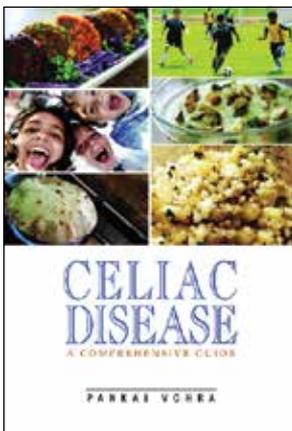


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PICK OF THE MONTH



Celiac Disease – A Comprehensive Guide

Pankaj Vohra

978-81-237-7942-3; Rs 185

Goalpara Book Fair



“Books have smell. The smell that rejuvenates one’s mind and body. People come to book fair primarily to sense this smell,” said Shri Y D Thongchi, eminent litterateur and Sahitya Akademi award winner in Asamiya on 22 October 2016 at Goalpara College Playground, Assam. He was inaugurating Goalpara Book Fair (22-30 October 2016) organised by NBT in association with Goalpara District Administration, Goalpara College and All Assam Publishers and Book Sellers Association.

Speaking on the lack of translation of important Asamiya literary works, Shri Thongchi appealed to the young readers to contribute their might towards literary exchanges between Asamiya and other Indian and world languages. In this context, he applauded NBT for translating many Asamiya books into different Indian languages including English.

Shri Farouq Alam, Deputy Commissioner (In-Charge), Goalpara

District, Ajit Barman, President, AAPBSA, Dr B K Nath, eminent educationalist, Prof. A K Boro, Principal, Goalpara College and Dr Siddhi Nath Sarma, Local Coordinator of the Fair also spoke on the occasion.

Earlier, Shri Alam while flagging off a Book March of around 1500 students, exhorted students to make use of technological advances to sustain their reading habit. “Do Facebook, do WhatsApp, but you can ignore reading only at your own peril,” he warned the students amidst huge applause.

A number of literary programmes, cultural performances based on books



and reading habit and competitions for children marked the nine-day Fair where around 100 stalls of 40 publishers and booksellers from various parts of the country attracted a steady stream of booklovers from in and around Goalpara.

Conversations with eminent writers, poets meet, panel discussions on issues concerning literature, folk music, media, film and theatre and popular science writings drew a large crowd. Eminent writers, cultural activists and journalists of Assam that took part in the literary programmes during the Fair include Phanindra Kumar Dev Choudhury, Anuradha Sarma Pujaree, Atanu Bhattacharya, Dharitri Deka, Barindra Kumar Sarma, Dinesh Chandra Goswami, Amulya Sarma, Ratan Chandra Bhattacharya, Nayan Prasad, Naren Patgiri, Saponjyoti Thakur, Mrinalkanti Medhi, Jaba Chakraborty, Tarali Sarma, Kamal Goswami, Uday Kumar Sarma, Dhruva Kumar Talukdar, Kamal Kumar Jain,



Dwijen Kumar Das, Debananda Bhattacharya, Pratim Barua, P J Barua, Mrinal Talukdar, Naba Thakuria, Utpal Barpujari, Sanjib Hazarika, Bitopan Borbora, Dilip Sarma and Rita Chowdhury.

With the participation of large number of children from schools and colleges like Sainik School, Goalpara, Sankardev Sishu Vidya Niketan, Kendriya Vidyalaya, Goalpara, Jawahar Navodaya Vidyalaya, Dudhnoi, Bikali College, Dhupdhara, Nriyangana, Bangaigaon College and Goalpara College gave the Fair a festive atmosphere. The children participated in various competitions

like Sit and Draw, Letter Writing, Story-telling, Recitation, Spelling Bee, Quiz and Treasure Hunt Competition. Prof. Basanti Ray Dutta coordinated the children's activities with great élan.

Every evening the Fair paid rich tributes

to some eminent personalities of the area who contributed immensely to the literary, social and cultural arena of Assam. These included Anukul Nath, Rajen Rabha, Dr Kamaleshwar Goswami, Asrafal Haque, Pratima Barua Pandey and Jiten Deka, Nileswar Brahma, Ambika Charan Choudhury, Nripen Barua, Sisir Kumar Medhi, Dharendra Narayan Singha and H. Jotdar. This was a unique endeavour on the part of the organisers to apprise today's generation about the life and times of these personalities.

The Fair came to an end with a cultural programme based on the folk performing traditions of various communities of Assam. Earlier, eminent educationists Khagendra Prasad Deka, Uttam Chandra Sarma, and Amiya Kumar Boro spoke in the Valedictory and Award Distribution Ceremony as Guests of Honour.

