

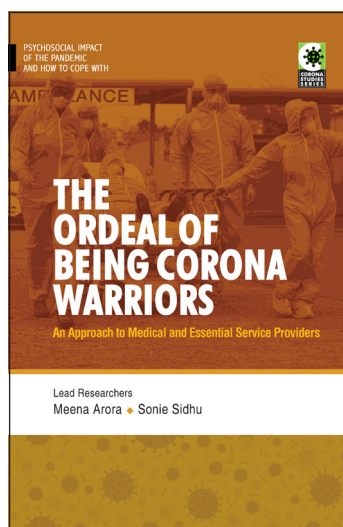
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## Remarkable Set of Books: HRD Minister



### PICK OF THE MONTH



**The Ordeal of Being Corona Warriors**  
Meena Arora & Sonie Sidhu  
978-81-237-9195-1; Rs 135

“To counter the difficult circumstances that the world today is facing, NBT has brought out these remarkable and unparalleled set of books,” said Dr Ramesh Pokhriyal Nishank, Hon’ble Minister of Human Resource Development, while releasing a set of seven titles on the psychosocial impact of pandemic and lockdown, published under NBT’s Corona Studies series. The programme was organised through video conferencing at New Delhi on 15 May 2020.

Observing that preventive mental health is an important area that we need to focus during these times, Dr Pokhriyal said that every single effort is necessary to go ahead and fight the pandemic as warriors.

Dr Pokhriyal congratulated both

NBT and the authors for their unique efforts to bring together this significant material in book form for easy reading.

Mann ke haare har, mann ke jeete jeet, said Dr Pokhriyal emphasising that our mind and psychological well-being decides our actions.

Speaking on the occasion, Prof. Govind Prasad Sharma, Chairman NBT said, “In my times, I have seen many epidemics and diseases affecting the world, but what we are facing today is challenging because it is affecting the mental health of even those who are not corona-affected. Hence the need for these books is of utmost importance, and they will serve the needs of the readers not only in India but abroad as well.” Prof. Sharma also thanked the Hon’ble Minister for his guidance and

his efforts in ensuring that children across India are not affected by this pandemic by making e-learning possible for all.

Shri Yuvrak Malik, Director, NBT, under whose leadership the entire project was conceived and executed, thanked the Hon'ble HRD Minister and Chairman, NBT for their continuous guidance, and also congratulated the entire NBT team as well as the researchers and illustrators for completing the project in record time of four weeks. He said that more new content will be brought out by NBT in due course of time to meet the reading needs of the post-Corona readers.

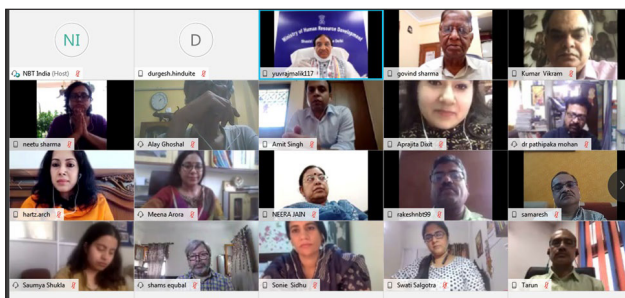
Speaking on the occasion, Dr. Jitendra Nagpal, eminent psychiatrist and one of the authors emphasised on the unprecedented value addition to that these books have



made to the area of psychological research and counselling in times to come, since very rarely in India a series of handbooks focused on Preventive Mental Health has

of coordinating through technology.

Sharing his experience of coordinating the publication of the Series, Shri Kumar Vikram, Editor, NBT said that, "NBT's role of a national body for book publishing and promotion in these times has become all the more important since well-organised information in the form of books have long-term impact on the readers and the same is being provided by the Trust through these initiatives."



