

# INDUS SOURCE BOOKS CATALOGUE

APRIL – SEPTEMBER 2019



Spirituality | History | Health | Business | Mythology | General non-fiction





# Indus Source Books

*Indian Spirit, Universal Wisdom*

Indus Source Books is a niche, independent book publisher in Mumbai passionately committed to publishing good and relevant literature. We believe that books are one of the most important mediums of communication and we seek to bring out publications that help to serve the community and the world we live in.

At Indus Source Books, we celebrate the diverse spiritual traditions, culture, and history of the world and present it to our readers in a contemporary format that retains its essential flavour: “Indian Spirit, Universal Wisdom.”

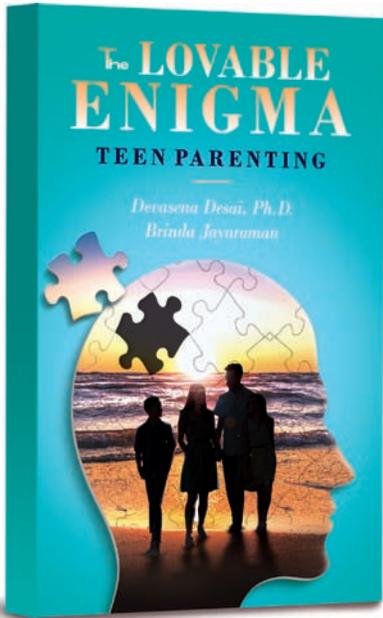
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## THE LOVABLE ENIGMA: TEEN PARENTING

Devasena Desai Ph.D. &  
Brinda Jayaraman

ISBN: 978-93-85509-45-2

Size: 5.5 in x 8.5 in | Paperback ; pp. 108

₹ 199.00

First Published: 2019

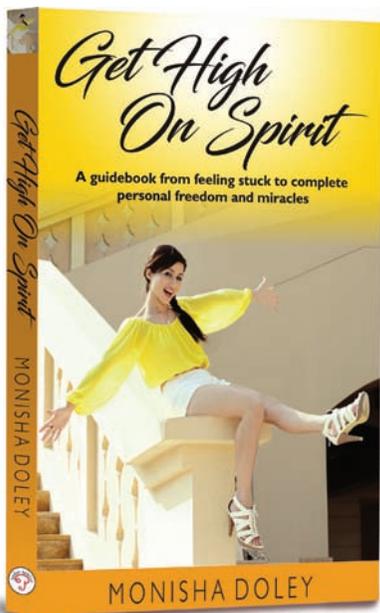


How should parents deal with their teenaged children? Do they recognize the developmental needs of these budding adults? Do they have the skills to put teens back on track when required so that they don't lose out on life? Do they make efforts to facilitate the development of a healthy mind in a healthy body, where the mind would be preoccupied with healthy challenges to increase its power?

This book deals with problems faced by teenagers and imparts adequate skills to parents to maintain a balanced approach in disciplining that is neither permissive nor punitive

**Devasena Desai** is a clinical psychologist and has a doctoral degree in parent training from Pune University in association with Utrecht University, The Netherlands. She has twenty-four years of experience in counselling and has conducted workshops and individual counselling sessions for teenagers, gifted young adults and parents. She has co-authored a book titled *Understanding Psychological Assessment*.

**Brinda Jayaraman** is a well-known counsellor and trainer in Tamil Nadu with a Masters in Psychology, P.G. Diploma in Counselling and M.Phil. She was trained in Addiction Counselling, Rudolf Dreikurs and Adlerian approach. She has been a counsellor for the past twenty-five years. She has co-authored a book titled *Parenting* in English and Tamil.



## GET HIGH ON SPIRIT

From feeling stuck to complete personal freedom and miracles

Monisha Doley

ISBN: 978-93-85509-46-9

Size: 5.5 in x 8.5 in | Paperback, pp. 140

₹ 299.00

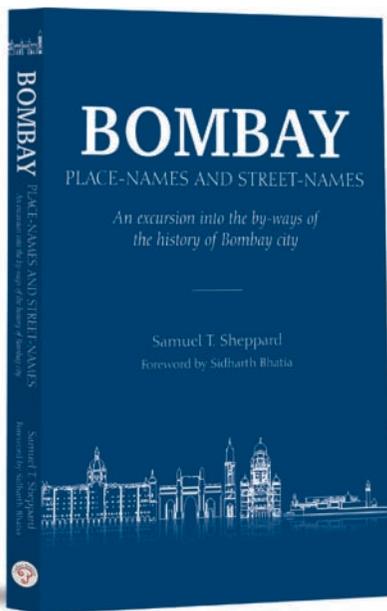
FORTHCOMING



In *Get High on Spirit*, Monisha brings light to the idea that by being truthful to your spirit, through love, you can expect miracles in all areas of life. Through a personal narrative she points out the way to overcome difficult negative situations and immerse yourself in a new zest for life.

You don't need to get high on drugs, alcohol, sex, work and romance. Get high on spirit!

**Monisha Doley** is an Indian television actress, model, life coach and a Tedx Speaker. She's the winner of Craftsvilla Miss Ethnic India 2015. She is a regular blogger and gives talks on personal development and spirituality all across the country.



## BOMBAY PLACE-NAMES AND STREET-NAMES

An excursion into the by-ways of the history of Bombay city

Samuel T. Sheppard  
Foreword by Sidharth Bhatia

ISBN: 978-93-85509-41-4

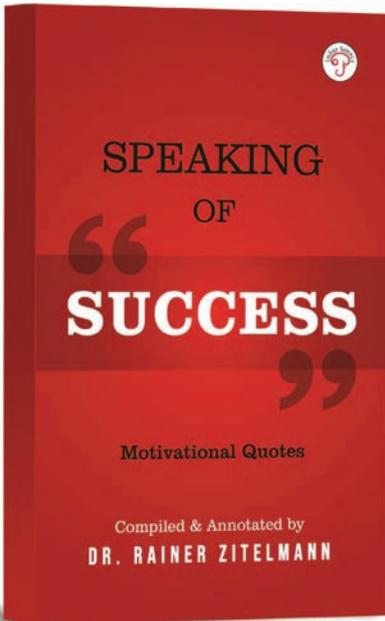
Size: 5.5 in x 8.5 in | Hardback, pp. 180

₹ 499.00

First Published: 2019

**Bombay Place Names and Street Names** contains a compilation of place names and street names in the Bombay (Mumbai) of a century ago, along with fascinating explanations of their origins. Some of the explanations have been traced to local families, legends, historical official figures, urban myths or based simply on anecdotal and etymological grounds from the 19<sup>th</sup> to early 20<sup>th</sup> centuries. This updated edition is annotated with the changes to the names and has a Foreword by

This engrossing book by Samuel Townsend Sheppard is a noteworthy historical documentation of one of India's premier cities. It is a must-read for everyone, especially for those who call Mumbai home.



## SPEAKING OF SUCCESS

### Motivational Quotes

**Dr. Rainer Zitelmann**

ISBN: 978-93-85509-39-1

Size: 5 in x 8 in | Paperback, pp. 242

**₹ 399.00**

First Published: 2019

This book is aimed at inspiring you to think about yourself, your desires and your goals, and at giving you the courage and strength to cope even with difficult situations. It serves as a practical guide to everyday life – both inside and outside the workplace. These quotations may also encourage you to find out more about the men who coined them – and to read their writings.

The personalities whose insights are included in this book's panthe gamut from classical philosophers to contemporary authors, from successful entrepreneurs to theologians, scientists and artists. In the comments that accompany these quotes, the author points out their significance for the challenges and opportunities facing you in everyday life, particularly in your professional career, but also in other areas.

**Dr. Rainer Zitelmann** is the author of *Dare to Be Different and Grow Rich: Secrets of Self-Made People*, which has been translated into many languages all over the world, and *Speaking of Success* (Motivational Quotes).

Dr. Rainer Zitelmann was a senior editor at the German newspaper DIE WELT from 1993 to 2000.

In 2000, he founded Dr. Zitelmann PB. GmbH, which is today one of the leading financial communications consultancies in Germany. He is the author of a number of books on economic and political topics, which have been translated into many languages.



## SHARPEN YOUR MESSAGE 10 Golden Rules for Top Executive

**Dr. Rainer Zitelmann**

ISBN 978-93-85509-38-4

Size: 5.5 in x 8.5 in | Paperback, pp. 92

₹ 250.00

First Published: 2019

Communication is one of the essential jobs of any leading executive. It is also a job that many find difficult. What is the best approach to media relations? What makes a successful presentation? How can businesses get the most out of Google and social networks?

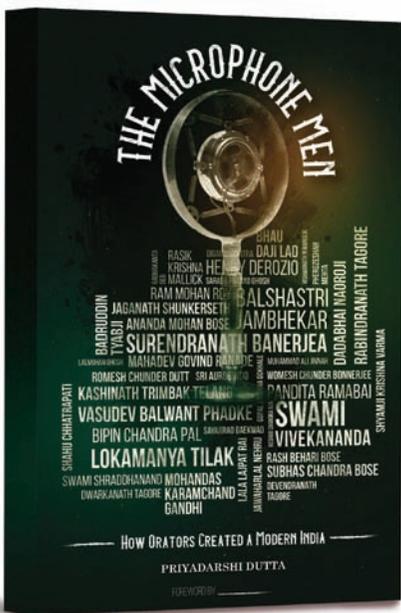
Rainer Zitelmann has successfully advised executives and business leaders for over ten years. He is intimately familiar with the practical issues directors and executives are faced with on a daily basis. His book is a practical guide that focuses on easy-to-follow guidelines for successful business communication. It will show you:

- How to phrase concise messages
- How to give effective presentations
- The do's and don'ts of dealing with the media
- The art of speaking and writing in plain and simple language

**Dr. Rainer Zitelmann** is the author of *Dare to Be Different and Grow Rich: Secrets of Self-Made People*, which has been translated into many languages all over the world, and *Speaking of Success* (Motivational Quotes).

Dr. Rainer Zitelmann was a senior editor at the German newspaper DIE WELT from 1993 to 2000.

