

*The*

A MONTHLY LITERARY E-MAGAZINE

# Literary Mirror

A Venture of LITERIA Insight

## Cover Story

Dr. Satyajit Kuchar

## Interview

Dr. Satyajit Kuchar

## Art/Artist

Historic Places In Assam

## Column

Jyoti Jha

## Book Launch

Neelkanth

## Awards

Times 40 Under 40

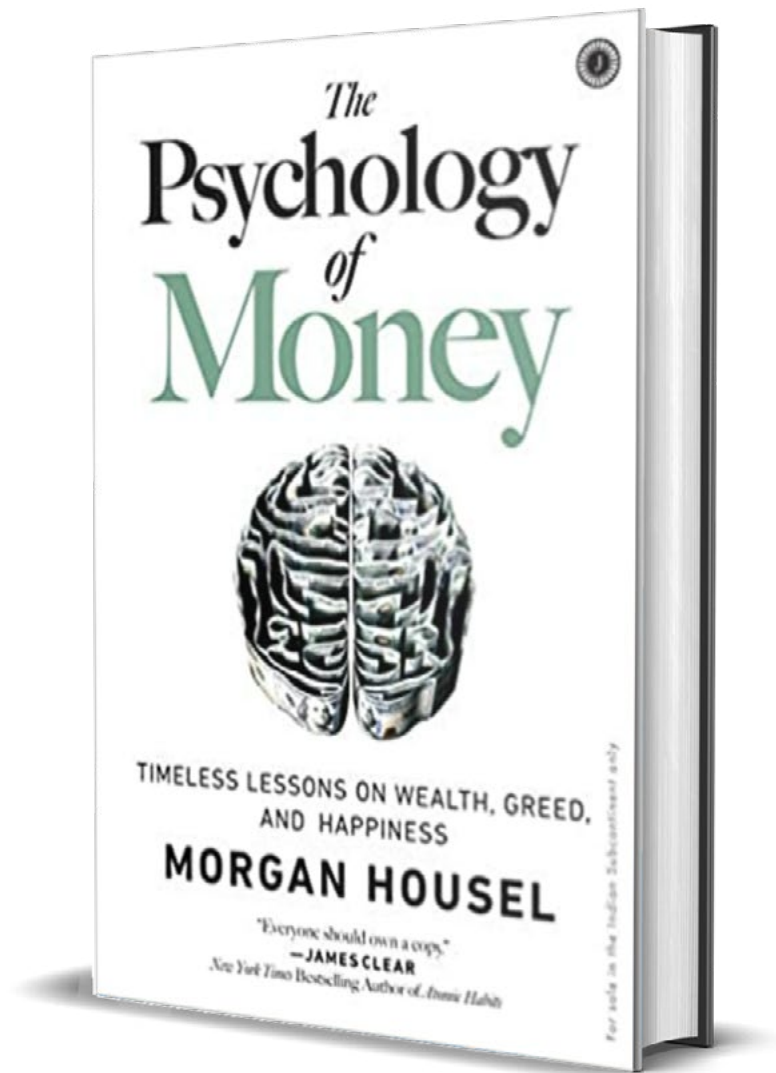
## Poem

Rasha Al-Hussaini

## Bookshelf

BOOKS OF THE MONTH





# THE PSYCHOLOGY OF MONEY

## *Morgan Housel*

Timeless lessons on wealth, greed, and happiness doing well with money isn't necessarily about what you know. It's about how you behave. And behavior is hard to teach, even to really smart people. How to manage money, invest it, and make business decisions are typically considered to involve a lot of mathematical calculations, where data and formulae tell us exactly what to do. But in the real world, people don't make financial decisions on a spreadsheet. They make them at the dinner table, or in a meeting room, where personal history, your unique view of the world, ego, pride, marketing, and odd incentives are scrambled together. In the psychology of money, the author shares 19 short stories exploring the strange ways people think about money and teaches you how to make better sense of one of life's most important matters.

Available on  



From the

## EDITOR'S DESK

Ever since the global pandemic had hit; we had witnessed a paradigm shift in the literature also. Indeed! It has affected millions of lives all over the world and had left a never-ending scar on our thought-process but do we really need to divert our attention to the negativity surrounding it? It has become almost a common sight amongst the authors to find either stories, poems and novels either focused or inspired from COVID. Is our literary legacy so much volatile that a global pandemic has shifted the attentions of creative genius from creating meaningful content to writing just about a global pandemic? Undoubtedly; our literary legacy is far more rich and vivid than to wither away from such petty storms. The Literary Mirror presents its April Edition with an path to bring quality works in this turbulent time.