## Corona Studies Series

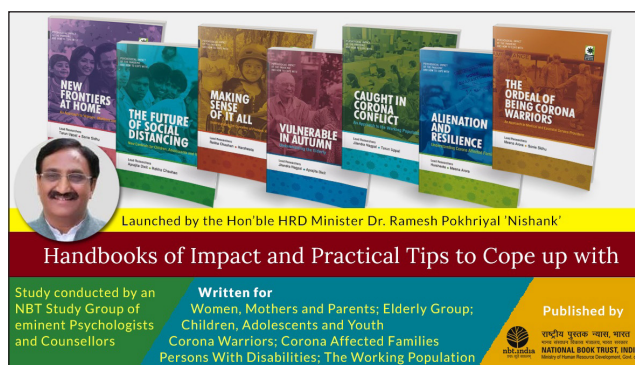
The Corona Studies Series has been especially conceptualized by NBT to document and provide relevant reading materials for all age-groups for the post-Corona readership needs, under the first-sub series of books focused on 'Psycho-social Impact of Pandemic and How to Cope With' prepared by a Study Group comprising of seven psychologists and counsellors constituted by NBT.

The titles launched following the Study, look at the various aspects of Psycho-social impact on seven different segments of the society through personal interviews, case studies and community perceptions based on the response to the on-line questionnaire floated through the website and other social media handles of National Book Trust, India.

The Study, which was conducted and analyzed between 27th March and 1st May 2020, finds the 'fear of infection as the greatest source of anxiety followed by financial and domestic issues.' The Study Group has recommended 'strengthening of Preventive Mental Health component of the National Mental Health Programme' as a long term strategy to prepare a resilient and well-adapted post-Corona society, along with physical health, and socio-economic adaptability. Complimented by illustrations, the books also provide very valuable

and practical tips to cope with the mental stress and anxiety that may have been caused due to the Pandemic and the Lockdown.

The titles include *Vulnerable in Autumn: Understanding the Elderly* (Lead Researchers: Jitendra Nagpal and Aprajita Dixit; Illustrator: AloyGhoshal); *The Future of Social Distancing: New Cardinals for Children, Adolescents and Youth* (Lead Researchers: Aprajita Dixit and RekhaChauhanIllustrator: Partha Sengupta); *The Ordeal of Being Corona Warriors: An Approach to Medical and Essential Service Providers* (Lead Researchers: Meena Arora and SonieSidhu; Illustrator: Saumya Shukla); *New Frontiers At Home: An Approach to Women, Mothers and Parents* (Lead Researchers: Tarun Uppal and SonieSidhu; Illustrator: Arya Prahraj); *Caught in Corona Conflict: An Approach to the Working Population* (Lead Researchers: Jitendra Nagpal and Tarun Uppal; Illustrator: Fazruddin); *Making Sense of It All: Understanding the Concerns of Persons With Disabilities* (Lead Researchers: Rekha Chauhan and Harsheeta; Illustrator: Viky Arya); and *Alienation And Resilience: Understanding Corona Affected Families* (Lead Researchers: Harsheeta and Meena Arora; Illustrator: Neetu Sharma). Seven videos complementing the book are also being launched along with the books, giving an overview of the content.





# Webinar on Post-COVID Publishing Scenario

“With its ancient universities, ancient knowledge and treasure trove of books, India is a link between the past and the future, a bridge between generations and across cultures,” said Shri Ramesh Pokhriyal Nishank, Hon’ble Minister for Human Resource Development at the Webinar on Post-COVID Publishing



Scenario held at New Delhi on 23 April 2020. The webinar was organised by the National Book Trust, India and FICCI on the occasion of World Book & Copyright Day.

Taking this knowledge further, Shri Nishank added that we all have to strive together to make India a proud knowledge economy of the world. Shri Nishank also emphasised on the need to promote reading in the country, he said that children should be encouraged to believe that books are their best friends.

Speaking of the need to promote the culture of reading, Shri Nishank said that the youth of India outnumber the total population of some of the western countries, and therefore it is important that the teachers, authors, publishers and educationists ensure that correct knowledge is disseminated to them, to create a new and powerful India.

In his address, Prof. Govind Prasad Sharma, Chairman, NBT spoke about the changing trends in publishing. He said that from the oral tradition, to hand written parchments to printed words, now in present times, the society has accepted e-learning as a method of knowledge dissemination.

Talking about the current situation of pandemic, Prof. Sharma said that the pandemic has taken a toll on all of us and has changed the way we function, like students are being taught over online classes. He was of the view that the publishers need to make sure that we keep on imparting knowledge regardless of the medium, through e-content for students

and teachers, support the publishing Industry, and stick together to help each other during Covid and post-Covid times.