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## THE MICROPHONE MEN

How Orators Created a  
Modern India

Priyadarshi Dutta

ISBN 978-93-85509-23-0

Size: 6 in x 9 in | Hardcover pp 284

₹ 799.00

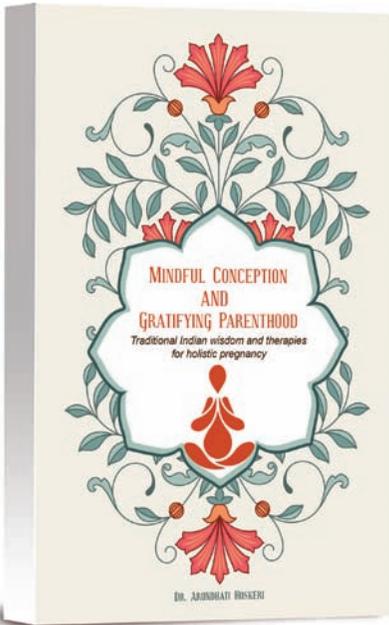
First Published: 2019

Public speaking or oratory is an important limb of mass communication in India whose history unlike that of journalism has received scant attention. As a result while there are numerous collections and anthologies of speeches and addresses available to us, none explain why and how this medium became so popular in India since the middle of nineteenth century.

There was hardly any national leader who did not pursue this mode of outreach. The genesis and development of oratory in India was directly associated with the growth of civil society, representative government and mass politics. But seen in the millennial context, it reshaped the national discourse by redrawing our collective concerns and priorities. Our democracy would have been unsustainable without this discourse.

The mind of a civilization is best expressed in its speech. A comparison between speech patterns of modern and pre-modern India shows how India changed her mind on political destiny during the nineteenth and twentieth century. This book describes the stellar role the orators played in modernizing ideas and organizations in India to prepare her for attainment of freedom, democracy and open society without losing her cultural moorings.

**Priyadarshi Dutta** was born in Chandernagore (West Bengal), not far from the house of revolutionary Rash Behari Bose (1886-1945), with whom he also shares his birthday. He inherited a keen interest in the history of Bengal Renaissance and freedom movement from his father and uncle. He grew up in New Delhi where he still resides and work. He was worked at various places including Rajya Sabha Secretariat and as Consultant in I&B Ministry. He has been writing columns on issues of national and international interest in the multi-edition daily The Pioneer since 2001. His articles also appeared in Governance Now and PIB Features. Readers could also savour some of his old poems and sci-fic stories on Sulekha.com ([http://rivr.sulekha.com/priyadarsi-dutta\\_154564](http://rivr.sulekha.com/priyadarsi-dutta_154564)). He coined the taglines –‘योग: संभावनायों को संभव बनाए’ and ‘Yoga: Live Life to its Full Potential’ for the first International Day of Yoga (2015). He writes in English, Hindi and Bengali. This is his first published book.



## MINDFUL CONCEPTION AND GRATIFYING PARENTHOOD

Traditional Indian wisdom and  
therapies for holistic pregnancy

Dr. Arundhati Hoskeri

ISBN 978-93-85509-40-7

Size: 5.5 in x 8.5 in | Paperback, pp. 130

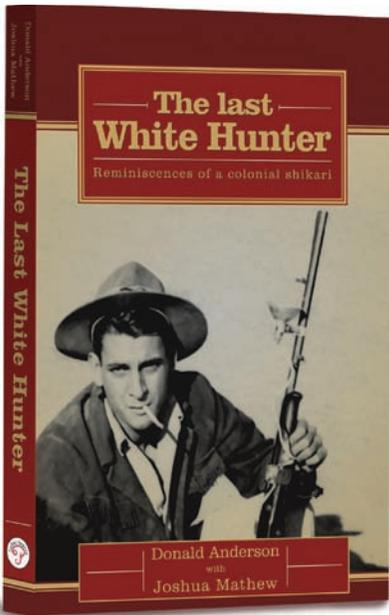
₹ 299.00

First Published: 2019

Bringing a new life into this world is an incredible feeling. The joy of becoming parents cannot be adequately described in words. However, it is of vital importance to plan well before embarking on the journey of parenthood. The process from the moment of conception to the birth of the baby should be holistic and harmonious. Ayurved and traditional Indian wisdom prescribe several guidelines for an appropriate conception, smooth pregnancy and a happy, healthy baby. This comprehensive book begins with the concept of creation, and includes deep insights into conception, pregnancy-related health issues, Yoga, Mudra Therapy, Music Therapy, post-delivery issues for mother and child, and newborn care. It also contains useful and effective home remedies for health issues, as well as easy recipes for nutritious pregnancy foods. *Mindful Conception and Gratifying Motherhood* provides traditional knowledge that used to be passed down through grandmothers and older women in the household. In the age of nuclear families, this book is an invaluable resource for couples planning a joyful, well-developed baby.

**Dr. Arundhati Hoskeri** is Management Representative at an IB school in Mumbai and a freelance journalist contributing to leading newspapers and journals. She is a soft skills trainer, with stress management being her forte.

She conducts workshops for corporate and private groups. She has published a book of poems titled *Mindscapes*. Her interests include reading, writing short stories, poetry, painting, dramatics, astrology, yoga, homeopathy, naturopathy and alternative medicine. She is fluent in English, Hindi, Marathi, Gujarati, Kannada, Konkani, Tamil, and Bhojपुरi. She is the author of *Home Remedies for Common Ailments*.



## THE LAST WHITE HUNTER

### Reminiscences of a colonial shikari

Donald Anderson With  
Joshua Mathew

ISBN: 978-93-85509-47-6

Size: 6.0 in x 9.0 in | Paperback pp. 284

₹ 450.00

Paperback edition 2019

First published in HB in 2018

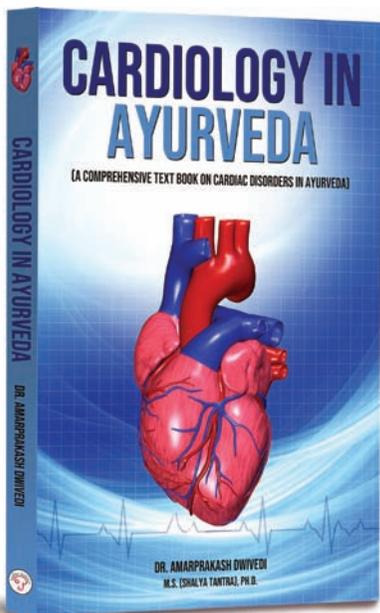
(ISBN: 978-93-85509-12-4)



This work is a biography of Donald Anderson, the son of the famous hunter and author, Kenneth Anderson, who was a contemporary of Jim Corbett. He lived in Bangalore and wrote 11 books, most of them about shooting man-eating tigers and panthers in South India. However, till date, there has been no book about his life (unlike Corbett), which this book attempts to remedy by default through a biography of his son.

Donald represents the last of the hunter/authors from the British Raj who learnt about the Indian jungles through real-life experiences. With the vast array of photographs that complements the project, this book will appeal to anyone who has ever bought a book on Indian shikar. While it certainly has hunting stories, at its core is a story of a hunter filled with remorse and guilt over his actions, a heartfelt story of someone who transformed from trigger-happy hunter to conservationist.

**Joshua Mathew**, a first time author, equates himself with JK Rowling, considering the number of rejections he faced before his book was accepted. He lives in Bangalore with his beautiful wife (he insists that this information is based on actual facts) and two superheroes masquerading as his sons.



## CARDIOLOGY IN AYURVEDA

### A Comprehensive Text book on Cardiac Disorders in Ayurveda

**Dr. Amarprakash Dwivedi**  
M.S. (Shalya Tantra), Ph.D.

ISBN: 978-93-85509-32-2

Size: 5.5 in x 8.5 in | Paperback, pp 212

₹ 350.00

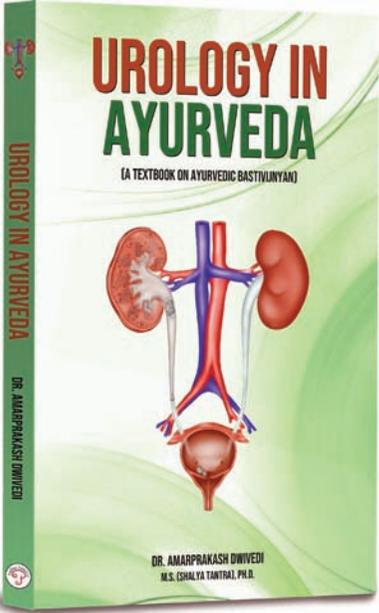
First Published: 2019

In *Cardiology in Ayurveda*, the author has described cardiology as explained in Ayurveda along with guidelines of related modern cardiac disorders for better understanding. This book also gives guidelines for the treatment of various diseases of the heart both according to Ayurvedic texts and modern medicine. He has elaborated the pathogenesis and treatment of various heart diseases of modern medicine according to Ayurveda and has interpreted modern pathogenesis with the various Hrudrog mentioned in Ayurveda.

This book will benefit Ayurveda practitioners, students and researchers in understanding various cardiac disorders and their management. This book will also prove useful to modern (Allopathic) physicians, who wish to know about cardiology concepts described in Ayurvedic texts.

**Professor Dr. Amarprakash Dwivedi**, is a renowned Ayurveda academician, researcher and practitioner. He is presently with the Ayurveda department of D. Y. Patil University, as Professor and Head of Shalya Tantra (Surgery) department. He is also Vice Principal & Hospital Administrator of D. Y. Patil Ayurvedic Hospital, Navi Mumbai.

Dr. Dwivedi has published more than fifty research papers in international peer reviewed journals and has authored two books – *Nasya Chikitsa* and *Para Surgical Procedures in Ayurveda*. He has expertise in ano-rectal surgery and i



## UROLOGY IN AYURVEDA

A textbook on Ayurvedic  
Bastivijnyan

Dr. Amarprakash Dwivedi  
M.S. (Shalya Tantra), Ph.D.

ISBN: 978-93-85509-31-5

Size: 5.5 in x 8.5 in | Hardback, pp. 218

₹ 350.00

First Published: 2019

Basti i.e. Kidney is one of the three vital organs in the body, the other two being the Heart and the Brain. It is the most important organ maintaining the homeostasis by regulating the excretion of the metabolites and waste products, i.e. Dasha, Dhatu and Mala. One can easily appreciate the wisdom of Ayurvedic physicians who have meticulously described the various urological conditions and their treatment.

This book acquaints the reader with the wealth of knowledge available in Ayurvedic literature on the important subject of Urology. The literal meaning of the texts has been adhered to as far as possible and the basic concepts are presented in the original form. The relevant recitations – Sanskrit verses together with references are also given in the appendix chapter.