**Nitish Raj**  
Editor-in-Chief  
The Literary Mirror



# *The* **Literary Mirror**

A Venture of LITERIA INSIGHT

## **Managment**

---

### **Editor-In-Chief**

Nitish Raj

### **Senior Editor**

Vikash Saxena, Md Akhlaq

### **Assistant Editor**

Nidhi Bansal

### **Legal Advisor**

Shirsh Srivastava

### **Technical Head**

Ashish Raj

### **Graphic Designer**

Ram Kumar Rajput

### **Photography**

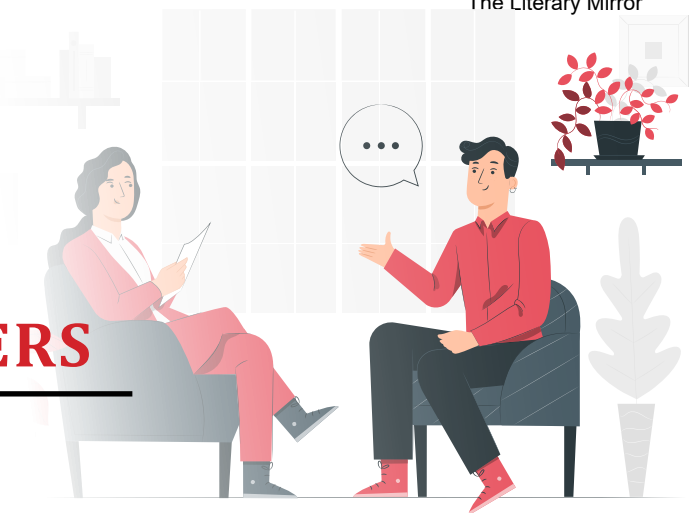
Shubham Saini

### **Marketing Manager**

Dev Kushwaha



# INTERVIEW



## INTERVIEW QUESTIONS AND ANSWERS

Dr. Satyajit Kuchar; Homeopath



Dr. Satyajit Kuchar; Homeopath  
Author, India

### 1) How has been the transition from a doctor to an author?

**Answer:** I have always had an inclination for writing – be it professional/academic articles or poetry/quotes etc. My passion for Homoeopathy has been right since my teen age. So you can say that a Homoeopath and a writer dwell together harmoniously in me sharing a complementary relationship. Writings on Homoeopathy are expression of my learning, experiences and evolution of my thought processes. Other literary writings such as poetry and quotes are expression of my thoughts, emotions and experiences in life.

### 2) What are the various stereotypes attached with Homoeopathy?

**Answer :**The commonest myths (stereotypes) about Homoeopathy are- It is very slow; suited only to chronic diseases; diabetics cannot take it; it intensifies disease before curing it; their medicines contains steroids, many dietary restrictions regarding coffee, onion ,garlic etc. need to be followed etc . And the most important myth is Homoeopathy is unscientific/pseudoscience/placebo. Facts are exactly the opposite. Homoeopathy is scientific –scientific studies as well as the testimonials of countless patients and experience

of Homoeopathy doctors suggest that Homoeopathy is not placebo. Out of many examples, I would like to mention two – 1) A study by IITB showed Research group from IIT Bombay recognised for their work that shows a scientific basis for Homoeopathic medicines and its connection to nanotechnology. 2) Pharmacogenomics is the study of how genes affect a person's response to drugs; The term Homeogenomics refers to studies that focus on understanding more about the interactions between Homoeopathic remedies and the genetic blueprint or genome.

### 3) What challenges you faced while writing the books?

**Answer:** Firstly finding time from my schedule; secondly choosing self-publishing vs traditional publishing. Writing in this pandemic becomes very difficult because when you need a break you just can't go out on a vacation or have a hearty meal at favourite restaurant or enjoy a movie in cinema hall. Such recreation is needed sometimes to get out of the writer's block. One needs to find other ways of getting rid of that block.

### 4) Did you find any change of thought-process while writing your second book as compared to writing your debut book?

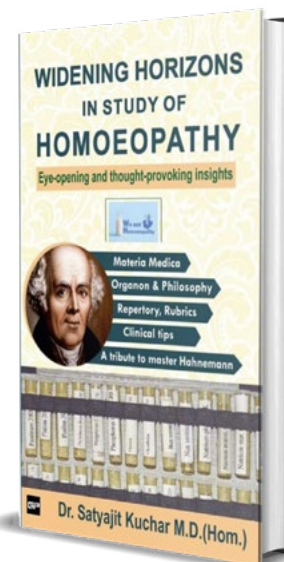
**Answer:** Second book is based on more extensive research. Book one was well received that boosted my confidence. Like book one I have focused on keeping the language lucid. I always emphasize more on throwing light on lesser known and lesser understood topics and concepts.

### 5) How Homoeopathy is better than other forms of medicine like

### Ayurveda and Allopathy?

**Answer:** Homoeopathy is and Holistic and individualistic art and science of medicine. Homoeopathy treats the person suffering from disease and not just the disease itself. Homoeopathy is not only for cure but also prevention – just see example of COVID-19 and past epidemics (Homoeopathy has also been reported to be efficacious in played important role in Japanese encephalitis in AP, India, Dengue in India, Leptospirosis in Cuba etc.) Homoeopathy medicines are -

- Easy to distribute and dispense, easy to consume (children love it)
- Cost effective
- Anybody can take it (old perons, pregnant, persons already taking other Allopathy or Ayurvedic medicines etc.)
- It's safe and no adverse effects or side effects have been demonstrated so far
- Improve your overall health, boost immunity and stimulate natural body processes and defences.



