
Poetic Expressions

Poetic Expressions

By

Dr. Shehla Ahmad



NEW DELHI PUBLISHERS

New Delhi, Kolkata

This First Edition Published in 2026

© Author

Title: Poetic Expressions

Author: Dr. Shehla Ahmad

Description: First edition | New Delhi Publishers 2026

Identifiers: ISBN 9788169480253 (Print) | 9788169480260 (eBook)

Cover Design: New Delhi Publishers

All rights reserved. No part of this publication or the information contained herein may be reproduced, adapted, abridged, translated, stored in a retrieval system, computer system, photographic or other systems or transmitted in any form or by any means, electronic, mechanical, by photocopying, recording or otherwise, without written prior permission from the publisher and author.

Disclaimer: Whereas every effort has been made to avoid errors and omissions, this publication is being sold on the understanding that neither the editors (or authors) nor the publishers nor the printers would be liable in any manner to any person either for an error or for an omission in this publication, or for any action to be taken on the basis of this work. Any inadvertent discrepancy noted may be brought to the attention of the publisher, for rectifying it in future editions, if published.

Trademark Notice: Product or corporate names may be trademarks or registered trademarks, and are used only for identification and explanation without intent to infringe



NEW DELHI PUBLISHERS

Head Office: 90, Sainik Vihar, Mohan Garden, New Delhi, India

Corporate Office: 7/28, Room No. 208-209, Vardaan House, Mahavir Lane, Ansari Road, Daryaganj, New Delhi, India

Branch Office: 216, Flat-GC, Green Park, Narendrapur, Kolkata, India

Tel: 011-23256188, 011-45130562, 9971676330, 9582248909

Email: ndpublishers@gmail.com

Website: www.ndpublisher.in

Introduction

Poetry is a pack of deep thoughts wrapped in soft flowing words. Yet this is not universally true as very often it is also a medium of expression for such harsh feelings and pains that can't be put in prose form.

However the author has to work within the brackets of given rules and regulations as also the provided prompt for each poem, when writing for competitive challenges. Here the words and thoughts though still are poet's own the space available to them in terms of views and time get limited.

This book of 180 poems has been written for more than 95% of its poems as a participation in an unending row of inspiring challenges of Asian Literary Society. For its various competitions the topic was given either directly in words or in the form of pictures. This group Asian Literary Society is such a huge platform for writers of both national and international participants that its membership runs in thousands at least, if not in lakhs.

So when we write in this group we know how tough the competition is, and therefore waiting for outside applause and recognition can end up in a discouraging waste of one's efforts, and the hardwork of the poet needs to be compiled and published as a book.

This is the exact history of book writing of "Poetic Expressions"

The guiding factor ruling my mind while writing this poems was a desire to use this opportunity for penning down the leading ideas into a creative tool. The poems have knowingly or unknowingly aimed at forming an inspiration base to young and progress seeking minds.

Shehla Ahmad

Preface

(About the Poems)

A poetry book by a single author is an introduction to the person that this writer is. It tells the reader about the poet's thoughts, feelings, experiences and views and in the process opens a window into the conscience and inner self of that personality. These responses to life's challenges get more specific when the writing is done for contests with well defined themes and time & space availability.

These 180 poems have been written over a span of 1^{1/2} to 2 years, mostly as participation in Asian Literary Society's contests. The given topics and themes cover a wide spectrum of situations. While the obvious and inevitable presence of favourite poetic themes of love, romance, the myriad faces of nature's beauty, rainbow and color plays, trees, flowers, sea & ocean can be noticed in more than one, and often many poems for each of these topics, the management's vividness of thought makes the writer's pen take longer strides into unfamiliar and unique themes like "Journey In Time Capsule" or a "Travel Journal" "Cosmic Love" or "Eclipse".

Being a woman myself the pen's flourish has taken a firmly assertive tone not just in "She" & "She Broke Those Shackles", while talking about 'Women Power' but you find glimpses of this thought in poems 'Restless' and in much lighter wane in poems (13) & (15), both of which are about brother and sister relationship.

For a reader who might be more than casually interested in meeting the author of these poems, there are so many specific topics on this theme, like 'The Poet In Me' or 'That's Me' 'Pristine Life' or 'Simplicity' &/or 'The Untraditional Me'

The passion of poetry and English writing in general comes out in smiling familiarity in poems 'Notebook', 'Paper & Pen' or 'My Pen Talks To Me', and 'I Have A Pen And I Can Write'

The tiny pearls of softness, as a moralizing force to notice the importance of small favours of nature, have come out beautifully in two poems 'Raindrops' & 'Dewdrops'. Read these lines from Dewdrops..... Their wet feel under my bare feet, Carries me on that thin water Sheet, To a world of dreams and desires..... with the end lines saying "A message from the sky they bring, The softness of beauty is in little things!"

In Raindrops, the mirth and enjoyment evoked by the playfulness in dealing with these drops of water carries the reader right inside, on his/her car's driving seat "Their pitter patter on the front glass of my car, Gets swished away by the viper, in its mode of war," (but) "On looking glasses, they can't be tolerated even for a second"..... (and), "Love them as much as you can, these naughty little things, Will have their way, turning all goodness into nothing."