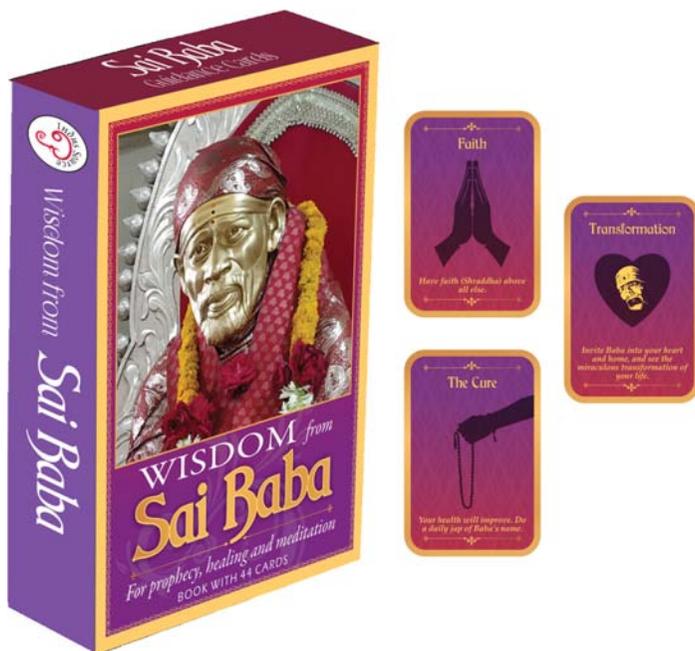
This book will be useful to practitioners, students and researchers in understanding various urological disorders and their management in better manner.

**Professor Dr. Amarprakash Dwivedi**, is a renowned Ayurveda academician, researcher and practitioner. He is presently with the Ayurveda department of D. Y. Patil University, as Professor and Head of Shalya Tantra (Surgery) department. He is also Vice Principal & Hospital Administrator of D. Y. Patil Ayurvedic Hospital, Navi Mumbai.

Dr. Dwivedi has published more than fifty research papers in international peer reviewed journals and has authored two books – Nasya Chikitsa and Para Surgical Procedures in Ayurveda. He has expertise in ano-rectal surgery and is the recipient of several national and international awards.

## WISDOM FROM SAIBABA

### Book and Guidance Cards



ISBN: 978-93-85509-25-4 | Size: H14 X L 9.5 x W 3.6 cm | ₹ 1500.00  
Box contains deck of 44 cards + book.

This set contains a *Wisdom from Sai Baba* book with 44 cards. The guidance cards depict stories from the life of Sai Baba, portraying stories/leelas narrated in the book with a message for us. If we look deep within and meditate on the card we are guided towards a solution to our life problems.

Read the book and use the deck of cards as a guide in difficult times. Ask your question and pick a card that you feel most drawn towards. You can also use the cards for daily affirmations. You may initiate the reading by chanting the mantra: **Om Sai Ram!**

May Sai Baba shower his blessings on you!

# KRISHNA CONSCIOUSNESS

## Book and Guidance Cards

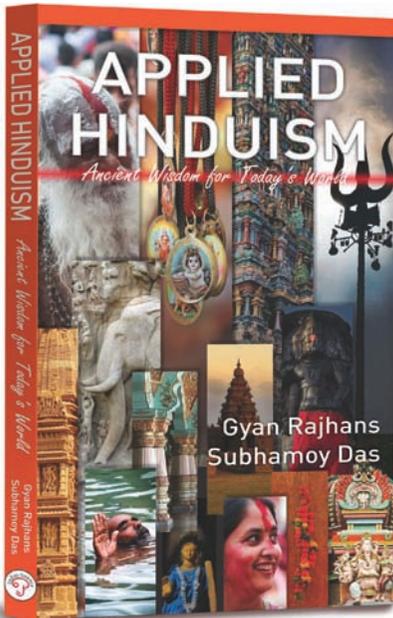


ISBN: 978-93-85509-28-5 | Size: H14 X L 9.5 x W 3.6 cm | ₹ 1500.00

Box contains deck of 44 cards + book.

This beautiful set contains a Krishna Consciousness book with 44 cards. The guidance cards depict the life of Krishna through brilliant hand-painted illustrations each with a message derived from his leelas narrated in the book. If we look deep within and meditate on the card we are guided towards a solution to our life problems. Use to find answers or for daily affirmation messages.

**Ashita Saxena** is a Healer, Counsellor, Tarot Reader, Writer and a certified Paranormal Investigator with expertise in Reiki, Aura Reading, Chakra Cleansing and many other alternate therapies and occult sciences. She can be contacted at [ashitasaxena@yahoo.co.in](mailto:ashitasaxena@yahoo.co.in). Her website: [www.ashitasaxena.com](http://www.ashitasaxena.com)



## APPLIED HINDUISM

### Ancient Wisdom for Today's World

Gyan Rajhans & Subhamoy Das

ISBN 978-93-85509-24-7

Size: 5.5 in x 8.5 in | Paperback, pp 148

₹ 299.00

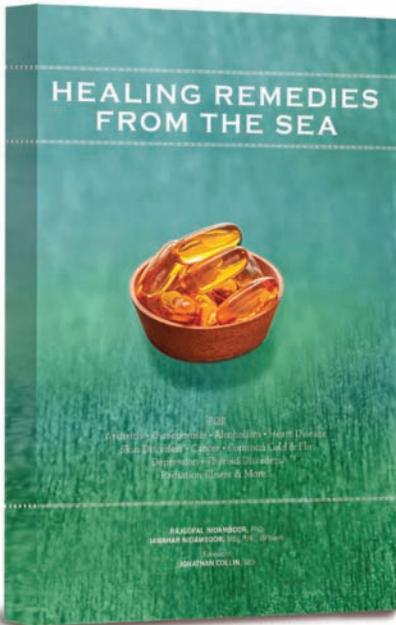
First Published: 2018

India has a rich body of spiritual wisdom handed down over millennia. This spiritual knowledge can help in healing the restlessness and stress faced by today's generation. Unfortunately, despite our long heritage of spiritual teachings, many of today's globally aligned people, especially the youth, are disdainful of spiritual pursuits, trashing them as 'unfashionable' although inwardly they long for peace and quiet to make sense of the frenetic world they inhabit.

This book offers an understanding of India's ancient spiritual wisdom. It is not just for seekers of spirituality and peace, it is also for those who want to make sense of the faith they follow mechanically, and make the most of the wisdom that lies buried in our great scriptures

**Gyan Rajhans** is a health and safety professional based in Canada. He has been broadcasting the only non-commercial Vedic religion radio program in North America since 1981, and a global webcast on bhajanawali.com since 1999. Rajhans is a widely published author of religious and spiritual books, which includes a translation of the *Bhagavad Gita* in English for the younger generation

**Subhamoy Das** is widely known as India's first professional blogger. Since 1999, he has been writing on Hinduism in his blog on About.com, formerly part of the New York Times Company, and one of the most popular online destinations for Hinduism. Das has several years of experience as a journalist with India's leading media companies such as Hindustan Times, India Today Group, and Cybermedia India. He has authored a bestseller book on English literature for postgraduate Indian students, and five books on Indian culture and Hindu tradition for children.



## HEALING REMEDIES FROM THE SEA

Ancient Wisdom for Today's World

Rajgopal Nidamboor, PhD

Kawahar Nidamboor, MSc (UK), BPharm

Foreword: Jonathan Collin, MD

ISBN 978-93-85509-17-9

Size: 8.5 in x 5.5 in | Paperback, pp 124

₹ 225.00

First Published: 2018

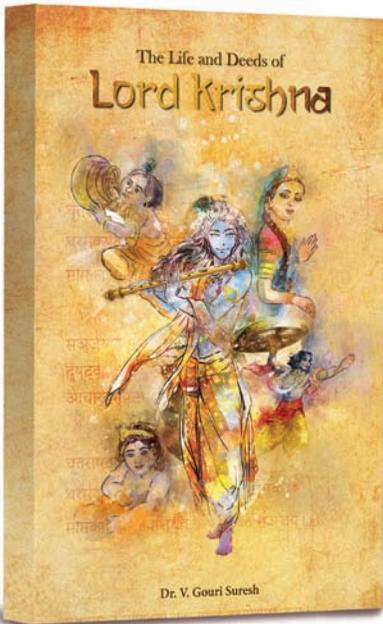
**Your one-stop handbook on nature's medicinal bounty derived from the sea for illness and optimal wellness...**

It goes without saying that the sea and ocean are our next, new, big frontiers for deriving natural medicines — in the 21st century. You name them — shark cartilage, shark liver oil, chitosan, fish oils, mussel, sea cucumber, seaweed, oyster, shrimp, sponge etc. They are curative medicines. They are natural. They are available in profusion. Most importantly, they provide through their use a healthy degree of safety — for our optimal health and well-being, without the dangerous side-effects of conventional medications. The best part — sea cure is safe and sure, for maintenance of optimal health and wellness, so much so you will wonder why you have not tried some of its wholesome miracles yet.

### HIGHLIGHTS

- Why seamedicines • Water and vitality • It's all in your diet
- Healing with seamedicines Sea remedies for arthritis, osteoporosis, alcohol abuse, heart affections, skin diseases, cold and flu, depression, thyroid problems, cancer, and radiation illnesses.

**Rajgopal Nidamboor, PhD**, is a Board-Certified wellness physician, Fellow of the College of Chest Physicians [FCCP], Member of the Center of Applied Medicine [M-CAM], writer-editor, independent researcher, commentator, critic, columnist, author, and publisher. His special interests include natural, integrative, and nutritional medicine, psychology, philosophy, and spirituality.



## THE LIFE AND DEEDS OF LORD KRISHNA

Dr. V. Gouri Suresh

ISBN 978-93-85509-22-3

Size: 5.5 in x 8.5 in | Paperback, pp. 208

₹ 299.00

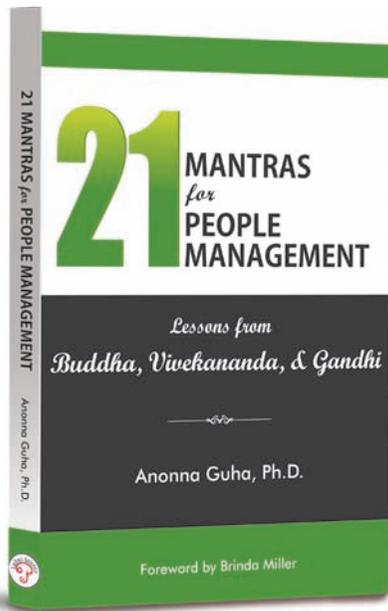
First Published: 2018

Krishna, one of the most loved Gods of the Hindus, spent one full life time in the form of a human being on this earth. He performed many miracles, attracted innumerable devotees, destroyed many asuraas, helped and guided the Paandavaas in the battle of Kurukshethra and ultimately ascended to heaven. The dialogue between Krishna and Arjuna at the advent of the Mahaabhaarata War is the famous Bhagavad Geeta. It is one of the most revered books of the Hindus and the advice given and the arguments put forward by Krishna in the Geeta are invaluable assets for the whole of humanity at all times.

