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LITERATURE

Today

COVER FEATURE NAVNEET JHAMB

Decoding the Language of Deception
An Exclusive Feature on Doublespeak

IN-DEPTH WRITER DIALOGUES

Pomita Ghoshal • Parekhit Bhattacharjee •
Dr. Riri G Trivedi • Dr. Amieth Kumar

CRITICAL CRITIQUES & LITERARY REDEFINITIONS

The Quintet • This Body Is a Temporary Argument •
A Candle on my Bedside Table

CREATOR SPOTLIGHTS

Divya Ramaswamy • Nitin Dhaboo • Ajoy Bharath

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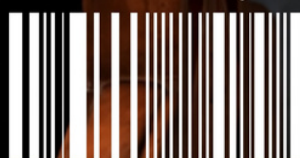
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Navneet Jhamb

Navneet Jhamb is a global business leader,
bestselling author, and visionary strategist, shaping
the future through leadership, innovation, and
inspiring ideas.

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From The Editor-In-Chief

Every edition of The Literature Today is a new opportunity to discover inspiring stories, fresh perspectives, and remarkable voices. It gives us great pleasure to present Volume 6, Issue 7, thoughtfully curated for readers who enjoy meaningful conversations and quality literature.

This month's Cover Feature proudly presents Navneet Jhamb and his remarkable book, *Decoding the Language of Deception*. In this exclusive feature, we take a closer look at the book, the ideas behind it, and the author's journey. It is an insightful work that encourages readers to think beyond the obvious and appreciate the power of thoughtful writing.

Our In-Depth Writer Dialogues feature engaging conversations with Pomita Ghoshal, Parekhit Bhattacharjee, Dr. Riri G. Trivedi, and Dr. Amieth Kumar. Each author shares their experiences, inspirations, and unique approach to writing, offering readers a deeper understanding of the creative process.

This edition also explores literature from different perspectives through our Critical Critiques & Literary Redefinitions, featuring *The Quintet*, *This Body Is a Temporary Argument*, and *A Candle on My Bedside Table*. Alongside these, our Creator Spotlights celebrate the journeys of Divya Ramaswamy, Nitin Dhaboo, and Ajoy Bharath, while our Book Spotlights introduce noteworthy works by Disha Parikh and Sipra Supriya.

You'll also find beautiful poetry and creative writing from emerging voices, along with the latest publishing updates, literary insights, curated spotlights, and industry trends that continue to shape today's literary world.

At The Literature Today, we believe every story has the power to inform, inspire, and create meaningful conversations. We remain committed to providing a platform where writers can share their voices and readers can discover ideas that leave a lasting impression.

Thank you for being a valued part of our growing literary community. We hope this edition brings you inspiration, new discoveries, and the simple joy of reading.

We welcome your reflections and feedback at theliteraturetoday@gmail.com.



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

M. M. Solanki

Table of Contents

Cover Story – Navneet Jhamb

Author Interviews

- Navneet Jhamb
- Dr. Riri Trivedi
- Dr. Pomita Ghoshal
- Dr. Amiett Kumar
- Parekhith Bhattacharjee



Author Story Articles

- Divya Ramaswamy

Book Features

- Doublespeak
- When I Became My Father's Mother
- A Candle On My Bedside Table
- This Body Is a Temporary Argument
- Things We Never Said
- The Yoga Odyssey
- The Quintet

Author Spotlights

- Nitin Dhaboo
- Ajoy K Bharath

Book Spotlights

- The Adventures of Aarjav and Leslie
- Tulip: Stand Tall In Every Phase Of Life

Exclusive Coverages

- Anatomy of a Crisis: The Complete Story of the NEET-UG 2026 Examination
- The Ghost in the Machine: How Generative AI is Reshaping the Soul of Literature
- The Golden Era: Why the 90s Remains Unmatched

Poems

- A Forbidden Gaze
- Of the Void

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AUTHOR INTERVIEWS

1

Navneet Jhamb

2

Dr. Riri Trivedi

3

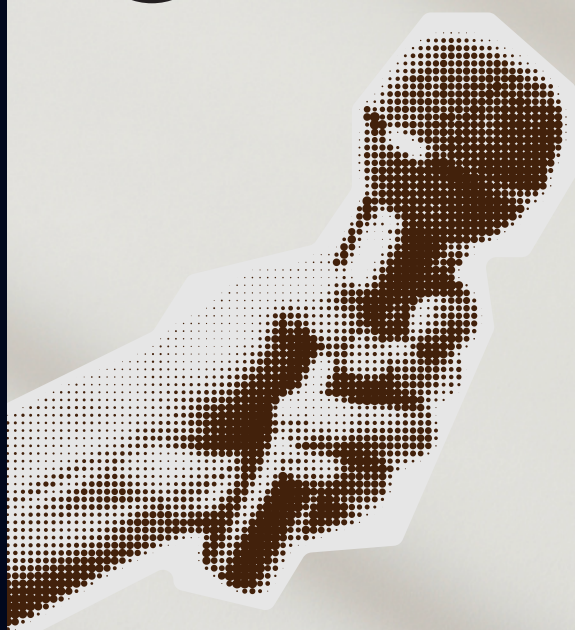
Dr. Pomita Ghoshal

4

Dr. Amiett Kumar

5

Parekhit Bhattacharjee



INTRODUCING NAVNEET JHAMB



Some authors tell stories, while others challenge the stories that society tells itself and **Navneet Jhamb** belongs firmly to the latter. Equal parts business strategist, corporate leader, philosopher, satirist and storyteller, he has spent more than three decades observing the fascinating contradictions that define modern life. From boardrooms and strategy sessions to family conversations and moments of quiet introspection, he has developed an unusual ability to recognise the absurd hidden within the ordinary. His writing emerges from this rare perspective that is simultaneously analytical and playful, deeply reflective yet delightfully irreverent.

