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# PANACHE

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MAGAZINE

**JANUARY 2026**



"THE BEGINNING"  
"A beginning is an act of hope."



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CHIEF EDITOR:

DR. AKANKSHA SHRIVASTAVA  
AADHYA PUBLISHING HOUSE

# Preface

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*"Panache" is not just a name. It is a basic value of our "Aadhya Publishing House" as we believe talent should never die. Rather it should always stand out like the feathered plume on a helmet to attract the world and that is what Panache means. We, as the Publisher, believe in encouraging new talent in the field of literature. We want each and every poet to get the opportunity to express themselves and get the proper acknowledge that they deserve. They should be known by the world for their views and we hope very soon we shall be able to achieve this.*

*Panache is a monthly international magazine in the English Language, that is released on digital platforms for literature lovers.*

*However, our work does not end here. I, Akanksha Shrivastava, Publisher and Chief Editor of Aadhya Publishing house, am trying to put a smile on the faces of poor children by providing them with food on behalf of our publishing house. By taking this small initiative, it is our wish to fulfill this basic need of food so that we help the children to survive in a better way.*



# **AADHYA PUBLISHING HOUSE**

**PRESENTS**

## **PANACHE** International Magazine

*January 2026*

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Chief Editor**

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*Panache* is a monthly magazine which is published by **AADHYA PUBLISHING HOUSE**. In this magazine we encourage new poets and writers by publishing their writings. Every month we offer a competition in which poets and writers can take part by registering themselves. The registered participants send their writings along with their name , photograph and phone number. The magazine will be launched on our facebook page on 1st day of every month. After the launch of magazine every registered writer will get the pdf of the magazine. Out of all the registered participants we ask every writer for their top 5 choices. And then we promote our writers on our social media platforms like Facebook, Instagram, Youtube, Twitter . This “**Panache**” will definitely be the attraction of literature and also the rise of every poet...



**Dr. Akanksha Shrivastava**  
**Publisher & Chief Editor**

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# PANACHE

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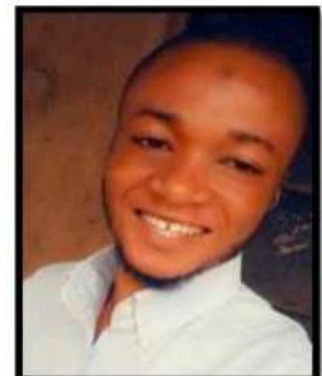
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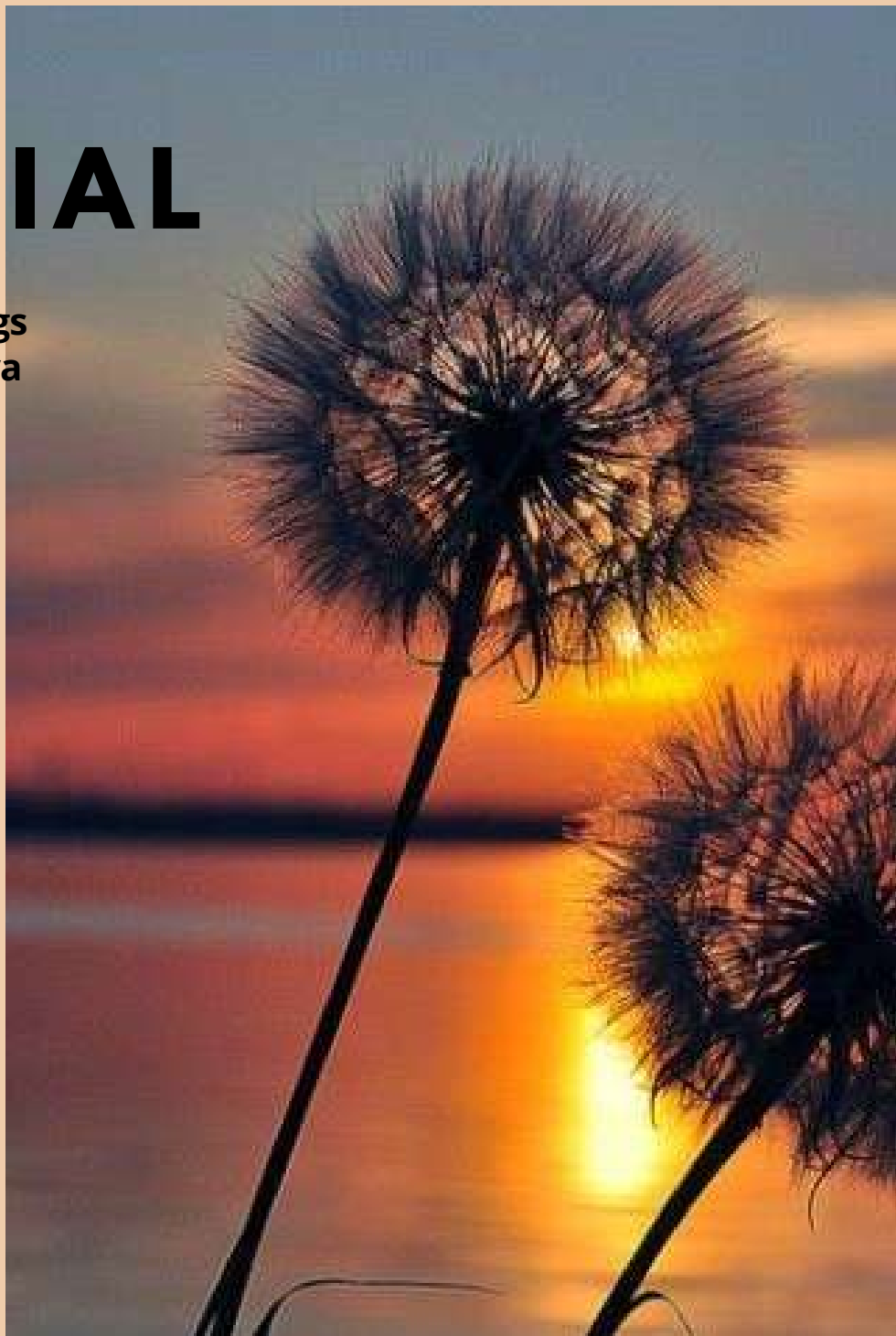
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# EDITORIAL

January 2026 | Beginnings  
Dr. Akanksha Shrivastava  
Chief Editor, Panache  
International Magazine



A beginning rarely arrives with certainty. More often, it enters quietly—through an unresolved thought, a pause that feels heavier than noise, or a single line that asks to be written. January, for us, is not merely a calendar change; it is an invitation to listen to these quiet signals. This edition of Panache is devoted to that moment—the moment where something gently begins.

The theme “**Beginnings**” shaped every page of this issue. Not beginnings driven by pressure or performance, but those born from reflection, release, and inner clarity.

Our feature essays open this journey with depth and insight. In “**The Art of Beginnings in Storytelling**,” **Rahul Chaurase** thoughtfully explores how the first line of a story is often the first act of courage for a writer. His piece reminds us that beginnings are not technical decisions alone—they are emotional commitments.

Equally compelling is the reflective section **“What Should Be Left Behind in 2025.”** These voices speak of releasing emotional baggage, unnecessary guilt, constant availability, and self-doubt disguised as humility. The writing here does not instruct; it resonates. It tells readers that growth sometimes begins with letting go.

Fiction in this issue carries quiet strength. **Piyush Goel’s** story **“Where Kindness Becomes a Kingdom”** redefines power through compassion and simplicity. His narrative gently reminds us that the most meaningful beginnings often start with empathy rather than ambition.

We are privileged to include the perspective of **Dr. Mohit Bansal**, whose contributions on education and mentorship bring reassurance to readers navigating uncertain paths. His words affirm that clarity is not immediate—it unfolds through patience and honest self-work.

The reflective essays by **Usha Krishnan** add emotional and philosophical depth to this edition. Through pieces such as **“Writing as a Sanctuary”** and **“Why Reinvention Is the New Success,”** she reminds us that beginning again does not mean erasing the past—it means understanding it with greater compassion.

A special and heartfelt mention must be made of **Kartik Srivastava**, who curated and wrote the section **“Readers’ Resolution: A Book That Changed My Life.”** This page stands as one of the most intimate spaces in this edition. Through Kartik’s sensitive framing and narrative flow, readers’ voices transform into a collective testimony—of books that healed, guided, and quietly reshaped lives. This section beautifully dissolves the boundary between writer and reader, turning literature into lived experience.

The short story **“The First Page”** by **Shashidhar Kumar** closes this circle with grace. It captures the hesitation, fear, and hope that accompany every new beginning—on the page and in life.

Together, these writers have created an edition that does not rush forward but invites stillness. At Panache, we believe literature is not meant to impress—it is meant to connect, to hold space, and to remind us of our shared humanity.

As you read this issue, may you find a sentence that stays with you, a thought that steadies you, or a beginning that feels possible again.

Because every real beginning starts the same way—  
with the courage to turn the page.

# WHAT SHOULD BE LEFT BEHIND IN

# 2025

A QUIET GUIDE FOR MOVING FORWARD



- **The habit of over-explaining ourselves.**  
Not everyone is meant to understand your choices. Clarity does not come from repeating yourself; it comes from standing still in your truth. Peace often begins where explanations end.

- **Waiting for closure that may never arrive.**  
Some conversations remain unfinished  
Some apologies never come.  
Learning to close doors on your own is not weakness—it is emotional maturity.

- **Being available at the cost of your own well-being.** Not every call deserves an answer.  
Not every urgency belongs to you.  
Rest is not laziness; it is a boundary.

- **The fear of being called “too much.”**  
Too sensitive. Too intense. Too honest.  
The right spaces never demand that you shrink.  
What feels like “too much” to some is simply truth to others.

- **Waiting for the perfect time, permission, or validation.** Life does not pause while we hesitate. Most beginnings arrive only after movement. The real shift happens the moment you choose yourself.

- **Self-doubt disguised as humility.** Believing in your abilities is not arrogance. Acknowledging your growth is not pride. Confidence, at times, is simply survival.

- **Goals that impress others but feel empty inside.** Achievement without meaning becomes exhausting. Success without peace quietly drains the soul. Alignment matters more than applause.

- **The need to fix everyone.** Not every broken story is yours to repair. Some people are lessons, not responsibilities. Letting go is sometimes the kindest form of love.

# THE ART OF BEGINNINGS IN STORYTELLING

BY: RAHUL CHAURASE  
INTERN EDITOR - PANACHE

A story does not come from words alone; it comes from the writer. Structure shapes a story, but at the beginning, structure matters less than intention. What truly guides an opening is the writer's psychology—the emotional and mental state from which the story emerges. Grammar and technique play their roles, but they are not the source. The real question is whether the opening comes from a genuine place or from a desire to impress.