This book narrates stories from the life of Krishna, starting from his miraculous birth through his naughty childhood, heroic youth, and profound teachings to humanity in the form of the Bhagavad Geeta and Uddhava Geeta, and his final ascendance to Vaikunttha.

**Dr. V. Gouri Suresh** obtained her Ph.D. in 1993 from Ranchi University. After thirty eight years of teaching at the undergraduate level and twenty years during the same period at the postgraduate level, she retired as Associate Professor of Botany and Vice Principal in 2012.

She has presented many research papers in National and International Conferences, and published papers in various National and International journals. She is the author of several books including Stories from *Bhaagavatham* published by Bharatiya Vidya Bhavan, Mumbai, in 2004, *Environmental Studies* and *Ethics and Environmental Studies*. After retirement, Dr. Gouri Suresh has taken to writing books based on scriptures and epics such as *The Ten Incarnations of Mahaavishnu*, and *An Elderly Couple's Pilgrimage to Holy Kailas – Manasarovar*.



## 21 MANTRAS FOR PEOPLE MANAGEMENT

### Lessons From Buddha, Vivekanand & Gandhi

Anonna Guha, Ph. D. | Forward by Brinda Miller

ISBN 978-93-85509-18-6

Size: 8.5 in x 8.5 in | Paperback, pp 122

₹ 225.00

First Published: 2018

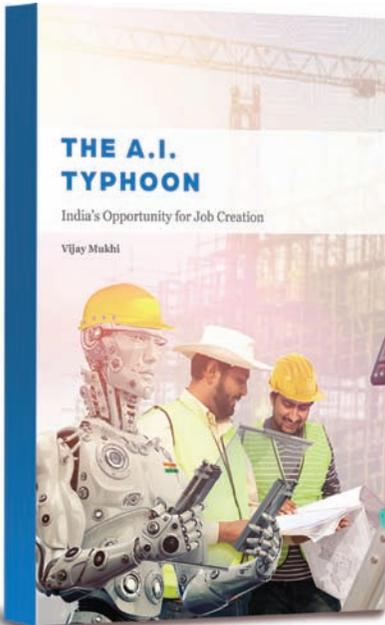


From the time a child is born, he/she has to interact with people. Whether it is in one's social or professional life, nothing comes with a guarantee. Managing human relations effectively could actually decide the course that one's life will take.

Through history, outstanding persons who have had a major influence on the world have inspired and guided people. Buddha, Vivekananda, and Gandhi, are three such distinct personalities, each present at different points in time, each with a distinct approach. All three carried people with them. What did they have that made them famous? How did they deal with people? Are these guidelines that we, the so-called ordinary, can imbibe and utilise?

The lessons gleaned from what Buddha, Vivekananda, and Gandhi spoke and practised are relevant even today in our professional lives. This book contains real incidents and cases of professional people, their interactions, successes and failures, the practices they followed and those they didn't. What is interesting is that their success and failure is not about numbers or targets. It is about human management. In human relations, things cannot remain constant because human beings are like all other people, some other people, and no other people. Eventually, the end point of our personal and professional lives reveals how well we forged personal and professional relationships.

**Anonna Guha** has a double doctorate—in Sociology with a fellowship from Indian Council of Social Science Research (ICSSR), and in Human Relations. She is a corporate trainer in behavioural sciences and imparts training pertaining to Human Relations, Emotion Management, Communication, Personality Development, and Stress Management. Anonna is trained in dance, music and drama and is a national level performing artiste. She is also MD, Nrityanjali Management Services.



## THE A.I. TYPHOON

### India's Opportunity For Job Creation

Vijay Mukhi

ISBN 978-93-85509-13-1

Size: 6 in x 9 in | Hardback, pp 176

Includes 100 b/w photos

₹ 499.00

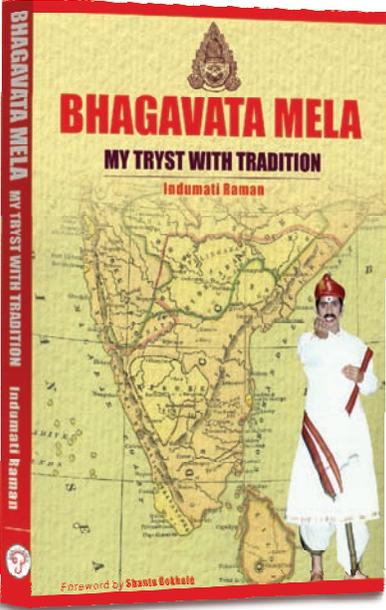
First Published: 2018



Artificial Intelligence is set to become the next big innovation in the world of technology, with far-reaching applications across industries, governments, and day to day living. India, with its huge IT talent pool, has the potential to gain a head start in this emerging field, thereby creating much-needed jobs and boosting the economy. This book introduces the reader to AI and the areas that it is operating in today. It also gives an exciting glimpse into the infinite possibilities of AI and how India is poised just right to exploit these possibilities.

**Vijay Mukhi** is an engineer from one of the best engineering colleges - VJTI in India. He started his own computer training institute 'Vijay Mukhi's Computer Institute' in the year 1989 to teach students the latest in technologies.

Vijay, at present, is the author of about 80 technical books. Other than training and writing books, Vijay is the lead developer for an e-security product 'Helios' which incorporates rootkit and malware detection on the Windows Operating System. Today, Vijay is the President of a body called FIST, Foundation of Information Security and Technology, which aims at finding resolutions to all security related problems and updating various sections of the society on cyber-crime and cyber safety.



**BHAGAVATA MELA**  
**My Tryst with Tradition**  
**Indumati Raman**

ISBN 978-93-85509-08-7

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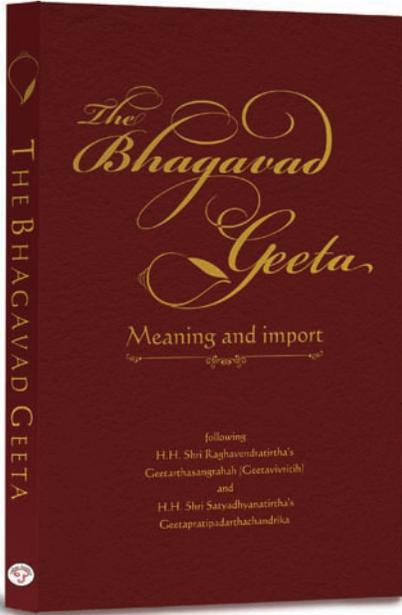
First Published: 2018



**Bhagavata Mela: My Tryst with Tradition** scans the history and evolution of the Bhagavata Mela tradition. The scholarly Nayaks and the Maratha kings of Thanjavur honoured the artistes and penned Bhagavata Mela natakams in Telugu, Sanskrit and Marathi.

The book also describes the privileged journey of the author who, with the cooperation of the Melattur artistes, helped to focus the limelight on Bhagavata Mela.

**Indumati Raman**, an alumna of Rukmini Devi's Kalakshetra (Chennai), is a dancer, teacher, choreographer and writer who worked from 1992 to 2002 with the artistes of Melattur Bhagavata Mela Natya Vidya Sangam as Chairperson, Sponsor and Patron.



## THE BHAGAVAD GEETA

following  
**H.H. Shri Raghavendratirtha's  
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 and  
**H.H. Shri Satyadhyanatirtha's  
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**Compiled & Presented by  
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**FORTHCOMING**

Shri Madhvacharya (CE 1238–1317), was a Hindu philosopher and the chief proponent of the Dvaita (dualism) school of Vedanta.

This compilation of the Geeta is based on the work of one of the most celebrated pontiffs in the Madhva line of disciples, the much-acclaimed intellectual and litterateur of a high order, the seventeenth century mystic-saint Shri Raghavendratirtha. It also includes the rendering of the Geeta meaning by Shri Satyadhyanatirtha (first half of the twentieth century), an indefatigable soul committed to the uplift of Vaidika Dharma in general and Tattvavada in particular. Their writings strictly adhere to the Madhva tradition and further simplify and elaborate Shri Madhva's teachings to meet the needs of the contemporary and present day seekers.

**Shri Krishna Anantrao Harnahalli** spends his time post-retirement in service of his gurus Shri Madhvacharya and Shri Raghavendratirtha, whom he holds in very high esteem. He chose the path of writing as the means to spread the messages of his Gurus. In pursuance of this aim he has so far translated one book from English to Hindi, three books from Kannada to Hindi and one book from Sanskrit/Kannada into Hindi. The Bhagavad Geeta is his sixth work.



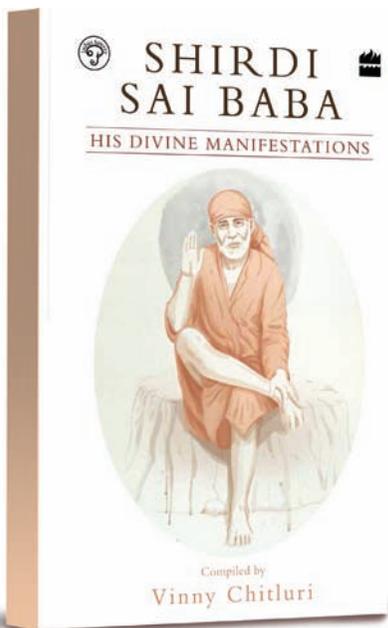


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## SHIRDI SAI BABA His Divine Manifestations

Vinny Chitluri

ISBN: 978-93-53026-90-5

Size: 5.5 in x 8.5 in | Paperback, pp. 302

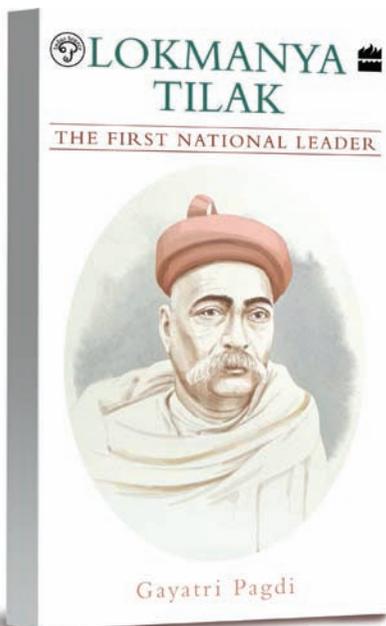
₹ 399.00

First Published: 2019

Shirdi Sai Baba had said, 'I am immortal, know this truth. And forever get experiences of my immortality. . . Even if I cast off this mortal body, nevertheless I will come running to the aid of my devotees.' Since then, he has kept his promise by appearing to his devotees.