The Fair was coordinated by Shri Deep Saikia, Asamiya editor of the Trust.



Birth Anniversary of Sardar Patel Celebrated

On the occasion of the 141st birth anniversary of Sardar Vallabhbhai Patel, a talk on the 'Role of Sardar Vallabhbhai Patel in National Integration' was organized at Darshanam Central Park Auditorium, Vadodara, Gujarat on 5 November 2016. The programme was organized in association with Kamlashankar Foundation, Vadodara.

Prof. Hari Desai, well-known academician and journalist was the chief guest on the occasion. In his keynote address, he brought to light various qualities of the remarkable personality,



who played a significant role in the freedom struggle of India. He also talked about the role that Sardar Patel

played in unifying the princely states of India to form a united, independent India.

Earlier, Dr. Pradeep Pandya, Chairman, Kamlashankar Foundation welcomed the guests.

The programme was coordinated by Shri Bhagyendra Bhai Patel, Gujarat Editor, NBT.



Sharjah International Book Fair 2016

The NBT participated at the 35th Sharjah International Book Fair (SIBF), which was held from 2 to 12 November 2016 at the Sharjah Expo Centre.

His Highness Sheikh Dr Sultan Bin Muhammad Al Qasimi, Member of the Supreme Council and Ruler of Sharjah, opened the 35th edition of SIBF, themed 'Read More'. In his keynote address, HE Ahmed Bin Rakkad Al Ameri, Chairman of Sharjah Book Authority (SBA), highlighted the importance of the fair and its influence on culture in the UAE, the Arab region and the wider world.

He also honoured the winners of SIBF Awards 2016, which included the 'Sharjah Award for an Emirati Book', the 'Sharjah Award for the Best Arabic Novel', the 'Sharjah Award for the Best International Book' and the 'Sharjah Publisher Recognition Award'.



Sharjah.

Each year, SIBF brings together hundreds of government and semi-government organisations, publishing houses, distributors, booksellers, e-publishers, rights agents, cultural institutions, public libraries, research centres, publishers' associations, university libraries, media and producers of literary and educational aids, including maps, audio recordings and videos.

The 11-day Fair saw the footfall of more than 2.31 million visitors,

community helping to create a buzz around the fair that was evident through the prevalence of its hashtag '#SIBF2016,' recorded more than one billion impressions in English and Arabic.

An array of cultural personalities and media celebrities participated at SIBF 2016, including renowned Egyptian actor Ezzat Al Alaili,

Algerian poet and novelist Ahlam Mosteghanemi, Saudi poet Dr. Mohammed Al Muqrin, Palestinian poet Ibrahim Nasrallah, Iraqi researcher and writer Rasheed Al Khyoun, International relations expert Dr. Parag Khanna, Bollywood actors Shatrughan Sinha and Shilpa Shetty, and Indian film actor and producer Mammooty, and the Indian celebrity chef Maria Goretti. Famous authors taking part included Cassandra Clare, writer of *The Mortal Instruments* fantasy novels and Eric Van Lustbader, *New York Times*



In addition, a AED 2 million Sharjah Translation Award was launched, titled 'Turjuman,' an international award in translation and authorship to be run by SBA.

The United Nations Educational, Scientific and Cultural Organisation (UNESCO) was this year's SIBF Guest of Honour in recognition of its efforts in promoting education and culture in countries affected by war, conflict and natural disasters. UNESCO presented various activities at the fair in recognition of its shared interests with

with the volume of book sales reaching AED 176 million, the highest ever in its three-and-a-half decade history. Hosting 1,681 publishing houses from 60 countries with approximately 1.5 million titles on display, SIBF 2016 presented an array of sessions hosted by its Kids Activities programme, Cultural Activities programme, Cultural Café, Cookery Corner and Social Media Café.

More than 600 school visits were a feature of SIBF 2016, with the total attendance from all segments of the

bestselling author who has penned 10 of *The Bourne Series* novels.

The SIBF will be moving to a new venue to facilitate a capacity increase that will take it from the 25,000 metre floor space that it has occupied to one of 60,000 metres.

The NBT India facilitates the participation of Indian publishers at SIBF by providing them with subsidy on the discounted rental rates offered by SIBF to the publishers participating through NBT, keeping in view the long relationship between NBT and



SBA where each participates in the respective book fairs and promotes the publishing industry and book reading. This year NBT had facilitated the participation of 30 Indian publishers at the Fair.

