

Dark: Light

In pursuit of Happiness

Sachin Shetty

S Labs Solutions

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In remembrance of the departed loved ones.

*If you survived,
You have won.
If you are surviving,
You are winning*

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Self Imprisonment

Self imprisoned person

Nightmares every waking minute

Crying oneself to sleep

Jumping at every break in silence

Hating the early morning bird calls

Wishing to life to end, there should not be another new day for misery

Dexter's November Rescue

When Death was the only way out

November was the month of ultimate terror

Money was non-existent and had run out of lenders

Was instructed point-blank to vacate the room over the weekend
and be evicted

No payment was made to health bills in over a year

All in all, situation was a gigantic sinkhole which was devouring
all parts of life

Death seemed to be only option to clear debts with insurance

Dexter saved the month, by delaying how to end life

Those graphic scenes brought a bad taste and would not

Want to be remembered as mangled piece of flesh, spilled blood
and broken bones.

Happiness Feels Scary

Can i be Happy ?

When one's drowned in sorrow for a considerable time,

Any happiness or a bit of calm during the prolonged suffering
feels clean.

But it does calm the nerves a bit,

It's better to savour the day,

Because nothing is permanent in life, hope rises to have a
semblance in life

Take things slowly, do it right the first time.

One task at a time reduces the pressure,

Go with small plans

It is a long marathon, pace your current life.

Have a balance in work & life

Focus on the prioritized task, Ignore the distractions

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& never repeat the things that failed you before

Not being constantly distracted is the ultimate goal

Build up life, slowly but surely.

Never ever over-promise and

Lie yourself out of situations

that you pushed oneself unnecessarily

Be happy, keep doing the right things

When continuous green lights follow your daily route and makes
one happy

Then you can be finally satisfied

That at least some of the worst misery is off

-Less

When Everything is Gone

First it was Jobless,

Then came Moneyless,

Was hovering around stateless

Finally came Foodless and Hungriness

Now less is gone from Jobless,

But less is added to Home.

We are Homeless

Less is More

The Feeling of Nothing

Total Damage

Fear has done its irreversible damage

There is no any fear, or there is no response to any fear

Like the saying, 'Drink bit of venom everyday, You eventually become immune to the strong venom'

Future is a blank canvas, But its still unwritten.

Feat no longer hangs its shadow, threatening to derails all plans

Pushing one into the deep loop of self doubt and unwanted rumination of living as a failure.

Its not the thing that will kill, But its the fear of the thing that eventually kills one slowly.

Empathy is slowly seeping back, For nothingness had completed its total dominance.

Hunger Days

Falling into the abyss

Situation was despicable, money was totally non-existent

Eating on meal in a day was

Like the only task of the day and royal feast at it.

Days would start with the chant - 'I want to die today'

Cannot take anymore of the debilitating anxiety anymore.

The sleep was unavailable and was in fits and bits.

The axe of eviction was ever hanging, having unpaid rents for months altogether

Living in hiding and in darkness for almost a year from the debtors

Heart would beat faster, every time there would be footsteps during the weekdays

Only weekdays were less traumatic.

A foriegn voice or a knock on the door would shoot pain through

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the shoulder to the heart .

P.S - Do not want it to ever repeat to anyone

Turn off Terror

Winds of Change

It's 4th of March today,

Having a breath of relief,

That I am starting a new in chapter in 2 weeks time.

The past 2-3 years were terrible & showed me despair

The deepest levels of pain

Now have to be proficient and diligent in all matters of life

Do not over-promise,

Do not jump half-baked into every new hype that flashes by.

Its time to build a nourishing career.

Invest your efforts with a project

That can provide justice to your efforts.

Keep the midnight oil burning, keep pushing the foot on the pedal to the max.

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There is beauty in balance, Everything in nature is balanced.

Disasters occur where there too much of a single thing.

Start breathing again,

Let go of the past and

Turn off the Terror.

Garbage Bags

Onto the streets ?

