structure and message of this book??

Dr. Sachin Sharma: The Aware Being System is the underlying architecture of the book. It is the lens through which I help a person see life—not merely as events happening to them, but as patterns, conditioning, energy, choice, and awareness interacting continuously. For me, it is not just a methodology or a course idea; it is a way of living with awareness. It begins with one simple truth: when you realign with what is true in you, life begins to flow differently. The Ecstasy Path gives that architecture its movement. It is the journey itself—Clarity, Alignment, Purpose, Flow, and Legacy. Those five phases were not arbitrarily designed. They emerged from observing transformation repeatedly in healing, leadership, entrepreneurship, and spiritual awakening. First, we see clearly. Then we begin to align internally and externally. From that alignment, purpose reveals itself. Purpose opens flow. And flow eventually matures into legacy—where your growth becomes a contribution to others. That is exactly how the book is structured. So the message of the book is deeply shaped by both: The Aware Being System provides the awareness-based foundation, and The Ecstasy Path provides the lived rhythm of transformation.

Q

The book speaks directly to high achievers and professionals who appear successful externally but feel disconnected internally. Why do you think inner emptiness has become so common in today's achievement-driven culture?

Dr. Sachin Sharma: Because modern culture has become highly skilled at rewarding performance while neglecting being. We are taught how to achieve, scale, optimize, compete, and present ourselves—but very few people are taught how to sit with themselves, understand themselves, heal themselves, or relate to life from inner sufficiency.

In many ways, our culture trains people into externally polished forms of survival. A person may have income, recognition, influence, and an impressive identity, but if that identity is built mainly on comparison, approval, productivity, or fear of failure, then the inner foundation remains fragile. The world may call that person successful, yet internally they can feel anxious, disconnected, and strangely empty.

Research increasingly mirrors this tension: burnout is now formally recognized by the World Health Organization as a syndrome resulting from chronic workplace stress that has not been successfully managed; loneliness and disconnection have also become defining public-health concerns, with the WHO reporting that roughly 1 in 6 people globally is affected by loneliness.

At the same time, decades of self-determination research suggest that when extrinsic aspirations such as wealth, fame, and image dominate over intrinsic aims like growth, relationships, and contribution, well-being suffers. So inner emptiness has become common not because people are weak, but because the culture often confuses stimulation with meaning, achievement with identity, and visibility with wholeness.

Q

One of the most compelling aspects of the book is its focus on moving ‘from lust to liberation!’ How do you define this transformation in both spiritual and practical terms?

Dr. Sachin Sharma: For me, lust is not limited to sexuality. Lust is any compulsive movement of consciousness that says, “I am incomplete now, so I must grasp something outside me in order to feel full.” It can express as sexual craving, but it can also express as greed, validation-seeking, obsession with power, emotional dependency, status hunger, or the constant need for stimulation. Spiritually, it is misdirected longing—the soul’s longing for wholeness being projected onto temporary objects. Liberation begins when that energy is no longer lived unconsciously. Yogic psychology is very clear that attachment, ego-identification, aversion, and craving disturb the mind; when the mind is not constantly hijacked by those movements, the seer begins to rest in its own nature. In that sense, liberation is not repression; it is intelligent transformation. The raw life-force that was previously leaking into compulsion becomes available for awareness, love, discipline, creativity, devotion, and service. Practically, this means learning to pause before impulse, to understand what wound or emptiness is driving a craving, to stop using people or experiences as emotional anesthesia, and to develop a more sacred relationship with body, desire, and energy. It is the movement from consumption to consciousness, from fixation to freedom, from hunger to wholeness.

Q

You divide the journey into five phases: Clarity, Alignment, Purpose, Flow, and Legacy. Which of these stages do people struggle with the most, and why?

Dr. Sachin Sharma: In my experience, the hardest stage for most people is Alignment. Clarity can be emotionally powerful. Many people reach moments where they suddenly see the truth of their life: what is draining them, what pattern keeps repeating, what wound keeps speaking through their choices, or what part of them has been neglected. But seeing clearly is only the beginning. Alignment is where truth begins to demand reorganization.

