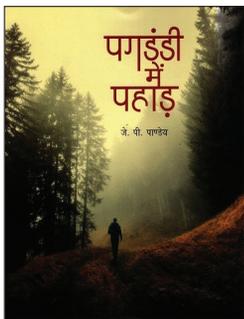


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PICK OF THE MONTH



Pagdandi Me Pahad
Author: J. P. Pandey
ISBN: 978-93-5491-313-6
Price: Rs. 575.00

Hon'ble Minister Launches NBT Title "Quest for Swaraj"



Dr. Bhagwat Kishanrao Karad, Hon'ble Minister of State for Finance recalled contributions of a few princely States towards eradicating social evils and the roles their Kings played in the freedom movement of the country at the book release function of 'Quest For Swaraj: Historical Journey of a Nationalist Prince' authored by Dr. S C Misra and published by National Book Trust, India, held at the NBT Head Office in New Delhi on 16 June 2022.

Releasing the book, Dr. Karad said that books highlighting the contributions of unsung heroes of the Indian freedom struggle being published by NBT are a great way to familiarise the younger generations with sacrifices made for the independence of the nation. He further said that the book 'Quest for Swaraj: Historical Journey of a Nationalist Prince' would continue to guide the future generations and pays tribute to a revolutionary icon, Maharaja Kishan Singh.

Smt. Rohini Grewal, granddaughter of Maharaja Kishan Singh was the Guest of Honour at the event. She appreciated the efforts of the author in encapsulating the true essence of the Maharaja and his beliefs in the book. She further added that the impact of his efforts and achievements pertaining to women and marginalised sections of the society are still visible.

Dr. S C Mishra, author, said that it is probably for the first time that a serious attempt has been made to reveal the story of an unsung nationalist prince, Maharaja Kishan Singh.





Eminent lawyer Shri Dharam Gopal Chaturvedi, said that the book is about a prince who lived a dignified life undismayed by British interference. He added that the various welfare initiatives launched by the King have also been acknowledged by the Constitution of India through various amendments.

Shri Yuvraj Malik, Director, NBT said that it is the moral responsibility of the citizens to be aware of the country's glorious history.

To commemorate the 75 years of India's independence, NBT under the Azadi ka Amrit Mahotsav, Government of India programme, has also launched a new publishing series, India@75 for young and general readers. Books under this series reflect the momentous yet wonderful journey of India. As a part of the series, books on freedom fighters, major achievers, events and themes that have shaped the modern India are being developed.

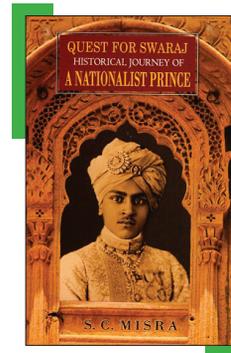
The book deals comprehensively with Maharaja Kishan Singh's efforts towards

ushering in the wave of socio-cultural democratic nationalism in the custom-ridden monarchical system of the Bharatpur state.

Maharaja Kishan Singh's contribution to the nationalistic fervour in the Bharatpur state can be summarised mainly in four areas, viz. making serious efforts for the unification of the diverse sections of the indigenous society; enlightening peoples' mind through personal interaction and promotion of literary lore preserved in Hindi; liberalising the age-old undemocratic customs related to women and the depressed classes; and democratising the temper of the State's administration through the introduction of the scheme of 'Shashan Samiti Vidhan'.

Dr. S. C. Misra, author of 'Quest for Swaraj: Historical Journey of a Nationalist Prince' has to his credit approximately 60 research papers, published in the national and state journals of History; four research publications and a book in Hindi entitled 'Marathaon Ka Itihas.'

His writings and researches have traversed beyond history since he researched and wrote 'Sanskriti Ke aaine mein Hanumat Charit' as well as a collection of poems entitled 'Baat Mere Antarman Ki'. The present research publication, 'Quest for Swaraj: Historical Journey of a Nationalist Prince' is a path breaking work.



Quest for Swaraj

Historical Journey of A nationalist Prince

Author: S. C. Misra

ISBN: 812379990-X | Price 175/-

NBT to organize Shimla Book Fair

National Book Trust, India is organizing the Shimla Book Fair in collaboration with Department of Language Art & Culture, Himachal Pradesh from 25 June to 03 July 2022 at the Gaiety Theatre and Padam Dev Complex, Shimla.