Where Wit Meets Wisdom — The Literary Journey Of Navneet Jhamb

Through his words, Navneet invites the readers not merely to laugh at the world around them, but also to question the assumptions they themselves have quietly accepted. His work reminds us that wisdom often arrives disguised as humour and that the most profound truths frequently emerge from the most unexpected observations.

Professionally, **Navneet Jhamb** has built an accomplished career that spans leadership, governance, business transformation and strategic advisory. A respected Board Member, global business leader, strategist, advisor, founding trustee and entrepreneur at heart, he has spent decades helping organisations navigate complexity, uncertainty and growth across international markets. Yet despite an impressive list of corporate accomplishments, he often introduces himself with characteristic self-deprecating wit as a “*Master of Nothing*” as this phrase perfectly captures both his humility and his refusal to be confined by conventional definitions of expertise. It is this ability to remain intellectually curious rather than intellectually complacent that has shaped both his leadership philosophy and his literary voice.

An alumnus of the prestigious **Motilal Nehru National Institute of Technology (MNNIT) Allahabad**, and a **Gold Medallist from the Indian Institute of Management (IIM) Kozhikode**, Navneet combines rigorous academic foundations with decades of real-world executive experience. Throughout his corporate journey, he has learned that success is rarely as straightforward as leadership manuals suggest. Boardrooms may appear polished, strategies may seem rational and ambitions may look admirable on presentation slides, yet beneath every carefully constructed narrative lie contradictions, paradoxes, insecurities and beautifully imperfect human beings trying to make sense of the increasingly complicated lives.

These observations gradually evolved into something greater than professional insight and became the raw material for his writing.

For nearly thirty years, **Navneet** has lived what many would describe as two parallel lives. By day, he navigated executive meetings, corporate strategy, organisational leadership and business transformation. By night, however, another side of his personality quietly flourished, a restless observer fascinated by language, irony, philosophy and the strange theatre of everyday existence. While many professionals compartmentalise their careers and creativity, **Navneet** allowed both worlds to enrich one another. The precision of strategy sharpened his thinking, while literature gave him the freedom to question everything that strategy could not explain. The result is a writing style that effortlessly blends intellectual depth with *humour, corporate realism with philosophical reflection and razor-sharp observation with genuine humanity.*

The origins of his literary journey are as delightfully unconventional as the author himself. According to **Navneet**, his wife remained unconvinced by his self-proclaimed mastery of “*Nothing*” and frequently found imaginative ways to keep him occupied. In what he humorously describes as a pursuit of domestic peace, he launched **झुण्ड (jhuND)**, a LinkedIn newsletter that would unexpectedly become a literary phenomenon. What began as an outlet for his observations soon resonated with professionals, thinkers, entrepreneurs and the readers across industries.

The newsletter amassed well over a *million impressions*, demonstrating that thoughtful satire and intelligent reflection still possess extraordinary power in a world increasingly dominated by fleeting attention spans. That remarkable response ultimately laid the foundation for his debut book, “**DOUBLESPEAK: Chronicles Of Wit And Wisdom!**”

Far from being a conventional collection of essays, “**DOUBLESPEAK**” represents Navneet Jhamb’s distinctive philosophy toward life, leadership and modern society. Structured as a series of compact, thought-provoking chronicles, the book masterfully combines literary satire, philosophical inquiry, social commentary, irony and humour into a reading experience that is both entertaining and intellectually stimulating.

Each essay functions as a mirror, inviting readers to examine the contradictions hidden within ambition, identity, success, relationships, work culture and the countless narratives society unquestioningly embraces. Rather than prescribing easy answers, Navneet deliberately leaves space for the readers to confront their own beliefs, biases and blind spots.

One of the book’s greatest strengths lies in its remarkable economy of expression. In an era where shrinking attention spans often reward oversimplification, “**DOUBLESPEAK**” demonstrates that brevity need not come at the expense of depth. Every chronicle is concise enough to be read in minutes, yet layered with literary references, philosophical insights, cultural observations and subtle humour that continue unfolding long after the final sentence. Navneet possesses an exceptional ability to transform familiar situations into unexpected reflections, revealing profound truths hidden beneath seemingly ordinary experiences. His writing neither lectures nor performs intellectual acrobatics for their own sake. Instead, it quietly nudges the readers toward greater awareness, allowing humour and irony to illuminate perspectives that traditional nonfiction often struggles to convey.

At its heart, “**DOUBLESPEAK**” is less concerned with explaining the world than with encouraging the readers to rethink it. It dismantles the polished myths surrounding professional success, questions the rituals of corporate ambition, examines the fragile nature of identity, and exposes the elegant absurdities that frequently govern modern existence. Yet despite its satirical edge, the book remains deeply humane.

DOUBLESPEAK
CHRONICLES OF WIT AND WISDOM



Beyond the written page, Navneet's personal life reflects the same richness and balance that characterise his work. Dividing his time between Singapore and India, he remains deeply connected to his family, sharing life with his father, wife, sister, two children, four fish and five much-loved dogs.