Alignment asks difficult things of us. It asks us to change habits that once protected us. It asks us to set boundaries that may disappoint others. It asks us to release identities that brought us validation. It asks us to bring our thoughts, emotions, energy, relationships, work, and actions into integrity. That is why many people stop there. They love insight, but they resist embodiment. What I have observed repeatedly is that transformation follows a rhythm: first truth becomes visible, then life must be brought into coherence. Only after that does purpose become stable, flow become natural, and legacy become meaningful. So yes, people often believe purpose is their struggle—but in reality, misalignment is usually the real block. Once alignment deepens, much of the rest begins to reveal itself more organically.

Q

Childhood wounds and emotional conditioning are recurring themes in the book. How important is emotional healing in achieving true spiritual and personal growth?

Dr. Sachin Sharma: It is absolutely central. In fact, I would say that without emotional healing, what many people call spirituality becomes either performance or escape. So much of adult life is quietly shaped by childhood conclusions about love, safety, belonging, worth, approval, abandonment, and visibility. If those impressions were painful or confusing, they do not simply disappear with age; they become the emotional architecture of adulthood. They affect how we love, how we work, how we react to stress, how we experience success, how we regulate desire, and even how we approach God, meditation, or purpose. Trauma and adversity research strongly support this. The CDC describes adverse childhood experiences as having long-term negative impacts on health, opportunity, and well-being, and SAMHSA notes that trauma can leave lasting mental, physical, social, emotional, and spiritual effects. That is why I often say the unhealed child keeps interrupting the awakened adult. If unresolved pain lives in the system, it will eventually distort even noble pursuits. Emotional healing is not separate from spiritual growth—it prepares the vessel for it. When old pain is metabolized, energy is released, self-awareness deepens, and a person becomes more available to truth, peace, love, and purpose.

Q

The idea of ‘Energetic Clarity’ plays a major role in your work. For readers unfamiliar with the concept, how would you explain its impact on relationships, career, health and abundance?

Dr. Sachin Sharma: Energetic clarity is the condition in which your inner signal becomes clean. Your thought, emotion, intention, and action stop pulling in different directions. You are no longer saying one thing, feeling another, fearing a third, and unconsciously acting from a fourth. When that inner contradiction reduces, life starts responding differently. In relationships, energetic clarity helps you stop projecting unresolved pain onto other people. You communicate more honestly, choose more consciously, and create healthier boundaries. In career, it sharpens discernment. You waste less energy on confusion, people-pleasing, and scattered ambition, and you become more effective because your action is aligned with what truly matters to you. In health, it reduces internal friction. The body is no longer carrying the same degree of emotional contradiction, suppression, and chronic tension. And in abundance, energetic clarity matters because abundance is not only about money—it is about the ability to receive, sustain, and circulate life well. When a person is inwardly fragmented, even good opportunities can feel threatening or unstable. But when there is energetic clarity, decisions become cleaner, effort becomes more coherent, intuition becomes more trustworthy, and what you attract is more likely to be aligned with who you actually are.

Q

Many self-help books focus heavily on productivity and external success. “The Aware Being Code” seems to encourage a deeper inner awakening. How is your approach different from mainstream motivational literature?

Dr. Sachin Sharma: Most mainstream motivational literature begins with the question, “How do I get more?” My work begins with a different question: “Who am I beneath the noise that is driving me?” That difference changes everything. I am not against productivity, success, ambition, or excellence. In fact, I deeply respect disciplined achievement. But I have seen too many people optimize their routines while remaining inwardly fragmented. They become more efficient versions of the same unconscious pattern. They learn to perform better, but not necessarily to live more truthfully. My approach goes beneath behavior into being. It asks the reader to understand conditioning, hidden wounds, attachment patterns, emotional residue, misalignment, desire, and the deeper intelligence already present within. I am interested in success, yes—but not success as compensation. I am interested in success that emerges from coherence. That is why *The Aware Being Code* is less a motivation manual and more a transformational mirror.

It does not merely push the reader to achieve more; it invites them to awaken more deeply. And from that awakening, clearer action naturally follows. That orientation is also consistent with the book's own public framing as a "return map" rather than a performance manual.

Q

Your writing suggests that awakening is not something we "achieve" but something we "remember." Could you elaborate on this philosophy and why it is central to your message?