The fair will be inaugurated by Hon'ble Education Minister, Govt. of Himachal Pradesh, Shri Govind Singh Thakur on 25 June 2022 at 3.00 pm in the presence of Special Guest Shri K.R. Bharti, eminent writer and Guest of Honour, Shri Rakesh Kanwar, Secretary (Language & Culture), Prof

Govind Prasad Sharma, Chairman, NBT and Shri Yuvraj Malik, Director, NBT.

The fair will see participation from more than 43 reputed publishers from the country across 63 stalls. Apart from Hindi and English, books published by NBT and other noted publishers in Himachali, Punjabi, Urdu and other Indian languages will be available at the fair. Book lovers will have the opportunity to browse through and buy cost-effective quality books across genres for readers of all age groups on subjects such as popular science, popular

social science, national biographies, autobiographies, folklore, Indian & world literature, and much more. Every day the book fair will have literary events, cultural evenings as well as workshops and competitions for children.

NBT will also be displaying its bilingual titles for children published as per the guidelines of the National Education Policy (NEP) 2020 along with its new series India@75 which acquaints readers with the lives and struggles of our freedom fighters.

International Day of Yoga

Hon'ble Prime Minister Shri Narendra Modi on September 27, 2014 urged the United Nations General Assembly to take cognisance of the universal appeal of Yoga. The International Day of Yoga has been celebrated across the world annually on June 21 following its inception in the UN General Assembly. This year the theme for the celebration of International Yoga Day was "Yoga for Humanity". Hon'ble PM Shri Narendra Modi participated in the 8th International Day of Yoga celebrations in Karnataka's historical Mysuru Palace.

NBT's Yoga Day Celebrations

It is said that Yoga adds years to one's life and add life to one's years. It helps bring balance to the body and mind. Regular practice of the various tenets of Yoga aids holistic well-being by improving physical, physiological, psychological, emotional and intellectual health.

On the occasion of International Yoga Day 2022, NBT organized two 1-hour long Yoga sessions for its employees at the NBT

Headquarters in Delhi. Attendees of the session were provided with yoga mats and were guided through various asanas by a professional guest - yoga instructor. Some of the asanas everyone was guided through were- Ardha Padmasana, Padmasana, Vajrasana, Dhruvasana, and Tiryak-Tadasana among others. The participants were also briefed about the innumerable health benefits of practising Pranayama daily.



Book Excerpt

Grow With Yoga: For a Better Tomorrow

With regular practice of Sūrya Namaskara Asana, the body becomes healthy, sound and energetic. All the organs and tissues become active and the secretion of hormones from endocrine glands become normal. Performing Sūrya Namaskara Asana in the early morning hours, facing towards the east is beneficial. Mostly this Asana is practiced on an empty stomach according to ease. While performing the 12 positions, if special attention is given to Paraka, Kumbhka and Recaka, you derive

maximum benefit from the practice.

This is an independent and complete exercise in itself. It has 12 different steps. It is known as a combination of 12 Asanas.

GENERAL RULES OF SURYA NAMASKARA ASANA

1. Surya Namaskara performed early in the morning is more beneficial. 2. Completing all 12 exercises of Surya Namaskara is called as one round. To get maximum benefit, you must do 10-15 rounds.

3. While performing its 12 exercises, one must be careful to follow Puraka, Kumbhaka and Recaka. Their meaning is as follows:

- Inhaling is known as 'Puraka'.
- Holding the breath is known as 'Kumbhaka'
- Exhaling is known as 'Recaka'.

4. We should not practice Surya Namaskara during illness. But, it can be done slowly under the guidance of the Yoga teacher.



NBT's Border District Exhibitions Celebrating Azadi Ka Amrit Mahotsav

As per its mandate, National Book Trust, India publishes quality literature at affordable prices and regularly organizes book fairs, book exhibitions, mobile exhibition vans etc, across the country to make this literature accessible to the readers. In furtherance to this, to promote a book reading culture in far flung areas, NBT is organizing book exhibitions and mobile exhibitions in international land border districts of the country. Under Azadi ka Amrit Mahotsav, the first phase of these exhibitions was organized in Chamoli, Pithoragarh and Uttarkashi districts of Uttarakhand.