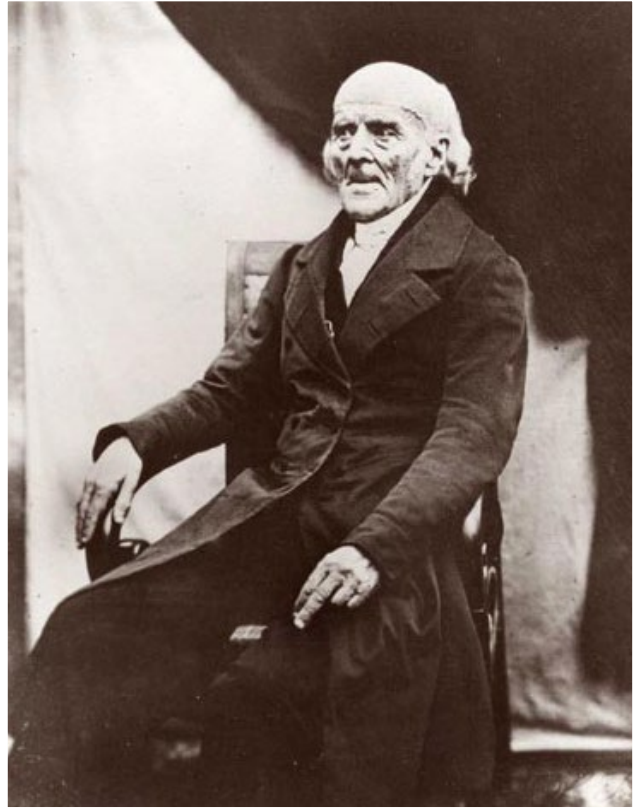
## INTERVIEW

Homoeopathy is wholly capable of satisfying the therapeutic demands of this age better than any other system. Hence truly Homoeopathy is 21st century medicine. Homoeopathy seems to most suitable system for humans. It is also very efficacious for plants, birds and animals.

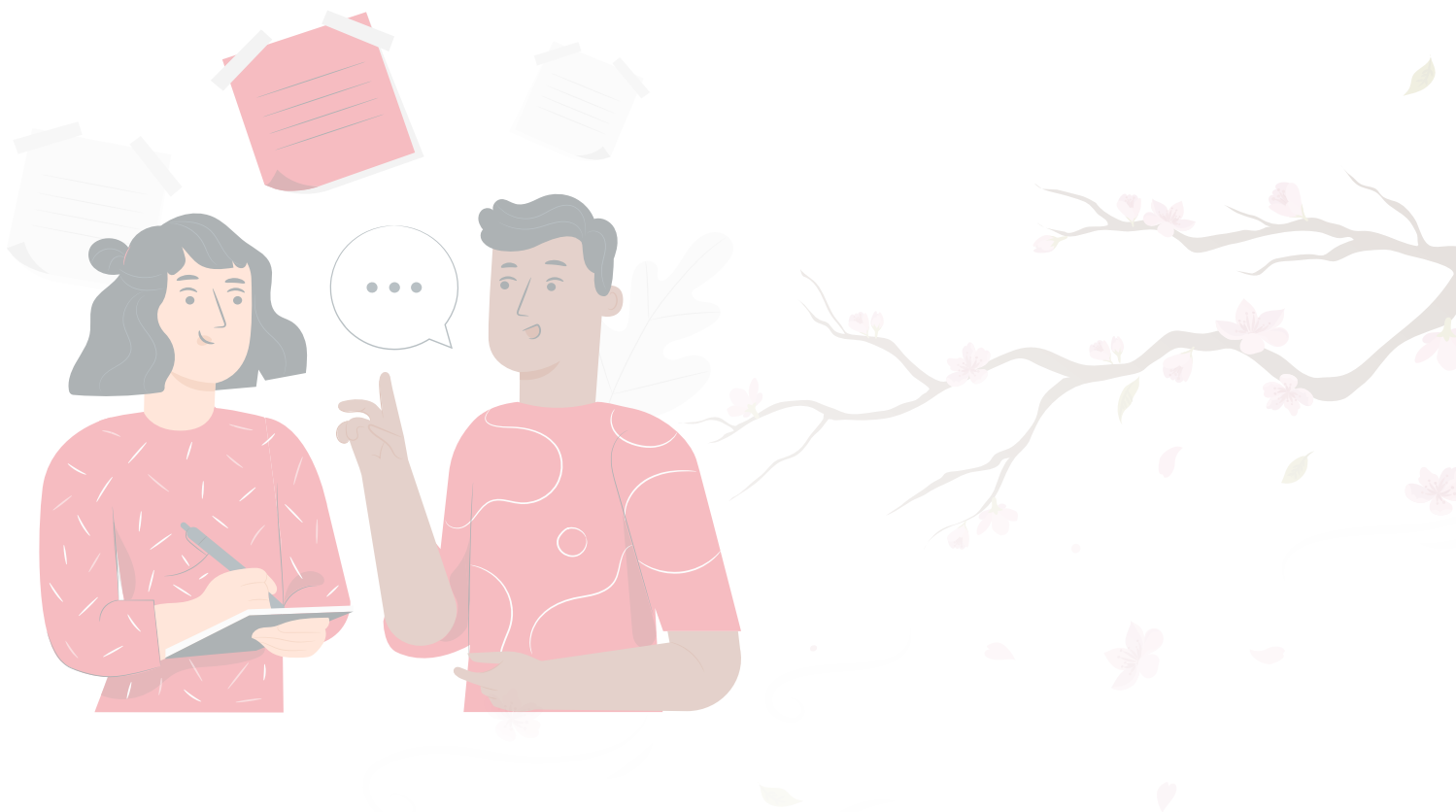
### 6) What would be your suggestion to newbie authors?