Today, Navneet Jhamb stands as a refreshingly original literary voice whose work occupies a distinctive space between business literature, philosophy, satire and contemporary social commentary. Through his book, **"DOUBLESPEAK: Chronicles Of Wit And Wisdom"** he has created far more than a collection of essays. He has crafted an invitation to slow down, observe more carefully, laugh more honestly, and question more courageously. His chronicles are quick to read but remarkably difficult to forget because they do not seek to change who readers are. Instead, they encourage them to recognise who they have quietly become. In doing so, Navneet reminds us that life's greatest revelations rarely arrive through grand declarations. More often, they emerge through quiet moments of reflection, unexpected laughter and the willingness to examine even our most comfortable assumptions with curiosity, humility and unapologetic honesty.



AN EXCLUSIVE INTERVIEW WITH

Navneet Jhamb



QUESTIONNAIRE:

Q

What inspired you to use wit as the primary lens to examine modern life?

Navneet Jhamb: Wit is the only instrument sharp enough to cut through modern noise without drawing blood. After years of watching people take themselves far too seriously, especially in boardrooms, I realised humour is the last surviving truth serum. It lets you say what needs to be said without turning the room into a battlefield. For me, it became the most honest way to examine a world that is increasingly allergic to honesty.

Q

After three decades in global boardrooms, why transition now from corporate leadership to literary expression?

Navneet Jhamb: Because after thirty years of PowerPoints, I finally wanted to write something that did not require a “Next Slide Please.” Corporate life teaches you discipline, structure, and the art of speaking without saying anything. Literature allows you to say everything you were never supposed to. This book is my rebellion against polished, rehearsed, risk-managed language. It felt like the right time to stop optimising businesses and start provoking minds.

Q

Your bio calls you a “Master of Nothing.” What does that mean to you?

Navneet Jhamb: It is my antidote to the modern obsession with expertise. “Master of Nothing” reminds me that curiosity is more valuable than mastery and ambiguity more honest than certainty. Life is less about accumulating titles and more about accumulating perspectives. Mastery is overrated. Awareness is underrated. Humour keeps both in check.



Which contradiction poses the greatest challenge today?

Navneet Jhamb: Ambition. Not because ambition is bad, but because it has become performative. We chase goals we do not understand, compete in races we did not choose, and measure success with metrics borrowed from strangers. When ambition loses its authenticity, identity, relationships, and culture all begin to wobble.



How have your corporate experiences shaped the insights in Doublespeak?

Navneet Jhamb: Boardrooms are the world's most sophisticated theatres. You see ambition dressed as humility, fear disguised as strategy, and politics masquerading as collaboration. Those experiences taught me to read between the lines, an essential skill for both business and writing. Doublespeak is filled with observations born from watching intelligent people behave irrationally under pressure. Corporate life gave me the raw material. Writing gave me the freedom to decode it.



How important is authenticity in an age shaped by image, branding and social media?

Navneet Jhamb: Authenticity is now a luxury good, rare, expensive, and often counterfeited. We live in a world where people curate their lives more carefully than museums curate art. The tension between what we say and what we mean has never been wider. Doublespeak exists because authenticity has become endangered. In an age of filters, the unfiltered truth is revolutionary.



How do you balance humour with deep questioning?

Navneet Jhamb: Humour opens the door. Reflection keeps people inside. If you make someone laugh, you earn the right to make them think. My writing uses humour as a Trojan horse. Readers enter expecting entertainment and leave carrying questions they did not anticipate. The balance comes from respecting the reader's intelligence while gently unsettling their assumptions.



Did any personal experiences reshape your understanding of success and meaning?

Navneet Jhamb: Yes. Success stopped making sense the moment I achieved the version of it I had been taught to chase. The promotions, titles, and global roles were fulfilling but not defining. The real shift happened when I realised success without self-awareness is just a well-decorated emptiness. Meaning arrived later through travel, failure, humour, and quiet moments that never make it to LinkedIn.



How has living between Singapore and India enriched your storytelling?

Navneet Jhamb: Singapore teaches precision. India teaches paradox. One gives you structure. The other gives you soul. Living between these worlds has made me comfortable with contradictions, order and chaos, efficiency and emotion, silence and noise. It has given me a panoramic view of human behaviour where cultural differences become narrative opportunities rather than barriers.



What self-reflection do you hope readers experience after finishing Doublespeak?

Navneet Jhamb: I hope they pause. Not to admire the book, but to interrogate themselves. If Doublespeak succeeds, readers will question their definitions of success, their inherited beliefs, their curated identities, and the stories they tell themselves to feel safe. I want them to laugh first and then realise the joke was on all of us.



What self-reflection do you hope readers experience after finishing Doublespeak?

Navneet Jhamb: Absolutely. Doublespeak is not a destination. It is a doorway. There are more chronicles to write, more paradoxes to explore, and more truths to smuggle into humour. I see myself moving across genres, including satire, philosophy, cultural commentary, and perhaps even fiction, while keeping the same signature: wit with intent, humour with depth, and reflection without pretension.



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An Exclusive Interview With



Dr. Riri Trivedi

Dr. Riri G. Trivedi is a prominent Indian mental health practitioner, psychotherapist, researcher, and author specializing in trauma-informed therapy and positive parenting. She is the co-founder of Wellness Space (based in Ahmedabad, Gujarat) and the Society for Energy and Emotions (SEE). Her work primarily focuses on Adverse Childhood Experiences (ACEs), childhood trauma recovery, and inner child integration.