The NBT stall had a display of about 350 books from NBT as well as other Indian publishers across the country. The Indian Pavilion was inaugurated by Ms Deepa Jain, HOC and Consul, at the Consulate General of India, Dubai. The NBT stall was

visited by a number of media persons, visitors, school children, teachers, celebrities and book lovers.

Shri Baldeo Bhai Sharma, Chairman NBT met HE Ahmed Bin Rakkad Al Ameri, Chairman of Sharjah Book Authority (SBA), and discussed about the India Pavilion at SIBF and how Indian Book industry can be projected at SIBF, since a majority of population in Sharjah and Dubai comprised Indians, who were the major buyers and visitors at SIBF. Shri Sharma

also met the Consulate General, Shri Anurag Bhushan at the CGI Dubai, and discussed the various NBT titles for Indian schools in Dubai and Sharjah, especially the recently-launched Param Vir Chakra series of NBT. Shri Sharma also held various meetings with media persons, SBA authorities as well as visitors to the Fair.

Shri Kumar Samresh, Deputy Director and Ms Kanchan Wanchoo Sharma, Assistant Director also represented NBT at the SIBF 2016.

Colombo International Book Fair

The 18th edition of Colombo international Book Fair was held at Sirimavo Bandaranaike Memorial Exhibition Centre and BMICH, Colombo, Sri Lanka from 16-25 September, 2016. Shri Gayantha Karunathilaka, Minister for Parliamentary Reforms & Mass Media, Govt. of Sri Lanka, inaugurated the Fair on 16th Sept. 2016. Noted children's book author and illustrator, Ms Kala Keerthi Sybil Wettasinghe was the special guest on the occasion.

Literary workshops organised by the Writers Organization of Sri Lanka saw Sinhala and Tamil authors, poets and academicians conducting sessions on different aspects of Sri Lankan literature. Besides, a number of book release functions, seminars and cultural programmes were also



organized. The children's activities including reading sessions, creative workshops on drawing, among others engaged the young readers. Sampath Bank's 'Katapath Pawura', an initiative to promote poetry, had visitors writing poems in Sinhala and pinning them up on a wall.

Around 60 international and

150 local publishers participated in the Fair. National Book Trust, India participated in the Fair with over 220 titles in English, Hindi and Tamil languages. These included publication of 33 publishers from various parts of the country.

The NBT stall was visited by a large number of people including Dr M Sivaguru, SS(HOC); Snasri Nunayajzuka, translator and writer; scholars, teachers among others. Visitors to the

NBT stall showed keen interest in the books on Tagore and Mahatma Gandhi, educational books, Hindi learning books, books based on epics like *Ramayana* and *Mahabharata*, mythological books like *Panchtantra*, books on Buddhism, etc.

Shri Pathipaka Mohan, Telugu Editor represented NBT at the Fair.

Frankfurt Book Fair

The biggest international trade fair for content, Frankfurt Book Fair was held at Frankfurt, Germany from 19-23 October 2016.

A specially designed India Pavilion put up by the National Book Trust, India was a major attraction at the Fair. The Pavilion was inaugurated by H.E. Mr. Gurjit Singh, Ambassador of India to Germany. Expressing his happiness at the participation of NBT, the ambassador said that Frankfurt Book Fair being one of the biggest in the world is a good business opportunity for Indian publishers.

The India Pavilion displayed over 200 titles across disciplines in English and Hindi published by around 30 Indian publishers. The Pavilion was visited by a fair number of people and they showed keen interest in Indian books.

Dr Rita Chowdhury, Director, NBT India, who was present at the Fair had discussions with many publishers and delegates from various countries. She apprised them on the forthcoming New Delhi World Book Fair 2017. Sharing the importance of participating at the New Delhi World Book Fair 2017, she said that the Fair is an important gateway to sourcing contents from South Asia and offers good business opportunities for publishers. She also



informed them about other publishing activities of the Trust.

This year's Guest of Honour was Flanders & The Netherlands. The theme of the guest of honour was 'This Is What We Share' which reflected richness and depth of the Dutch language, literature and culture. More than 400 books translated from Dutch to German in various genres including novels and short stories, books for children and teenagers, non-fiction, poetry, plays and graphic novels were the major attraction at the Fair. Seventy Flemish and Dutch authors also participated in various literary programmes, readings, exhibitions among others held across the Germany. 'The Absent Room', 'The Cinema', 'The Opera', 'The Studio', 'The Bookshop' were the special features at the Pavilion.