**Answer:** One needs to be a good reader and listener to become a good author. Read a lot. Attend workshops and seminars that teach you nuances of writing. Take guidance from senior and fellow writers. Take feedback from persons who give you unbiased opinions and most importantly learn to self-evaluate your work. Be always open to healthy criticism.

**Benjamin Franklin said “Either write something worth reading or do something worth writing.”**



**Dr. Satyajit Kuchar had dedicated this interview to Dr. Samuel Hahnemann known as the Father of Homeopathy on his Birth Anniversary.**



# LOVE, RELATIONSHIPS AND INFIDELITY!

Jyoti Jha, Columnist

**T**hey say it is the physical intimacy that stamps a man's complete involvement in the event called love, and it is the emotional connect that binds a woman to a relationship in totality. Whereas a relationship fuels on an intricate equilibrium between the excitement of physical desire and the idealization of emotional association, so where and how does one try to find a balance between the two?



When you are attracted towards someone, feel invested emotionally, and desire a physical connection, what do you do? You even let your passion take the leap of that vulnerability and confess your love. But what when your feelings are not being reciprocated the way your longing heart pleases? Do you then steer your feelings and find respite in the closeness of someone else willing to offer comfort in their embrace? Would it not be then considered infidelity to your own emotions, or would it merely quench your desire of completeness that your love had originally envisioned? Being with someone else only as an alternative to suppress and

compensate your compelling passion for the person you actually want to be close with, is it justifiable to your own heart's craving?



If a physical intimacy is vital for the viability of a flourishing relationship, so will this togetherness with another, ultimately sprout the passion that drives the emotional longing to carry forward an alliance? Is one attribute of the affinity bound to lead to another? Or it would simply be termed as an infidelity in a relationship?

This aspect then also compels us to contemplate on another grave concern that of-whether an emotional cheating can be considered infidelity? Betraying your partner in a non-physical sense and lingering on to the moments spent with someone else, rejoicing in the tiny bits of intimate acts, and developing a mutual unrequited feeling with that someone. A sustained secretive closeness to that someone and which over the time starts to affect the intimacy of your relationship with your own partner. Although there is no physical close-

## About the Columnist



An HR-turned-Author having associated with corporates like Infosys and Whirlpool, **Jyoti Jha** pursued her passion of writing after almost a decade of globe-trotting and residing in UK and USA. A Literary Critic and an esteemed winner of 'The Times of India Write India Season 3', she has authored the books, 'The Realms of Human Emotions' and 'Around The World Through My Lens'.



## COLUMN

ness but the mind strays to an intimate feeling towards that someone, an irresistible attraction towards that person with or without an acknowledgement! Tiptoeing around a fair risk of that enduring emotional connect waiting to be converted to a full-blown affair. An affair drawn out of mere fantasy and an idealized persona between the two people.



Or is it only the physical intimacy with someone else outside the liaison, which can be considered an imminent threat in an existing relationship and a more consequential type of infidelity? To indulge in an instant act of togetherness and the instantaneous dive into the lust and passion of a moment's indiscretion and which then carries a tremendous potential to spiral into a complete and full-fledged affair later. The strong sense of disregarding the moral obligation of your relationship and finding happiness in the intimacy of someone else.



A violation of the unspoken rule of exclusivity of either physical closeness or an emotional bonding with anyone outside the intimate vicinity of the two people involved in a relationship, can equally be categorized in an act

of infidelity. How do the couples in a relationship move forward from the either kind of infidelity? To take the leap beyond the betrayal and try to heal the damaged relationship, is there going to be a painless escape?

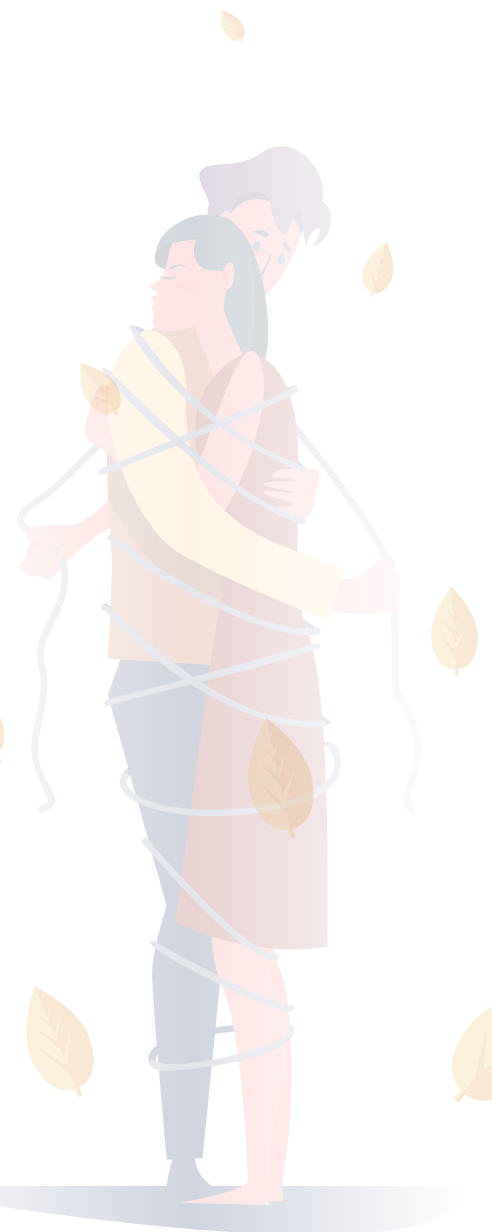
While there are fair chances that most couples survive, sustain, and emerge from the painful experience, and may even be successful in restoring their connection and developing a stronger and more committed bond. However, there are equally reasonable shot that they drift apart and end up their relationship, unable to endure the pain and hurt generated from the unfaithfulness.