When items are moved around from a bag to another

Trying to reduce what needs to be carried around.

When these are garbage bags,

Then you know that you have screwed things up.

It is the last stage before items fall of the bags

Onto the streets

And then one has to start living in the streets

When you've nowhere else to go,

Because your actions made the doors close on your face.

Between living in the safe shelter to the streets it is just a thin bag.

Night robber

When hunger strikes

Hiding away during the day,

Slowly moving in the dark hidden away from all eyes

Like the hunted prey that play's dead to not being eaten alive

One becomes the creature of the night,

The underground cretin who is afraid of the light, eyes and the sounds of the surface.

A predecessor of the garbage scavenger,

One hunts for food at night,

Trying to knock off un-missed items,

Making sure to be undetected and hidden under the camouflage

The night robber slowly picks up items,

Whenever the hunger becomes unbearable

Every alternate day, when its difficult to make do

With even a single meal for sustenance of the day

The night robber makes his steals

Goodbye, Friend

When Death strikes

A shock reverberated through the heart to
All over the body like painful pin pricks
When the news of your demise reached the ears
Everything that transpired between us,
Was displayed like a giant Kaleidoscope
With all our memories, mostly good, rarely bad.
It has taken almost a year to write this,
This is no proper goodbye, it will a one of the rare painful
memories
The photo memories on Facebook, our old haunts of First Day First
Show Movies
Still hurts and make the wound raw again.
The one great trip that topped it all to the Himalayas,
Now has become a bittersweet memory.

All strength drains out, whenever i scroll through Contacts
and see the trademark full teeth smile with worried brow.
Going to let you go now, finally gathered the strength to delete
your contact
But our memories together will always be fresh, a jolt of life for we
loved the same things
For you are one such person, who was intelligent but still humble
and self-less
To all of us who would always find you to get our doubts cleared
and use you as a sounding board.
Thank you for being my friend and a happy memory.
May God give your family strength and love .
Goodbye, Friend

Darkness

Any Interactions were terrifying

A call would send tremors and messages would just throw everything up in anxiety

Hiding from known faces to avoid glancing future questions became a muscle memory

While whole world slept, One's day would start to keep away from prying eyes,

all the while being kept awake by the numbness of bingeing web series,

Just doing everything to let another day pass, Just like the past month and the past 2 years.

Darkness was embraced till death took over

Roller Coaster Month

- * Being Evicted from the Family Subsidy Apartment
- * Stranded in the streets at midnight, with a closed door. Twice
- * Prospects being rejected for lack of financial stability
- * Living in different cheap motels just to break frequency of begging for a place to stay
- * Almost being evicted again from temporary relocation from mistranslation
- * A silver lining, unexpected windfall to be allocated a better subsidised home.
- * Pushing through the pain, misery and shame, Living only for the day, made one survive the roller coaster month

Mist of the Living Dead

* the heart

Who would want to kill one's own heart. By pushing himself to extreme lethargy, rarely moving out of his bed for almost a year. During the time, the hard bed had sunk to the shape of his diminishing body shape.

With a stupid premise to meet his end by killing himself through natural means, he just wanted life to end, just wanted the heart to stop beating. The pain of shame, the pain of regrets was unbearable to live another moment. He was a coward of the first rate, he was scared of harming self with his hands knowing that the physical pain would be too much for his weakened spirit to suffer. He would gaze through the windows of the high rise apartment, wondering should he jump now or wait until the pain was too much, the jumping plan failed as he observed that it would lead to physical disability for the rest of his life rather the expected outcome of a complete stop. Jumping across the bridge which spanned the huge lake of his land-locked city was out of the question too, the water was not too treacherous. He would push through the slow process of making his heart stop by itself by following worst practice which would definitely lead to heart failure.

* Remember - For the ones that left

* Part 1 - Every movie release of the series brings back guilty pangs

* Part 2 - Every delay of meeting family brings back the haunting

memories of never being able to meet again

* anthology of survival

Don't Be Left Behind Again

When you keep shooting for the moon,

Most of them would miss the target.