There is always something within the writer that can be shaped into narrative. Writing is an art before it becomes a craft. Technique can be learned, structure can be mastered, but art already exists within the artist. The writer's task is to recognize it. When writing comes from this place, the act feels fluid. Resistance fades. The external world recedes, and another world forms—one shaped by perception, memory, and emotional truth.

This inner world is never isolated from society. What the writer absorbs from daily life conversations, silences, injustice, tenderness, finds its way into story. Writing then becomes an act of immersion rather than performance. Only after recognizing oneself as an artist does it become meaningful to learn structure and technique. At that stage, structure serves the story instead of restricting it. With this understanding, a fundamental question arises: where does a story begin, and how should it begin?



# Ways Stories Begin

Stories begin in different ways, depending on their intention and emotional scope. Broadly, beginnings often fall into two modes: Quiet and Dramatic.

Dramatic beginnings open with disruption. A sudden death, a violent confrontation, a public scandal, or a political crisis fractures normal life immediately. These openings command attention through shock and urgency. The reader is pulled forward by the need to understand what has happened and what will follow. Such beginnings are effective when the story's world is unstable from the outset.

However, dramatic openings carry risk. Because they generate instant excitement, they raise expectations. If the story fails to sustain emotional depth or thematic weight, the initial tension collapses. Action without emotional grounding can feel empty, leaving the reader stimulated but unmoved.

Quiet beginnings take the opposite approach. They focus on routine, atmosphere, and ordinary moments. A character washing plates, waiting for a bus, or observing a familiar street may appear uneventful, yet emotion gathers beneath the surface. Tension develops gradually through memory, observation, or inner conflict rather than spectacle.

These openings invite intimacy. As the reader settles into the character's rhythm, recognition occurs. The reader sees fragments of their own life mirrored in small gestures and thoughts. This identification builds trust. Quiet does not mean dull; it means restrained. Stillness allows emotion to deepen rather than explode. Yet quiet beginnings also demand precision. Without emotional movement beneath the calm, they risk stagnation.

This contrast raises an important question: why do some stories need noise, while others require silence?

## When Noise Is Necessary and When Silence Speaks

Stories that examine large-scale conflict, war, political upheaval, communal violence, or societal collapse, often demand dramatic beginnings. Their realities are already loud, fractured, and unstable. Silence in such worlds would feel false. Noise becomes truthful because it reflects lived chaos.

Quiet stories, by contrast, often explore private experience: grief, memory, identity, or longing. Their conflicts unfold internally. Though small in scale, their emotional reach is wide. A single character's inner struggle can reflect a collective condition. In this way, silence becomes expressive. One life becomes a lens through which society is examined.

The form of a story also shapes how it begins. Short stories and novels operate under different narrative pressures.

# How Short Stories Begin Differently from Novels

Short stories exist within tight limits. Because space is restricted, they often begin close to a moment of change. There is little room for extended exposition or elaborate backstory. Characters are few, details are deliberate and implication carries more weight than explanation. Often, the theme announces itself within the opening paragraph. Compression makes short stories risky, but when successful, their impact is immediate and lasting.

Novels, however, have room to breathe. They can afford slower openings that introduce setting, rhythm, and character before conflict fully emerges. A novel's beginning prepares the reader for endurance rather than immediacy. Trust is built over time. The opening establishes a narrative contract, promising not instant intensity but sustained engagement across a longer journey.

In both forms, the beginning functions as a promise—not simply of plot, but of experience.

Modern readers, in particular, respond strongly to emotional openings. Living in an age of constant stimulation, spectacle has lost its power to surprise. What readers now seek is authenticity. Emotional honesty cuts through noise. An opening grounded in feeling rather than excess action/signals sincerity. It tells the reader that the story understands human vulnerability. This is why emotionally truthful beginnings resonate today: they offer connection rather than distraction.

## Conclusion: The Beginning as a Declaration

Ultimately, a beginning is not merely a starting point; it is a declaration of intent. It tells the reader how to listen, what to expect, and where to place their attention. Whether quiet or dramatic, compressed or expansive, an opening carries ethical responsibility. It must be faithful to the world it introduces and respectful of the reader's emotional intelligence.

A strong beginning does not beg for attention. It earns it through clarity, restraint, and purpose. When this is achieved, the first page becomes more than an entry. It becomes a threshold, inviting the reader not just into a story, but into a way of seeing.

## Interview

# MR. MOHIT BANSAL



Dr. Mohit Bansal is a well-known career coach in the region. His experience in teaching, research, and career mentoring spans over 17 years. He has been honored with 20 national awards. Through more than 300 seminars, webinars, and one-on-one in-person counseling sessions, he has given career advice to more than 30000 students and parents. He also enjoys solid online popularity among career-oriented students and job seekers through his 400+ career counseling videos that have received over 30 Lakh views, 25K likes, and 2000 questions and comments on the official YouTube channel of Gateway Education and Career Jaano. He is the founder & Director of the career solution company Career Jaano. He has published a significant number of Career Specific Articles in the leading newspapers, 32 research and review articles and one book on Data Security, Wireless Sensor Networks, Digital Image Processing, Wireless Communication, Data Mining, and Software Engineering that has been published in reputed international journals and conferences. He possessed significant research followers through Google Scholar and Research Gate.

# Interview

## 1. With over 17 years of experience in teaching, research, and career mentoring, what inspired you to dedicate your career to guiding students?

My journey began as a teacher in an educational institution, where I closely interacted with students from diverse academic backgrounds. Over time, I observed a common concern—many students were enrolling in courses without proper research, self-analysis, or career awareness. As a result, they often struggled to understand or relate to the subjects they were studying and gradually lost interest and motivation.

This gap made me realize that career counseling is not optional but essential before students choose a course. Students need guidance based on their aptitude, personality, subject interest, and long-term career aspirations. Being an educator and someone deeply connected with the academic ecosystem, I felt a strong responsibility to bridge this gap. That realization inspired me to move beyond classroom teaching and dedicate myself to structured career mentoring, helping students make informed and confident career decisions.

## 2. How did your academic and research background influence your approach to career counseling?

My academic and technical research background has played a significant role in shaping my approach as a career coach. Research teaches you to observe, analyze, and understand patterns deeply—and I apply the same principles while working with students.

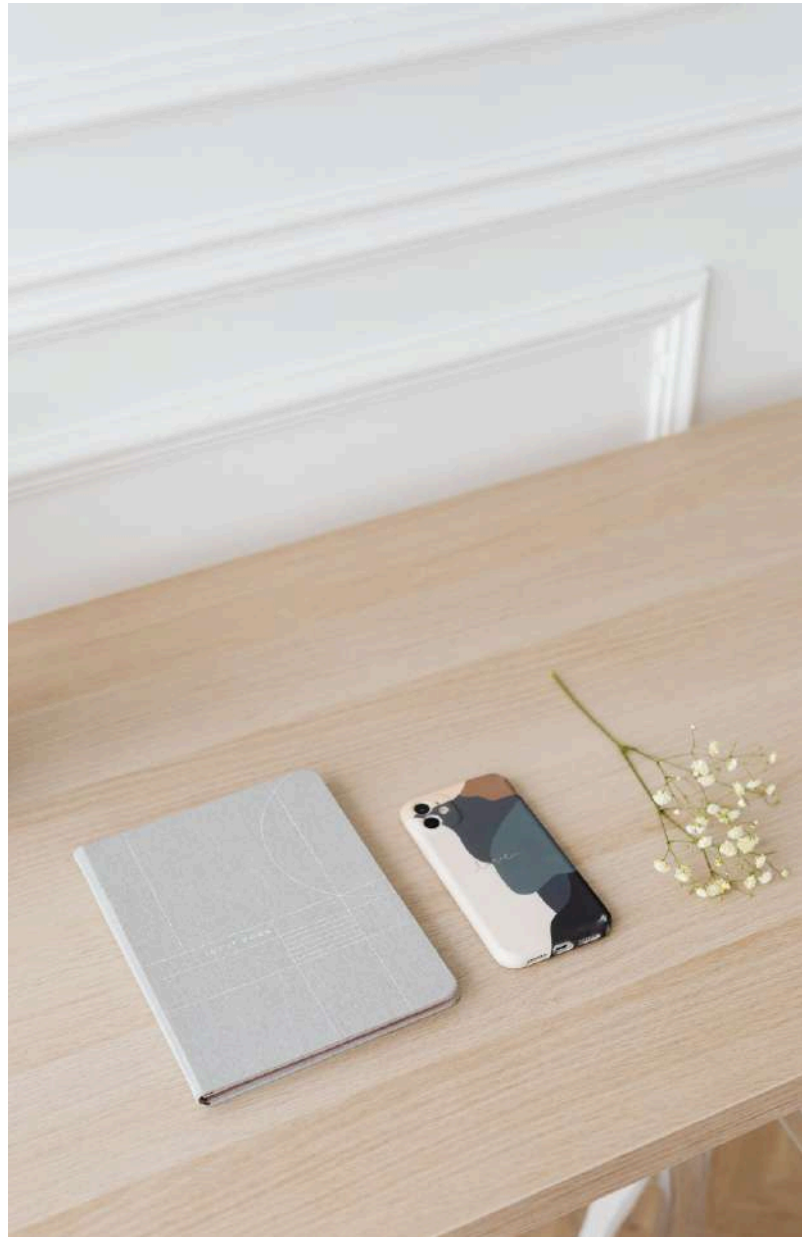
Through research, I developed a strong understanding of student behavior, learning styles, and overall personality traits. This helps me look at each student as an individual rather than applying a one-size-fits-all solution. My research mindset enables me to assess their strengths, interests, and potential logically and empathetically, and then suggest career options that truly align with who they are.

This combination of academic expertise, research orientation, and real-world student interaction allows me to provide personalized, practical, and realistic career guidance to every student.

## 3. Having mentored more than 30,000 students and parents, what are the most common career confusions you observe among today's youth?

The most common confusion I observe is that many students enroll in courses that do not align with their skills, subject interests, or long-term career aspirations. In most cases, decisions are made without proper research or self-analysis. Students often choose courses or colleges based on peer pressure, trends, or limited information rather than understanding what truly suits them.

.Another major issue is the selection of a career-oriented college. Many students make critical mistakes by focusing only on brand names or proximity, without evaluating important factors such as academic structure, industry exposure, faculty quality, and career outcomes. These mismatches eventually lead to dissatisfaction, low performance, and confusion about future career paths.





**4. How has career decision-making evolved over the years, especially with the emergence of digital platforms and new-age career options?**

Career decision-making has evolved significantly over the past few years. The number of courses, colleges, and career options has increased exponentially, especially with the emergence of digital platforms and new-age careers. While this expansion has created many opportunities, it has also led to greater confusion among students.