Or would it only be simpler to accept that there can be a varied definition of affair and divergent set of boundaries for each individual and in every existing relationship? Boundaries that may not set an icicle in the heart, but bring the warmth of friendship, trust, love, and happiness. One that can travel beyond the tapestry of suffocating a relationship and allow room for the evolvement of a changing process. Where the relationship flourishes in full bloom steering clear of the menaces of either an emotional affair or a physical infidelity.

Beyond all this pandemonium, on the other hand, there has also always been a kind of love and longing that prevails over any physical binding. However, what is now more concerning is that whether the generations are heading to such a fast-paced lifestyle where the virtue of patience is lost somewhere in the line of consummating a relationship as quickly as possible. And in this haste of living a relationship, is there still a guarantee that a physical closeness binds the heart and emotions eternally?

So, we circle back to the enigma of how to find a balance between the desire and romance aspects in an alliance. Or would it be pertinent to just rejoice the euphoria driven from the prospect of being together with someone and not being engulfed by the sense of raptures by actual unification with the

person! And to simply immerse in the fantasized euphoria of love!



**Poem**

# YOU ARE MY HEALING

---

Between the sunrise and sunset you upset  
 Between my faults and my feelings I regret  
 Between your heart and your mind, what I get?  
 Trying to find out what you need to be your gift  
 You are my healing, During your work shift,  
 I hate being left.  
 I love every minute together, make your heart swift.  
 With these humble words,  
 with more caring you don't like it  
 Always keep yourself silent and on mysterious mode,  
 that set!  
 Be courageous on my heart even it doesn't fit  
 Love bird has wings too,  
 to fly back to his home and everything skipt.

- Written by  
 v, Poetess, Egypt



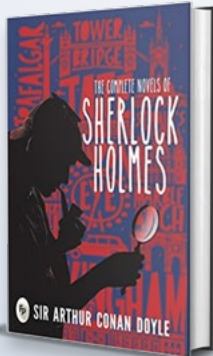
## About the Poetess

---

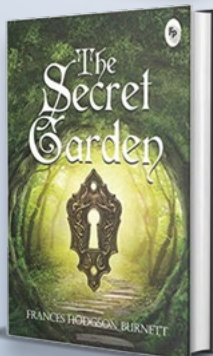


**R**asha Al-Hussaini, an Arts graduate by qualification has been a faculty at Al-Azhar University of Cairo. Her artistic quotient has been quite evident in the various forms of art which includes a novel, poetry collection and a poetic drama.

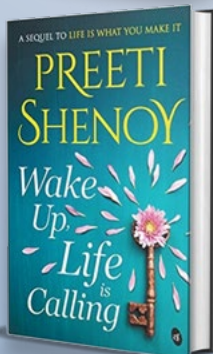
# BOOKS OF THE MONTH



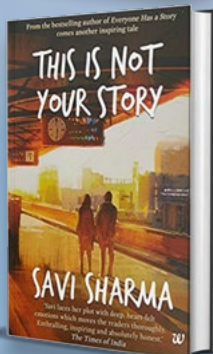
**Book:** The Complete Novels of Sherlock Holmes  
**Author:** Arthur Conan Doyle  
**Publisher:** Fingerprint! Publishing (10 January 2017)  
**Price:** INR 136  
**Pages:** Language: English



**Book:** The Secret Garden  
**Author:** Frances Hodgson Burnett  
**Publisher:** Fingerprint! Publishing (15 February 2018)  
**Price:** INR149  
**Pages:** 280 pages  
**Language:** English



**Book:** Wake Up, Life is Calling  
**Author:** Preeti Shenoy  
**Publisher:** Srishti Publishers & Distributors; First edition (17 April 2019)  
**Price:** INR 110  
**Pages:** 256 pages  
**Language:** English



**Book:** This Is Not Your Story  
**Author:** Savi Sharma  
**Publisher:** Westland; 2017th edition (14 February 2017)  
**Price:** INR 195  
**Pages:** 226 pages  
**Language:** English





## Dr. Satyajit Kuchar

### - The Doctor with an Unparalleled Passion for Literature

Maverick individual ;radical in thinking and approach – A multifaceted personality Dr.Satyajit Kuchar M.D.(Homoeopathy) in Homoeopathic Materia Medica has come up with his second book on Homoeopathy titled “Compendious study of Cinchona officinalis and notes on LM scale”. He is consultant Homoeopath; nutrition, diet planning and weight loss consultant. He practices in Akola city of Vidarbha region of Maharashtra.