THE ARTS+, a trade fair, conference and meeting place for the cultural and creative industry, was held for the first time during the book fair. Its

purpose is to exploit the potential of digitisation for the creative economy, and to develop new business ideas. Alongside an impressive range of exhibitors, an array of international artists, opinion leaders and industry experts showcased activities in such areas as museums and galleries, architecture and design and brands and agencies.

STM Frankfurt Conference 2016, devoted to 'Scholarly publishing 2020: Innovation beyond the curve,' 'The Weltempfang', a stage for cultural policy; Brussels meets Frankfurt; Business Club 2016: Inspiration! Networking! Business!; CEO Talks; 'A Book is a Film is a Game' – networking day for members of the book, film and games industries; Readings; Performances; Dutch cuisine; Global Illustration Award among others were the special highlights of the Fair. These activities attracted a number of visitors including readers, publishers, authors, literary agents and distributors where they explored the publishing industry and the new avenues that it is providing.

This year more than 7000 exhibitors from over 100 countries participated in the Fair.

Shri Debabrata Sarkar, Deputy Director (Art) also represented NBT at the Fair.



National Workshop to Develop 2017 Calendar

National Book Trust, India organized a five-day National Workshop to develop portraits of women saint, poets-philosophers of India for the NBT's 2017 calendar. The workshop was held from 21 to 25 November 2017 at NBT Conference Room, New Delhi.

Welcoming the guests, Dr. Rita Chowdhury, Director, NBT said, "The Trust has decided to bring out calendar on women in order to understand the works and life of the ancient women personalities of India." She added, "We are proud of ancient women leaders from different fields. This calendar would help us to connect with our cultural heritage and empower women in India."

In his presidential remarks, Shri Baldeo Bhai Sharma, Chairman, NBT said that through this calendar, we are emphasizing on familiarizing readers with our rich philosophy in which women have contributed considerably. In ancient times, women had a special place in the society and were regarded highly by the people. He hoped that it would be a landmark calendar.

Shri Vishnu Saxena, expert on ancient India was the chief guest on the occasion. He said that creating abstract things is a challenge for an artist.



Citing example of Gargi, a scholar of ancient times, he said that we do not have photographs of Gargi but we have to represent her. We need to know more about the personality and her philosophy by reading books on her. He also talked about different aspects of sketches.

Guiding the young participants of the workshop, Ms Alka Raghuwanshi, eminent painter said that a portrait is not just a photograph. It is something that an artist must be clued enough to see and perceive the personality. One



must transcend the real and create persona through imagination.

Select students of Master of Fine Arts from various colleges across the country including Maharaja Sayajirao University, Baroda; Government College of Art & Craft, Agartala; Sir J J School of Art, Mumbai; College of Art, Delhi; Government College of Art and Craft, Calcutta; and Government College of Fine Arts, Chennai will be developing paintings for the NBT calendar.

The 2017 Calendar will feature women personalities of ancient India who made their mark through their intellect, writings and debates and contributed to the development of Indian philosophy. As part of the theme presentation, 'Manushi—Writings on and by Women', at the forthcoming New Delhi World Book Fair 2017, the calendar will be an introduction to women writers and philosophers.

Shri Satish Kumar, Joint Director (Production) proposed vote of thanks. He informed that the works of the artists will also be displayed at the Theme Pavilion during New Delhi World Book Fair 2017.

Shri Debabrata Sarkar, DD(Art) and Shri Kumar Vikram, English Editor coordinated the programme.

NBT Chairman Felicitated

A Literary Meet was organized on 9 November 2016 evening in honour of Shri Baldeo Bhai Sharma, Chairman, National Book Trust, India by Utkal Sahitya Samaj, Cuttack, the oldest literary and cultural institution of Odisha since 1903. The programme was held at Shriramachandra Bhawan, a place of literary discourse for over more than hundred years. Prominent litterateurs, journalists, intellectuals and publishers of the state and the executives and members of Utkal Sahitya Samaj were present on the occasion. Addressing the gathering, Shri Baldeo Bhai Sharma, said that books have always been a part of our rich cultural heritage. Through ages they have ennobled our inner lives and thereby playing a pivotal role in continuing our heritage.