Today, students have access to a vast amount of information online, but not all of it is accurate or relevant. Without proper guidance, this information overload often makes decision-making more complex rather than easier. As a result, professional career counseling has become more important than ever—to help students filter information, understand emerging career paths, and make informed decisions that align with their abilities and aspirations.

**5. Your career counseling videos have crossed 30 lakh views on YouTube. What motivated you to take career guidance to digital platforms?**

In today's era, if you are not present on digital and social media platforms, your reach becomes very limited. Students today spend a significant amount of time online, so it was important to meet them where they are. My motivation was to make career guidance accessible to the masses, especially students and parents who may not have access to professional counseling offline.

Social media, particularly platforms like YouTube, allowed me to share authentic, practical, and awareness-driven career information on a large scale. Through digital platforms, I can address common student concerns, clarify misconceptions, and guide thousands of students simultaneously, making career counseling more inclusive and impactful.

**6. What types of questions do students most frequently ask during your online and offline counseling sessions?**

Students usually approach me with a wide range of questions, reflecting their confusion at different academic stages. The most common queries are related to course selection, college selection, entrance examinations, eligibility criteria, and career scope after different programs.

Many students also seek guidance on subject choices after Class 10, and recently, there has been a significant increase in questions related to NEP 2020—such as multiple entry-exit options, credit transfer, and interdisciplinary courses. Overall, their questions indicate a strong need for structured and reliable guidance.

### **7. In today's information-heavy digital space, how can students identify genuine and ethical career guidance?**

In an information-heavy digital environment, students must look for career guidance that is unbiased and student-centric. Genuine and ethical career counselors focus on providing generic and organic information rather than promoting a specific course, college, or university for personal benefit.

An ethical counselor evaluates a student's aptitude, interest, and goals first, and then suggests suitable options accordingly. Whether guidance is provided online or offline, transparency, neutrality, and the intent to empower students—rather than influence their decisions for commercial reasons—are key indicators of trustworthy career counseling.

### **8. What was the core vision behind founding Career Jaano, and how does it differentiate itself from other career guidance platforms?**

In the initial phase of my professional journey, I was counseling students and parents in an informal and unstructured manner. While the impact was positive, it was not being delivered in a professional framework. At that stage, my well-wishers—especially Mr. Sahil Aggarwal, CEO of Rishihood University—motivated me by pointing out that the work I was doing had strong value and needed a structured identity.

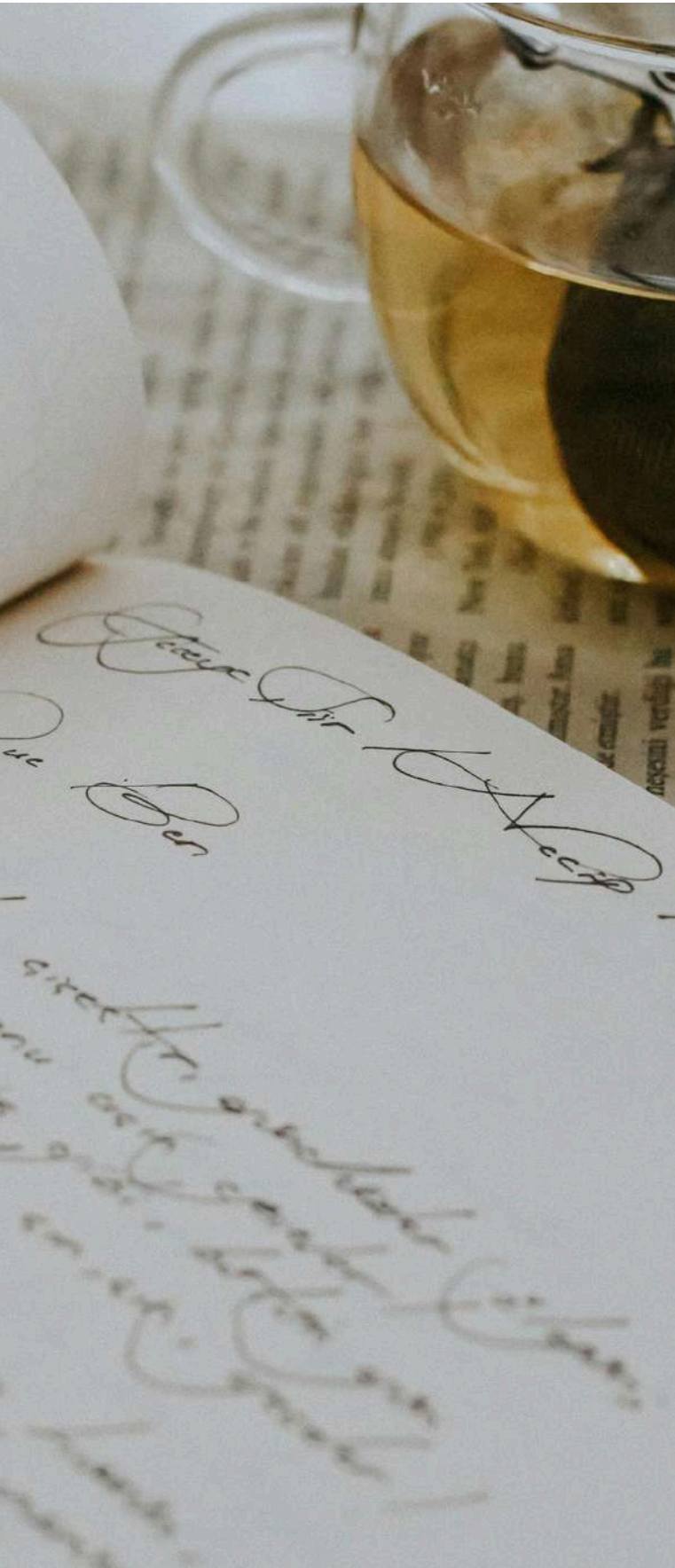
This encouragement led to the foundation of Career Jaano as a properly registered and professionally managed organization with a name that is relatable and trend-friendly. The core vision of Career Jaano is to provide ethical, research-driven, and student-centric career guidance at scale. What differentiates Career Jaano is its focus on awareness, unbiased counseling, and long-term career clarity rather than short-term admissions or promotions of specific institutions.

### **9. What methods or tools do you rely on to assess students' aptitude and long-term career potential?**

I primarily rely on psychometric assessments, which are scientific and research-based tools designed to evaluate a student's aptitude, personality traits, interests, and behavioral patterns. These assessments provide objective insights into a student's natural strengths and suitability for various career paths.

However, testing alone is not sufficient. I combine psychometric results with in-depth one-to-one discussions, academic background analysis, and career aspiration mapping. This integrated approach helps in identifying not just what a student can do, but what they are most likely to enjoy and sustain in the long run.





**10. As a researcher with publications across multiple technology domains, how does your research experience strengthen your role as a career mentor?**

My research experience has strengthened my role as a career mentor by giving me a structured, analytical, and evidence-based approach to guidance. Research trains you to observe patterns, evaluate data, and understand outcomes deeply—skills that are equally important in career counseling.

Because of my involvement in multiple technology domains, I am able to understand evolving industry trends, required skill sets, and future career opportunities. This allows me to guide students not only based on current options but also with a long-term perspective. My research background helps me analyze each student's behavior, aptitude, and learning style more objectively, enabling me to suggest career paths that are both realistic and sustainable.

**11. How important is research orientation for students aspiring to build careers in technology, academia, or innovation-driven fields?**

Research orientation is extremely important for students before enrolling in any course or planning a career path. Career decisions are long-term commitments and should never be made without proper research and analysis.

To explain this simply—when we plan to travel to an unknown destination, we always research the most convenient and shortest route beforehand. We do not start a journey blindly. In the same way, students must research, analyze, and understand their career path before initiating it. Proper orientation helps students align their interests, skills, and aspirations with the right opportunities, enabling them to reach their dream careers with clarity and confidence.

**12. You have received 25 national awards. What does such recognition mean to you as an educator and mentor?**

Such recognition validates my efforts, consistency, and commitment in the field of education and career counseling. Awards are not just personal achievements; they act as a responsibility to maintain ethical standards and continue delivering quality guidance.

At the same time, these recognitions help build trust. When students and parents come across such achievements, their confidence in the guidance process increases. It helps establish credibility with new students and institutions, allowing me to create stronger professional relationships and a deeper impact.



**13. With rapidly evolving fields like AI and data science, how should students future-proof their careers?**

Future-proofing a career begins with proper orientation before enrolling in any course or program. Students must understand that the exponential growth of technologies like AI is going to impact almost every profession and work profile.

It is the responsibility of career counselors to make students aware of this shift at the very beginning of their career journey. Students should focus on building strong fundamentals, adaptability, and interdisciplinary skills rather than limiting themselves to a single role or technology. Early awareness and informed planning are the keys to staying relevant in a rapidly changing job market.

**14. Finally, how would you define true career success, and what message would you like to give to students who feel confused or anxious about their career choices?**

True career success is when a student genuinely enjoys their professional work while earning a respectable income that ensures long-term sustainability. Over time, this balance enables them to achieve their personal and material aspirations without compromising mental well-being.

To students who feel confused or anxious, my message is simple: confusion is a phase, not a failure. Take time to understand yourself, seek ethical guidance, and make informed decisions. With the right orientation and patience, clarity will come, and your career journey will gradually align with your dreams.

## COLUMN

BY : MR. PIYUSH GOEL



# Where Kindness Becomes a Kingdom

The king of Harghar was a deeply kind and religious man. He cared greatly for his people and regularly met them. The subjects, too, were very happy with their king. From time to time, he organized religious events and honored those who did good work for society. For the welfare of his people, the king had made complete arrangements for cowsheds, water kiosks, rest houses, wells, and other facilities.

The term is also applied to academic journals, where the editor in chief ultimately decides whether a submitted manuscript will be published. This decision is made by the editor in chief after seeking input from reviewers selected on a basis of relevant expertise.

One day, the king began to wonder how he could truly know whether his people were happy or not. To find out, he set out in the disguise of a beggar—only the queen knew his secret. He went from place to place asking for alms, meeting all kinds of people. No one recognized him in the garb of a beggar. At night, he slept in rest houses; when thirsty on the road, he drank water from wells; he visited cowsheds, checked whether everything was in order, and spoke to people along the way.

After many days of begging, his bag had filled up. Whoever he met on the road, he would take something out of his bag and give it to them. In this way, he silently spread a message—keep sharing happiness. This thought always lived in the king's heart. Wherever he noticed shortcomings, he carefully noted them down in his diary.

