

# NEW ARRIVALS (OCTOBER)

## Rajasthan on a Platter : Healthy \* Tasty \* Easy

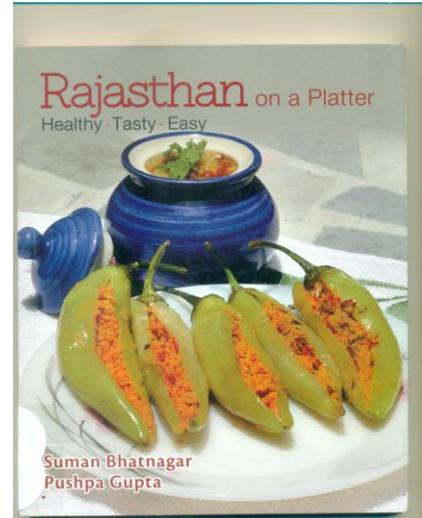
→ By Suman Bhatnagar & Pushpa Gupta

Recommended for Classes - General

“Rajasthan on a Platter : Healthy \* Tasty \* Easy offers a wide, select and unique variety of traditional and tasty but simple homemade recipes. It transfers homegrown knowledge to the young generation and caters to multicultural readership. Each recipe has been combined with supplementary food items to present the concept of a tasty, wholesome and nutritious meal. They focus on a fast-changing society where ‘snacking’ is replacing full sit-down meals and ‘finger food’ and ‘quick bites’ fulfill the purpose of a light dinner. The dishes and plenty of nutritive value to the diet and cater to the eating habits and fast lifestyle of the multi-tasking generation.

The select recipes are grouped in five categories – cereals, pulses, vegetables, non-vegetarian dishes and special dishes for festivals.

Each recipe follows a standard format of preparation time, cooking time, ingredients, nutritional value and its variations, with information on the recommended nutritional allowances for different body types, lifestyles, age groups and genders. Nutritive values of the recipes based on research and reference have been minutely calculated. .”



## Flavours of Avadh : Journey from the Royal Banquet to the Corner Kitchen

→ By Salma Husain

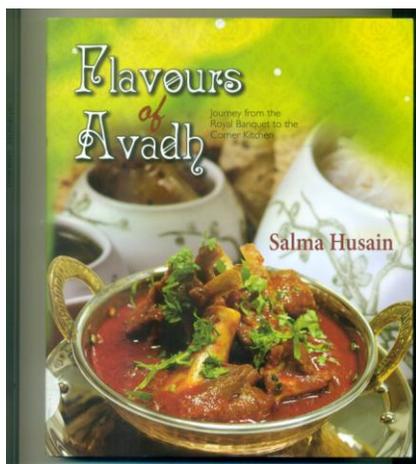
Recommended for Classes- General

“ Flavours of Avadh : journey from the Royal Banquet to the Corner Kitchen is the story of food and cooking from the palaces to the pavement.

The book charts out a unique socio-cultural route down the decades, sketching out an exclusive regional food history, richly coloured with family anecdotes, local festivities, regional culture and dining traditions. There are more than sixty recipes collected from the elite homes and kitchens where this unique and traditional cuisine has been nurtured over centuries.

The food court of the Avadh region of north India, with its capital Lucknow and the city’s unique culture nestling amidst the emerald green Gangetic plains, is a sprawling and a diverse one. High

sophistication, a rare tradition of etiquette and well-defined social customs outline the flourishing regional cuisine – enriched and nurtured by the Sharqi Sultanate of Jaunpur and then the early 18th centuries. Aromatic spices, exotic herbs, a rare creative energy and a romantic ideology coupled with a mix of racial traits and customs have produced this exclusive line of food and hospitality – the Avadh cult of cuisine.



## Kashmir: The Unwritten History

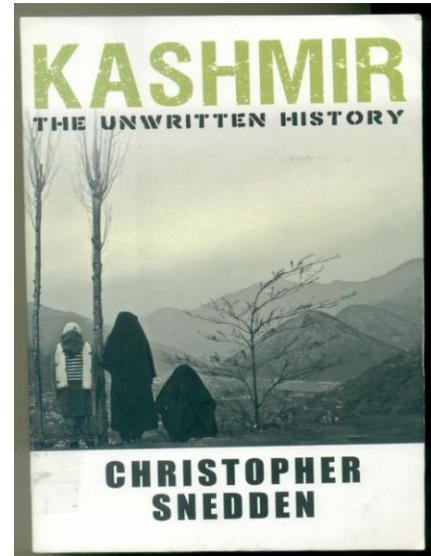
➔ By Christopher Snedden

Recommended for Classes 9 to 12

“A radically new look at the largely forgotten four million people of Azad Kashmir – one of the two parts of Jammu and Kashmir administered by Pakistan but still claimed by India.