**Vinny Chitluri** was born in Arvankadu (Nilgaris) and was educated in Jabalpur, Madhya Pradesh. She did her post graduation in paediatrics from Kalavati Saren Hospital, Delhi. She then went to the U.S., and was conferred the "Diploma of the American Academy of Paediatrics" on passing the board examination.

While in the U.S. she reflected on the "karmic bonds" with her family. Her father worshipped Baba and she too has been doing so for over 60 years. Her relationship with Baba is that of a "best friend" who loves her unconditionally. She retired from the medical profession at the age of 50, and settled in Shirdi in 1994. She soon realised that "the more she learned about Baba, the more ignorant she felt". It would take many lives to understand the incredible God, and so her quest is an ongoing one.



## LOKMANYA TILAK The First National Leader

Gayatri Pagdi

ISBN: 978-93-53026-95-0

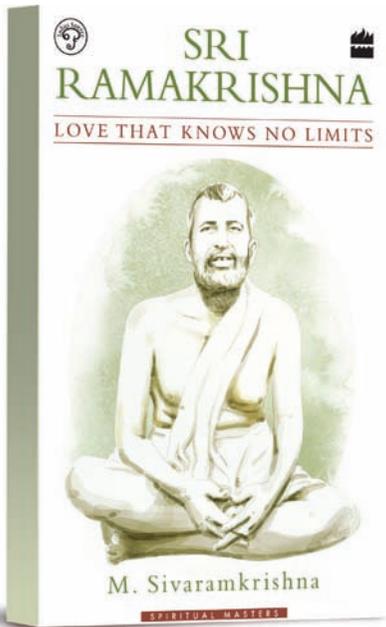
Size: 5.5 in x 8.5 in | Paperback, pp. 260

₹ 399.00

First Published: 2019

Lokmanya Tilak (1856-1920) was the first national leader of the Indian freedom movement who transcended provinces, communities and languages to establish himself in the hearts of millions. Tilak was a fierce advocate of swarajya (self-rule) and his famous words – ‘Swarajya is my birthright, and I shall have it!’

**Gayatri Pagdi** is a full-time writer, translator, editor and professional ghostwriter. Her preferred field of writing is books related to Indian culture, history and religion, alternative healing, anthropology of belief and practices, as also esoterics. She is a published author in the UK and her writing has been included in the South Asian Literary Review brought out by the University of Pittsburgh, USA, as a promising contemporary South Asian writer and poet. She has also received acknowledgment for her work from the prestigious Sahitya Akademi in 2007. Pagdi has done several biographies, spiritual texts, children’s books and e-books on self-empowerment and healing. In the past five years she has worked on more than thirty books in various capacities. She is based in Mumbai.



**SRI RAMAKRISHNA**  
**Love that knows no limits**

**M. Sivaramkrishna**

ISBN: 978-93-53023-96-6

Size: 5.5 in x 8.5 in | Paperback, pp. 286

**₹ 399.00**

First Published: 2018

Sri Ramakrishna is one of the greatest spiritual masters to have lived on this earth. The God-man of nineteenth-century India did not establish any cult, nor did he show a new path to salvation. His message was his God-consciousness.

A truly divine, God-realised soul, Sri Ramakrishna's life demonstrated the meaning of spirituality and the harmony of all religions.

In this delightfully evocative book, the author brings out the endearing simplicity and catholicity of Sri Ramakrishna. The Master is not one of those serious, formidable figures of dry religiosity. Indeed, Sri Ramakrishna's life is a mart of joy and dipped in irresistible humour. Sri Ramakrishna illustrates the exquisite art of living; a radiant love without limit suffuses his being. This book provides fresh insights into the life and teachings of Sri Ramakrishna and is a valuable addition to the existing literature on the Great Master.

**Prof. M. Sivaramkrishna** is former Chair, Dept. of English, Osmania University, Hyderabad, and has a doctorate from Osmania University in American Literature. His involvement with the Ramakrishna-Vivekananda tradition finds expression in numerous books: *Ramakrishna: The Unique Phenomenon*, *Art of Sadhana in the Stories of Ramakrishna*, *Poet Saints of India*, *Pathways to Paramahansa Ramakrishna* and *Re-Visioning Ramakrishna*. He writes regularly for journals such as *Prabuddha Bharata* (Advaita Ashrama, Kolkata), *Vedanta Kesari* (Ramakrishna Math, Chennai), and *Nectar of Non-Dual Truth* (Portland, Oregon, USA) among others. His diverse interests include literature, philosophy, psychology and spirituality.

## SRI AUROBINDO

His life and yoga

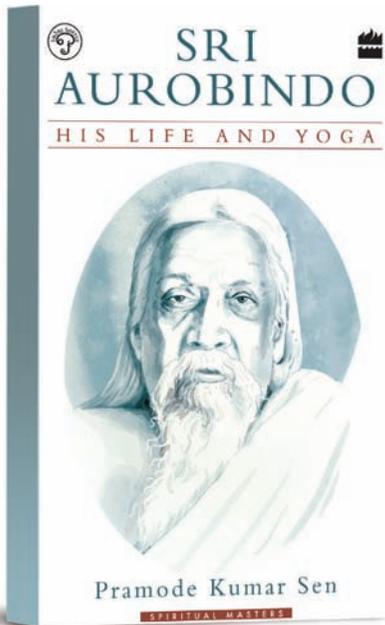
Promode Kumar Sen

ISBN: 978-93-53023-98-0

Size: 5.5 in x 8.5 in | Paperback, pp. 252

₹ 399.00

First Published: 2018



Sri Aurobindo: Jeebon O Jog was the first complete biography of Sri Aurobindo, written in Bengali, and approved by the Master.

Sri Aurobindo was a scholar, a literary critic, a philosopher, a revolutionary, a poet, and a yogi. Born on 15 August 1872 in Kolkata, he spent the initial part of his life fighting for the basic rights of humanity (for his countrymen). In his later life the aim of his sadhana was for India and the entire mankind to gain the right to divinity.

Sri Aurobindo became a revolutionary leader of India's fight for independence. Sri Aurobindo: Jeebon O Jog was written at a time when any writing on Sri Aurobindo was frowned upon by the British government. The author has interestingly brought out in this book the rational aspect of the split in Surat Congress. His analysis has also brought out how the Congress party later adopted as its main theme, Swaraj and Swadeshi, the mantra of the Nationalist Party of Sri Aurobindo and Lokmanya Tilak in the first decade of the twentieth century.

Leaving politics for spiritual work, Sri Aurobindo developed a method of spiritual practice that he called Integral Yoga. The central theme of his vision was the evolution of human life into a divine life.

**Promode Kumar Sen** (1899-1952) was a patriot, journalist and a self-realised personality. He had immersed himself in the confluence of these three streams of internal inspirations. His outstanding journalistic talent manifested through the columns of well-known newspapers of the day. Forty Rupees and Patriotism – this was the mantra of his devotion. His rich and lively writings on literature, original analysis on political affairs, and patriotic articles published in the Liberty, the Advance, the Hindustan Standard and the Amrita Bazaar Patrika of Calcutta and Allahabad editions, had attracted the attention of the intellectual readership and won their appreciation. At the peak of his journalistic life he wrote Sri Aurobindo: Jeebon O Jog (Sri Aurobindo: Life and Yoga) in Bengali. The fulfillment of the spiritual aspects of his life took place in total submission at the lotus feet of Sri Aurobindo and The Mother.



## SWAMI VIVEKANANDA

### Leader on the Royal Path

Prema Nandakumar

ISBN: 978-93-53024-00-0

Size: 5.5 in x 8.5 in | Paperback, pp. 232

₹ 399.00

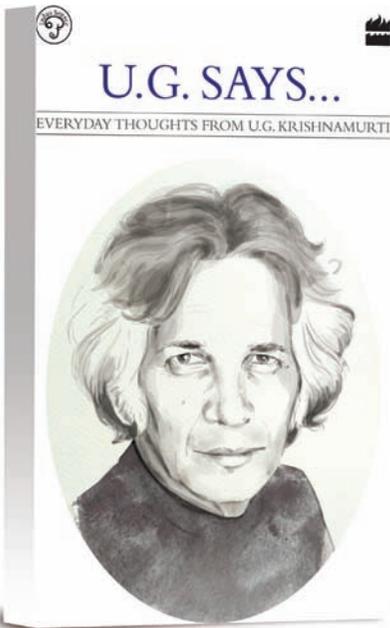
First Published: 2018

Swami Vivekananda (1863-1902), born Narendra Datta, is India's most celebrated and charismatic monk. Handsome, brilliant in studies, an image of contained strength, a lover of music and poetry . . . yet deep inside Narendra the seed of "search" had begun to sprout at an early age. Unable to understand the superstition-ridden rituals of the Hindu religion and desiring to know about the originating source of his great Hindu heritage, Narendra's search ended when he finally met his guru, Sri Ramakrishna.

Swami Vivekananda's brilliant speech at the Parliament of Religions held in Chicago in 1893 brought him fame in India and abroad. In a short life span of thirty-nine years, he propagated the rich Hindu spiritual culture in India and abroad and brought about an awakening among the people of his country. He organised the Ramakrishna Order of Monks that works tirelessly for the uplift of mankind. Swami Vivekananda's inspirational writings, speeches, and vision remain relevant even today and will continue to inspire future generations for all times.

**Dr. Prema Nandakumar** obtained her Ph. D. in 1961 for her study of Sri Aurobindo's epic poem Savitri. Since then, she has been an independent researcher, publishing critical and biographical works. As a translator, her career spans half a century, with the UNESCO publishing her book on Subramania Bharati. Dr. Nandakumar's translation into English of Manimekalai, the ancient Buddhist epic in Tamil, has been received with enthusiasm. She is also a creative writer in English and Tamil.