One scorching afternoon, he felt extremely hungry and thirsty. He walked to a hut in the distance and sat down nearby. The moment he sat, he fell asleep. An elderly woman who lived in the hut saw a beggar sleeping there. She, too, was a deeply religious and compassionate woman. In her heart, she wondered who he was and whether he had eaten or not. Lost in these thoughts, she gently called out to him, "Son, who are you? Where are you from? Have you eaten or not?" "Mother, I am from a nearby village. I survive by begging. I was tired and thought I would rest for a while. I don't know when I fell asleep," the beggar replied.

The old woman said, "That's fine, but first tell me—have you eaten or not?"

"No, Mother," he answered.

"Then come, eat something first," she said lovingly.

After the meal, the beggar asked, "Mother, are you happy here? Do you need anything?"

The elderly woman immediately replied, "My king is a wonderful human being. He takes complete care of his people."

Hearing this, the beggar felt immense joy within. He then asked her, "Mother, have you ever seen the king? Have you ever met him?"

"No," she said, "but if I ever do meet him in the future, I will bless him wholeheartedly and pray to God for his long life."

The beggar touched her feet respectfully and departed. Upon returning to the palace, he told the queen everything and began working on the shortcomings he had noted in his diary.

Time passed, but the king never forgot the words of the elderly woman. One day, he ordered the commander to bring her to the palace. When the commander reached her hut, the old woman welcomed everyone with great warmth and respect. The commander conveyed the king's message and told her that she must come to the palace immediately. The elderly woman was already eager to meet the king.

At the palace, both the king and queen personally touched her feet and welcomed her with great honor and respect. Unable to hold back, the old woman finally asked the king. Smiling, the king said,

"Mother, do you remember? Some time ago, a beggar rested near your hut. You fed him with great love and said that if you ever met the king, you would bless him and pray to God for his long life. Mother, that king is standing before you now, along with the queen."

Tears welled up in the old woman's eyes. She embraced them both and wept with emotion. "If a king is like you," she said, "his people will always remain happy."

The king then said gently, "Mother, from now on, you will live here with us in this palace."

**MR. PIYUSH GOEL**  
**MIRROR IMAGE MAN**  
**OF INDIA**





# ***WHY REINVENTION IS THE NEW SUCCESS?***

*BY: USHA KRISHNAN  
INTERN EDITOR - PANACHE*

In a world that's constantly shifting, the traditional notion of success is no longer about climbing a fixed ladder. It's about reinventing ourselves—career-wise, emotionally, and personally. Reinventing ourselves is akin to metamorphosis—much like a butterfly which emerges from a cocoon spreading our wings and soaring towards a brighter, more promising direction. It is evolving towards growth and renewal. Change is inevitable in every stage of life. Embracing it through introspection and conscious effort is the beginning of the reinvention cycle. Then there would be, a positive change of heart, of priorities, beliefs, and perspectives

We are the writers of our own story redefining moments which offer us a chance and that shapes our destiny. Every moment can be a redefining one. It can help us channel portals into promising pathways.

Every present moment opens doors. Every decision we make, be it good or bad, right or wrong, happy or sad, is a portal to every defining moment. When we do so, we are walking through the direction we have to take further and identify which paths to avoid. Success depends on how effectively we can recognize them and tap those portals efficiently. The question to ask is whether we will be sufficiently aware and attentive in the moment to notice the opportunity when it arises and take action, or if our minds will be too cluttered with distractions to do so.

In this era at the edge of completion in all fields, acquiring twenty first century skills is inevitable, the dire need of changing ourselves or equipping ourselves accordingly is a must. Keeping pace with the current trends and technologies has become the new measure of achievement.



Societal shifts like changing practices of culture, global exposure and merging have made adapting and continuous refinement unavoidable. Technological advancements, add more to this process. Industrial advancements and novel ideas, up surging in the field of communication, demands us to be well equipped and skilful at a fast pace

An intrinsic thought and decision to be free from the traditional paths, and to explore new avenues, will no doubt encourage us to embrace new opportunities and have new perspectives. At the same time, an openness to embrace sudden shifts with authenticity, and a desire for growth, without losing our core values, is to be focused upon while reinventing. For example, technological advancements have transformed industries changing job landscapes, and as result of that, individuals are seeking more meaningful, flexible paths, prioritising purpose over linear success.

To begin with aspirations, embracing a nonlinear nature of progress is authentic .Such a reinvention empowers us to graft a new version of self without losing our core values and aspirations. It is not just an option but a necessity in the modern world. In a world that's constantly in its process of rapid changes, success no longer means holding onto the same career or identity forever. Today, reinvention means the following viz: bold career changes, and keeping our emotions in check. We must reset our past patterns due to changes and the powers that together allow us identity shifts. . We must position reinvention as a holistic process that encompasses career, emotional well-being, and personal identity. It must be emphasized that in today's fast changing world, success is less about static achievement and more about continuous evolution and adaptability.

Shifting careers reflects a willingness to adapt and pursue genuine passions and it redefines success in our own terms. Emotionalresetting fosters our power of resilience .Identity shifts provides us an opportunity to look more into ourselves and to have authentic self-discovery. Like how trees shed old leaves and adorn themselves with new leaves or like how wild flowers find their own way to meander through rocks and blooms, we have to shed our old limitations, embracing new passions, and create our own new paths forward. Such a willingness to reinvent ourselves will lead the way to a more fulfilling and resilient future. On flipping through pages of the literary world we come across many characters who exemplify the power of reinvention. . Odysseus from The Odyssey by Homer continually reinvent himself through cunning, resilience, and adaptability during his long journey home is a great example. Ebenezer Scrooge in the Christmas Carol, transforms himself from a miser to a philanthropist. Hester Prynne in Nathaniel Hawthorn's Scarlet Letter transforms herself from an outcast to a resilient figure of strength defined by her scarlet letter 'A'. Harry Potter, the protagonist in the Harry Potter series by J.K. Rowling redefines himself from an orphaned boy into a confident hero, embracing his identity and purpose.

These characters embody the essence of starting anew and prove that transformation is a vital act of evolution and growth. A conscious effort to welcome new beginnings imbues the power of resilience in oneself and an unwavering commitment to growth.

Are we not all like the Phoenix, reborn from the flames of transformation? We emerge from fire, rising anew from the ashes of our past, driven by the innate desire to evolve. The life we once curated may have fitted us perfectly at one time, but as we grow, it is better to be flexible within ourselves to fit into new expectations, and to cope with the new demands and challenges around us. True success lies in the courage to reinvent ourselves, to embrace change, and to rise stronger each time. In this relentless cycle of renewal, reinvention becomes not just an act of survival, but the very essence of fulfilment.

True success resides in the courage to reinvent ourselves, to embrace change and emerge stronger each time. This cycle of renewal isn't just about survival, it's about fulfilment and purpose. Every new beginning testifies to human strength and adaptability. Reinventing ourselves is more than an act of survival, it is the essence of progress and fulfilment. Success in the modern world, belongs to those who are brave enough to evolve. These are those who recognize that growth, not stagnation, leads to a meaningful life.

Every fresh start is a testament to human strength and adaptability. Reinventing ourselves is an essential part of journey towards success, proof that progress comes not from stagnation, but from the courage to evolve.



# REBIRTH THROUGH WRITING

BY: RAHUL CHAURASE

INTERN EDITOR-PANACHE



Writing is often imagined as a linear pursuit: inspiration, discipline, publication, success. But for many writers, the real story is interruption. Silence. Loss. The moment when words stop arriving, or when writing itself feels impossible. And yet, again and again, writers return—not unchanged, but reborn.

Rebirth through writing rarely announces itself dramatically. It often begins in fragments: a sentence scribbled after years of nothing, a private journal entry written without intention to share, a poem composed in the margins of exhaustion. These beginnings are not ambitious. They are necessary. They are small pulses, like the first breath after drowning, hesitant but alive.

History is full of writers who faced rejection, grief, exile, and erasure. Some were silenced by politics, others by personal catastrophe. Some simply reached a point where the voice they once knew no longer fit the life they were living. The return to writing, for them, was not a continuation—it was a reinvention.

Grief is one of the most common thresholds. After loss, language can feel inadequate or offensive, as though words cannot honor what has disappeared. Many writers describe long periods of muteness following death—the sense that writing anything trivializes the enormity of absence. When writing does return, it is often altered: spare, hesitant, stripped of ornament. Grief does not produce abundance. It produces truth. And in that truth, fragments of beauty quietly reappear, words trembling on the page like fragile wings.

Burnout tells a different story. Writers who have produced relentlessly—meeting deadlines, fulfilling expectations—sometimes lose the internal reason for writing. The work becomes mechanical. Returning from burnout requires a radical shift: writing without outcome, without audience, without pressure. Rebirth here means reclaiming play, curiosity, and permission to fail. It is a slow excavation of desire, a careful rebuilding of the voice that was almost lost.



Motherhood, too, has reshaped countless writing lives. Time fractures. Identity shifts. Many writers speak of guilt—writing stealing hours from children, children stealing hours from writing. The rebirth that follows motherhood often involves redefining productivity itself. Writing becomes slower, sharper, more intentional. The voice that emerges is often more grounded, more embodied, less concerned with approval. It listens more deeply, observes more patiently, and speaks only when it has something essential to say.

Exile—geographical or emotional—creates another kind of rebirth. Writers displaced from language, homeland, or community must reconstruct themselves through words. Writing becomes an act of preservation, resistance, and memory. The reborn voice may carry accents of loss, hybridity, and longing, but also an expanded sense of belonging beyond borders. In this voice, alienation itself becomes a tool, a lens, a source of unexpected intimacy with the self and the world.

Some of the most powerful stories of rebirth come from anonymous writers—voices rarely celebrated, yet deeply resonant.

One writer, who lost her partner suddenly, describes writing again as “learning to speak with a missing organ.” She wrote in second person for years, unable to say “I” without breaking. Eventually, she says, the pronouns shifted back—not because the grief ended, but because she learned to carry it.

Another writer, rejected repeatedly for over a decade, stopped submitting altogether. “I wrote in secret,” he says, “as if the world had revoked my permission.” When he returned publicly, he no longer chased validation. “I wrote as someone who had already survived invisibility.”