Shri Yuvraj Malik, Director, NBT said that at present the world at large and the publishing industry is facing several problems, and it may well take a long time to get back. He remarked that we must accept the demand of the hour, and as publishers it is our duty to disseminate information and knowledge to the society, it may well be through digital and e-publishing mediums. He added that what we create today will become an important historical document for tomorrow.

Talking about NBT’s initiatives during this period, Shri Malik informed the participants that realizing the extraordinary psychological, social, economic and cultural significance of Corona pandemic for the society in the times to come, NBT has planned the launch of a publishing series titled ‘Corona Studies Series’ to document and provide relevant reading materials for all age-groups for the post-Corona readership needs. The material is being readied by a Study Group comprising experienced psychologists/counsellors. The first sub-series is on ‘Psycho-Social Impact of Corona Pandemic and the Ways to Cope’ in e-edition format. In addition, NBT is preparing children’s books on Our Corona Warriors, and other story and picture books related to various aspects of Corona to create awareness.

Also, books focused on art, literature, folklore, economic and sociological

aspects, science/health awareness emerging out of the Corona pandemic, and the lockdown, are also in the pipeline.

Earlier, Shri Ratnesh Jha, Chair, FICCI Publishing Committee and CEO, Burlington Group (India & South East Asia) delivered the welcome address. Ms. Monica Malhotra Kandhari, Co-Chair,

FICCI Publishing Committee and Managing Director, MBD Group, Shri Dilip Chinoy, Secretary General, FICCI and Shri Neeraj Jain, Co-Chair, FICCI Publishing Committee and Managing Director, Scholastic India Pvt. Ltd. also spoke on the occasion and shared their views on various important issues that publishing industry is facing during corona pandemic, including post-Corona reading needs, digital publishing/e learning, and the infrastructure available for digital publishing/e-learning.

Over 180 participants logged-in to join the webinar across India, which included publishers, authors, editors, teachers, booksellers, digital content creators, and publishing professionals from different areas.

The Webinar provided insights on the post-Covid scenario for the publishing industry and probable shift in the publishing, teaching and learning methods, while understanding the ways in which the education will be re-looked into with the rising e-learning practices.

## World Book Day 2020 Message

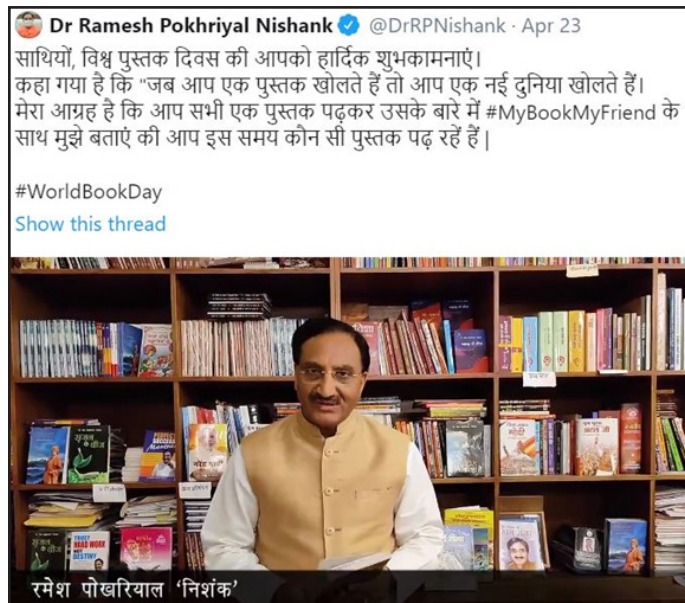
“Books have the unique ability both to entertain and to teach. They are at once a means of exploring realms beyond our personal experience through exposure to different authors, universes and cultures, and a means of accessing the deepest recesses of our inner selves.”