Introduced to the Sri Ramakrishna-Vivekananda Movement at a tender age by her parents, she has remained in its spiritual ambience all her life. She is the recipient of several awards, including the Sri Aurobindo Puraskar (Calcutta), Pandita Ratna (Warangal), U.Ve. Swaminatha Aiyar Award (Coimbatore) and Thamizh Peravai Chemmal (Madurai Kamaraj University).



**UG SAYS ...**  
**Everyday thoughts from U.G.**  
**Krishnamurti**

**Arun Babani**

ISBN: 978-93-53024-82-6

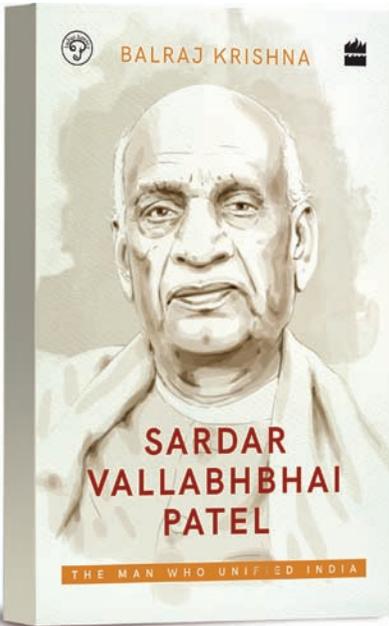
Size: 5.5 in x 8.5 in | Paperback, pp. 214

**₹ 399.00**

First Published: 2019

U.G. Krishnamurti's teachings pose a great challenge to the religious traditions all over the world. What UG said was outside the field of teachability. In point of fact, there was no teacher, no taught and thereby no teaching. There was no symbolism, no metaphysics, no mysticism involved in his words. He meant what he said, literally. This book is a collection of his quotations.

**Arun Babani** has a Masters degree in Eastern Philosophy from Mumbai University. He is a journalist and a writer. He has written a book of spiritual essays titled Return to Innocence and two books of poems in Sindhi. His articles have been published in many newspapers and magazines including Debonair, Weekend and DNA. He lives in Mumbai with his wife and son.



## SARDAR VALLABHBHAI PATEL

The man who unified India

Balraj Krishna

ISBN: 978-93-53024-80-2

Size: 5.5 in x 8.5 in | Paperback, pp. 340

Includes 24 pages of photos

₹ 599.00

First Published: 2019

As prime minister of Britain, Churchill had ordered the preparation of an imperial strategy with the intention of balkanising India and tightening Britain's post-war hold over her. The strategy envisaged two Pakistans, one in the west and the other in the east, both large in size at India's expense: the west to include the non-Muslim east Punjab; the east, the whole of Bengal (despite Hindus comprising almost half the population), and the predominantly Hindu Assam.

Within her borders, India was to be balkanised with the creation of independent confederations of princely states. Attlee's policy statement of 20 February 1947 was to implement the same, and Mountbatten was given the mandate to transfer power and quit India by June 1948, a date that was advanced to August 1947.

However, Churchill's imperial strategy was foiled by Patel. He stood in the way of transfer of power, unless Punjab and Bengal were divided. Fearing the loss of Congress cooperation, Mountbatten was forced to reach an agreement with Patel. Patel's most significant gain was the concession that Britain would not interfere in the settlement with the princes. This enabled Patel to integrate over 560 princely states in a period of about 18 months and helped him to create a united India.

This book examines the extraordinary contribution of Sardar Patel, from his unflinching support to Gandhi's satyagrahas and the Indian freedom struggle, to his farsighted and courageous approach in building a strong, integrated India.

**Balraj Krishna** began his career as a journalist with the Civil & Military Gazette, Lahore, in 1944. Post-Partition in New Delhi, he was with the Publicity Division of the External Affairs Ministry and British Information Services. He was a special correspondent with the Hindustan Times in Kashmir. His articles, book reviews, and photo-features appeared in the Illustrated Weekly of India, the Times of India, the Economic Times, the Hindu, and Frontline, besides Eastern World, London. He is the author of Indian Freedom Struggle and Sardar Vallabhbhai Patel: India's Iron Man.

## THE GORAKHNATH ENLIGHTENMENT

The path to Om

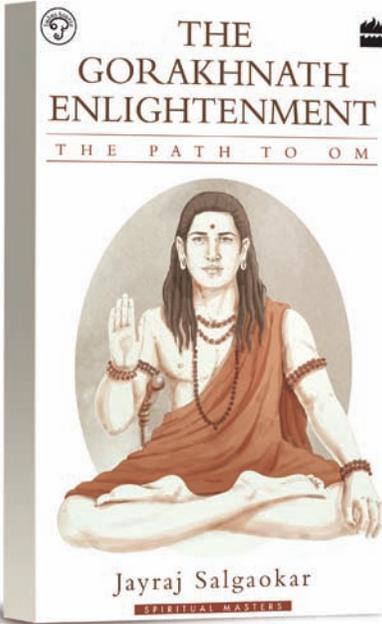
Jayraj Salgaokar

ISBN: 978-93-53024-84-0

Size: 5.5 in x 8.5 in | Paperback, pp. 314

₹ 499.00

First Published: 2019



While yoga is accessible to all, the path to become a true yogi is known only to a few. An esoteric practice, it requires years of learning, dedication, willpower and thirst for the connection with the universal consciousness and spiritual marriage with the Divine. Only those who seek this path with complete sincerity and patience are truly successful, but only to some extent. When they finally reach there they realise that they are the Brahman.

This mystic science owes everything to two esoteric cults—the Siddhas and the Buddhas. While the Siddhas originated on Indian soil and the Buddhas are deeply established in India and Nepal, the philosophies, paths, and deities of these two cults are intimately connected. A blend of these two paths can escalate an individual's consciousness and help him/her realise his/her complete potential. Many names, forms and legends portray the gods and goddesses of these cults in myriad ways. This book seeks to explore the anomalies and similarities of these two cults bound together by the heterogeneous spiritual thread of Gorakhnath.

Gorakhnath devoted himself to the prolific knowledge of yoga and emerged as the greatest yogi ever born. It was he who laid the core foundation of a school of thought that is rooted in the Indian tradition. His teachings, vows, and philosophies form the backbone of yoga and the attainment of immortality.

**Jayraj Salgaokar** is the Editor, Publisher, Co-founder, and Managing Director of Kalnirnay, the world's largest-selling multilingual publication, published in nine languages. He writes regularly in Loksatta, Maharashtra Times, and other leading Marathi newspapers. He is a visiting lecturer on newspaper printing technology and internet in various colleges and media schools. His interests include reading, spirituality, and mountaineering.

**RANI LAXMIBAI**  
**Warrior-Queen of Jhansi**

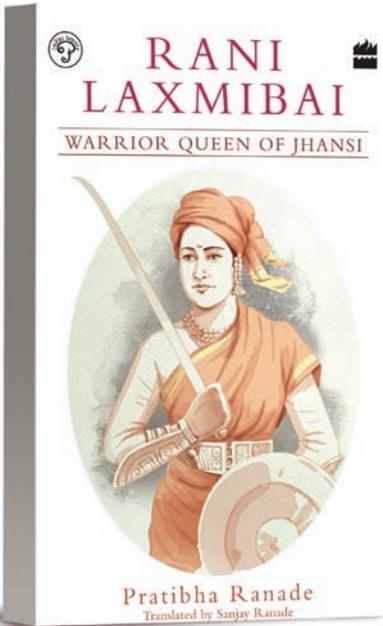
**Pratibha Ranade**  
**Trans: Sanjay Ranade**

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Size: 5.5 in x 8.5 in | Paperback, pp. 264

₹ 399.00

First Published: 2019

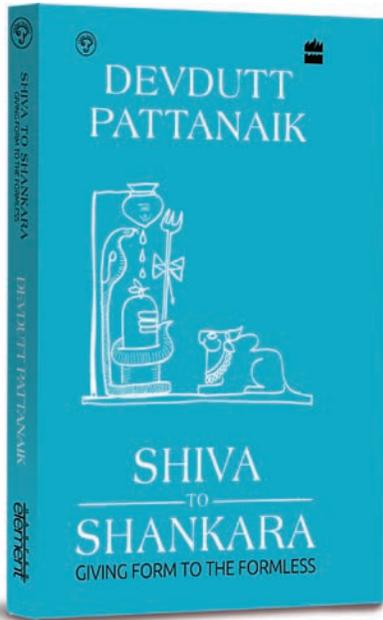


Rani Laxmibai was a courageous and independent personality, a capable ruler, an intelligent communicator, and defender of the faith. She was sagacious when it came to her people and astute in dealing with her enemies. It was because of these qualities that she became the Rani of Jhansi—not just in name but representing bravery and sterling qualities. One admires this widowed queen who never surrendered to her destiny, choosing instead to shape her life with vibrant energy. The British annexed her kingdom, took away her political rights, and humiliated her. But she valiantly fought the foreign power and died a hero's death.

Written after extensive research, this book portrays the making of a remarkable queen. In her short span of life, Rani Laxmibai had to repeatedly face gruelling challenges. She drew strength from adversity, relying on her sense of justice, her dignity, and her magnanimity. Rani Laxmibai, the brave warrior-queen, remains a source of sublime inspiration to us all.

**Pratibha Ranade** is the author of twenty-five books in Marathi. These include *Badnaseeb*, a novel on the last Mughal emperor Bahadurshah Zafar, *Afghan Diary*, a socio-political analysis and an eyewitness account of the Saur revolution in Afghanistan, *Burakhya Adchya Streeya*, a study of the issues faced by Muslim women, *Aispais Guppa Durgabainshi*, an interview with Durgabai Bhagwat, *Phalani te Phalani*, a book on the creation of Bangladesh, and *Asmitechya Shodhat Pakistan*, a book on the Pakistani search for identity. She has won several literary awards for her works. Some of her books have been translated into English. She has also presented research papers at Indian and international conferences.

**Dr. Sanjay Ranade** is associate professor at the Department of Communication and Journalism, University of Mumbai. He has earlier translated *Mehmood: Man of Many Moods* from Hindi to English. His novel *Where Ends Collide* won the third prize in the international novel writing competition conducted by [www.oxfordbookstore.com](http://www.oxfordbookstore.com) in 2000. His Marathi play *Archimedes* was judged the best in the All India Radio National Playwright Competition 1999.