QUESTIONNAIRE:



You describe parenting as a process of raising oneself alongside raising a child. In a society where parenting advice is often prescriptive, why did you choose a more reflective and psychological approach in *This Book Won't Teach You Parenting*?

Dr. Riri G. Trivedi:

Parenting can never actually be taught – because every parent, every child, every family and every situation is different. What works in one family may not work in another, and what has worked for one child may completely backfire for another! In our clinical work at Wellness Space, we've worked with hundreds of parents through evidence-based psychotherapy, and many of them eventually begin to recognise how their parenting styles may be connected to their own unresolved childhood experiences — not to a lack of love for their child. We wanted parents to first understand their own childhood to give a better childhood to their children. We also believe that all parents do what they do with all good intentions, but that does not mean the methods are right! With all good intentions, parents do end up harming their child – unknowingly, but using wrong methods. Hence, educating parents about the right methods to approach parenting becomes important. For this, the parents need to be self-regulated.

Hence, the book also introduces simple, practical self-regulation tools — including breathwork, humming or simple Bhramari, and the SEE Protocol for self-hypnosis — within our broader Trivedi FLIP Model™. Parents need to understand that if they are dysregulated, they cannot teach a child regulation, no matter how many rules are in place.

Q

Your doctoral research explored the long-term effects of adverse childhood experiences in India. From your findings, what emotional wounds are silently shaping today's generation of parents?

Dr. Riri G. Trivedi: My doctoral research, and our peer-reviewed studies on Adverse Childhood Experiences (ACEs) in Indian populations, kept surfacing the same quiet wounds: emotional neglect disguised as discipline, constant comparison between siblings and cousins, and the silencing of a child's feelings in the name of respecting elders. Our work has also highlighted childhood experiences that may be particularly relevant in the Indian sociocultural context — including complex family dynamics, unspoken expectations, and environments where achievement and emotional suffering can coexist without the suffering ever being named. Parents who have their own emotional wounds try hard to break the patterns but struggle with guilt, volatile outbursts, being too permissive or too strict; their own lack of confidence and self-worth make them push their children harder — activity classes, curated play dates. The parents' anxiety also gets passed on to the children at a very young age.

We explore this in depth in our other book, What Happened to Me? vs What's Wrong with Me?: Indian Perspectives on Childhood Trauma and Recovery, which is really a companion volume to the parenting book — one looks at healing your own childhood, the other at parenting the next generation. That said, ACEs are only half the picture: our published research on Positive Childhood Experiences (PCEs) in Indian populations reminds us that resilience is shaped not only by what went wrong in childhood, but also by the positive relationships, safety, and support a child experienced.

Q

Indian parenting has historically emphasized obedience and achievement. Do you believe the country is now witnessing a shift toward emotional intelligence and mental well-being within families?

Dr. Riri G. Trivedi: Yes, and we see it directly through our psychotherapy training programs, where we increasingly meet parents, teachers, and young professionals actively seeking tools for emotional understanding and self-awareness, not just professional credentials.

Urban India, in particular, is slowly moving from 'what will people say' to 'how does my child feel,' though the shift is uneven. It is seen mostly among the urban, economically stronger segment of society where parents have the freedom and resources to become aware of these approaches.

Obedience and achievement haven't disappeared; they coexist now with a growing vocabulary around emotional well-being, therapy, and trauma-informed parenting. Part of that shift is parents wanting language to understand their own parenting patterns. That is why the book also includes a Parenting Style Self-Assessment informed by established parenting research, helping parents reflect on dimensions such as warmth and control and recognise whether their approach tends to be more authoritative, authoritarian, or permissive.



Q

One of the strongest ideas in your work is that unresolved trauma can unconsciously travel across generations. How can parents recognize that they may be repeating patterns they once suffered from?

Dr. Riri G. Trivedi: The clearest signal is the intensity of the "parent response" that doesn't match the moment. For example, when a small mistake by your child triggers a reaction far bigger than the situation warrants. Another is hearing your parent's exact words come out of your own mouth, the ones you promised yourself you'd never repeat. Often parents repeat the patterns they don't want to repeat or end up doing the polar opposite of that! Either way, it results in extreme parenting styles — either too controlling or too permissive.

In our clinical work, we use techniques such as Reconsolidation of Traumatic Memories (RTM) and Inner Child Integration to help parents work with these old emotional patterns at a deeper level, rather than relying only on willpower to manage their reactions. Recognising the pattern is the first step; working with the emotional memories and beliefs beneath it can help interrupt the cycle.

Q We live in an age where children are more digitally connected but emotionally isolated. How should parents rethink communication in the era of screens, algorithms, and social media validation?

Dr. Riri G. Trivedi: Children today are starved less for information and more for undivided attention. Algorithms are designed to hold focus; a parent's job is to hold connection. That means shifting the conversation beyond simply managing screen time towards modelling emotional presence and warmth. For example, asking about feelings, not just the facts of the day, and being emotionally available even in small five-minute windows rather than being physically present but distracted. Communication must become bidirectional and curious again. That means fewer instructions and more genuine curiosity about what your child is experiencing. It means more gadget- and device-free family time, more outdoor activities, and more human interactions.