A multi tasker but a passionate Homoeopathy doctor he considers attending patients his first and foremost task. “The future belongs to Homoeopathy”, he says with conviction. He believes in the ancient food wisdom as well as modern research findings as far as the nutrition and dietetics are concerned.

His first book “Widening horizons in study of Homoeopathy: eye-opening and thought-provoking insights” is perhaps first of its kind in the Homoeopathic literature as it encompasses three fundamental subjects of Homoeopathy together. This book not only covers his thoughts and experiences about Homoeopathy but is also a compilation of wisdom from distinguished Homoeopaths of past and present times. The book aims to highlight some lesser known dimensions and concepts. It aims to live up to the subtitle “eye-opening and thought-provoking insights.” His second book “Compendious study of Cinchona officinalis and notes on LM scale” is a tribute by him to the founder of Homoeopathy – Dr.Samuel Hahnemann on his 266th birth

anniversary 10th April 2021.This book describes in detail the first medicine ‘Cinchona officinalis’ proved by Dr.Hahnemann and a special section is based on LM scale(50 millesimal potency) which was the very special development in Homoeopathy by Dr.Hahnemann.

His articles and writings have been published in esteemed magazines like ‘National journal of Homoeopathy’ ,‘The Homoeopathic Heritage’ ,‘New life era’ etc. He was invited to deliver guest lecture in Homoeopathy college and Homoeopathy study forums.And most importantly he has been treating COVID-19 patients successfully and handles and successfully treats patients having various diseases (from skin diseases,respiratory diseases,GIT diseases ,psychiatric cases,menstrual disorders etc.) as he says Homoeopathy is a holistic and individualistic science of treatment. He has recently been awarded as ‘Men icon of the year ’ – in Homoeopathy,Healthcare and education sector in the 2021 Global choice awards by Xel research media pvt ltd

His works in the field of Homoeopathy particularly in year 2020 are worth appreciating and mentioning. He authored his first book which was published in July 2020; conducted national level webinars;he has been educating public through his social media handles about COVID-19.He was interviewed twice by local news channel, one Facebook session



# COVER STORY



## Dr. Satyajit Kuchar; Homeopath

### Author, India

by Bhargava phytolab which was exclusively based on COVID-19 awareness especially myths and facts and raising immunity and dealing with stress, anxiety and fear about the pandemic. He co-authored an article with one of his mentors Dr. Dhananjay Mankar which was published in Indian Journal of applied research. This article titled 'COVID -19 at a glance; role of Homoeopathy in past epidemics and ongoing COVID-19 pandemic' He loves teaching students and Doctors through his social media profiles. He has a YouTube channel named 'We and Homoeopathy' meant for education of students and doctors. He is very active on Instagram and his Instagram handles namely 'weandhomoeopathy' and 'weandhomoeopath2' are meant for education of students and doctors of Homoeopathy as well as for common public respectively. His study groups have taught students from pan India and countries such as Brazil, Greece, South Africa etc and also from other countries of Indian sub-continent.

His flair for writing extends beyond professional and educational province. A collection of his poetry and quotes has been published by Writersgram publications named "KALEIDOSCOPE" As the name goes the content is kaleidoscopic i.e. multicoloured, multi-hued. This collection features poems and quotes covering various aspects and themes from poetry, music, self-motivation, subtle observations about life to religion and spirituality.

His poems and quotes have also been published in various anthologies. He is fluent in English, Marathi and Hindi and writes in these languages. His

literary works have been published in all these three languages.

He has been nominated as best author 2021 by MYPENCILDOTCOM MAGAZINE. This nomination is for his writing on Homoeopathy as well as for his other literary writings.

He is a voice artist for Spotcast by Spotwrite publication. He has given voice over for self-written poems as well as those written by other poets. His passion for music is worth mentioning. He says "non-film instrumental music has many unexplored treasures to offer to true music lovers". He calls himself a hobbyhorse musician – a wannabe multi-instrumentalist who wants to

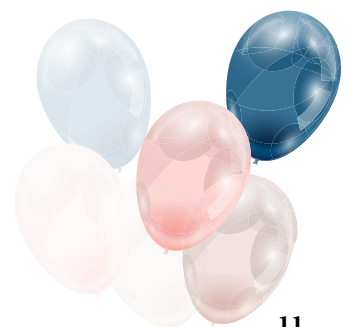




''