In Kashmir : The Unwritten History, politico-strategic analyst Christopher Snedden contends that, in October 1947, pro-Pakistan Muslims in South-Western J&K instigated the Kashmir dispute- not Pukhtoon tribesmen invading from Pakistan, as India has consistently claimed. Later called Azad Kashmiris, these people, Snedden argues, are legitimate stakeholders in the unresolved dispute. He provides comprehensive new information that critically examines Azad Kashmir’s administration, economy, political system and its subordinate relationship with Pakistan. Azad Kashmiris considered their administration to be the only legitimate government in J&K and expected that it would rule after J&K was re-unified by a UN-supervised plebiscite. This poll has never been conducted and Azad Kashmir has effectively, if not yet legally, become a (dependent) part of Pakistan.

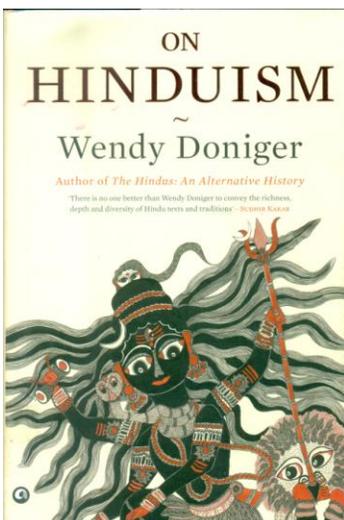
Long disenchanted with Islamabad, some Azad Kashmiris now favour independence for J&K, hoping that they may survive and prosper without resource to either of their bigger neighbours. Snedden concludes by assessing the various proposals that have been mooted to resolve Azad Kashmir’s international status and the broader Kashmir dispute.



## On Hinduism

➔ By Wendy Doniger

Recommended for Classes 9 to 12



“Through this magisterial volume – which she calls ‘the book of my books’- Wendy Doniger, widely acknowledged as one of the greatest and most original scholars of Hinduism, enlarges our understanding of an ancient and complex religion to which she has devoted herself for half a century. Comprising a series of connected essays, On Hinduism examines many of the most crucial and contested issues in Hinduism, from the time of the Vedas to the present day : Are Hindus monotheists or polytheists? It is possible to reconcile images of god both with qualities (saguna) and without qualities (nirguna)? How can atheists be Hindu, and how can unrepentant Hindus sinners obtain salvation ? Why have devoted so much attention to addictions, and why have they always been ambivalent about non-injury (ahimsa)? How have Hindu ideas about death, rebirth and karma changed in the course of history, and what do dogs and cows tell us about Hinduism? How and under what condition does a pluralistic religion, remarkable for its intellectual tolerance, foster intolerance?

The book closes with short autobiographical essays in which Doniger looks back upon her academic career – complete with its Orientalist heritage, self-critiques and controversies – and talks eloquently and movingly about the influence of Hinduism on her own philosophy of life.

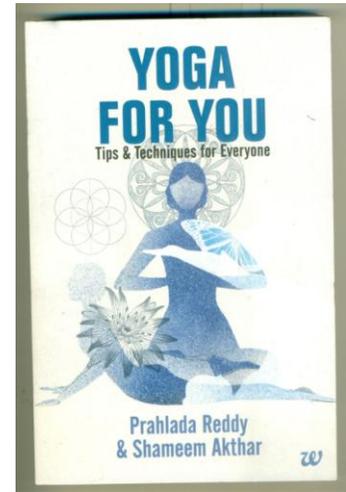
## Yoga for You : Tips & Techniques for Everyone

→ By Prahlada Reddy & Shameem Akthar

Recommended for Classes - General

Yoga for You is a book for everyone committed to Yoga – from students to teachers. It provides tips to instructors, counsel to serious practitioners, and a unique perspective to those who self-train.