Q Across urban India, there is growing awareness about therapy and mental health, yet parenting guilt and stigma remain deeply rooted. Why do so many parents still hesitate to seek psychological support?

Dr. Riri G. Trivedi: Mental health still carries considerable stigma in India, including the belief that needing psychological support somehow means one has failed as a parent. Many parents also fear that seeking therapy means admitting their own childhood, or their own parenting, was flawed — and that can be a painful admission in a culture that places enormous value on family loyalty. Seeking therapy is still associated with being mentally ill and not about emotional regulation.

Q You combine evidence-based psychotherapy with Inner Child Therapy and Clinical Hypnotherapy. How do these approaches help parents move beyond intellectual understanding to genuine emotional healing?

Dr. Riri G. Trivedi: Insight alone does not always change behaviour — most parents already know, intellectually, that yelling isn't ideal. What can help is working at the level where the emotional reaction is being triggered. These reactions are often deeply emotional and may be connected to experiences and beliefs formed much earlier in life.

Clinical Hypnotherapy and tools such as our Release Reframe Toolkit can help explore and reframe deeply held beliefs and emotional patterns that may not shift through intellectual insight alone. Together with approaches focused on memory reconsolidation, these techniques can help parents move from simply knowing better to experiencing a deeper emotional shift — and that shift can influence how they respond to their children.

Q Many parents believe love alone is enough. But your work suggests emotional availability and regulation matter just as much. What does emotionally safe parenting actually look like in practice?

Dr. Riri G. Trivedi: Love is necessary but not sufficient — a child also needs to feel that their parent can stay calm and present when things go wrong. Emotionally safe parenting looks like a parent who can sit with a child's big feelings without needing to fix, punish, or dismiss them immediately. It looks like repairing after a rupture — a parent who can say 'I was wrong to raise my voice' without losing authority. And it requires the parent to develop the capacity to regulate their own nervous system, which is exactly why our psychotherapy training and parenting book both begin with the parent's inner world before addressing parenting techniques.

Q If you could challenge one deeply ingrained belief about parenting in Indian society through *This Book Won't Teach You Parenting*, what would it be and why is it important to challenge it now?

Dr. Riri G. Trivedi: The belief that a good parent never makes mistakes, and that admitting fault undermines a parent's authority. In reality, the opposite is true — children who see a parent acknowledge and repair a mistake learn emotional accountability, resilience, and trust far more deeply than children raised on the illusion of parental perfection. This matters urgently now because we're raising a generation with unprecedented access to language and information about emotional well-being; if parents can't model imperfection and repair, the gap between what children are learning about emotional health and what they're experiencing at home will only widen. That's the belief *This Book Won't Teach You Parenting* was written to gently dismantle.

An Exclusive Interview with Dr. Pomita Ghoshal

Author **Dr. Pomita Ghoshal** is currently an Assistant Professor of Physics at LNMIIT, Jaipur. She was born and brought up in Lucknow and pursued her Ph.D. and other degrees in Allahabad, Mumbai, Trieste (Italy), and Ahmedabad. Besides her own field, she is deeply interested in literature, psychology and the complexities of human nature. Reading, writing, music and movies nourish her. Sudoku is her guilty pleasure!

QUESTIONNAIRE:

Q Your book's title, "When I Became My Father's Mother," immediately evokes a powerful emotional reversal. What inspired you to choose this deeply symbolic title for such a personal memoir?

Dr. Pomita Ghoshal: The title flowed naturally from the experience itself. Till a point in our lives, my father was my anchor, my advisor, the strong one I could lean on and look up to. And then, over the years, he wasn't – I became his strong shoulder to lean on. He increasingly depended on me for every want and need. A few years back, I used to tell friends that my father is like my five-year-old child – mischievous, innocent, confused, needing guidance. A year before his death, I was telling them he is like my six-month-old child – completely helpless and dependent on my full-time physical care. The graph of a human life is a bell curve, starting as a baby and ending as a baby. No one teaches us how to handle this role reversal, but it happens.

Q As a physicist and academic, you come from a world driven by logic and structure. How did you transition into writing something so emotionally intimate and vulnerable?

Dr. Pomita Ghoshal: Dr. Pomita Ghoshal: Believe me, the logic and structure helped me immensely during the caregiving journey! I became an expert in researching medical information, treatments, surgery, diet, side effects, dementia and aging, and that urge towards knowledge sometimes kept me emotionally afloat when crises struck. He analyzing brain (prefrontal cortex) overrules the sentimental brain (amygdala), and the thread of reason becomes a lifeline when we could otherwise drown in fear and grief.



My scientific side stood by me as long as I needed to be active and grounded. But after losing my father, the layer of intellectual strength got stripped away, and I was left with raw vulnerability. That is what got poured out into the book.



You mention that your father was your ‘Only Anchor’ after losing your mother early in life. How did that unique bond shape both your identity and the emotional core of this book?

Dr. Pomita Ghoshal: My father was an extremely unconventional character – a maverick who did not believe in regressive social norms, who encouraged me to experiment, make mistakes, and find my own path. After losing my mother, this was the home atmosphere I grew up in. It shaped not only my own identity as a curious, non-judgmental person, but also our father-daughter relationship, which was comradely rather than parental. I believe I could care for him happily till the end of his life, with love more than a sense of duty, precisely because he never expected it from me. In other words, our early life together shaped the last chapters of our life together.