## SHIVA TO SHANKARA Giving Form to the Formless

Devdutt Pattanaik

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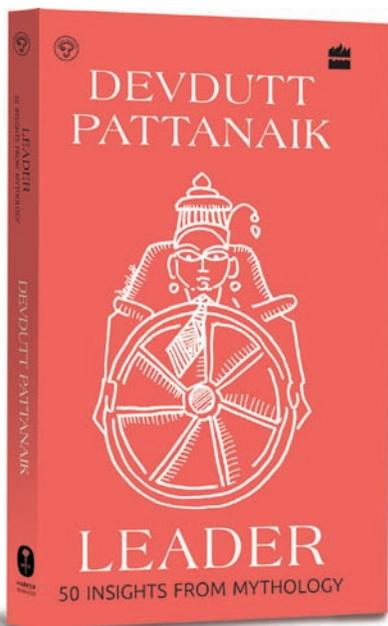
₹ 399.00

First Published: 2017

First reprint 2017

We live in times where people have extreme views. On the one hand, there are scholars who describe Shiva's linga literally as a phallus and see all metaphoric meaning as embarrassed apology of the uneducated. On the other hand, we have puritanical Hindus who want to strip the Shiva linga of all sexual meaning and sanitize Shiva's lore. In both cases, a symbol is being reduced to a sign. In *Shiva to Shankara*, Devdutt Pattanaik, India's leading mythologist, seeks to bridge the gap. As he explores the layers of meanings embedded in Shiva's linga, we discover why and how the Goddess transforms Shiva, the hermit, into Shankara, the householder.

**Devdutt Pattanaik** is a medical doctor by education, a leadership consultant by profession, and a mythologist by passion. He writes and lectures extensively on the relevance of stories, symbols and rituals in modern life. He has written over fifteen books, which include *7 Secrets of Hindu Calendar Art* (Westland), *Myth=Mithya: A Handbook of Hindu Mythology* (Penguin), *Book of Ram* (Penguin), *Jaya: An Illustrated Retelling of the Mahabharata* (Penguin). To know more visit [devdutt.com](http://devdutt.com)



## LEADER 50 Insights From Mythology

Devdutt Pattanaik

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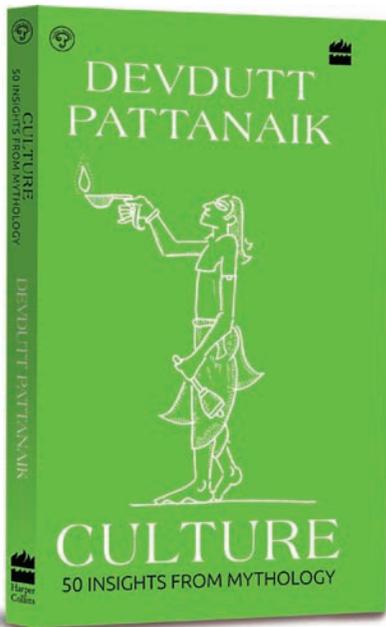
Hardback, pp. 248

₹ 499.00

First Published: 2018

What does the Biblical story of Nathan and David say about effective communication skills? How do you identify the Raja Bhoj, the Gangu Teli and the Shekchilli in your office? What is the corporate equivalent of an Ashwamedha yajna? Drawing from sources as diverse as the Mahabharata and the Bible, the Vikram-Betal stories, the Iliad and the Odyssey, Islamic tenets, the tales of rishis and kings, and fables from around the world, Devdutt Pattanaik, India's leading mythologist, provides a fascinating account of what leadership entails. How to choose the right leader, effectively communicate with a boss, maintain the right balance between discipline and leniency? In these and other workplace situations, Pattanaik shows what leaders of today can learn about the art of leadership from stories written thousands of years ago, things no management course can teach. Leader: 50 Insights from Mythology uses myths and legends to arrive at wisdom that is both time-worn and refreshingly new, on what makes a good leader.

**Devdutt Pattanaik** is a medical doctor by education, a leadership consultant by profession, and a mythologist by passion. He writes and lectures extensively on the relevance of stories, symbols and rituals in modern life. He has written over fifteen books, which include 7 Secrets of Hindu Calendar Art (Westland), Myth=Mithya: A Handbook of Hindu Mythology (Penguin), Book of Ram (Penguin), Jaya: An Illustrated Retelling of the Mahabharata (Penguin). To know more visit [devdutt.com](http://devdutt.com)



## CULTURE

### 50 Insights From Mythology

**Devdutt Pattanaik**

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Hardback, pp. 240

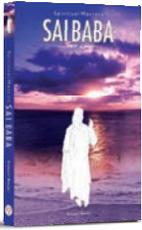
**₹ 499.00**

First Published: 2018

How do myths and stories influence culture? What is the difference between one culture and another, and how did these differences come to be? Are cultures fixed or do they change over time? Devdutt Pattanaik, India's leading mythologist, breaks down the complex maze of stories, symbols and rituals to examine how they shape cultures. He investigates how stories influence perception and construct truths, the cultural roots of the notion of evil and reveals the need for mythology through a telling of various Indian and Western myths. In doing so, he shows how myths reflect the culture they emerge from while simultaneously reinforcing the source. Culture is a groundbreaking work that contextualizes mythology and proposes that myths are alive, dynamic, shaped by perception and the times one lives in.

**Devdutt Pattanaik** is a medical doctor by education, a leadership consultant by profession, and a mythologist by passion. He writes and lectures extensively on the relevance of stories, symbols and rituals in modern life. He has written over fifteen books, which include 7 Secrets of Hindu Calendar Art (Westland), Myth=Mithya: A Handbook of Hindu Mythology (Penguin), Book of Ram (Penguin), Jaya: An Illustrated Retelling of the Mahabharata (Penguin). To know more visit [devdutt.com](http://devdutt.com)

Biography/Spirituality



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Sonavi Desai

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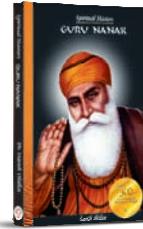
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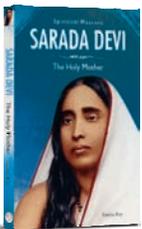
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First Published: 2005

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Biography/Spirituality



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Sumita Roy

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David Edmunds

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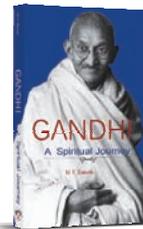
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First Published: 2009

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Spirituality



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M V Kamath

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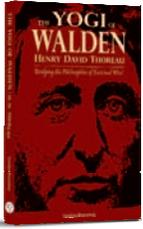
Size: 5.5 in x 8.5 in  
Paperback, pp. 200

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First Published: 2007

2<sup>nd</sup> reprint

Philosophy/Spirituality



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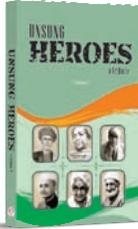
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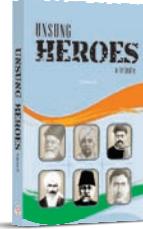
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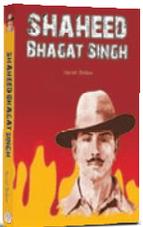
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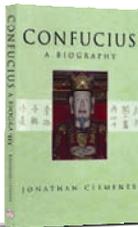
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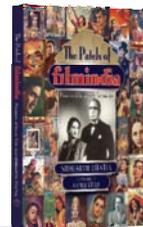
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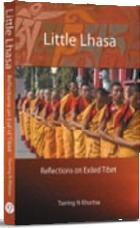
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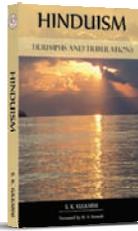
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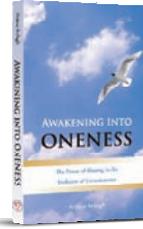
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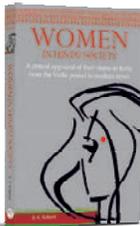
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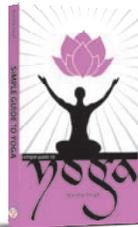
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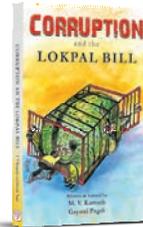
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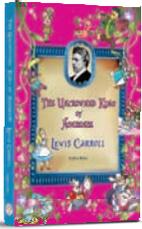
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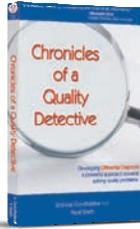
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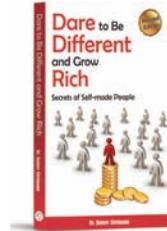
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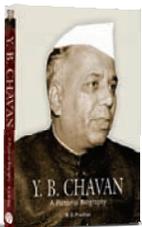
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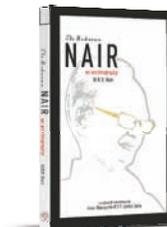
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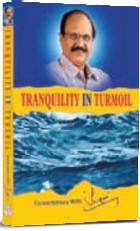
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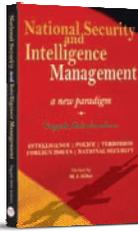
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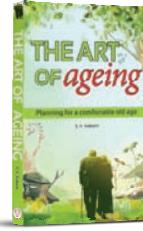
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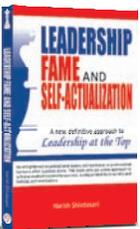
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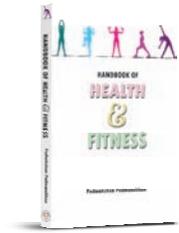
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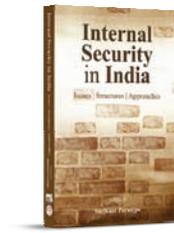
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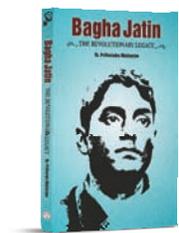
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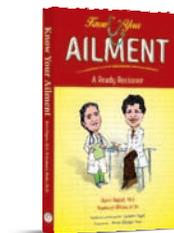
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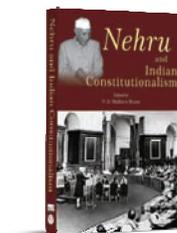
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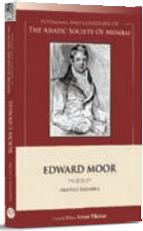
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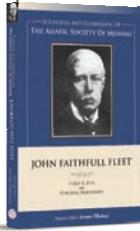
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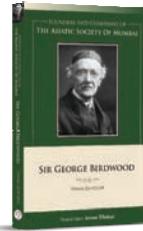
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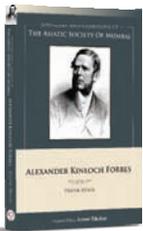
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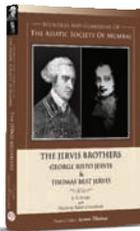
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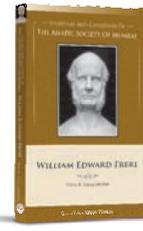
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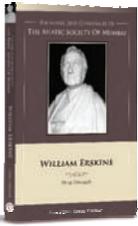
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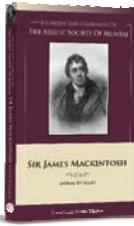
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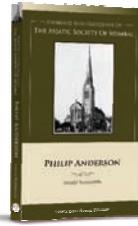
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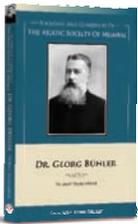
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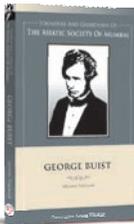
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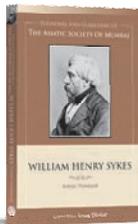
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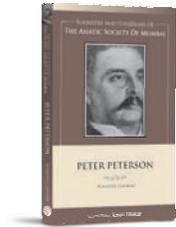
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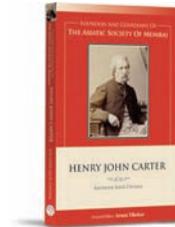
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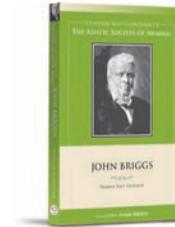
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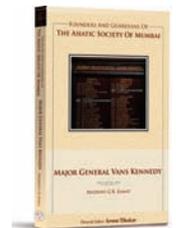
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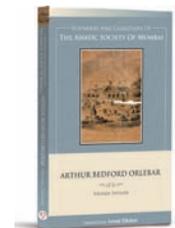
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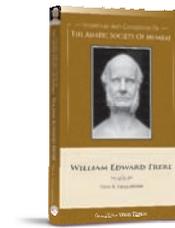
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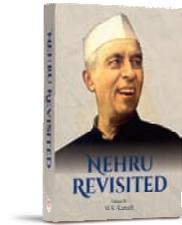
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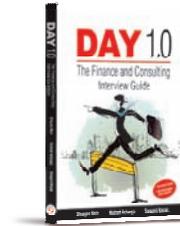
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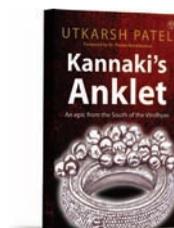
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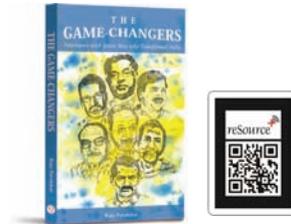
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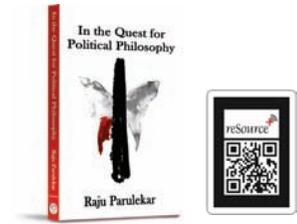
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मराठी