Gopeshwar (Chamoli), Uttarakhand

The Gopeshwar Book Exhibition was organised at the Atal Utkrisht Shri 1008, Gita Swami Rajkiya Inter College in Gopeshwar (Chamoli district), Uttarakhand from 17th to 23rd June 2022. It was inaugurated on 17 June by Chief Guest, Lt. Col. Shri Dipender Singh, Commanding Officer, N.C.C., Gopeshwar. Special Guest, Captain Shri Madan Singh Negi, N.C.C., Gopeshwar and Shri Karamvir Singh, Principal, Rajkiya Inter-College, Gopeshwar along with Shri Padam Singh Bhati, Marketing Executive, NBT India were also present at the inauguration.

Addressing the students and attendees of the exhibition, Shri Dipender Singh said that books are an integral part of life. They teach and guide us the ways to lead life and hence,



it is essentially important that one must inculcate the habit of reading. Shri Negi in his address emphasised on the importance of reading and said that reading helps in creating a bright future and also helps in making the society a better place to grow.

Books published by NBT in regional languages like Garhwali, Nepali and Kumaoni as well as English and Hindi and other Indian languages were displayed at these exhibitions.

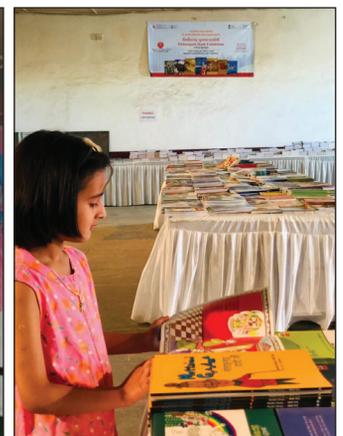
Pithoragarh, Uttarakhand

The Book Exhibition was organised at the District Administration, Pithoragarh, Uttarakhand from 17th to 23rd June 2022. It was inaugurated on 17 June by the chief guest Dr. Ashish Chauhan, District Officer, Pithoragarh. Shri Rajendra Singh Rawat, President, Nagar Palika Parishad was also present.

At the inauguration, chief guest, Dr. Ashish Chauhan, while addressing the people said that books are helpful in mental development and act as medicine for human life. In this context, he expressed his gratitude to the Trust. He said such events should be organized in future too so that the people of Pithoragarh can be benefitted. He also interacted with the students who had

attended and made them aware of the important role of books.

Shri Rajendra Singh Rawat, President, Municipal Council requested the Trust to organize a book exhibition every year.



Uttarkashi, Uttarakhand

A Book Exhibition was organized at the Municipal Council Office, Barahat, Uttarkashi from 17th to 23rd June 2022. It was inaugurated on 17 June by Chief Guest, I.A.S. Shri Abhishek Ruhilla, District Magistrate with Ramesh Semval, President, Nagar Palika Parishad, Uttarkashi in the august presence of Shri Dinesh Bhatt, Shri Akhilanand Bhatt, Shri Devraj Vashist and Shri Devendra Chauhan.

Shri Abhishek Ruhilla in his address, requested all the readers, especially children and youth, to attend the exhibition and find books of their interest. This will not only help them to acquire knowledge, but will also help in building advanced character and personality.

He further added that the process of reading and learning works in the formation of an advanced character and personality. Learning is a never-ending process and will lead to the development of an advanced nation.

The exhibition had on display NBT's new series India@75



and a special collection of books on Param Vir Chakra awardees. Special offers on books were made available for personnel and employees of the Defence Forces posted on Indian borders.

Book Exhibition in Chamba as part of Aspirational District Programme

In addition to NBT's Border District Exhibitions, NBT is also organising a series of exhibitions in the 117 Aspirational Districts identified by NITI Aayog, the first of which was organised in Chamba district, Himachal Pradesh. NBT is also planning to organize more such exhibitions, mobile exhibitions and reading drives to promote book reading in other aspirational districts and other rural areas of the country by the year 2023.