Dementia often changes relationships in heartbreaking and unexpected ways. What was the most difficult emotional transformation you experienced while caring for your father?

Dr. Pomita Ghoshal: All my life I had looked up to my father’s wisdom, good sense and rational thinking – his wisdom had been my guiding light. I had never imagined that a time would come when he would, literally, lose his brain. It’s hard to describe the intensity of helplessness I felt when I realized that my father was still with me, but his mind wasn’t – I could no longer expect him to understand, reason and make sense. I was on my own, even in taking care of him – there was no one’s thoughtful advice to wait for. It felt like being a single mother, but of someone who was once my friend, guide and philosopher. It was the strangest sensation.



The book explores not only caregiving but also guilt, exhaustion, and emotional isolation. Was it challenging to write honestly about emotions that society often expects caregivers to suppress?

Dr. Pomita Ghoshal: Writing the chapter ‘Free Fall’ absolutely broke me; I used to write through my tears. The guilt came to the surface and brought with it all the memories of every time I had shouted at my father, mistreated him, taken out my pain and fear and frustration on him. It was challenging as well as cathartic. Society needs to talk about the ugly parts of caregiving, the darkness and the breaking.



Throughout your journey as a sole caregiver, were there moments of grace, humor or unexpected beauty that helped you survive the darkest days?

Dr. Pomita Ghoshal: In his younger days, my father was famous for his sense of humor. This quality lingered past the loss of his other senses. Till a few months before his death, I would read to him the funny passages of Sukumar Ray, and he would smile knowingly. Sometimes we even found laughter in the tragedies and failings of this new existence, like his incontinence and his garbled speech. We laugh so that we don’t have to cry. And beyond it all, when all his memories and intellect had faded, the instinct of love remained – the beauty of looking into his eyes and seeing affection and recognition.



Your memoir feels universal despite being deeply personal. At what point did you realise that your story could resonate with thousands of other caregivers and families?

Dr. Pomita Ghoshal: I have been a part of online caregiver groups, and I saw how much struggle and heartache was talked about – there are so many walking this path. I wanted to collate those random personal experiences into one whole, both the before and the after of caregiving, and put out something into the world which could help such people and families feel less alone. Much later, when people reached out to me after reading my book, I realized that the theme is even broader than that – young adults told me they felt motivated to reconnect with estranged parents, harassed working mothers shared that they could relate to the guilt and overwhelm of my solo caregiving phase. Now I believe that this story will connect with anyone who is trying to make sense of love and loss and how relationships change shape.

Q

Writing is often therapeutic, but revisiting painful memories can also reopen wounds. Did writing this book heal you, or did it make you relive the grief more intensely?

Dr. Pomita Ghoshal: It's important to know that healing does require initially reliving the grief more intensely. Running and hiding from pain or grief makes it linger in unexpected places in our psyche, shaping the future version of us. All my life I have journalled to make sense of my emotions and experiences; in a way, this book was my attempt to place my personal understanding of this extraordinary journey into a public space. With the hope that it can touch and heal some others the way writing it healed me.

Q

Your book beautifully captures the emotional vacuum that follows the loss of someone you cared for every single day. How did you personally cope with that silence after your father passed away?

Dr. Pomita Ghoshal: After a prolonged caregiving journey, the greatest loss is the loss of self – of purpose. For years you hold on and fight on with the knowledge that your loved one is dependent on you for their survival. Afterwards, you start wondering – why am I here now? Often, many of us lose our old friends, hobbies, social life, or even profession along the way. Picking up those threads again feels intimidating when one is already flooded with grief and regrets, and completely out of practice. But it must be done, because ultimately, the one who went away wouldn't have wanted us to spend the rest of our lives in a vacuum.

Q

Many readers who pick up this book may currently be caring for aging parents or loved ones with dementia. What do you hope they take away from your journey?

Dr. Pomita Ghoshal: I have a special message for caregivers... please be kind to yourself. Presence matters more than perfection, and taking care of yourself also matters. You can't pour from an empty cup. Ask for help and take help in whatever form you possibly can... believe me, there's no guilt in that. Giving yourself respite equals giving your loved one grace. Please know you are not alone – millions walk this path, even if they don't talk about it.



Q

After such a profoundly emotional debut, do you see yourself continuing to write about the human relationships, psychology, and lived experiences in future works?

Dr. Pomita Ghoshal: I have a tentative idea of what I want to write about after this – and it is closely related to my experience with my father. I want to explore how the early parent-child relationship, the degree of wisdom and balance the parent brings to it, shapes both the relationship itself in the future and, by extension, the degree of tolerance and harmony in society. So much of the current disturbance and interpersonal conflict that we see around us arises from childhood wounds. Healing familial bonds is a way to heal society. I would like to think and write more about this someday.

AN EXCLUSIVE INTERVIEW WITH

Dr. Amiett Kumar

Dr Amiett Kumar is a renowned Holistic Law of Attraction & Manifestation Coach with over 19 years of experience, guiding individuals on their manifestation journey. His deep expertise empowers clients through personalised coaching that blends spiritual practices, chakra healing, and mindset transformation for lasting personality development.



Q

You began your career in the corporate world and later chose a completely different path. What was the moment that made you feel, "This is what I am meant to do?"

Dr Amiett Kumar: During my Time at Bacardi, I started giving corporate workshops as a side hustle. At that time, I was working at a job that I manifested (my IT job at Bacardi), but when I compared the reality of my position, I realized my calling was more towards teaching as a guide rather working behind a desk and through software. That was when I realized that this is what I am meant to do.