Perchance you miss the coal deposits for the sake of the smallest diamond

Livelihoods are at stake again,

One shall take a bigger responsibility of building a home,

By taking a big risk on self.

Having redundancies along the way, is the best kept secret by the pioneers.

Being able to look in the future,

With one's dream/goal as the target location,

Trace back to today, It will show the roadmap to follow.

The tasks to accomplish, the habits and good traits to forms, the stuff one should not be repeating,

Learning to say no to non-ideal requests which takes up important time.

Make sure to cover all possible paths with insurance and backup.

For this life comes only once,

Better not be caught napping again,

For the last time, it almost put one to infinite sleep

Life 4x

3 months ago, life was desolate,

With no clue what the next day would bring.

Every window & door to the outside was closed from the inside,

More of a self-imprisonment and also to not let anyone to come inside.

Today, there seems to be a light at last, the destination

Is not reached yet, but one can see it on the map

With known opportunities and dangers

The issue of housing, debt-repayment and employment now are in temporary stability,

With its challenges and requirements

There are a few more items to cover and then finally taking a risk/requirement

to alleviate family financial trouble brought by me moving here.

Take on one day at a time, do your best, help those who need it whenever possible

Do not make new promises, maintain the status quo.

Take care of mind, body and soul. Stay true to yourself

Keep building/creating your Mona Lisa

The diamonds shine brighter with the more number of cuts, by the jeweller

So keep chipping away everyday bit by bit .

In pursuit of Happiness

A wandering mind, without destination or focus.

Lost in the wilderness of nursery, avoidance and self-sabotage

Happiness seemed like finding the city of gold

Begging for existence was unhealthy daily occurrence

Suicidal thoughts were recurring with alarming frequency

The worry of sabotaging others life was the last stop in taking any extreme measures

Selfishness was not enough to take the jump

Though the windows looked promising to end the misery

The winds have changed towards a bit of mellow

With the spirit of life reviving

And the pursuit of Happiness restarting

Life looks like living again

Straw that broke the camel's back

Having anxiety with panic attacks is like being shot at.

The shock that flows through the heart, makes it difficult to breathe.

One becomes numb to the outside world and needs atleast a day to become normal

Mind automatically avoids the trigger at any cost

If its an event, one does not attend it

If its a person, one does not want to be in the vicinity of the troublemaker

Even though the other person is unaware of his/her actions

Finally, It became the straw that broke the camel's back.

Its time to move,

For the heart cannot take anymore attacks,

For one wishes to live again

What does not kill you, makes you stronger

The tree drops its closes branches to grow larger & taller

When the branch becomes a danger to other trees

When the tree is in danger of tilting because of weight of burden

Be like the tree, Get strong and live for the day

Whatever does not help you grow as a person and make you a good person

Drop of the bad habits and grow stronger

Zug endeth hier, but another journey begins

Each new day is a present, Embrace life

Conflicting Ideology

To grow in a company, one would want to adhere to the leader's message

But its difficult to survive,

When the person above you, micromanages and analyses every move.

Stalls every step to become more than a team player.

When you are expected to just work and do nothing else

All ideas and additional work are dismissed with a smirk

And suggestions are provided like advising a child

When help was requested to adjust timings for a few weeks

The lesson on time management was unnecessary as there actual problems which caused the issue

Then one week into the job, the working environment is changed

To a different one for which one was hired to work on

And expectation is to contribute at the same pace as others with experience

When guidance was requested before 3 weeks of vacation was announced and

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That there would be gap in direction, because everyone else was new.

It was rejected to accommodate another person's request

Shock awaited on arrival from vacation, with long list of complaints for all actions taken

What was one supposed to do without guidance into a new project and environment

One utilised the time to make new connections to help in some way in near future

For collaboration with other teams, just being on the screen would like talking

through the window of the Jail Cell Room.

What do we do with conflicting ideologies

Goodbye Home

A place called Home, in hardship and happiness

Today its definitely better than when i arrived long time ago.