Covering a range of classical, intermediary and rest poses – from the ever-challenging sirsasana (headstand) to the supremely calming balasana (child pose) – this book places an emphasis on rectifying poor technique. The detailed lists of fine corrections, the cues on how best to progress, and the photographs to illustrate these points, make this book an invaluable guide. Equally, Yoga for You sheds light on the tricks can make a yoga class or a self-training session more efficient, with instructions on time management, asana sequencing and the best structure for practice sessions. Most of all, the keen insights offered by Prahlada Reddy, the head of the Sivananda Yoga Vedanta Centre in Toronto, and Shameem Akthar, an acclaimed yoga instructor, makes this book a must for all yoga buffs.

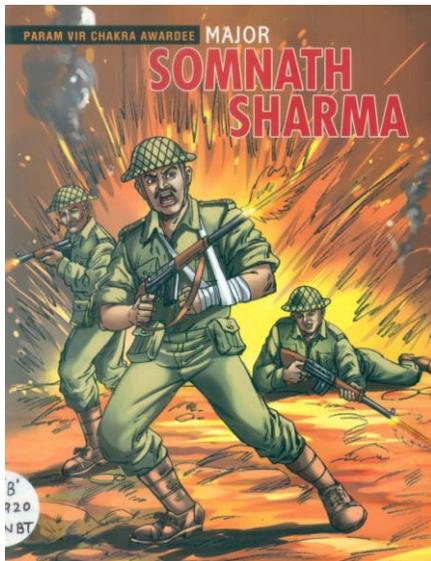


## Param Vir Chakra Awardee Major Somnath Sharma



By National Book Trust

Recommended for Classes 4 to 5



“Param Vir Chakra is the highest gallantry award for officers and other enlisted personnel of all military branches of India for the highest degree of valour in the face of the enemy.

Introduced on 26 January 1950, this award may be given posthumously. It is awarded for the most conspicuous bravery or some daring or pre-eminent act of valour or self sacrifice, in the face of the enemy, whether on land, at sea, or in the air.

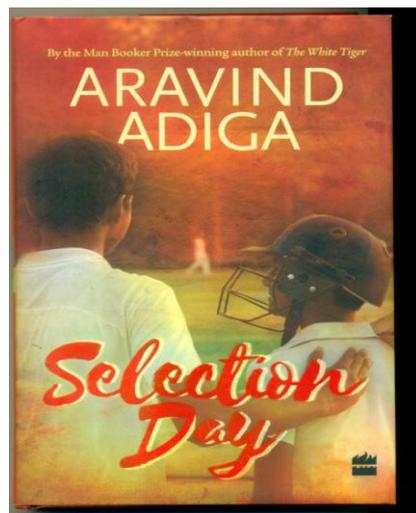
Each title of the Veergaatha series of illustrated books for children of the age group 19-12 , seeks to introduce to them the great acts of bravery of a PVC awardee to instill a sense of inspiration and patriotism.

## Selection Day

➔ By Aravind Adiga

Recommended for Classes 9 to 12

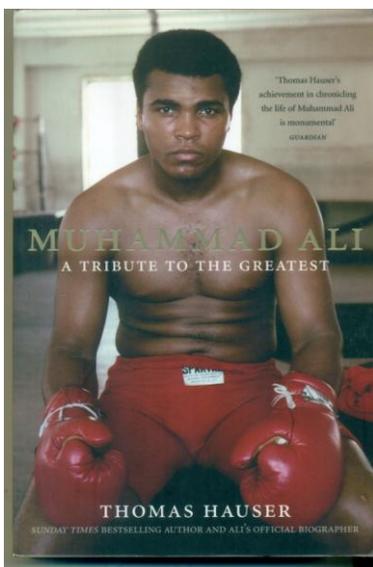
“Manjunath Kumar is fourteen. He knows he is good at cricket – if not as good as his elder brother Radha. He knows that he fears and resents his domineering and cricket-obsessed father, admires his brilliantly talented sibling and is fascinated by the world of CSI and by curious and interesting scientific facts. But there are many things – about himself and about the world – that he doesn’t know. Sometimes it seems as though everyone around him has a clear idea of who Manju should be, except Manju himself. When Manju begins to get to know Radha’s great rival, a boy as privileged and confident as he is not, everything in his world begins to change, and he is faced with decisions that will challenge both his sense of self and of the world around him.