- Audrey Azoulay  
Director-General of UNESCO

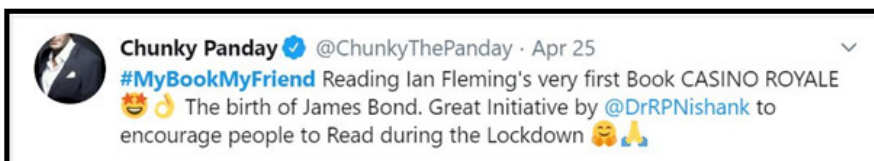
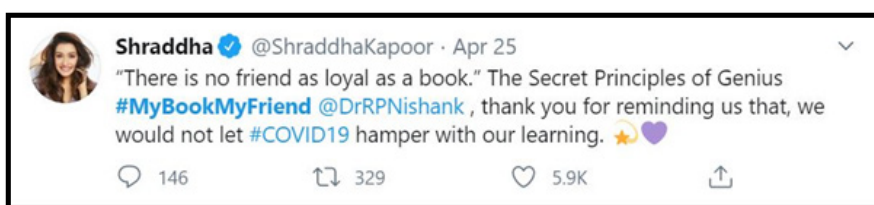
# #MyBookMyFriend Campaign

“There could be no better friend, better strength, better motivator, or a better mentor than books,” said Dr Ramesh Pokhriyal Nishank, Hon’ble Minister of Human Resource Development at the launch of a unique #MyBookMyFriend Campaign on 23 April 2020. On the occasion of World Book Day, Dr Nishank urged people, especially the students to read books of interest during the time of lockdown. He added that with the world facing an unprecedented crisis, reading books will help people and young children to cope with the mental and psychological distress.

National Book Trust, India in its endeavour to promote the #MyBookMyFriend Campaign across the globe and to encourage reading during these difficult times is providing its select and best-selling titles for free download through its initiative of #StayHomeIndiaWithBooks! Secondly, realizing the extraordinary psychological, social, economic and cultural impact of Corona Pandemic on the society in the times to come, NBT launched a publishing series titled ‘Corona Studies Series’ to document and to provide relevant reading materials for all age-groups for the post-Corona readership needs.







It is a matter of great encouragement that many celebrities and people of renown have come on the forefront to support #MyBookMyFriend campaign - from Amitabh Bachchan to Prasoon Joshi, to Shraddha Kapoor, Acharya Balkrishan, Esha Pandey, Rajkumar Rao, among others.

In further promoting this campaign, NBT India in collaboration with various schools has launched an Essay competition on #MyBookMyFriend where the best entries will be gifted autographed books with participation certificates. A quiz competition on books and reading is also being held.

## NBT Story Lounge for Children

National Book Trust, India in collaboration with Prasara Bharati's External Services Division of All India Radio, has launched - Story Lounge - a unique storytelling festival. The programme features celebrated children's authors reading from their stories published by NBT.

The Story Lounge is broadcast daily at 7:20 am and repeat broadcast at 10:20 pm on All India Radio Channels including AIR FM Gold, AIR LiveNews 24x7, AIR Indraprasth. The stories can also be accessed on mobile apps viz. NewsOnAir and on All India Radio Live. In addition, Story Lounge is also telecast every Saturday at the YouTube channel of World Services AIR Hindi at 11.30 am and World



Services AIR English at 7.30 pm.

The stories will also be available on NBT's website [www.nbtindia.gov.in](http://www.nbtindia.gov.in) as well as on its YouTube channel — YouTube/NBTIndia and other social media platforms of NBT.

The stories broadcast are in English and in Hindi, and soon the stories will be aired in all Indian languages across

various stations of AIR.

With over 20 crore listeners, this initiative by National Book Trust, India and Prasara Bharati aims to reach children as a unique but tested method of learning and also as a constructive and positive step in the fight against the pandemic that has affected young and old alike.

## Excerpts

The world is celebrating the International Yoga Day on 21 June 2020. NBT has published *A Primer on Yoga: Theory and Practice* written by Ramesh Bijlani. Herein we reproduce an excerpt from the chapter 'Yoga: A Wide Angle View'.

The word yoga evokes some very contrasting and apparently irreconcilable images. The commonest of these is that of some techniques such as asanas, pranayamas and meditation. The other image is that of yogis who have renounced life, are on a spiritual quest, and spend long years on the mountains or in a cave in search of the Divine. These days it is also quite trendy to describe yoga as a way of life. Each of these images has a grain of truth, and it is not as difficult to reconcile them as it looks. Let us see how we can reconcile techniques, renunciation, the Divine, and a way of life.