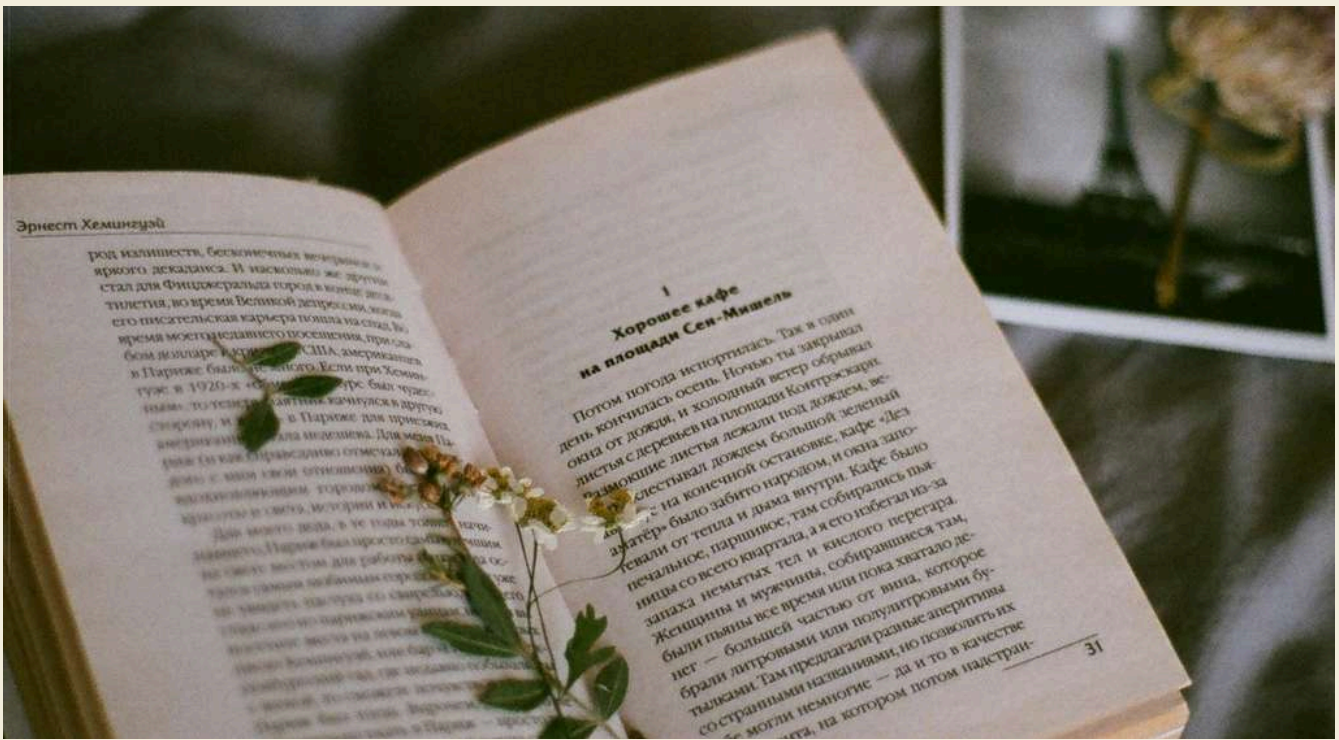
A woman who did not write for fifteen years after emigrating recalls being unable to trust language at all. “My words felt homeless.” Her return came through letters she never sent, written in a mixture of languages. That hybrid voice—once a source of shame—became her signature.

What unites these stories is not triumph, but transformation. Rebirth through writing does not restore what was lost. It creates something new from the fracture. The voice that returns is rarely the voice that left. It is quieter or sharper, gentler or more defiant—but always more honest. It carries scars not as wounds but as proof of endurance.

Writing, in this sense, becomes less about expression and more about survival. It offers continuity when life breaks, shape when experience overwhelms, and meaning when identity dissolves. The page becomes a place to begin again—not as who we were, but as who we are now. It allows the self to shift, expand, and inhabit its own multiplicity, word by word.

Rebirth does not erase silence. It grows out of it. It moves slowly, sometimes imperceptibly, through hesitation, through fragments, through absence, until a voice is heard again—different, fragile, alive.

And perhaps that is the most enduring truth: writing does not save us from loss, rejection, or change. It walks with us through them—and teaches us how to speak from the other side.



# THE FIRST PAGE

By: Shashidhar Kumar  
Intern Editor- Panache

The notebook had been with him through three cities, yet it had never known a word.

It would be a typical one—a cream-colored one, soft-covered, subtly lined—acquired when Aarav bought it from a road-side stall where the seller said, “Good paper hears better.” Aarav had smiled when he bought it and thought it a salesman’s platitude, designed solely for impressing a potential customer. Today, in this room rented by him, where a single window let in light and a ceiling fan clicked away like a pulsing metronome, it lay open on a desk, watching in silence.

Outside, the rain pieced the evening together. Inside, there was the smell of wet walls and antique ink. He turned the notebook so that the first page was toward him. He paused, taking in years avoided, years spent sidestepping this very thing. He arrived in this town with very little. Two shirts, one pair of shoes, one toothbrush. And the quiet rubble of a life in ruins. There were no headlines. No burning exits. Only losses, which only much later manifested as endings. He understood now, in turning this small notebook so that its pages were toward him, the move as much an address as any kind.

He had once thought his life would consist of words too. Not the impressive ones or the ones that waited to collect an award, but the authentic sentences that might keep someone company on a long night out. He wrote regularly through his twenties—stories, essays, letters never sent to their recipients. Then came the job, the looming deadlines, the compromises expected to occur. Writing was something to take up again “after the dust settled.” It never did.

The hardest loss was not the job, although that was to follow. It was the night his mother passed, quietly, in a hospital room that reeked of disinfectant and boiled rice. Aarav was holding her hand, telling her that he would come back and that he would fix all those things that didn’t actually need fixing. And she had smiled, as if laughing at the foolishness of humanity and its proclivities for making deals with time. It was after that day that he stopped speaking with words. Or perhaps he stopped first; he couldn’t tell. Every phrase he chose was an insult—to his or her memory, to his inability to live life more boldly. He stopped writing altogether. The emptiness was a sort of sanctuary. Silence did not point fingers.

Years later, when the downsizing took place, and his name was on a list of people he certainly had not expected it to be, the silence trailed him out of the building. His coworkers shook his hand and said the right things. You'll land on your feet. Your talent won't go to waste. Their words trickled off of him like rainwater off glass. The town that he ended up moving to had nothing to do with handsome landscapes or potential. It merely put him far enough away that it felt like a punishment sentence, without actually requiring a reason. A town where no one knew him, and thus no one had any expectations of him.

The room that Aarav rented out belonged to an old man named Thomas, who lived below and fixed radios that no one cared about anymore. On the first day, Thomas gave him the key and said, "You can come and sit in the terrace in the mornings. Good place to think." Aarav nodded, not knowing what there was left to think about.

Now, weeks passed, and the balcony had become routine. Every day, he observed the town awakening itself—merchants pulling down shutters, kids adjusting backpacks too big for their frames, loose dogs stretching into the day. It was the normalcy of it all that brought him some kind of solace. Life did not stop for sorrow or failure. Every day, though, he came back to the room and the notebook was there.

Tonight it felt like something else. Maybe it was the rain or the way the light had blurred the boundaries of the room. Or maybe the tiredness had finally taken away the strength to continue to avoid the page. Petty picked up the pen. Then the first brush of ink caught him by surprise. The paper resisted for an instant and then fell away, like it had been grated a reprieve. Petty did not put down a story. Petty did not put down something beautiful. Petty put down the simplest thing he could muster. 'I don't know how to start again.'

He stopped. The sentence wobbled on paper, like a testimony about to evaporate if too closely inspected. His chest constricted, this time with a tentative, foreign sense of relief. He wrote another line.

'I am fearful about expressing the truth because I would not be able to survive it.'

The rains outside intensified, as if the sky was eavesdropping too. Yet Aarav continued writing. Slowly at first, his words gaining an almost consistent rhythm that surprised him. These were not just random memories anymore, but sentences now, formed into paragraphs. He was writing about mother's laughter and how it was only preceded by a millisecond of anticipation. He was writing about his job that had so long ago made him feel important and then later, insignificant.

There was no plan. No framework. Just doing. The thing about adding one true sentence after another, like building a wall to hold back a river. At some point, the lights went out. The computer fan stopped mid-click. The darkness closed in, like a substance. Aarav was caught, mid-sentence, pen hovering above paper. For a second, he felt a jolt of old fear: to hold, to stay safe inside silence. And he laughed at himself, low. He took out a match from a matchbox on his desk. The flame made a puddle of light. It was a little thing, a small defiance, a defiance of silence, of nothing.

He continued writing. When the candle had used up a considerable part of its wax, only then did he lay down the pen. His hand throbbed. The page, once blank, was now crammed with irregularly written words, corrections, where the margins were breached by afterthoughts. This was not good writing. It was never intended to be. But it pulsed. Aarav closed the book carefully, as if putting a sleeping child to bed.

The next morning, Thomas appeared with two cups of tea on the terrace. They sat in comfortable silence for a few moments, observing the town go through the ritual of its daily routine.

"New face looks lighter today," Thomas spoke finally without looking at him.

Aarav smiled. "I wrote something last night."

Thomas nodded as if this explained everything. "First pages are like that," he said. "They don't fix your life. They just prove it's still yours."

Later, back in his room, Aarav opened the notebook again. The second page lay waiting, pristine and patient. The shaking voice of doubt—the voice which told him this was all for naught, which warned him that nothing would ever emerge from it—had already appeared. But he wrote anyway. Again, he started with a promise which he wasn't so sure about keeping. I will tell this as honestly as I can, even if the truth is not complete. It had ceased outside. Sunlight invaded the room through the window. It caught in the ink as it dried. Aarav wrote until the room was full of afternoon until hunger reminded him of his flesh. He could not have said where these pages would take him. He could not have said if anyone else read them. For the first time in a while, he understood something. This is not important. What mattered was that, after loss, after exile, after the quiet failure of the life he had once imagined, he had had the strength to begin, not with answers, but with a page. And sometimes, he realized, that was enough.

## 1. New Beginnings

Golden rays of winter light wide-open skies,  
With dreams still warm and softly waiting eyes.  
Old chapters close as fading ink runs dry,  
While new hopes grow wings, and we are ready to fly.

With hearts full of hope and positivity spread,  
New experiences and challenges lie ahead.  
Armed with a blank notebook and life's faithful pen,  
We write new chapters—beginning again.

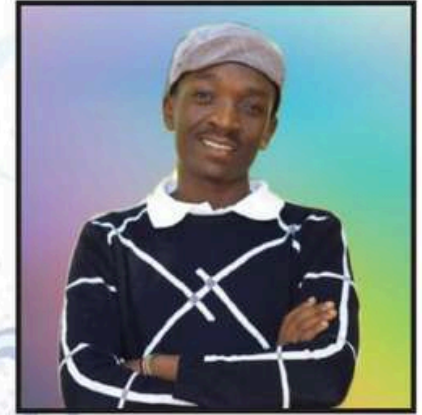
Destiny will sail toward shores yet unseen,  
Chasing the dreams of all we can be.  
With trusting hearts and hands that always try,  
This year may bring our dreams drawing near.