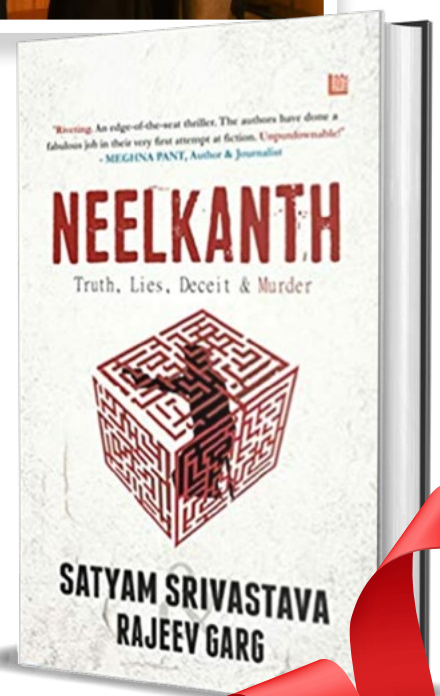
**A** renowned entrepreneur, writer, blogger, and social media influencer, **Vrida Singh** is an inner-directed, self-motivated individual with a focused and determined mindset to turn her dreams into reality. Vrida is not only the author of two prime selling books viz. **“MURKY GIRL”** and **“5 MINUTES”**, but also an extraordinary poetess whose words would take you to an unheard realm of literature. Ms. Vrida has been recognized as '40 Under 40' by the esteemed The Times of India Group.

''





# Neelkanth by IRS Officers; Satyam Srivastava & Rajeev Garg being Launched by Rajkummar Rao



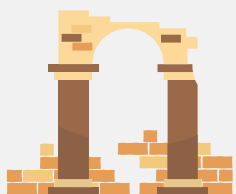
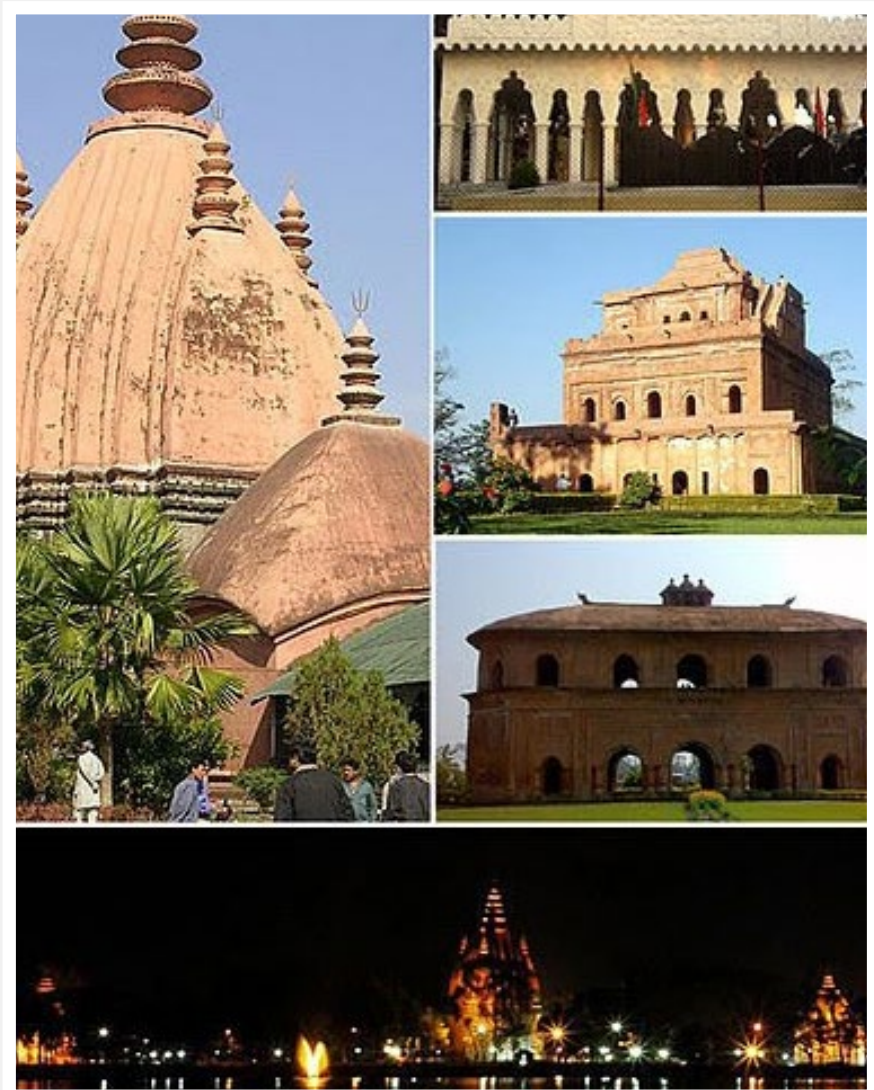


# Historic Places In Assam



Credit : Google

**A**ssam is the most attractive state in North East India. Well, you definitely can't deny this fact. This state is one of the Seven Sisters of India and is blessed with wildlife, stunning waterfalls, scenic tea gardens, culture and many more. If you think Assam is only about nature, culture and colourful festivals, you are wrong about. The state of Assam is beyond imagination and has many sites which are yet to be explored by many tourists. We often get stuck with its natural beauty and don't find time to admire the historic places in Assam. Yes, you heard me right. Assam is also blessed with historical places which are filled with history and stunning architecture works. Interesting, right? Now quickly have a read and find out the top historic places in Assam and get ready to add them in your itinerary.