The Book Exhibition was organised at the Bhuri Singh Museum from 17th to 23rd June 2022. The book exhibition was inaugurated on 17 June by the chief guest Shri Amit Mehra, ADM in the august presence of Smt. Sakini Kapoor, SHO, Chamba along with Shri Umakant (Deputy District Education) and Shri Surender Thakur, Incharge, Bhuri Singh Museum. On this occasion, NBT books were presented to all the guests.

At the inauguration, chief guest, Shri Amit Mehra, while addressing the people said that such events are very important and should be organised regularly in order to help more and more people develop a reading habit. He urged the people present to bring along their friends and parents to also attend the exhibition as there are books of all genres available.

In the exhibition, books published by NBT in Hindi, English, Himachali, Punjabi and Urdu and other Indian languages were made available for the visitors to browse and purchase. Bilingual books for children published by NBT under the National Education



Policy 2020 were also displayed. Apart from this, quality and cost-effective books were available for readers of all age groups on subjects like general science, popular social science, India- Land and its people, national biographies, autobiographies, folk-culture and literature.

To acquaint the readers with the life and struggles of our freedom fighters, NBT's new series India@75 was also displayed along with a special collection of books based on the Param Vir Chakra awardees.



NBT's Titles on Arts/Performing Arts

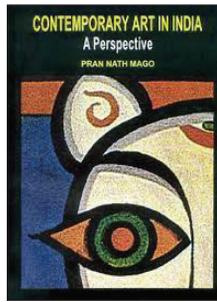
CONTEMPORARY ART IN INDIA: A Perspective

Pran Nath Mago

Rs. 620.00

ISBN 81-237-3419-0

A quintessential work that unfolds the origin and development of contemporary Indian art. Covering the last 150 years and with nearly 300 illustrations, the book focuses on the different artistic and stylistic genres and art movements which have enriched the Indian art scenario over the years.



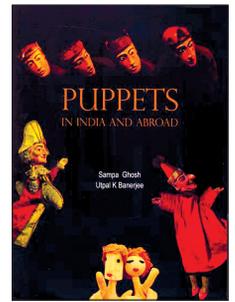
PUPPETS IN INDIA AND ABROAD

Sampa Ghosh & Utpal K Banerjee

Rs. 235.00

ISBN 978-87-237-7136-6

This book is an attempt to familiarize the general reader with the complex and fascinating world of puppets and puppeteers from India and abroad. Written in a simple and engaging style, the book covers a wide spectrum touching upon the traditional and contemporary form of puppets, different schools of puppet making and their handling. A major focus of the book rests on puppet traditions across the globe thus giving an overview about Pan-Asian, European, African and other traditions.



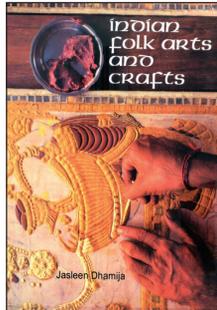
INDIAN FOLK ARTS AND CRAFTS

Jasleen Dhamija

Rs. 125.00 (PB)

ISBN 978-81-237-2206-2

This concise yet comprehensive and richly illustrated book talks of India's rich cultural heritage preserved in its folk arts and crafts. Immense in its range and variety this tradition reflects the imagination and the amazing diversity of the people who have created it and how it is related to their day-to-day legends, myths and festivals.



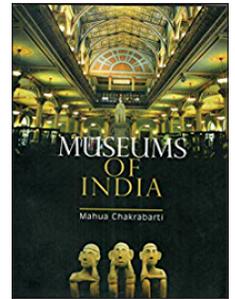
MUSEUMS OF INDIA

Mahua Chakrabarti

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Museums act as great repository of our past. But are they meant to preserve the past for the present, or the present for the future? Or are they also meant to anticipate future for us, as is evident from various futuristic museums related to science and discovery of human knowledge. This book takes up these issues and provides a comprehensive introduction to the world of museums.