So here's to change and the brave days to come,  
To the dreams we have followed, one by one.  
A new year we welcome, hopeful and true—  
May what we wished for gently find us too.



**Ms. Ayushi  
Khawade  
Student  
Bhopal**

## 2. Annual Reflection



**Mr. Denis Ogola**  
**Nairobi**  
**Kenya**

With every sunrise, I rise;  
Through big and small challenges, I stride.  
Weak or strong, progress feels like a storm at times,  
In silent battles, many victories go unseen.  
Prone to setbacks, bound by the unknown,  
Weary and worn, yet driven to build my own.  
Often tossed about, sometimes more lost than won,  
Shaken by doubt, yet strengthened by what I have earned.

Haunted by dreams, I walk thorn-filled paths,  
With only a few companions along the way.  
The road upward is narrow and lined with trials,  
Still, I hold my goals high, though fear often tries.  
I fall without pride, losing love and close allies,  
And through the tears, I ask myself—why?  
With empty pockets and hard-earned pay,  
Life tests us daily in every way.

Fortune feels scarce, the struggle feels real,  
And trust is blurred by faces that conceal.  
Yet even through confusion and hidden strife,  
I seek small remedies to restore my life.

As the year draws to a gentle close,  
I reflect on how much I have grown.  
I adapt to change and reshape my way,  
Letting go of what no longer serves me.  
With unwavering passion for my career,  
I remove my limits and rise above fear—  
Choosing purpose over resistance,  
And ethics as my guide to persistence.

### 3. God, the Artist



**Ms. Divjot Kaur**  
**Student**  
**Amritsar**  
**Punjab**

God, when you thought of a pine tree,  
How did you think of a star?  
How did you dream of the Milky Way  
To guide us from afar?

How did you imagine a quiet brown pool  
Where drifting shadows are?

God, when you thought of a cobweb,  
How did you think of dew?  
How did you know a spider's home  
Would shimmer, bright and new?  
How did you think of human eyes  
That would admire it too?

God, when you shaped a bird's soft song  
Upon a silver string,  
How did you know the ecstasy  
That crystal call would bring?  
How did you think of a bubbling throat  
And a delicate, speckled wing?

God, when you carved a raindrop,  
How did you think of steam?  
How did a cloud-stained leaf  
Come gently to hold that gleam?  
How did you know a million drops  
Would hem the morning's dream?

Why did you pair the moonlit night  
With honeysuckle vines?  
How did you know Madeira blooms  
Would yield such fragrant wines?

How did you weave the velvet sky  
Where perfumed breezes are?

God, when you thought of a pine tree,  
How did you think of a star?

**By Divjot Kaur**



## 4. Golden Bridges

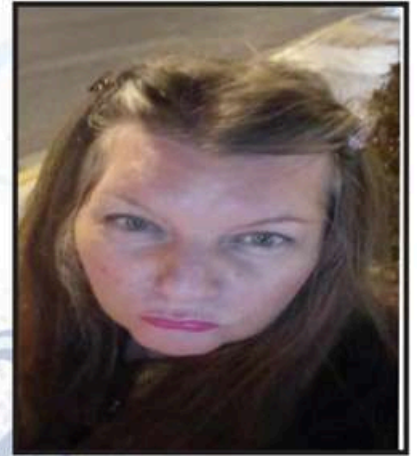
I found you  
Because you were hurting.

I cherish you  
Because I felt your pain.

I love you,  
And I cover your wounds  
With silver,  
So you will shine—  
You will shine,  
And you will never break again.

I will build bridges for all who are hurting.  
I will raise golden pillars.  
No one—no child, no woman—  
Will be harmed again.  
Like diamonds,  
They will shine.

We will rise,  
And we will be reborn  
Into a peaceful future.



**Ms. Eva Lianou  
Petropoulou  
International poet  
Founder  
Poetry unites  
people  
Greece**

## 5. Game of Chase

Would I be running away from the truth  
If I said life is a game of chase?  
Are you chasing,  
Or being chased?  
Maybe both—  
Or neither.

If you are chasing,  
What are you chasing?  
Is it your vision  
Or someone else's?  
Maybe both—  
Or neither.

Instead of chasing, have a purpose—  
The power to attract and create  
What you once tried to pursue.  
That way, you will not  
Go on a wild-goose chase.

If you want flowers,  
Plant seeds and wait.  
While waiting, tend the garden—  
Eventually, the flowers will bloom.



**Mr. Godknows  
Elginos Pomerai  
Biochemist &  
Visual Artist  
Mutare  
Zimbabwe**

## 6. NATURE AND NURTURE: AN EDUCATIONAL PERSPECTIVE

Harsha Mardiya

M.Ed. Scholar,

The Maharaja Sayajirao University of Baroda,  
Vadodara, Gujarat



**Ms. Harsha  
Mardiya  
MEd scholar and  
Teacher  
Vadodara  
Gujarat**

### Introduction

The debate over nature and nurture has long been central to understanding human growth and development. It explores whether a person's behavior, intelligence, personality, and abilities are primarily shaped by genetic inheritance (nature) or by environmental influences and life experiences (nurture). Nature refers to biological characteristics and hereditary traits such as intelligence, temperament, height, or physical strength. That intelligence and talent were largely inherited, suggesting that giftedness passes from one generation to another.

In contrast, nurture emphasizes upbringing, culture, education, and life experiences. Behaviourist famously claimed that he could train any healthy infant to become a specialist in any field, highlighting the powerful role of environment. Modern developmental psychology, however, asserts that human development results from the continuous interaction between genetic potential and environmental conditions. A child may inherit high intellectual potential, but without proper nutrition, stimulation, and educational support, this potential may remain underdeveloped.

### Nature and Nurture in Human Development

Both nature and nurture play essential roles in shaping human behavior and learning. Nature provides the biological blueprint, while nurture influences how that blueprint unfolds. For instance, emphasized maturational processes, arguing that children develop in a predictable sequence influenced by their

genetic makeup. On the other hand, behaviourists insisted that experience and learning shape behavior more significantly than heredity. Modern studies support a balanced view. The Minnesota Twin Study revealed strong similarities in intelligence and personality among identical twins raised apart, highlighting genetic influence. Yet, noticeable differences shaped by their environments showed that nurture is equally powerful. Developmental theorist proposed that genes provide potential, but environmental conditions determine how this potential is expressed.

### **Educational Significance of Nature and Nurture**

Education is deeply influenced by the interaction of innate abilities and environmental factors. Nature determines the talents or tendencies a learner may be born with, such as musical aptitude, logical reasoning, or athletic ability. Nurture, however, shapes how these abilities are strengthened or weakened through schooling, teaching methods, family support, and cultural exposure. A student may inherit musical talent, but without training, encouragement, or instruments, this ability may remain hidden. Conversely, a child who struggles with reading due to a learning difficulty can improve significantly with special education support, consistent practice, and an encouraging environment. How social interaction and guidance help children perform tasks beyond their independent abilities, showing the powerful effect of nurture in learning.

### **Advantages for Students**

Understanding the combined influence of nature and nurture provides meaningful benefits for students:

- Recognizing strengths: Natural abilities such as creativity or logical intelligence can be supported early.
- Providing appropriate support: Students facing academic challenges can improve through structured teaching, positive reinforcement, and emotional support.
- Promoting inclusive education: Teachers can appreciate individual differences and design instruction that respects diverse learning needs.

Research by indicates that genetic factors account for nearly half of the variation in intelligence among individuals. However, supportive environments can significantly enhance motivation, confidence, and achievement.

### **Implications for Teachers**

A sound understanding of nature and nurture helps teachers create effective learning environments. Explains that while genes form the foundation for development, environmental conditions determine how these traits emerge in real life. This perspective encourages teachers to adopt flexible, empathetic approaches and avoid labelling students solely based on natural abilities. Ecological systems theory highlights that a child's development is shaped by multiple layers of environment, such as family, school, and community. Recognizing this helps teachers understand behavioural differences and respond with sensitivity.

### **Teachers can:**

1. Identify students' natural capabilities.
2. Provide targeted instruction for students needing extra support.
3. Create an emotionally safe and motivating classroom.
4. Encourage growth through interactive and collaborative activities.

### **Conclusion**

Human development is shaped by a continuous interplay between nature and nurture. While genetic factors influence a child's talents, temperament, and intelligence, environmental conditions determine how these traits develop and transform. In education, a balanced approach that considers both innate abilities and nurturing experiences fosters holistic development. Teachers play a crucial role in identifying strengths, providing emotional and academic support, and creating an inclusive environment where every child can thrive. When nature and nurture work together, students experience meaningful learning, enhanced confidence, and greater success.

**By Harsha Mardiya**

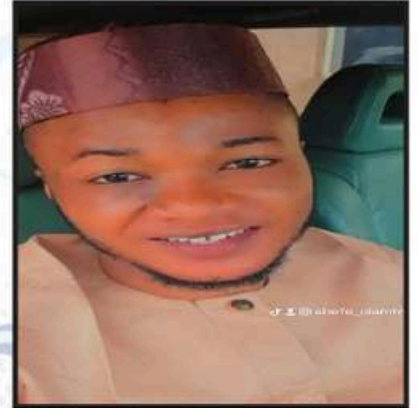
## 7. Ganja

With trembling hands, I lit the joint.  
I inhaled deeply, the first puff bringing a hollow relief.  
The world around me slowly blurred away,  
Carrying me to places I never meant to visit.

People became voices without faces.  
My eyes were red and unfocused  
As I stared into the mirror.  
I once knew my reflection as a responsible man,  
But I saw a stranger standing there instead.

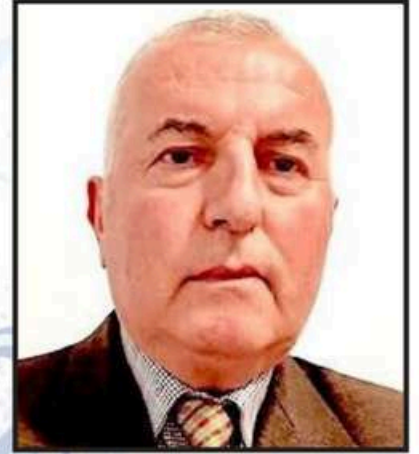
People called my name,  
But their voices sounded like distant echoes.  
My legs felt heavy on the slippery floor  
As I walked a thousand miles  
Just to cover a very short distance.

I promised myself to leave that world behind,  
But addiction does not listen to promises.  
I wish to find my way back—  
Whether broken or whole,  
I still want to return.