The writer's concern about environmental pollution strikes the reader's consciousness with a moulding force in poems (32) 'At A Construction Site' and in poem no (159) 'Roadside Blemishes', and also in a provocative tone in poem (51) 'Planting A Tree'. In the poem 'Said One Tree To Another' the theme has been dealt with from the point of view of trees, making us realize that these sources of oxygen, food and wood, are living things too.

Poem no (90) is the most unique piece in this collection. 'Scare's Depth' is a translation of my Urdu poem 'Darr' meaning 'Fear'.

The importance of family life is also a favourite subject of the organizers of Asian Literary Society and this infliction can be seen in the author's own psychology too as the subject has been dealt with in numerous poems depicting various aspects of it, even where the poems' headings are not directly indicative of the matter. Starting from poem number (4) Restless, it has carried the weight, to the two poems on brother-sister relationship mentioned earlier, and from there to poem no (21) With My Parents.... In A Dream or oppositely directed in poem no (62) Wonder Years of Childhood, My Child, My Little One My Darling, Family or What It Means To Be A Father.

A more penetrating look at the contents of the book would make the reader realize that this book's primary and sole purpose is to talk

about "Love" and its many faces. In poem no (8) the poet's love builds a deep relationship between it and the nature and also the harsh realities of life making them not just acceptable but turning them into stepping stones for progress. The strength, the need, the yearning for it and love's healing power against the gnawing pains of past would be noticed by the reader even before reading the poem itself in the heading of poem no (31) where it says 'The Flaming Desire of Love'. Love is as deep and vast as an ocean in the writer's view, or a miracle creator, turning sleepless nights into soothing encompasses of peace and tranquility in poems (54) & (114) respectively.

The reality of soul smashing pains of love are expressed in the poem (no:119) Mirage of Love.

But that's not it. Every single poem in this book is a tribute to the exhilaration of LOVE, be it for one's darling, for one's children, parents or family or for nature and about one's own inconsequential existence without this factor's influence on that life.

Writer's subtle sense of humor has come out in many verses of different poems but 'Perhaps' is the best example of it. Hope the book would make an interesting read.

Shehla Ahmad

Contents

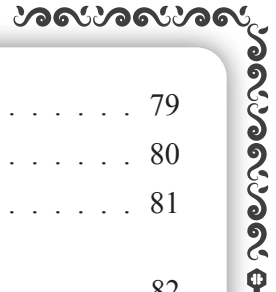
Introduction v

Preface vii

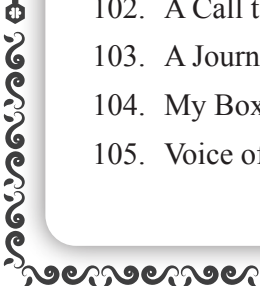
Poem	Page No.
1. The Deep Blue Sea	1
2. Appreciation	2
3. The Last Soldier	3
4. Restless	4
5. Eyes Don't Lie	5
6. The Sparrow	6
7. For The First Time in My Life	7
8. If You Are with Me	8
9. A Bout of Fresh Air	9
10. A Row of Monks in Orange Robes	10
11. A Walk Through the Woods.	11
12. My Golden Pocket Watch.	12
13. Sibling Love, (Dear Brother)	13
14. When Tomorrow Starts Without Me	14
15. My Brother	15
16. My Pride	16
17. Petals of Rose	17
18. Perhaps	18
19. Would Someone Ever Love Her Like Me	19
20. A Boat Beneath a Sunny Sky	20
21. With My Parents.... in A Dream	21
22. Colors in The Sky.	22

23.	When Day Becomes Night	23
24.	Raindrops	24
25.	Notebook	25
26.	Postman	26
27.	Charms of Nursing Profession	27
28.	The Poet in Me	28
29.	Ode To the Fallen Hero	29
30.	Rose and A Butterfly	30
31.	The Flaming Desire of Love	31
32.	At A Construction Site	32
33.	Handicrafts	33
34.	One Morning	34
35.	A Time When You Felt Loved	35
36.	Blessings of Nature	36
37.	The Ghost Story.	37
38.	What's Done in The Dark Will Come to Light	38
39.	Stepping Outside	39
40.	Cosmic Love	40
41.	The Mirage of Hope	41
42.	Mountain Trails	42
43.	The Cemetery	43
44.	Before Sunrise	44
45.	Said One Tree to Another	45
46.	My Child	46
47.	Christmas Holidays	47
48.	Written In the Stars	48
49.	Before Spring Arrives.	49
50.	My New Year Wish	50