Q

Nearly two decades have passed since you started teaching manifestation. When you look back, how has your own understanding of manifestation changed over the years?

Dr Amiett Kumar: A lot has changed since I first began exploring manifestation. Initially, I understood it as simply thinking positively and taking positive actions. However, over the years, my perspective has evolved. I now see manifestation as a way of living—embodying the thoughts, emotions, and actions that align with the life you dream of creating. My deeper understanding came through exploring our spiritual energy system, the power of our thoughts and belief patterns, and the science of the subconscious mind. Studying concepts within metaphysics and quantum physics further expanded my perspective, helping me realize that manifestation is not just about wishful thinking—it is about consciously aligning your inner world with the reality you intend to create.

Q

Your new book, Manifest Anything in 100 Days, encourages readers to take one small step every single day. What inspired you to create this 100-day journey, and why is consistency so important?

Dr Amiett Kumar: That is the way I manifested myself. And that is the way manifestation actually works. It is not wishful thinking; it is not daydreaming it is day-by-day consistent actions that take you towards your goal one step at a time at the same time, the book is structured in a way that after every chapter, you learn something new about yourself by following the tasks given each day. You understand yourself more, and that is what helps you manifest anything in 100 days.



Q

In The Magic of Gratitude, you talk about becoming gratitude instead of simply practicing it. Could you share what that really means in everyday life?

Dr Amiett Kumar: The most forgotten aspect of our life is gratitude. Sometimes during our evolution, we have lost track of how to be grateful. And that is why there is an excess of negativity that spreads through society... Practicing gratitude helps you turn your negative thoughts positive and but what I want people to do is live with gratitude, i.e. make gratitude an integral part of life, that even when it is the worst day you are having, you have the scope of saying “Thank you” to yourself or the Universe and find the one positive thing that gives you the fuel to fight the problems and move on.

Q

One of the most unique aspects of MAGIC Practice is that people can contribute any amount they wish, and every contribution goes to charity. What inspired this beautiful idea?

Dr Amiett Kumar: It is all a part of living with gratitude. Today, what I have built and what I am building towards a future can only be possible because of the support of thousands of people who believe in my teaching and follow it wholeheartedly. This is what inspired Sampann Sadhana Seva, and that is where all contribution of Magic goes. Through Sampann Sadhana Seva, we aim to share our gratitude and serve the people who need help, support, or any form of assistance. Thousands of people practice magic daily today, and it is their support and gratitude that allows us to perform these actions with gratitude. Be it serving at an Old Age Home, feeding a dog shelter, or assisting cows at a Nandishala. For anyone who needs support, the doors of Sampann Sadhana Seva are always open.

Q

The Manifest Anything Masterclass is built around affirmations, visualization, meditation, and discipline. Which of these do you think people underestimate the most, and why?

Dr Amiett Kumar: Honestly, it has to be meditation. You can practice 3-6-9 Affirmation techniques for 45 days, but you may not find the results you were expecting because somewhere in the process your energy was not aligned. Meditation is the one thing that allows us to tune our energy in line with all the manifestation tools that we teach to practice and use. Your energy must be aligned, and that is what happens when you meditate daily. And that is also why we run Sampann Sadhana Daily!

Q

You have guided people from so many different backgrounds. Is there one transformation story that has stayed with you and continues to inspire you even today?

Dr Amiett Kumar: There have been many inspiring transformation stories over the years. I've seen entrepreneurs grow their businesses from ₹50crore to ₹500 crore, couples save marriages after more than 10 years of struggle, students crack prestigious institutions like IIT and IIM, aspiring professionals become Chartered Accountants, and individuals achieve salary hikes of over 200%. While every journey is unique, what inspires me the most is witnessing people break through their own limiting beliefs and realize that the biggest transformation always begins from within.

Q

Dark Meditation is something many people are hearing about for the first time. What first drew you to this practice, and what have you personally discovered through it?

Dr Amiett Kumar: It all began as an experiment. I wanted to create a space where people could disconnect from the outside world and truly connect with themselves. The response to that very first session was overwhelming—participants shared that the impact of a single experience was profound and life-changing.

That inspired us to develop what is now a structured program that delivers one of the deepest and longest guided meditation experiences possible. During the session, participants wear an eye mask to eliminate external distractions, allowing them to turn their attention inward.

We spend so much of our lives searching for answers outside ourselves, but the clarity we seek often lies within. Dark Meditation helps people access that inner space, where they can reflect deeply, release emotional blocks, and reconnect with themselves. The transformations and experiences people have shared afterward have often been truly emotional and unforgettable.

Q Today there is an abundance of self-help content available everywhere. In your opinion, what makes a teaching truly life-changing instead of simply motivational?

Dr Amiett Kumar: Where you learn from is far less important than what you consistently practice. Today, we have access to thousands of books, unlimited online courses, and even AI that can answer almost any question within seconds. Information is no longer the challenge—implementation is.

You can read a thousand books, but if you don't apply their teachings, they won't create the results you're looking for. Real transformation comes from consistent action.

This is also where the role of a mentor or guru becomes invaluable. A mentor doesn't just provide knowledge; they provide structure, clarity, accountability, and the wisdom to help you avoid unnecessary mistakes. The best teaching isn't the one that sounds the smartest—it's the one you can seamlessly integrate into your daily life and turn into lasting habits.