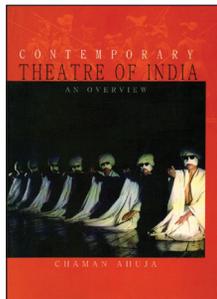
CONTEMPORARY THEATRE OF INDIA: An Overview

Chaman Ahuja

540.00

ISBN 978-81-237-6491-7

The book introduces the contemporary theatre scenario in different parts of India. Researched and written over a period of nearly a decade, it examines and interprets the trends, experiments and major works. Covering the country region-wise, it not only throws light on the nature of theatre in various languages in India but also takes up serious issues for scrutiny.



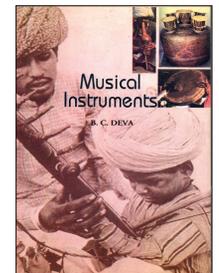
MUSICAL INSTRUMENTS

B C Deva

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Useful for the musicologist and the layman alike, this book traces the origin of musical instruments, both folk and classical, and studies them in relation to myth, folklore, religion and intercultural movement and developments in society.



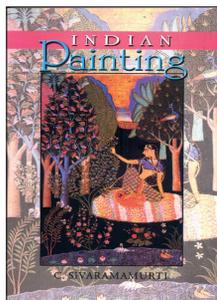
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C Sivaramamurti

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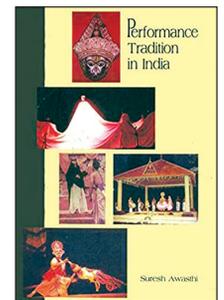
PERFORMANCE TRADITION IN INDIA

Suresh Awasthi

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The book gives a comprehensive account of various art forms as practiced in different corners of India almost as a way of life. Written in a lucid style, different aspects of the rich performance tradition of the country with its own typical myths, customs, traditions and folk life get unravelled before us in these pages.



NBT Titles on States of India

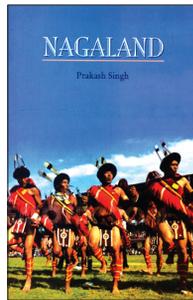
NAGALAND

Prakash Singh

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ISBN 81-237-1484-X

The book presents a multi-dimensional picture of Nagaland, its people and their aspirations. It also throws new light on crucial phases in the political evolution of the Nagas.



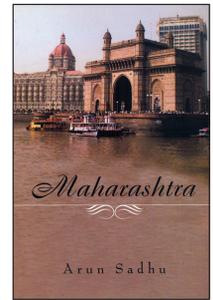
MAHARASHTRA

Arun Sadhu

Rs. 170.00

ISBN 978-81-237-4961-7

A leading industrialised state of India, Maharashtra historically stands at the cross-roads of North and South of the Indian sub-continent described by scholars as 'a culture contact region par excellence'. This comprehensive overview of Maharashtra, this book gives deep insights into the history, politics and economy of the state.



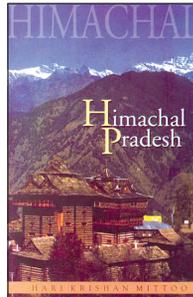
HIMACHAL PRADESH

Hari Krishan Mittoo

Rs. 95.00

ISBN 978-81-237-0555-2

Himachal Pradesh is a land of glaciers, majestic snowfed rivers and cascading streams. This book is a vivid account of its history, the social and cultural life of its people, and an impressive record of its economic development.



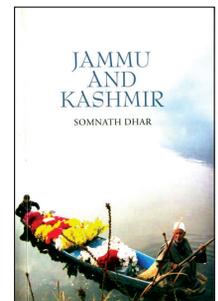
JAMMU AND KASHMIR

Somnath Dhar 212 pp `

Rs. 170.00

ISBN 978-81-237-2533-8

Regarded by the Grand Mughals as a paradise on earth, Kashmir has exercised particular fascination over the minds of men. The present book is about the land and its handsome and varied people, noted for their tolerance, intelligence, industry and skill.



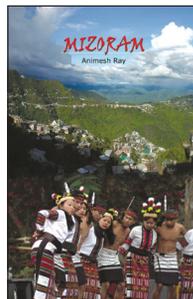
MIZORAM

Animesh Ray

Rs. 100.00

ISBN 978-81-237-0470-8

This is an informative book on the land and people of Mizoram. Illustrated with a number of colour photographs, it presents a comprehensive account of the State, the customs and occupations of the people, as well as its current development.