Dr. Sachin Sharma: This idea is central to everything I teach. Awakening is not the manufacture of a new self; it is the removal of what keeps us from recognizing our deeper nature. That is why I prefer the language of remembering. Yogic science says something profoundly beautiful: when the fluctuations of the mind settle, the seer abides in its own nature; otherwise, we identify with those fluctuations. Advait Vedant, especially in the tradition of Shankar, takes that insight further and frames liberation as direct recognition—an immediate knowing of one's deeper identity—not as an external acquisition. In other words, truth is not absent; it is obscured. Awareness is not imported; it is uncovered. This is why the philosophy matters so much psychologically as well. If awakening is treated like another achievement, the ego turns spirituality into a race. Then people feel behind, inadequate, or spiritually unsuccessful. But if awakening is understood as remembering, the path becomes gentler, more honest, and more intimate. You stop trying to become extraordinary and begin returning to what is original. That is the heart of my message: you are not empty and trying to become whole; you are whole, but layered over by forgetfulness, fear, conditioning, and noise. The journey is homecoming. That exact spirit also runs through the way the book has been described publicly: as you read, you remember; as you remember, you return.

Q

After publishing a book so deeply rooted in transformation and conscious living, what kind of impact do you hope "The Aware Being Code" will leave on the readers navigating modern life?

Dr. Sachin Sharma: My deepest hope is that the book helps readers stop merely functioning and start truly inhabiting their own lives. I want it to leave people feeling less burdened by performance and more rooted in presence. If someone closes the book and begins to see their emotions differently, their childhood story more compassionately, their relationships more consciously, and their ambition more truthfully, then the book has already done meaningful work.

What I wanted to offer was a coherent path: a way to move from confusion to clarity, from restlessness to alignment, from compulsion to freedom, and from private healing to meaningful contribution. Ultimately, I want The Aware Being Code to act as both mirror and map. A mirror, so readers can recognize themselves. A map, so they can walk forward with greater consciousness. If it helps even a few people remember who they are, live with more integrity, and turn their life into a more aware, loving, and purposeful offering, then the book will have left the impact I hoped for.



DR. SACHIN SHARMA



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AN EXCLUSIVE INTERVIEW WITH

Sudhir R. Nambiar

QUESTIONNAIRE:

Q

What inspired you to write this title, “The Mangalyaan Protocol — Against Empires, A Tin Can Change History” especially in a genre like techno-thriller and space fiction, which is still relatively unexplored in contemporary Indian literature?

Sudhir R. Nambiar: I've always been fascinated by space, stars, planets, and galaxies since childhood. A longtime fan of Star Trek, Star Wars, and any other story about space exploration, I found a storyline taking shape in my mind after India's success with Mangalyaan (unmanned probe to Mars). Leaving corporate life gave me the time to turn those ideas into the book you see today. Also, as you mentioned, this is a relatively unexplored area in Indian Literature and hence I wanted to introduce this genre to our Indian audience (keeping the Indian Roots & Culture intact).

Q

After spending 27 years in the corporate leadership roles across multiple domains, what motivated you to transition into storytelling and fiction writing?

Sudhir R. Nambiar: I am a big fan of writers like Dan Brown, Sidney Sheldon, Amish, Agatha Christie, Isaac Asimov etc. I have read most of their books (especially Sidney Sheldon, Stephen King, Isaac Asimov since childhood). By God's grace, I have been blessed with a creative mind by birth. During the break, I started penning down my thoughts on my first book (The Ashtadasa Code which is due to come out in a month's time). My son, who is an avid reader like myself, proof read and encouraged me to publish the work. Due to some technical difficulties (tried self-publishing), the project got delayed. In the meanwhile, The Mangalyaan Protocol draft was ready which I sent to White Falcon Publishing company who were supportive and helpful to get the book out.



About the author -

Author Sudhir R. Nambiar who has been a PMO Lead in Hewlett Packard Enterprise, a Lean Sigma Blackbelt and has also served upon several other notable positions in the corporate sector comes from the city of Trivandrum in the state of Kerala. Having completing his education from Bangalore University, he is inspired by mythology, spirituality, and legendary storytellers, brings a unique voice to this high-stakes narrative. After 27 years in corporate leadership, he now channels his passion into powerful, imaginative storytelling!

Q

Your novel blends geopolitics, science, survival, and emotional depth seamlessly. How challenging was it to balance technical authenticity with fast-paced storytelling?

Sudhir R. Nambiar: Coming from an IT background, you are bound to use a lot of technical jargons. Knowing that most of the readers may not be that tech-savy, I had to consciously tone down the use of a lot of technical jargons and keep the narrative as simple as possible. I also follow geopolitics very closely and this helped blend in some of the challenges that we see in the real world today..