# Assam Literature



Credit : Google



Assamese literature is the entire corpus of poetry, novels, short stories, plays, documents and other writings in the Assamese language. It also includes the literary works in the older forms of the language during its evolution to the contemporary form and its cultural heritage and tradition.

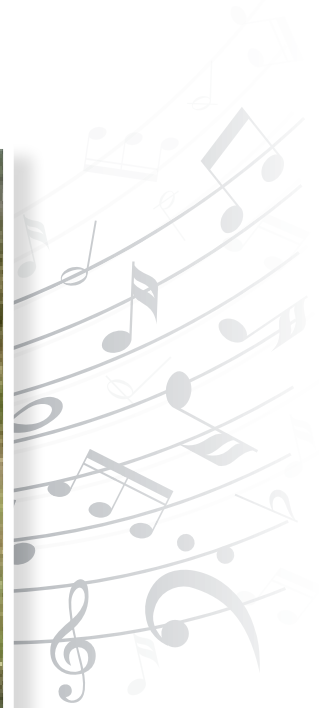




# Assam Music

Credit : Google

*The indigenous music of Assam includes Bihu songs, Bodo, Karbi and Mising songs that are all structured and sung to the Pentatonic scale quite similar to the traditional music of China, indicating a strong influence of Chinese music on Assamese culture.*



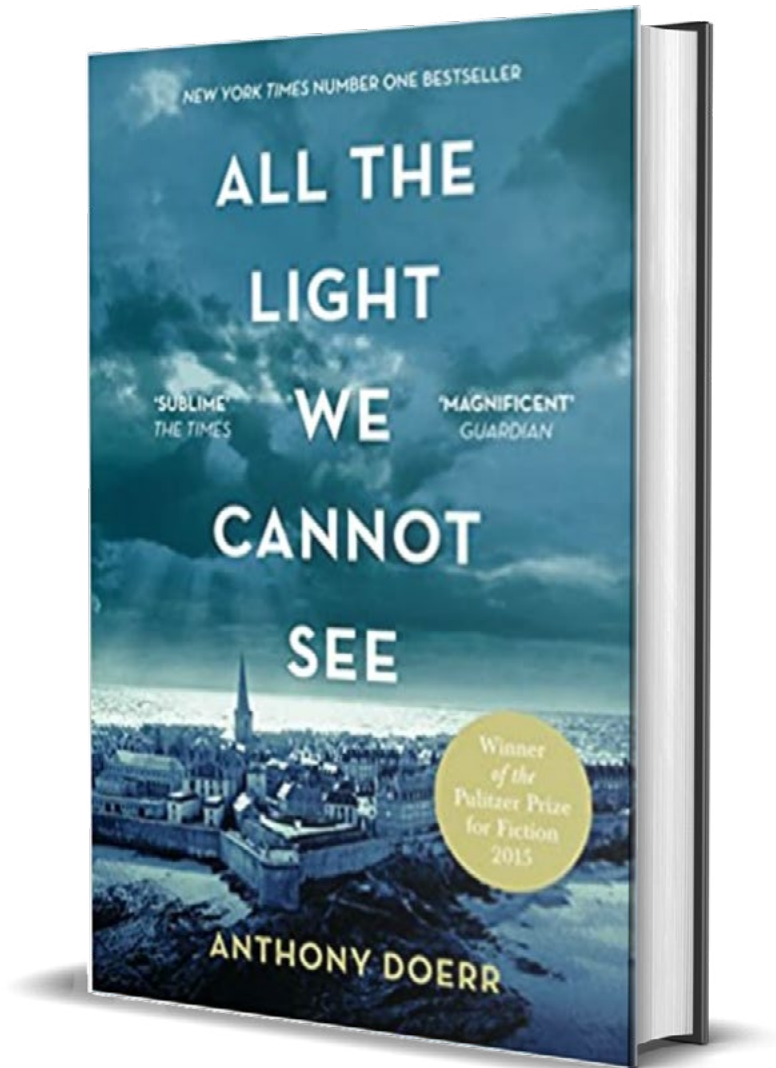


# Assam Folk *Dance*

Credit : Google

**F**olk dances of Assam include the Bihu and the Bagurumba, the Bhortal, the Satriya and the Ojapali dance. Assam is home to many groups: Muslim, Indo-Aryan, Rabha, Bodo, Kachari, Karbi, Mising, Sonowal Kacharis, Mishimi and Tiwa etc. These cultures come together to create an Assamese culture.





# ALL THE LIGHT WE CANNOT SEE

*Anthony Doerr*

---

When Marie Laure goes blind, aged six, her father builds her a model of their Paris neighbourhood, so she can memorize it with her fingers and then navigate the real streets. But when the Germans occupy Paris,

father and daughter flee to Saint-Malo on the Brittany coast, where Marie-Laure's agoraphobic great uncle lives in a tall, narrow house by the sea wall.

Available on   



 **SPOTWRITE**  
PUBLICATIONS

**COMPENDIOUS STUDY OF  
CINCHONA OFFICINALIS  
AND  
NOTES ON LM SCALE  
(50 MILLESIMAL POTENCIES)**



**Dr. Satyajit Kuchar M.D.(Hom.)**