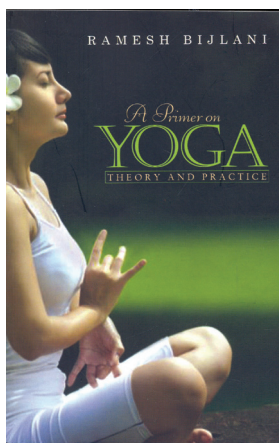
### Techniques

The simplest way of looking at yoga is as a process of self-improvement, a process that affects both the body and the mind. In other words, as a result of practicing yoga a person becomes physically more fit, emotionally more stable and intellectually more agile. Further, in yoga, the process of improvement is carried to its logical conclusions. Improvement is not as simple a word as it looks. After some improvement has been achieved, one finds that there is scope for further improvement. Since there is always room for improvement, the process of self-improvement can become a life-long journey. If a journey is long, one way to make it easier is to move faster by using the best available technology. For example, for travelling a short distance, we may walk; for a longer distance, we may use a train; and for going to the other side of the globe, we have to use an aeroplane. Since self-improvement is a long journey, for improving the body-mind complex, yoga uses the best available technology. Over thousands of years, yoga has worked out techniques such as asanas (postures), pranayamas (breathing disciplines) and meditation, which do far better than

simply jogging, cycling or swimming. Techniques are the most visible part of yoga, but these techniques are not enough to stay physically and mentally fit. Eating the right kinds of food in just the right quantity, not putting into the body any substance which might harm the body, and adequate sleep, are also necessary for staying healthy, and are a part of what is called 'physical culture' in yoga.

### Renunciation

When a journey is long, another strategy we employ is to choose a route that has the minimum number of traffic lights, the maximum number of flyovers, and the least possibility of a traffic jam. In the long journey called yoga, such a route lies through renunciation. Worldly life involves so many temptations, distractions, obligations, responsibilities and conflicts that it slows down the process of selfimprovement. One way out of all these problems is to renounce worldly life. If we renounce worldly life, all the problems associated with the world disappear automatically — na hoga baans, na bajegi baansuri (if there is no hollow piece of wood available, it is impossible to play on the flute). But the path of total physical renunciation is a path that suits only a select few. For the rest of us, detachment (inner renunciation) is all that is feasible, and is in fact necessary on the path of yoga. However, now it is easy to see why great yogis choose a secluded spot, away from the rough and tumble of the world, for their exploration of the mysteries of existence.



### The Divine

Even a long journey should at least have some goal. The goal of self-improvement would be a point beyond which no further improvement is possible. The point beyond which no further improvement is possible is the point of perfection. Thus the goal of yoga is self-perfection. However, man (and woman) is, by definition, imperfect; only the Divine is perfect. Therefore, the goal of yoga is to achieve identity, or union, with the Divine. In terms of Vedanta, the philosophy underlying yoga, man is a manifestation of the Divine. Hence, the union is a self-discovery. Becoming conscious of the Divine within the individual, as well as in all creation, is the goal of yoga. Yoga (yuj, union) literally means union. The union it implies is becoming one with what we truly are at the deepest level. In short, the Divine is the goal of yoga, which is the same as saying that perfection is the goal of yoga. However, moving from the point where we are now towards perfection is also called yoga. Thus, yoga is both the journey as well as the goal; both the process as well as the product. The Divine enters yoga not only as the goal, but also as an indispensable aid. In a long and difficult journey, and yoga is a journey that is both long and difficult, we also look for guidance, protection, and help from someone who is more knowledgeable and more powerful. In yoga, the Divine is the power whose Grace is indispensable for making any significant progress. The Divine needs instruments to act, and our guru can be that instrument. Thus the Divine is our beacon light on the journey called yoga, and His force may work through the guru. One might add that it is still possible to practice yoga without believing in the Divine. An atheist can look upon yoga as an endless process of self-improvement that will take him towards self-perfection. However, he may get impatient or anxious, because he will not have available neither the solace nor the certitude that comes from believing in the Divine's Grace; he is on his own in the long journey.



## Books on Environment

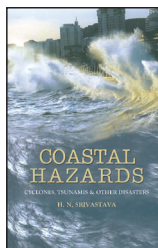
World Environment Day is celebrated every year on 5 June to raise global awareness and to take positive environmental action to protect nature and the planet Earth. NBT India has published a number of books on environment and pollution to spread awareness among people belonging to different age-groups. Some of those books are listed below.