Q

The underdog spirit of India's Mars mission forms the emotional backbone of the story. Was this narrative inspired by India's real-life achievements in space exploration?

Sudhir R. Nambiar: Space exploration has always been a dream to me. During my college days, I longed to get into institutions like ISRO, NASA. I hence use to read a lot of content around space exploration and technology advancements in that domain. I always have been proud of my Indian Ethnicity and Culture. The thought hence was always to have a book highlighting the achievements India has made in high-tech areas which not many are aware of globally. With India's strong push towards economic growth and visibility on a global stage, this work of mine is a small step in that direction.

Q

Interestingly, Dr. Vihaan Aryavart is a compelling protagonist driven by ambition and resilience. How did you shape his character, and does he reflect any qualities you personally admire in leaders?

Sudhir R. Nambiar: Vihaan is a culmination of the various leaders that I worked with during my corporate career days and some of the traits that I personally learned and implemented during those days. A leader is a leader irrespective of whichever sector you belong to. Patience, Strategic Thinking, Leading by Example, Risk Taking and many more attributes defines a true and successful leader.

Q

The title itself, 'Against Empires, A Tin Can Change History' feels symbolic and powerful. What deeper message were you hoping readers would take away from it?

Sudhir R. Nambiar: India has always been bullied and looked down on a Global Stage even though our Achievements and Contributions to the world has been enormous; however long forgotten. This thought has always frustrated me. I am sure most of you remember the kind of messaging that was put out in media those days when ISRO started its space operations (Ex., a villager riding a bullock cart carrying a rocket and knocking the doors of famous space agencies etc..). What the world didn't realise was that Indians already had the knowledge of deep space (ancient scripts available as proofs) much before the modern-day instruments were invented. These are things that have always intrigued me. While India silently (not retaliating publicly) grew to where it is today, I am sure majority of the Indians have always yearned for a platform where they could pushback the above-mentioned thoughts & ideologies.

Q

Your background as a Lean Sigma Blackbelt and PMO Lead must have given you deep insight into systems, pressure, and strategic thinking. How did your corporate experience influence the structure and tension of the novel?

Sudhir R. Nambiar: A lot. My corporate experience had a lot of influence in drafting the manuscript. Having experience and deep understanding of Program/ Project Management helped sequence the narrative in a systematic and process driven approach.

Q

The book explores the idea of powerful nations trying to control innovation and dominance in space. Do you believe space exploration today is as much about politics and power as it is about science?

Sudhir R. Nambiar: Yes. This is true. We are living in a time period where everyone is trying to prove their dominance over the other. I however yearn for a time frame (as in Star Trek), where we have one universal body governing the whole of earth and everyone working in tandem towards the greater human cause.

Q

Readers have praised the cinematic energy of the narrative. While writing, did you consciously visualise the story in a film-like manner?

Sudhir R. Nambiar: As I mentioned earlier, being a 'Big Fan' of Dan Brown and his works, I too aspired that this work gets converted into a movie format (like DaVinci Code, Angels & Demons, Inferno). I hence consciously scripted the book in such a way that this dream becomes a reality.

AN EXCLUSIVE INTERVIEW WITH

Anumeha Gaur



About the author -

Author Anumeha Gaur was born in New Delhi and she had completed her degrees in engineering as well as in business management before entering the corporate world. Well, “Sahal” is her first book, wherein she has narrated her experience in the word of poetry which is near to her heart. This is her journey of survival and healing through poetry as a woman. Whereas, “The Women Who Stayed” is her latest release, which is a motivational and self-help title!

QUESTIONNAIRE:

Q

Your transition from engineering and business management into writing is truly fascinating. How did your personal experiences shape your debut title, “Sahal” and your latest book, “The Women Who Stayed”?

Anumeha Gaur: My transition from engineering and business management into writing has been shaped by a gradual shift in perspective. While my professional background gave me structure and analytical thinking, writing allowed me to explore the human and emotional side of experiences. Sahal was born out of that early phase of reflection and self-discovery, where I was trying to make sense of people, situations, and inner thoughts through poetry. In contrast, The Women Who Stayed is more grounded in real stories and lived experiences, focusing on resilience, silence, and strength that often goes unnoticed. Both books, in a way, reflect different stages of my own journey from introspection to a deeper understanding of human experiences.

Q

The title, “The Women Who Stayed: Not Invisible But Unwitnessed” itself carries immense emotional depth. What inspired you to choose such a powerful and thought-provoking title?