Excerpts

NBT India has recently published a book titled *Celiac Disease: A Comprehensive Guide* written by Pankaj Vohra. Herein we reproduce an excerpt from the chapter 'Understanding Celiac Disease'. —*Editor*

The word Celiac (spelt as coeliac in some countries) is understood to be derived from the Greek word 'koelia', meaning abdomen. Though this condition was described by the ancient Greeks, the disease became more common about 40 years ago in Western nations. In India, celiac disease cases were reported in the 1960s but we really started 'seeing' the disease and diagnosing it more frequently only in the late 1990's and early 2000. Initially considered an essentially European disease, it is found in almost all parts of the world. In fact, today we are in the midst of a celiac disease epidemic! This condition has been previously referred to as sprue, celiac sprue, non-tropical sprue or gluten sensitive enteropathy.

Gluten was identified as the cause of celiac disease after the Second World War – where during the wheat famine, children with this condition seemed to do better when fed a primarily potato based diet. Though research since then has furthered the understanding of this disease, there is still much to be learnt about it; the most important gaps being, how to prevent it and treat it more effectively.

Celiac disease is a permanent (i.e. life-long) autoimmune, inflammatory disorder where ingestion of gluten results in damage to the intestinal lining. When gluten is ingested, the patients' immune response is activated and the intestinal villi get damaged, resulting in nutritional deficiencies and many other associated conditions.

Gluten is a storage protein found in several grains. However, due to its varying 3 dimensional structure, its propensity to induce an immune reaction varies. Gluten found in the three grains—wheat, barley and rye—is antigenic and responsible for the

development of celiac disease. About 5-10% of the celiac disease population also reacts to the storage protein found in oats in the same way as it does to gluten of wheat, barley and rye.

Villi are fingerlike projections present on the inner surface of the small intestine. When food enters the small intestine, the food is first broken down and then 'digested'. It is the villi that help to increase the absorptive surface area of the intestine, aid in digestion and absorption of the nutrients into the body.

In celiac disease, ingestion of even trace amounts of gluten activates the immune response of the body which fights and damages the outermost lining of the small intestine and the villi. The villi shrink and flatten and cannot digest or absorb the nutrients.

Pathological features of damage to the villi and evidence of inflammation are looked for when making a diagnosis of celiac disease. Biopsy specimens of the small intestine are obtained through an endoscopy and damage to the villi are assessed on these biopsy pieces.

An autoimmune disorder is a result of an abnormal immune response of the human body against its own tissues and organs. In the case of celiac disease, the inciting factor is gluten and the organ most affected is the intestinal lining.

In many autoimmune conditions, the treatment involves suppressing the immune mechanism but in celiac disease, it necessitates removal of the offending agent, i.e. gluten. It is worth mentioning that when a person suffers from one autoimmune disorder, she is at a higher risk of developing another autoimmune disorder e.g. Rheumatoid Arthritis, Type I diabetes mellitus, etc.

Three factors have to be present for the development of celiac disease: presence of gene; consumption of gluten; and trigger.

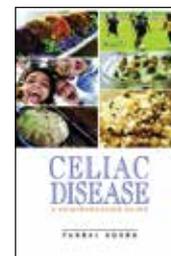
Presence of the Genes: Genes are the blueprints of human life. 99% of celiac disease patients all over the world carry either HLA DQ2 or HLA DQ8 gene. Approximately, 30%–40% of the

Indian population and the world carry one of these genes out of which about 1–5% are expected to develop celiac disease. Within the genes too, there are certain specific markers that increase the risk of developing celiac disease. Testing for this gene is available in reference laboratories. If a person does not carry one of these genes, it is very unlikely for him or her to develop celiac disease.

Being a genetically determined condition, celiac disease tends to run in families. Studies have shown that 1 out of 10 first-degree relatives (children, siblings and parents) and 1 out of 39 second-degree relatives (aunts, uncles, cousins and grandparents) are likely to develop celiac disease. It is therefore important to investigate the entire family for celiac disease once the index (first) case within the family is diagnosed.

Consumption of Gluten: Gluten ingestion damages the intestines in celiac disease. It is important to note that one could be consuming gluten for many years and develop celiac disease only in adulthood. Gluten is found in many food items. Gluten protein is very resistant to alteration and no amount of cooking or method of cooking alters its toxic potential.

Trigger: It is the trigger that initiates the disease at a particular time as the gene that makes a person susceptible to celiac disease is present at birth and most individuals are consuming gluten from infancy or early childhood. The trigger has not been ascertained so far but there are several that have been suspected including adenovirus infection, other viral infections, emotional and surgical trauma and many more though none have been proven so far.



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Pankaj Vohra

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New Delhi World Book Fair	Delhi	7-15 Jan. 2017
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Udaipur Book Fair	Tripura	Feb./Mar. 2017
Ranchi Book Fair	Jharkhand	Feb./Mar. 2017

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