Q Many people start their personal growth journey with great enthusiasm but lose momentum after a few weeks. What advice would you give to someone who wants to stay committed to their goals?

Dr Amiett Kumar: Align your daily tasks with rewards... don't eat a burger until you have successfully completed your daily tasks. Maintain a diary, write your tasks for next day, the previous day before you sleep. And Make sure you end your day by checking off the tasks you have done. Give yourself small rewards for big achievements and **KEEP MEDITATING.**

Q After interacting with thousands of learners, have your students ever taught you something that changed the way you think or teach?

Dr Amiett Kumar: Yes, I'm an over-giver, but I've learned that not everyone is ready to receive. Growth happens when people are prepared to hold and apply what they're given. I've also realized that dreaming and wishing are very different. Most people think they're dreaming, but they're actually just wishing. A dream is backed by intention and action; a wish remains only a desire.

Q Finally, if a reader is discovering your work for the very first time, where would you suggest they begin, and what would you like them to experience from that journey?

Dr Amiett Kumar: If you're picking up this journey for the first time, start from Day 1. If you miss a day, simply begin again from Day 1. Even after completing the entire book, come back and restart—because every new beginning deepens your understanding. Don't see restarting as failure; see it as part of the process. At the same time, challenge yourself to stay consistent for longer each time. If you reached Day 9 before restarting, aim for Day 15 next time, then Day 30, and eventually Day 100. The discipline and transformation you'll experience over those 100 days will be worth every effort. Alongside the book, I also encourage readers to watch our Manifestation Podcast series. It will help you understand the deeper path to a positive, conscious, and spiritually aligned life while reinforcing the principles you practice every day.

AN EXCLUSIVE INTERVIEW WITH Parekhith Bhattacharjee

QUESTIONNAIRE:

Q

Your book, “Things We Never Said,” is built around silence and the emotions that people often struggle to express. What drew you to explore the power of the ‘Unsaid’ in your writing?

Parekhith Bhattacharjee: I have always been interested in the distance between what people feel and what they can say. Some of the deepest emotions do not appear in conversations at all. They live in pauses, in hesitation, in the way someone looks away, or in the sentence they almost speak but hold back. Over time, I began noticing that these moments stayed with me longer than dramatic declarations. An apology that never came, love that was never confessed, grief that was carried quietly, or a truth that arrived too late. As I wrote more stories, I realized they were all connected by this emotional silence. The people and settings were different, but each character carried something unspoken. And that became the heart of the book.



Q

Your multidisciplinary background in communication, music, and photography gives your prose a unique rhythm and atmosphere. How do these art forms influence the way you construct a story?

Parekhith Bhattacharjee:

Communication taught me clarity. It taught me that if something matters, it must reach the audience without unnecessary noise. Music taught me rhythm, silence, repetition, and emotional pacing. A story also has a tempo. It needs moments where it builds, holds back, and finally releases.

Author **Parekhith Bhattacharjee** is a writer and storyteller dedicated to capturing the emotional landscapes that people often struggle to articulate. His work delves into the nuances of longing, memory, and the quiet dignity of survival, finding profound meaning in the silence of ordinary lives. Drawing from a multidisciplinary background in communication, music, and photography, Parekhith brings a unique sensitivity to rhythm and atmosphere in his prose!

Photography taught me framing. It made me pay attention to light, distance, stillness, and the emotional power of one visual detail. Sometimes a character’s hand on a table, an empty chair, or a fading name on a desk can say more than a full page of explanation.

All three disciplines influence the way I write. I often think of a story as a photograph with movement inside it, shaped by rhythm and held together by clarity.

Q

This book is described as a collection of micro-stories and lyrical short prose rather than a conventional short-story anthology. What inspired you to choose this distilled and intentional form of storytelling?

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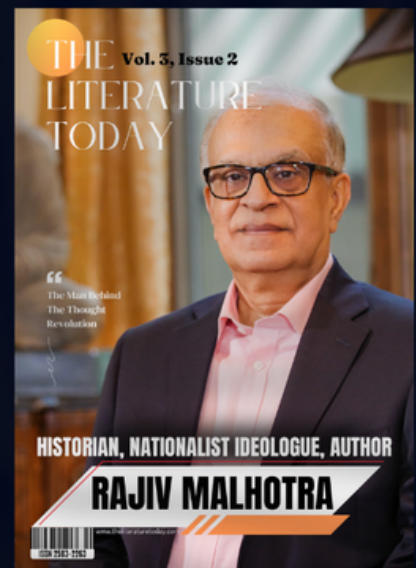
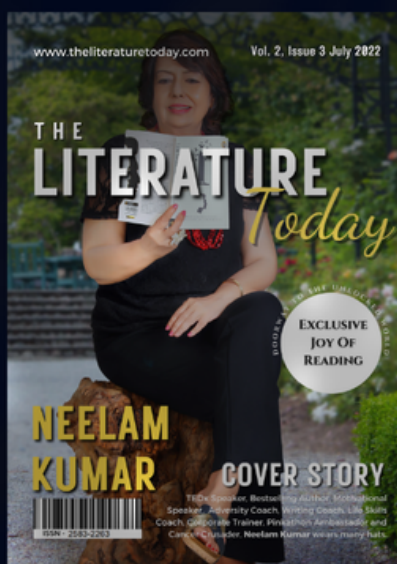
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