**Mr. Jubril Adesoga  
(Major Sir)  
Writer  
Ogun  
Nigeria**

## 8. New Year's Resilience



**Mr. Kujtim Hajdari**  
**Ambassador for**  
**Albania USA**

In the garden of grit, where shadows stretch,  
Weary vines climb through the thorns of the past.  
Each task is a tempest, each moment a wave,  
Yet beneath the storms, the roots grow stronger.

Wounds like constellations, pain etched in stardust,  
I tread softly across the stars of my battles.  
With a heart forged in fire, I rise—  
A phoenix unfurling its wings against the horizon.

I look toward the edges of humanity,  
Where houses tremble like leaves in a gale,  
And children cradle hunger like a quiet secret,  
While hope drips like honey from the skies.

For I carry an ember, a spark of tomorrow;  
In the crucible of compassion, I harden my resolve.  
With the sun as my compass, I stride into dawn,  
Determined to push back the darkness with each step.

Amid the chaos, I gather the broken shards,  
Crafting a mosaic of dreams yet to bloom.  
The land of compassion calls me forward,  
And I answer with the drumbeat of courage in my chest.

So let the New Year be an unwritten canvas,  
Painted with resilience where challenges weave.  
An artist of hope, I shape my destiny,  
Knowing the dawn is only a heartbeat away.

## 9. Pollen



**Mr. Nhamo  
Muchagumisa  
Teacher  
Mutare  
Zimbabwe**

Parts of me are everywhere, mingling  
With things that fall as waste  
Or flow away as fading outpour—  
Fragments of my body that will not return  
When, at my final burial, dust turns to dust.

From my fingers and toes, I cut  
Fingernails and toenails  
That snap in the clipper's grip  
With a sudden, tiny sound.  
I throw them away without a thought.

Pieces of me decay  
In many places, leaving my presence  
A quiet, fading trace  
That will outlive the rest of me—  
Parts of my DNA that will not follow  
The rest of me to the underground nest.

The barber clears my head of hair,  
Collecting it in bags of refuse  
For the waste collector to carry away.  
Some settles on cloth,  
Then is brushed off to mix with what decays.

I clean more from my comb  
And sweep it away without much thought.  
It scatters like pollen through the house—  
Not to create new life,  
But simply to remain  
After the rest of me is carried  
To the silent memorial place.

Peels of dead skin, lost in countless baths,  
Flow from tubs and showers  
Down the drains,  
Carried with the heavy water  
To distant places,  
Adding unseen nourishment to the soil.

So when you sense my presence  
After shovelfuls of earth cover my remains,  
It is not a wandering spirit at play,  
But the quiet traces of my being that endure  
When the rest of my body  
Finds its rest in the heart of the earth.

**By Nhamo Muchagumisa**

## 10. New Year's Eve

Every year, as the calendar page turns toward its final, dog-eared days, a unique, almost palpable sensation begins to settle over the home. It is the hush before a grand celebration, the quiet moment of deep breath taken before a plunge into a vast, new ocean of possibilities. We wait for this new beginning not merely as a temporal shift, but as a genuine, exciting reset button for life itself. The feeling starts not on the stroke of midnight, but days before, initiated by the revered annual ritual of renewal orchestrated by our lovely mother. This isn't just cleaning; it's a ceremonial transformation of our living space, a physical manifestation of purging the old and welcoming the new. The entire house undergoes a glorious, vibrant metamorphosis. The crisp, familiar scent of freshly laundered fabric fills the air as the old, tired curtains are replaced. They are traded for new ones that hang in elegant, stiff folds, often in brighter colors or bolder patterns, allowing a different quality of light to stream into the rooms—a new light for a new year. Then comes the bedsheets, pulled taut and smooth, cool against the skin, inviting sleep that promises to wash away the anxieties of the past twelve months. Each wrinkle smoothed out is a small act of optimism, a silent pledge for a less messy year ahead. It's a fundamental lesson learned in childhood: a fresh start begins with a fresh, clean canvas.



**Mrs. Priyanka**  
**Writer**  
**Kolkata**  
**West Bengal**

While the world outside often rings in the New Year with extravagant parties and professional fireworks, our celebration holds a charm that money could never buy—the heartfelt, unpretentious joy of a simple homemade cake. This cake is the sweet, undeniable proof that it is indeed a special occasion. Baked with love and perhaps slightly unevenly frosted, its flavour is perfection because it is linked to the pure, undiluted happiness of that specific night. Cutting that cake, surrounded by family, becomes the symbolic first act of the year—a tradition of sharing, togetherness, and uncomplicated bliss.

The 31st of December is not just a day for quiet reflection, but for a magnificent adventure: the annual picnic. The planning is as enjoyable as the event itself.

We debate the perfect spot, pack a feast of special, once-a-year treats, and head out under the crisp winter sun. This picnic is the final, glorious burst of the old year's energy. There's a beauty in this tradition—spending the day outdoors, embracing the present moment, yet knowing that as the sun sets, we are steadily marching toward the midnight climax. The 31st of December is a day of unleashed enjoyment and shared laughter, savoring every last second.

Then comes January 1st. It is more than just a date; it is a huge enjoyment and a tangible opening. The world seems quieter, fresher, washed clean by the passing of the hours. It is the day you wake up and genuinely feel different, lighter, as if a great weight has been lifted. The collective hope of this day is almost spiritual: the profound desire for a new beginning, a new life, a new hope. It is the perfect opportunity to stand on the golden threshold, looking forward with optimism while consciously, methodically, putting the bad behind you.

This transition is powerfully about forgetting old regrets or bad moments. It is the year-end confessional where we internally acknowledge the missteps, the arguments, the moments of unkindness, the failures—and then, decisively, we choose to release them. The hope is that the past year's negativity will not cling to the new one. The deepest intention is the solemn promise of trying to undo what worst happened the whole year, and not to repeat it again.

In this simple, annual cycle of cleaning, celebration, and internal reflection, the New Year becomes a deeply personal and meaningful event. It is a time when the joy of childhood traditions merges with the grown-up wisdom of seeking self-improvement, leaving us poised, expectant, and overwhelmingly hopeful for the beautiful, unwritten story that the next 365 days will bring.

**“The past's heavy burden is gracefully shed,  
A bright, hopeful new story waits ahead.”**

**By Priyanka**

## 11. Speak Up Before It Is Too Late

Speak up—before silence hardens into law,  
Before truth is whispered, afraid of its own  
shadow.

In the lanes where slogans echo louder than  
hunger,  
And questions are taught to bow their heads.

Speak up—  
When the classroom fears the question mark,  
When history is edited with erasers of power,  
And the future is fed only one answer.

In the name of faith, stones are sharpened,  
In the name of nation, conscience is searched.  
The flag flies high, but below it  
Voices are counted, not heard.

Speak up—before the crowd decides your worth,  
Before your name, your food, your love  
Becomes evidence of guilt.  
Before justice learns to walk with a limp.

Mothers light lamps for missing sons,  
Fathers learn grief in official language.  
Files move faster than tears,  
And the poor wait—always waiting.

Speak up—  
For the farmer bent under borrowed skies,  
For the worker whose sweat builds cities  
He is not allowed to enter.  
For the woman taught courage is adjustment.



**Mr. Shashi Dhar  
Kumar  
Author & IT  
Consultant  
Katihar  
Bihar**

Silence is not neutral here,  
It votes, it permits, it applauds.  
It watches the house burn and says,  
“At least it is not mine.”

Speak up—before fear becomes tradition,  
Before chains are renamed culture,  
Before democracy survives only in textbooks  
Printed once a year.

This land was born from voices,  
From defiance written in prison air.  
If we inherit only the anthem  
And forget the dissent, we inherit nothing.

So speak—  
Not after the knock, not after the loss,  
But now, while words still breathe.  
Speak up, before it is too late.

**By Shashi Dhar Kumar**

## 12. Happy New Year

2025 has faded like stars at dawn,  
Memories whisper—the year is gone.  
Every step I took, I wasn't alone;  
Your hands held mine, your hearts were home.

Ladies and gentlemen, my family, my friends,  
You stood beside me through every end.  
Through highs and lows, through smiles and tears,  
You colored my days and calmed my fears.  
You've been important; you've been so kind,  
Moments we shared are etched in my mind.  
Every laugh, every mile we ran,  
Treasured forever, just as they began.

So here's my wish as the new year rings:  
Prosperity, love, and happiness it brings.  
May 2026 light every way,  
With hope in our hearts, come what may.  
I wish you joy that forever stays  
And success that shines through all your days.  
May loyalty grow, may kindness remain,  
May love bind us close again and again.  
Stay lovely, stay true, stay the way you are—  
You've been my blessing, my guiding star.  
As you cherish me, I cherish you,  
In every tomorrow, old and new.  
Together we rise, together we cheer,  
Hand in hand into a brand-new year.  
With grateful hearts and dreams that gleam,  
Happy New Year 2026—let's live the dream!



**Mr. Shashi Sharma**  
**Assistant Manager**  
**Mau**  
**Uttar Pradesh**

### 13. Script and Rescript



**Mrs. Usha Krishnan**  
**Life Coach,**  
**NLP Coach &**  
**Educationist**  
**New Delhi**

I penned a script this past year  
Starred it with hopes and dreams  
Yet, pages remained blank in my book  
Goals unmet, still waiting to be ticked off  
Like shadows of lament for what I couldn't complete.

But now, as another new year arrived,  
It's time to pause, reflect, and revive.  
For a rescript of my story freshly scribbled,  
A bold and true writing of a future to be renewed.

No more dwelling on the slips along the path covered,  
The past has played its tragic and comic show,  
The present, stands before me, like a fresh mold of clay  
Roses, buds or thorns, up to me, the sculptor, to shape.

With every heartbeat, a chance to start anew,  
With every tick of the clock, a chapter unwritten,  
A blank page waiting for my best.  
So here's the time to new hopes, to dreams afresh  
To fears and worries chased away.

The ink is mine, and I hold the feather  
A writer's block, or a slip of the pen?  
Come what may, my book can be a page turner  
With my resolve to re-dot every "I",  
And a grit to leave my mark.

When I return to my writing board,  
A new dawn, a new page turned—  
It's time to rescript what has been scripted.

A photograph of a desk with a typewriter, an open notebook, a pen, and a photograph. The background is a dark brown color with a vertical gradient.