I wish i could have done more

Not breaking away from the place completely.

For i have a lot to contribute back to where i learnt a lot.

The temple visit would be a recurring event to come see you sometimes

Civilization perish, but cities always grow

One day, you will be a crown jewel from the darkest pits of life now

Goodbye and Take care TABU

Fight with Ahimsa

The best fight is the one which was never fought.

Choose your battles wisely, when the odds are against you.

The stepback, conceded temporary defeat and comeback stronger again

That is how persons with power play,

They blindside you with accusations and threats

And then they want to micro-manage you , so that they can contain the new threat

Gandhi started the movement which brought down the curtains on an oppressive power.

Fight not with others, Live with ahimsa

Symphony Conductor

Grow into the conductor

Your latent talents can be channeled

Connect the Dots of Experiences

Run with the Runners of the Rhine

Cook with the Recipe masters

Code with the maestro's of the Computer

Play with the Dungeon masters

Challenge the Chess Grandmasters

Expand oneself into the cosmos

Freedom

Wishing well seems to be springing back with life
Once when all wishes were turned inside out
When the old days stacked with dread,
Now start with a thankful prayer and wish
Shed the battle scars, do not carry the hurt into the new day
Breathe free, Breathe again, Remember what went wrong
Never wander, Never lose sight of the fight,
Fight for freedom, Freedom is your only choice
Free oneself from the shackles of self-imprisonment.
Live with Freedom again.

Strategic Retreat

When you realise that your opponent
Is a well entrenched, fully supplied with limitless and superior
firepower
History advises to take a strategic retreat, To take small loss for
now
& come back again with better preparation
For no general was never a martyr, trying to win everything in the
first try
They became victorious by winning the last battle.
Like a knockout punch, always be the last man standing

How far would you let me try?

Whether you want a narrowly focussed person, who only does the tasks at hand

And does not build his knowledge by interactions with others

Who does not share the curiosity to learn new things and is not afraid to fail

Maybe I am the right place, but at the wrong time,

For I will not be able to completely stop the flow

During the 2 years of haplessness before, I would have just nodded and do this as told.

Who knows what tomorrow will bring, Will i grow into the light

Will i fall back to the darkness, I will just put my focus into myself

Caring about every small task and doing things self-lessly is not appreciated,

I will no longer accept ridicule for things done with a good intention.

Take me to task for wrong thing and i will gladly take the feedback to improved.

How far will you let me fail ?

Was willing to let it go, cause it has refreshed past trauma as an individual opinion.

As its the consensus of more than a person, maybe i should start looking out for myself

Push the Envelope

When you have been revived from the jaws of death

When the lethargy and nothingness had filled last two years of the life's spent calendar

When just the thought of a new day had tremors shooting up the sides

But since you are awake again,

Get going on adventures like crossing milestones one by one and ticking out items from the bucketlist

Fire on all cylinders to get maximum returns from the day.

Complete atleast one positive task / improve a skill a day, which compounds over a period over a period of time

No mountain is too high to climb the summit,

You may not reach the summit in a Day, but if you keep covering one a step at a time,

By walking, running, jumping or even crawling every day, the summit will never be too far.

Push the envelope, Brighten the world with your actions

Break the Barrier

You are not a failure,

Until you have stoppped trying,

Till one breaks the mighty barrier,

You've just not succeeded yet.

Keep fighting the good fight,

Your efforts will turn fruitful eventually

Surviving the onslaught is superb achievement already

The Air feels better today

With the passage of days

When the efforts finally start to hold ground against the
onslaught of misfortune

The tide has slowly turned with the weight now tilting towards
the good side

The smile has started to slowly form at the edges

When the worries have been put to bay for another month

The air feels better today

The terror of not wanting to stay alive, has gone down a notch

Hope for a simple life, to be happy with everything already here

Do not wish for more, but do more with what one already has.