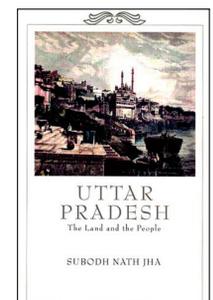
UTTAR PRADESH: The Land and the People

Subhodh Nath Jha

Rs. 125.00

ISBN 978-81-237-4960-0

Located in the Indo-Gangetic plain, Uttar Pradesh, continues to be the largest state in terms of population. The present book provides insights regarding distinctive characteristics of land, people, customs, resources, historical background, culture, crafts, literature, economy, etc. of Uttar Pradesh.



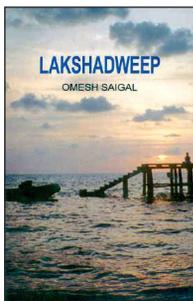
LAKSHADWEEP

Omesh Saigal

Rs. 60.00

ISBN 81-237-3108-6

Lakshadweep is a tiny island territory situated 250-500 km south-west of the Kerala coast. This detailed study of the island gives a comprehensive account of this strategically situated territory, its physical and natural characteristics, the life of its colourful and simple people, the history of the island since 1500 BC and how modernism and change are fast overtaking this lesser known archipelago.



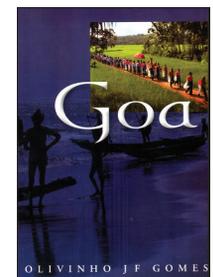
GOA

Olivinho J F Gomes

Rs. 220.00

ISBN 81-237-4139-1

The book provides an overview of physical environment, historical background, economic order and social complexion of the state. The book also throws light on religions and rituals, feasts and festivals, language, literature and folklore as well as artistic heritage of the province in lucid style.



PM-YUVA Author Aashisha Chakraborty Visits NBT

The YUVA Masterclass sessions being held under the PM YUVA Mentorship Programme (launched in 2021) were concluded earlier this year. Under the scheme, the selected 75 Yuva Authors have successfully attended live mentoring sessions delivered by industry experts to equip them with important tips needed to give shape to good literature.



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On 11 June, Yuva Author Aashisha Chakraborty from the state of Delhi, under this scheme, visited the NBT headquarters. On her visit, she met with Shri Yuvraj Malik, Director, NBT and Shri Kumar Vikram, Editor.

She shared a picture of her receiving a gift set of books from Shri Malik and captioned it “Meeting my mentors and publisher for my upcoming novel as a part of PM-YUVA scheme @nbt_india”.

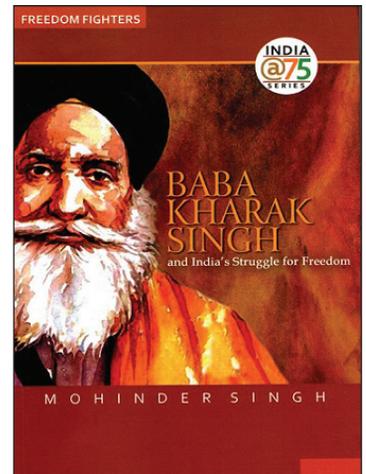
Book Review

Baba Kharak Singh and India’s Struggle for Freedom by Mohinder Singh

Baba Kharak Singh is a name that reverberate through pages of history yet little is known about his life and his efforts that led to the Indian nationalist movement gain momentum during

its freedom struggle against the oppressive British rule during the early 20th century.

This book brings to light many stories from the life and time of Baba Kharak Singh, presented with a fresh perspective to the average reader. There are accounts of him taking charge and moulding the course of events in the politics of modern Punjab, at various instances and proving himself as a leader. He led the Sikh community towards political consciousness and initiated Keys Morcha in 1922 which was one of the most successful agitations against British rule. Baba Kharak Singh greatly endeared himself to his countrymen and is still popularly remembered as the “Uncrowned king of the Sikhs”. This book affords the reader a rare insight into his personality as it includes a selection of speeches given by him on various occasions.



Author: Mohinder Singh
ISBN: 935491184-6 | Price 155/-

You can also find the e-Newsletter on our website www.nbtindia.gov.in

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