## Muhammad Ali : A Tribute to the Greatest

➔ By Thomas Hauser

Recommended for Classes - General



“Few global personalities have commanded an all-encompassing sporting and cultural audience like Muhammad Ali. Many have tried to interpret in words his impact and legacy. Now, Muhammad Ali : A Tribute to the Greatest allows us to more fully appreciate the truth and understand both the man and the ways in which he helped recalibrate how the world perceives its transcendent figures.

Sunday Times bestselling author and Muhammad Ali’s official biographer, Thomas Hauser, provides an updated retrospective of Ali’s life, arguing that there has been a deliberate distortion of what Ali believed, said and stood for, and that making Ali more presentable for advertising purposes by sanitizing his legacy is a disservice to history and to Ali himself.

“Muhammad Ali : A Tribute to the Greatest” strips away the revisionism to reveal the true Ali, and recounts the life journey of a man universally recognized as a unique and treasured world icon.”

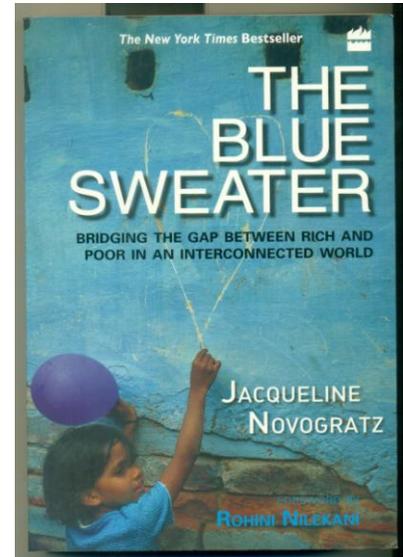
## The Blue Sweater

→ By Jacqueline Novogratz

Recommended for Classes 9 to 12

“The Blue Sweater is the inspiring story of a woman who gave up a career in international banking to spend her life understanding global poverty and finding powerful new ways of tackling it. It all started in Virginia, with the blue sweater, a gift that quickly became her prized possession – until the day she outgrew it and gave it away to Goodwill. Eleven years later, in Africa, she spotted a young boy wearing that very sweater, with her name still on the tag inside. That the sweater had come all the way to Rwanda was evidence of how we are all connected – how our daily actions, and inaction, touch people across the globe – people we may never know or meet.

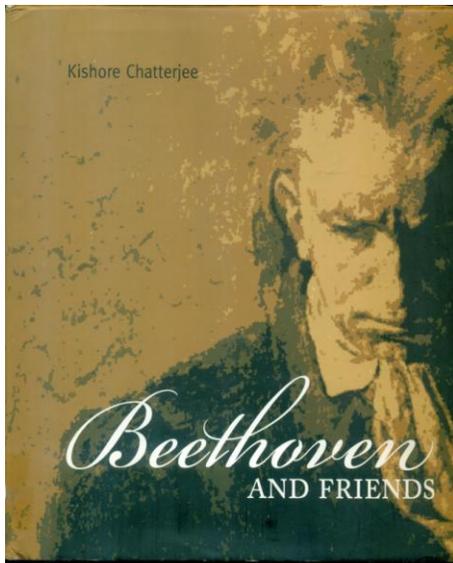
From her first stumbling efforts as a young idealist venturing forth in Africa to the creation of the trailblazing organization she runs today, Jacqueline Novogratz tells gripping stories with unforgettable characters – unwed mothers starting a bakery, courageous survivors of the Rwanda genocide, Indian entrepreneurs bringing services to the poor against impossible odds. She shows, in ways both hilarious and heartbreaking, how traditional charity often fails, but how a new form of philanthropic investing called ‘patient capital’ can help make people self-sufficient and change millions of lives.



## Beethoven and Friends

→ By Kishore Chatterjee

Recommended for Classes - General



“What were monophonic Gregorian Chants? Who codified them and when were they composed? Why did Western classical music become polyphonic during the Renaissance? What kind of music did Bach, Handel and Vivaldi compose during the Baroque period? When was opera as a musical composition born? In how many languages were operas composed and which are some of the most memorable operas? Is Western classical music associated with only the Classical period? Which European city was the hub of Western classical music at the time? What was the contribution of the romantics to western classical music? What are some of Chopin’s most famous compositions? How did the 20th century impact western classical music? Who were the famous conductors, tenors, divas or music critics of the last century? What is the fate of western classical music today? Beethoven and Friends by Kishore Chatterjee, presents the history of western classical music through the unusual stories of the many lives that shaped it.