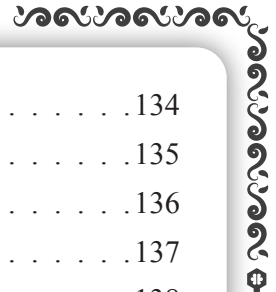
51.	Planting a Tree	51
52.	Spring The Season of Love	52
53.	I Close My Eyes	53
54.	Love As Deep as an Ocean	54
55.	Friends Make Life More Beautiful	55
56.	Simplicity	56
57.	Question.	57
58.	Darkness	58
59.	Paper and Pen	59
60.	Cuckoo's Nest.	60
61.	Marriages Are Made in Heaven.	61
62.	Wonder Years of Childhood.	62
63.	Dreams of Life	63
64.	After Missing the Train	64
65.	Like Holi Life Should Be Colorful	65
66.	Oh! Those Beautiful Smiling Faces.	66
67.	My Little One My Darling	67
68.	Convocation.	68
69.	Holi	69
70.	A Beacon in The Dark	70
71.	A Poem for World Poetry Day	71
72.	Prisoner	72
73.	Dewdrops	73
74.	Papa's Car.	74
75.	Shadow of Past	75
76.	Family.	76
77.	Years Later	77
78.	The Ramadan Moon	78



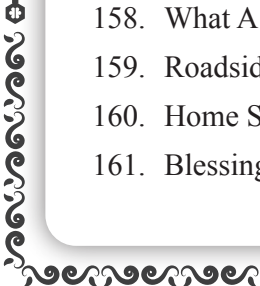
79.	Happiness is an Inside Job	79
80.	The Complex Realm of Relationships	80
81.	A Sky Full of Stars	81
82.	A Stone of Hope Can Cause A Mountain of Despair to Fall	82
83.	That's me	83
84.	I Need Freedom From	84
85.	There Are No Failures Only Lessons to Be Learnt	85
86.	An Inspiration from My Favourite Prayer	86
87.	A List of My Rules for Life.	87
88.	My Pen Talks to Me.	88
89.	Power of Imagination	89
90.	Scare's Depth	90
91.	Pristine Life	91
92.	I Broke My Mirror	92
93.	Hope Is the Thing with Feathers	93
94.	Regret for A Chance Not Taken.	94
95.	Delhi's Jama Masjid	95
96.	Rainbow in My Room	96
97.	In The Ease of The Moment	97
98.	Street Light	98
99.	Those Words of Wisdom	99
100.	Falling Leaves and Gentle Breeze	100
101.	Someone Who Cares	101
102.	A Call to Awaken	102
103.	A Journey in Time Capsule	103
104.	My Box of Wonders.	104
105.	Voice of The People.	105



106. It is My Wish It is My Dream.	106
107. Not That Simple.	107
108. The Moon Clouds and A Book	108
109. I Have a Pen and I Can Write	109
110. The Cloud of Unsureness	110
111. A Travel Journal	111
112. Creativity A Mirror of Myself	112
113. Old is Gold in Many Ways	113
114. I Remember Those Sleepless Nights	114
115. “Mom” is The Word	115
116. The Golden Moments.	116
117. Abyss of Ignorance	117
118. Magical Twilight	118
119. Mirage of Love	119
120. Whispers of Unseen.	120
121. The Dance of Time	121
122. Eclipse	122
123. Serenity	123
124. Nostalgia	124
125. Wanderlust	125
126. Soundless Echo	126
127. Loving You Is My Meaning of Life.	127
128. Be Bold Be You.	128
129. Love Is All Seven Colours of a Rainbow	129
130. Spirit Of Adventure	130
131. She Broke Those Shackles	131
132. Way To Progress	132
133. Childhood Memories	133



134. The Awakening Dawn.	134
135. Rainy Day.	135
136. As I Draw the Curtains Aside.	136
137. The Crowd That Had Gathered	137
138. I Am Not My----	138
139. Family Outing.	139
140. Message From Heaven	140
141. This Is My Friend and My Classmate	141
142. Looking For Your Love in The Clouds	142
143. What It Means to Be a Father.	143
144. Autumn	144
145. A to E	145
146. She	146
147. The Flower Bed.	147
148. Charming Prince	148
149. Easier Said Than Done	149
150. You Can't Be Too Careful	150
151. My Welcoming World	151
152. The Ever- Smiling Hope	152
153. That's How Far Luck Can Take You	153
154. The Walled Memories.	154
155. A Book for All Times	155
156. Me & My Little Knowledge of Stars	156
157. Food.	157
158. What A Day It Was!.	158
159. Roadside Blemishes.	159
160. Home Sweet Home	160
161. Blessings of Imperfection.	161



162.	Not Long Back Enough to Be Forgotten	162
163.	The Untraditional Me	163
164.	Dreams Do Come True	164
165.	Please Don't Disturb	165
166.	The Curry of Hurry	166
167.	Crumbling Down of A Lofty Structure	167
168.	The Silent Night	168
169.	Grey's Unreliability	169
170.	Best Is Much Less Than Maximum.	170
171.	Friendship.	171
172.	A Prayer.	172
173.	Love.	173
174.	A Dream.	174
175.	Those Twin Drums and Their Mesmerizing Effect . . .	175
176.	The Big Banyan Tree	177
177.	Dear God	178
178.	Loss and Re-invention of Self Sufficiency	179
179.	A Journey Cut Short	181
180.	Every Beginning Has an End	182