Being Content

A silver lining can open to the world,

When you have been down on your knees,

Looking for a way out to settle down at the end of the Day

The first step starts with asking for help,

When we start to believe that

the options have run out,

There will still be a welcoming door,

If one does not stop knocking on the doors.

A Warm bed, A Cool bed cover & A Dark room with safety

Is all that the mind and body needs to be content.

When the morning starts with

A Hot clean bath, A Sumptuous breakfast &

A Piping hot Strong coffee to fuel the entire day

Its the best beginning to the new adventure

Being content is always a handhold away

Without the need for expensive luxuries

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For we all start with Dirt and end up as Dirt.

Joy is always making the best out of circumstances.

The Saviour

Dear XYZ,

You have saved me from certain Doom.

Fears and anxieties are taken care of,

Giving me breathing space for another month

Pushing my doom away for the next month

Now, it is my turn to dazzle you with my sincerity and hard work

Let's keep surprising each other with good actions and moments ??

How brain responds

From hating every sound in the world

To welcoming the bird calls of the early morning

It is amazing how the brain functions

& processes the same auditory response

But how varied our response to it

Based on our emotions and attitudes

Persona Non Grata

All the strikes are out.

Highest level of abandonment and avoidance is accomplished now.

The proverbs got them right, 'Best to keep away from a Fallen angel'

No wonder, people fallen down without grace, disappear leaving no trail

For one thing, they do not want to fall into the hands of their debtors

Two, they have been rejected so many times. They become but a shell of prior life.

Never again getting the will to reach out to anyone again.

Path to Prosperity

Push one self to the limits everyday

There are days that will backfire

Then there are days when you have the midas-touch

The law of averages eventually goes over to the +ve side,

You just have to keep pulling your weight

Make every day your first day

Prepare and start with loads of hope.

Broken clocks also get the time right, twice in a day-

Your Path to Prosperity could be just around the corner

Discipline

Discipline works wonders when the routine is followed proficiently

It helps one to focus on the most relevant & important tasks at hand

Noise is removed & no tangential work is entertained as it breaks harmony with daily tasks

Discipline makes time for all the important necessities of life

Early mornings for thinking in quiet solitude. Time to get a daily dose of exercise to keep the heart ticking normally. Plans for the day works most of the time, unless interrupted externally

You know what will happen today and what will happen tomorrow as the tasks are broken in small achievable chunks

This knowing, helps a lot with anxiety kept in check

No wonders "Habits maketh the man"

Underground to Camouflage

Circumstances and wrong-turns took on to hiding

For a long time in the underground

Now that there is light at the end of the tunnel

Going out in camouflage onto the world,

But hidden in plain sight.

For the lessons learn in the dark

Teaches you not to paint oneself a target again

Death and Taxes

Death and Taxes are inevitable in life

They hunt you together if you unsuspectingly allow yourself And
become a Prey

Interest on your happiness grows meagerly and disciplined effort
is necessary to keep it running.

Like Alice Says - 'Now, here, you see, it takes all the running you
can do, to keep in the same place. If you want to get somewhere
else, you must run at least twice as fast as that!'

Where interest on taxes and misery is compounded regularly.

It keeps growing like a monster when ignored

And finally chokes you with its deathgrip

There will be nowhere to hide from the taxes

And one becomes unable to live with the burden.

Unpaid Taxes== Death

Never Ever

Never again,

Will He Bow his head down again

Never again,

Will he ever beg anyone for help

Never gain,

Will he ever wait for them choosing him as an option

Never again,

Will he allow himself to be tolerated, ridiculed for his actions

The shell had cracked up under intense self created pressure,
Letting in every other vice without empathy, shame or remorse.

He gets to patch it up one by one, a harder shield to

Protect himself against misery

Poverty is the disease

Its heaven, if there is money

Otherwise its haplessness

Poverty is an untouchable disease.

They stop taking your calls

They give vague responses when you are in dire need

Do not wish poverty on your worst enemy.

