Why front and rear should not start with -1

Coding Circular Queue
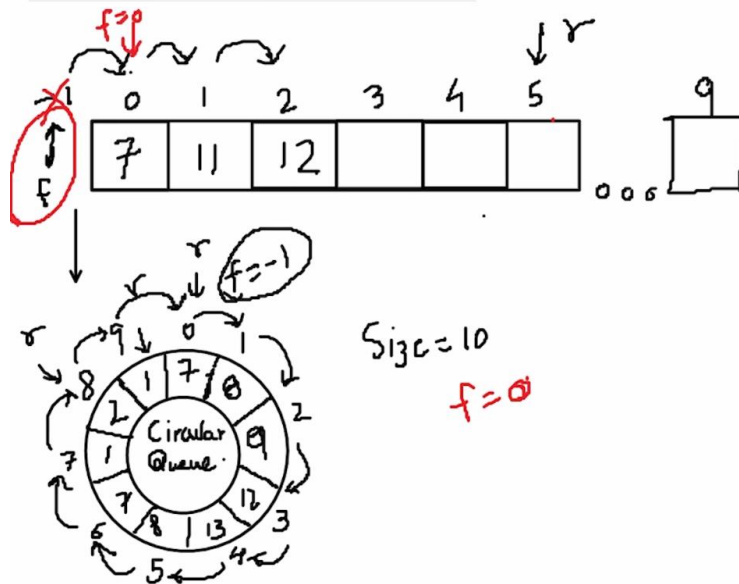
because in that case no place is -1 so it kept rotating in loop and kept overwriting items

To overcome this problem we take front and rear = 0 (initially)