Anumeha Gaur: It came from a very personal space my own journey of healing, reflection, and discovery. As I was going through that process, I began to understand how often women’s experiences are present, but not truly witnessed or acknowledged in their full depth. The title reflects that realization. It is not just about invisibility, but about those moments, emotions, and struggles that exist very clearly in lived experience, yet are often overlooked in how they are seen or understood by others.

Q

Your book speaks about the “quiet emotional weight” that the women carry every day. Why was it important for you to focus on emotional exhaustion that often goes unnoticed by society?

Anumeha Gaur: It was important for me to focus on that because emotional exhaustion is often the most invisible form of struggle. It doesn’t always show on the surface, but it deeply shapes how women live, function, and cope every day. Through my own journey of healing and observation, I realized that many women are constantly holding things together families, relationships, expectations without their emotional labour being acknowledged. And because it’s silent, it is often normalized or overlooked. With this book, I wanted to give language to that quiet weight, and create space where it is seen, understood, and not dismissed as something “normal” just because it is common.

Q

How much of the emotional honesty in this book comes from your own observations and lived experiences as a woman navigating personal and professional spaces?

Anumeha Gaur: Yes, it was very much a conscious choice from the beginning. I didn’t want to write something that tells people what to do or positions itself as a set of instructions. For me, the intent was always to create space for reflection something gentle, honest, and emotionally real. I feel that healing and understanding don’t always come from being taught; sometimes they come from feeling seen and resonating with someone else’s experience. So, the emotional intimacy was intentional. It was about staying true to lived experiences and allowing the reader to arrive at their own understanding, rather than being directed toward one.

Q

In the book, you beautifully discuss invisible emotional labour without turning the narrative into anger or bitterness. How did you maintain that balance between vulnerability and hope?

Anumeha Gaur: I think that balance came very naturally because my intention was never to blame or express anger, but to understand and acknowledge what exists beneath the surface. When you look at emotional labour closely, especially through a personal or reflective lens, it is already heavy in its truth. So instead of layering it with bitterness, I chose to approach it with honesty and compassion for the women experiencing it, and also for the complexities around it. Hope, for me, was not something I added separately. It was already present in the act of witnessing, in giving language to something that is often unspoken.

Q

Your background in the corporate world must have exposed you to different realities women face professionally and personally. Did those experiences influence the themes explored in this book?

Anumeha Gaur: Yes, very much. My corporate experience gave me a close view of how women navigate multiple layers of expectation professional performance on one side, and personal responsibilities and emotional labour on the other. What stood out to me was not always the visible challenges, but the quieter ones the constant balancing, the unspoken pressure to hold everything together, and the emotional exhaustion that often goes unacknowledged. Those observations naturally found their way into the book, shaping its themes and grounding it in very real, lived experiences rather than abstract ideas.

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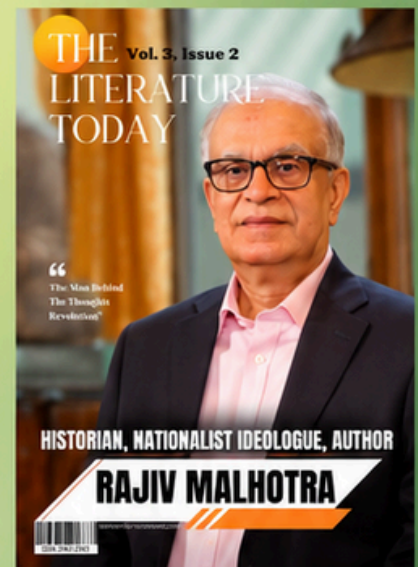
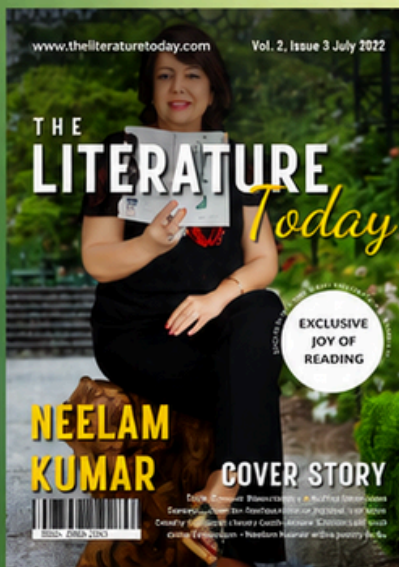
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