Better to have a fast early death

Than something that kills you slowly for a long time

No to the Nightmares

Do not re-live the nightmares

Be grateful to the new day

Take the first opportunity that knocks on the door

Do not haggle, for you will end up again without anything

Every day could end up being the finale

Where you will be thrown out

Feed the lion

Feed the lion, Who wants to win

Not the Hyena, who would sulk

Forego the Pain

Ignore what could not actually happen

The one who can do it,

Is yourself,

Keep the Pace

Slow down a bit, if necessary

But do not ever turn back

On the worst time of life

Ignore responsibilities at your mortal peril

We don't Need more Questions

We don't need more questions

We already bombard are brains with regrets and what-ifs

If you care, Just stay beside me

Don't ask me anything

I just need your company around me, though I may not say and show it

So that I can survive another day

Just let me be

I will be grateful for you

Wisdom

Wisdom lies in not repeating the past actions

Not revisiting nightmares for lack of self-punishment and regrets for past behaviour

Live honourably to oneself

To the ones who held strong to the link

For living well & helping out

Is the only way to lessen

The hurt of past wounds

Turning Point

When I had given up for a long time

They still had hopes on me

Inspite of their difficulties, they still gave me a hand to hold in the dark

That gave a fillip of boost which propelled away towards the light

Another smaller shoulder came way as a support. Enough to fend off misery for sometime

Its not the quantity of gifts, but the sincerity with which its given.

Turning points occurs for everyone, sometimes you get on it soon,

Sometimes life makes you wait for more, just so that you learn the way.

Past, Future, Now

Past

Do not think what happened in the past,

You can no longer modify it.

Future

Do not think what will happen in the future,

You still have time to do something about it.

Now

Do not worry about what may go wrong now .

Do whatever is possible by you and in your control.

Leave everything else which cannot be changed by you.

Good or bad accept everything.

Bad luck and trouble always come together.

Take your time, But do not give up. Try

Try till you can and

When you pull yourself together,

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Help others bring themselves up in some way

What Do You Choose

What do you choose ?

For a long time,

The latter was automatically chosen by fear, regrets, shame

Now ?

First one shows a silver lining.

Reset Life

Being disconnected and glowering in one's own misery

Brought on oneself due to laziness and in-difference

Past has been travelled & many castles destroyed

Stand up one more time,

Stand up every time, your knocked down

Life is all about creating amazing experience and dreams

Build it all over again, this time family first and self next

Need to end splurging tendencies and wastefulness

Be it time, money, ties of life

Focus only on today's task, Do not go back to the past

There is nothing to rejoice and despair from it.

It is gone, only with lessons to be learnt

Grateful for another

Grateful for the love of family

Grateful for the daily food

Grateful for the roof overhead

Grateful for the good health

Grateful for the support of friends

Grateful for all the opportunities provided by life

Grateful for another day

Discipline builds

Discipline builds

high castles

brick by brick

Indiscipline digs

deep grave

inch by inch

When nights are better

when the nights are better than the days.

when there solace in the darkness,

days are just difficult to pass

Know your limits

Know your limits

It is a marathon

Do not try to finish everything in one day

Every day should be balanced

Maintain the schedule,

Use the compounding effect to build life

Rather than the after effect of burnout and failure

The Choice

The Choice

At the End,

Through the vast swathes of miserable Times,

There was the choice,

With Bags to greet them, New Beginnings and relief after all this time.

Or

In bags that greeted them, to double-down their misery

The Smile that left its place

The Smile that left its place

Would it be back

For another adventure with revived life

For living again with the wounds

Is it possible to have a genuine little smile

When it scares you of the hurt that reappears

When memories flashback in random situations

What would I give to see that smile again

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About The Author

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In-situ prep for landing at ವಿದ್ಯಾನಗರ, ಮಂಗಳ

Loves to read books, long walks, weekend hikes
and biking around the Rhine.

His alter ego, writes code for self and for a living

Books By This Author

Expedition

Collection of Thoughts, Notes and Failures

Proof