### Coastal Hazards

H N Srivastava

Written in a simple language, the book not only describes the coastal environment but also the many hazards, as well as the technological advances in forecasting and the early warning systems being used.

978-81-237-5452-9; Rs 70

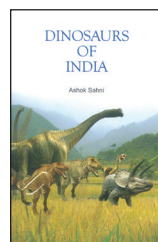


### Dinosaurs in India

Ashok Sahni

The book aims to acquaint the reader about the rich natural heritage of Indian dinosaurs about which many of us may be unaware. The recorded story of the discovery of Indian dinosaurs goes back to nearly 190 years ago. Since then, several types of dinosaurs have been scientifically described from several states of India, and many more discoveries are still expected. This revised and updated edition adds a few more interesting details to the story of Indian dinosaurs.

978-81-237-3109-4; Rs 140.00

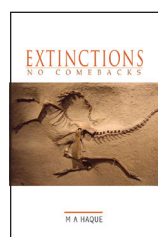


### Extinctions: No Comebacks

M A Haque

Earth has witnessed five major mass extinctions. During these extinctions large numbers of species died out simultaneously or within short periods of time. Those extinctions led to the major changes in the biodiversity of Earth. The book explores the history of life on Earth and various factors that resulted in mass extinctions. The book looks into the impact of extinctions on Earth's biodiversity and gives some idea about measures that need to be taken to save Earth from further degeneration.

ISBN 978-81-237-7951-5; Rs 140



### Our Environment

Laeq Futehally

Written in an easy and lucid style, the book looks at the varied natural environment of our country in all their contours of utility and aesthetic appeal. The author emphasises, without being averse to the needs of man's dependence on Nature, that most of the damage inflicted on the environment is unwittingly done.

978-81-237-0036-6; Rs 90

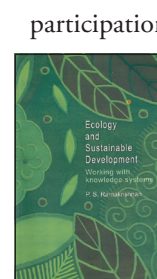


### Ecology and Sustainable Development

P S Ramakrishnan

Discusses community participation in natural resource management, which is linked to sustainable management of natural and humanmanaged ecosystems, with concern for sustainable livelihood of rural societies in the short-term, and sustainable development of the region as part of a long-term plan.

978-81-237-5257-0; Rs 145

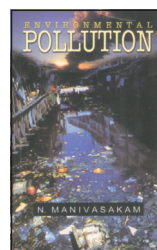


### Environmental Pollution

N Manivasakam

This book, while discussing the general nature of pollution, also examines in detail some of the major areas of pollution like air, water and soil, including thermal radiation and noise pollution and their deleterious impact on man and environment alike.

978-81-237-1034-1; Rs 100



### Plastics: A Threat to Mankind

Chintan

This book explains the impact of plastics on the environment, human health and economy, and describes what all is being

done to reduce our dependence on the plastics, which will eventually be beneficial to the mankind in the long run.

978-81-237-4629-6; Rs 45

### Primer on Characterising Biodiversity

P S Ramakrishnan

Biodiversity is all about understanding Nature and being a part of it. This volume looks at its transdisciplinary dimensions which real-life examples from the rural and tribal traditional ecological knowledge on conserving biodiversity and revering Nature through traditional practices, which the modern world is ignoring or trying to modify.

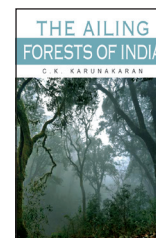
978-81-237-5975-3; Rs 60

### The Ailing Forests of India

C K Karunakaran

In pre-historic days, the forests extended over the entire country. The original inhabitants mostly lived as denizens of the forest. Later on, greed and a growing population led to progressive shrinkage of our forest cover and to inevitable consequences in the form of erosion, floods and drought. This book analyses the human interference leading to the highly degraded status of the same today and suggests measures for its eco-restoration.

978-81-237-6568-6; Rs 145

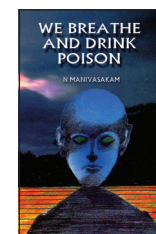


### We Breathe and Drink Poison

N Manivasakam


Beginning with the general nature of pollution, the book discusses the major areas of pollution like air, water and soil and how thermal radiation and noise pollution are casting an impact on man and his environment, posing a danger to all living beings.

978-81-237-1488-2; Rs 90



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