# BY THE BOOK

## ACROSS THE RECORD

Get the views from a different  
angle

## BOOK REVIEW SECTION

PANACHE

Volume 5 |  
Issue 1

# **Book Review of 'Pedagogy of the Oppressed' by Paulo Freire (English version, 1970)**

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**Keywords-** banking education, critical pedagogy, praxis, conscientization, teacher education

Paulo Freire's *Pedagogy of the Oppressed* (Continuum, 1970) is a deep exploration of education as a means of liberation and freedom. The book was written during a period of political and social upheaval in Brazil, and it argues that traditional "banking" education, where teachers merely deposit information into the minds of the passive learners, actually reinforces the systems of oppression. Contrary to this traditional method, Freire proposes a dialogue-based, problem-posing approach, where teachers and students learn from each other through reflection and action (praxis) critically.

Freire's ideas transformed the field of teacher education by linking it to empowerment and social justice. He emphasizes that teachers must act as co-learners, engaging students in dialogue that leads to conscientization, or critical consciousness. This philosophy aligns closely with contemporary concerns of our new education policy, the NEP-2020, for equity, inclusion, and critical pedagogy that can actually transform the minds of students as well as teachers. Freire's work inspires educators to create learning environments that foster questioning, participation, and community engagement amongst students and also motivates them, particularly, to collaborate with their peers (peer teachers), which is in line with present education policies that call for the development of teaching competencies amongst the teachers themselves through peer learning.

The strength of the book lies in its morals and intellectual depth. It invites teachers to view their profession as a humanitarian role that challenges inequality and nurtures liberty and equity. In the Indian context, Freire's ideas are particularly relevant to rural education, gender equity, and multicultural classrooms. His philosophy complements the National Education Policy 2020's objective of developing critical and creative thinkers capable of contributing to societal transformation.

While the content may look too abstract or very philosophical at times, *Pedagogy of the Oppressed* continues to influence education and its practice globally. It serves as a reminder that education can be a universal instrument for liberation and remains a message for all teachers committed to justice, equity, and accessible learning.

The book encourages educators to critically examine their own teaching practices and the structures in which they operate. Freire's work provides a framework for educators to rethink the purpose of education and to cultivate classroom practices that prioritize critical engagement, social awareness, and collective responsibility.

In conclusion, *Pedagogy of the Oppressed* is a phenomenal text that continues to shape discussions around equity, social justice, and teacher education. It challenges conventional notions of teaching and learning, urging educators to adopt practices that foster liberation and empowerment. Freire's insights remain highly relevant, offering guidance for creating inclusive, reflective, and socially responsive educational environments that prepare learners to participate meaningfully and naturally in a democratic society.

#### **References:**

**Freire, P. (2000). *Pedagogy of the oppressed* (M. B. Ramos, Trans.; 30th anniversary ed.). The Continuum International Publishing Group Inc.**

# WRITING AS A SANCTUARY

BY: USHA KRISHNAN  
INTERN EDITOR-  
PANACHE



"A bird doesn't sing because it has an answer; it sings because it has a song." - Maya Angelou.

In a world of rapid changes and our mad rush to keep pace, many of us carry emotional turmoil that is difficult to articulate. When feelings become overwhelming, finding a way to process them becomes essential for mental well-being. One of the most accessible and powerful tools for navigating this mental turbulence is to jot them down, in other words, to pour them into black and white. Writing is like communicating freely with oneself to unleash pent up thoughts.

Giving life to our anxiety, fear, or lamenting thoughts through poetic expression or personal journals is a great way to venture through the mist of uncertainty or indecision, find clarity in our minds, and begin anew. It is a gentle, yet profound method of self-expression. Writing, which thus serves as a bridge between the mind and heart, is a panacea for the healing mind.

In this article, we explore how writing functions as a powerful catalyst for mental health, offering practical insights and encouragement for those looking to harness the healing power of words.

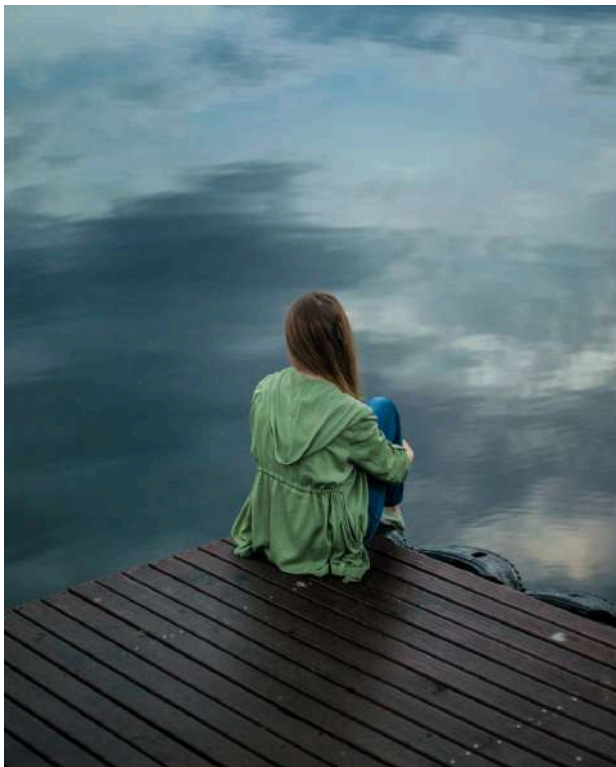
## **Journaling & Therapy: A Personal Path to Understanding**

Journaling is one of the oldest and most widely practiced forms of self-reflection. More than recording daily events, it's an intimate space where we can freely explore our thoughts, fears, dreams, and frustrations without fear of judgment. Unlike conversations with others, our journal is a haven – an unfiltered reflection of our inner world.

Many find that writing regularly helps identify patterns, release bottled-up emotions, and gain insight into their thoughts. When combined with therapy, journaling becomes a powerful supplement, allowing individuals to articulate their bottled-up feelings, which they might struggle to verbalize, and to get some relief and calm in mind.

Writing gives us a special space to watch our thought process as a third person and to process them into a positive and fruitful form.

For example, someone going through grief might write down words by recounting memories. There will be intense sorrow in tone, an urge to seek meaning, or a silent cry to be free from the heaviness of grief. Over time, this needs attention. As they journal regularly, they can see that their writings reveal patterns. This revelation will help them to find out the triggers, or unresolved emotions. This self-realization will help them to work on changing their thought patterns.



As the renowned writer Anais Nin, an American diarist, essayist, novelist, and writer of short stories, once said, "We write to taste life twice, in the moment and in retrospect." Journaling becomes a tool to savour our experiences and understand ourselves more deeply.

Moreover, journaling can be tailored to personal goals such as gratitude, intention-setting, or mindfulness. It can serve as a tangible reminder of resilience during tough times. When combined with therapy, journaling becomes a dynamic tool that deepens understanding, enhances insight, and empowers individuals on their healing journey.

### **Poetry during Emotional Breakdowns: Turning Pain into Art**

#### **Another wonderful tool for writing to heal the mind is poetry.**

As William Wordsworth's famous quotes, "Poetry is the spontaneous overflow of powerful emotions" and "Emotions recollected in tranquillity," rightly say, poetry writing is also a powerful way for self-expression. When emotions are getting overwhelmed – whether grief, despair, or anger, words may feel inadequate or too blunt to fall short. Poetry, with its rhythm, imagery, and symbolism, offers an alternative outlet to channel them into a euphony of words. Using captive words as a means to express raw feelings by adorning them creatively transforms chaos into beauty. The poet Rainer Maria Rilke famously said, "The only journey is the one within." Poetry becomes that journey, an exploration of our inner selves. It validates feelings, provides a sense of control, and fosters creativity amid chaos. Many poets have used poetic words as a powerful medium to turn their pain into powerful art that resonates with others. Expressing our feelings through poems will reduce our feelings of isolation as we are reaching out to many through our words. Writing poetry reminds us that life is precious and that through our words, we can traverse the path of renewal.

#### **Why Do People Write at Night?**

Night-time is tranquil. When the world quiets down, the mind often becomes more receptive to introspection.

Night writing can be a ritual. It is a sacred space where our subconscious thoughts, fears, and desires emerge most freely. After a busy day, taking a walk down memory lane and jotting down our reflections will give us clarity about our daily achievements and a chance for thorough self-analysis of areas for improvement, helping us start a new day with rejuvenation.

Jotting down our reflections of a day reduces rumination and anxiety and gives us a good sleep. Many find that writing at night helps us to reconnect with our authentic selves. These moments of solitude will foster a sense of inner peace and acceptance.

Writing offers a private sanctuary where our feelings can be acknowledged and explored without fear.

Putting thoughts into words on paper can be the first step toward acceptance, a way to find solace, and to transform overwhelming sadness into a form of understanding.

As the poet Rumi beautifully expressed, "The wound is the place where the Light enters you." Writing helps us recognize that our wounds are also gateways to growth and healing. It provides a sense of control. When words are scarce or difficult to find, simply scribbling or typing can be enough to release pent-up feelings. Over time, this practice can help individuals build emotional resilience, develop self-compassion, and move toward healing.

Moreover, writing about difficult feelings can help challenge negative thought patterns, break stigma, and foster self-awareness. From Virginia Woolf's introspective journals to the poetic verses of Rainer Maria Rilke, literature has served as a mirror to the human soul.

Whether through daily journaling, poetic expression, or nightly reflection, writing fosters self-awareness, emotional release, and ultimately, renewal.

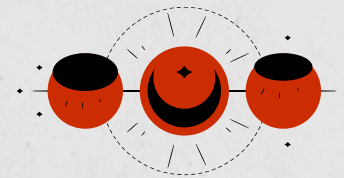
It's essential to remember that there is no "right" way to write for healing. It does not require poetic talent or literary perfection. The value lies in the act of expressing, the courage to confront our innermost selves, and the willingness to begin again – one word at a time.

Words have an extraordinary capacity to heal. Whether through the steady practice of journaling, the expressive power of poetry, or the quiet reflection of night, writing offers a gentle pathway from suffering to renewal. It reminds us that even in our darkest moments, there is hope and a way forward – one word at a time.

As the poet Langston Hughes said, "Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly." Let your words be the wings that lift you toward recovery and renewal.

# "A BOOK THAT CHANGED MY LIFE"

By: Kartik Srivastava  
Intern Editor - Panache



## READERS' RESOLUTION

I have never been an enthusiastic reader of novels or lengthy books, neither during my school days nor now. However, over time I developed the habit of perusing books and reading crisp, informative content, including short pieces available online. This habit brought a noticeable change in my life, influencing even my career path, and I owe it to a book series my grandfather bought me during my school days-'Tell Me Why', published monthly by Malayala-Manorama publications on themes of nature and life. It truly lives up to its title by nurturing curiosity and answering "why" questions of a young, questioning mind. These books marked a new beginning, stirring the child within me and planting an enduring curiosity about wildlife, nature, and its wonders, guiding me toward life sciences. I resolve to nurture this habit by reading small, meaningful pieces regularly, asking questions, and enriching my understanding and love for learning.

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