# गोल्डा

एक अशांत वादळ

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## गोल्डा

एक अशांत वादळ

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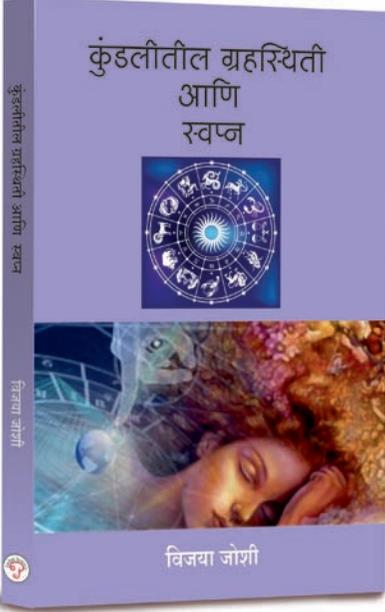
First published: April 2019

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एका सामान्य रशियन ज्यू कुटुंबातील मुलगी कुटुंबासमवेत अमेरिकेला स्थलांतर करते...किशोर वयातच ती ज्यूंसाठी स्वतंत्र भूमी हवी, या विचाराने झपाटली जाते. त्यासाठी ऐन विशीतच आपल्या पतीसमवेत ती अमेरिका सोडते...

किबुत्झमध्ये राहून कुक्कुट पालनाचे धडे घेते... प्रसंगी बालवाडीतील मुलांचे कपडे धुऊन घरखर्च भागवते...राष्ट्र उभारणीच्या ध्येयाने प्रेरित होऊन, राजकारणात प्रवेश करते...अल्पावधीतच ती आपल्या कणखर वृत्तीन, फटकळ स्पष्टवक्तेपणाने, साध्या राहणीने आणि सहज वाणीने आपला स्वतंत्र ठसा उमटवते...इस्रायलच्या स्वातंत्र्याच्या जाहीरनाम्यावर स्वाक्षरी करणारी ती एकमेव स्त्री. वयाची सत्तरी उलटल्यावर ती पंतप्रधान होते. आंतरराष्ट्रीय पातळीवर धाडसी निर्णय घेऊन ते तडीस नेते. प्रखरपणे आपली ध्येयनिष्ठा राखते...स्वतःला स्त्रीवादी न म्हणवणारी मात्र स्त्रीवाद्यांसाठी रोल मॉडेल ठरलेली ही झगोल्डझ-अर्थात झगोल्ड मेयर.झ

वीणा गवाणकर या मराठीतील नावाजलेल्या लेखिका आहेत. त्यांची आजवर अनेक पुस्तके प्रकाशित झाली असून, त्यांचा लेखनाचा मुख्य विषय असामान्य व्यक्तींचे चरित्रलेखन हा आहे.



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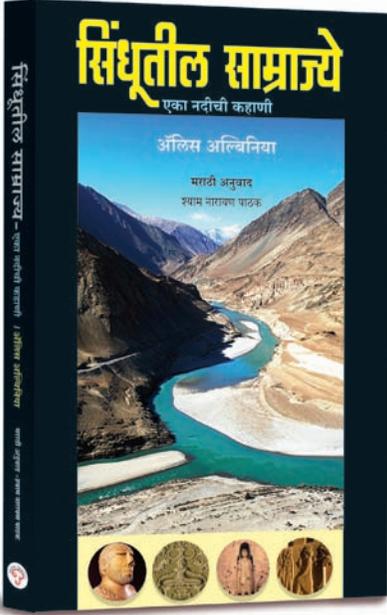
Paperback, pp. 52

₹ 99.00

First Published: 2019

एखाद्या अद्भुतरम्य कथेप्रमाणे उलगडत जाणाऱ्या मानवी आयुष्यात झस्वप्नद्ध हा एक महत्त्वाचा घटक असतो. बहुतेक स्वप्ने ही जरी निद्रावस्थेत मिटल्या डोळी पडत असली तरी, जागृतावस्थेत उघड्या डोळीही माणसे स्वप्न बघतात. उघड्या डोळी बघितल्या गेलेल्या स्वप्नांमुळे आणि ती साकार करण्यासाठी केलेल्या अथक प्रयत्नांमुळे जीवनाला एक नवा अर्थ प्राप्त होतो. तसेच निद्राधीन अवस्थेत पाहिल्या गेलेल्या स्वप्नांनीही जीवनाला एक आगळे वेगळे परिमाण लाभू शकते. स्वप्न हे कोणत्याही व्यक्तीला कुठल्याही काळी पडत असल्याने, त्या स्वप्नांद्वारे मानवी जीवनाचे गूढ उकलण्याचा प्रयत्न विचारवंतांकडून सातत्याने केला गेलेला आढळतो. जगाच्या पाठीवर सर्वत्र, मानवाला पडणाऱ्या स्वप्नांची आणि त्या स्वप्न फलांबाबतची मीमांसा केली गेलेली आढळते. ज्योतिषशास्त्रही याला अपवाद नाही. स्वप्न कोणत्या प्रहरी पडले, स्वप्नात कोणते दृश्य दिसले, यावरून ज्योतिषशास्त्रात शुभ आणि अशुभ स्वप्ने असे स्वप्नांचे वर्गीकरण केलेले आपल्याला आढळते. तसेच अशुभ स्वप्न फलाची तीव्रता कमी व्हावी, यासंबंधी उपायही ज्योतिषशास्त्रात सांगितलेले आहेत.

विजया जोशी या नामवंत ज्योतिष तज्ज्ञ आहेत. त्यांनी ज्योतिषशास्त्राविषयी विपुल लेखन केले आहे.



## सिंधूतील साम्राज्य

अलिंस अल्बिनिया

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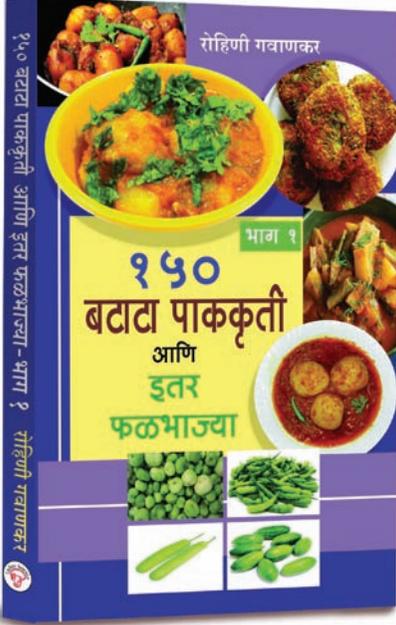
Paperback, pp. 404

₹ 499.00

First Published: 2019

सिंधू नदी! जगातल्या सर्वात मोठ्या नद्यांमधली एक अशी आहे, जी तिबेटमधील पहाडात उगम पावून पश्चिमेकडे वाहत जाताना, उत्तर हिंदुस्तानातून पाकिस्तानात शिरते आणि कराचीजवळ समुद्राला मिळते. हजारो वर्षांपासून तिची पूजा केली जात आहे. वसाहतवाद्यांनी शेकडो वर्षांपासून साम्राज्ये वाढवणे आणि टिकवण्यासाठी ह्याच सिंधूचा उपयोग केला आहे. आणि आज सिंधूच्याच आधाराने पाकिस्तान देश कसाबसा टिकून आहे. पाच हजार वर्षांपूर्वी सिंधूच्या काठावर पाच समृद्ध शहरं नांदत होती. याच नदीतून त्या शहरांतील व्यापारी जगभर जात येत होते. याच नदीच्या काठावर आणि त्या नष्ट झालेल्या शहरांच्या उद्ध्वस्त अवशेषांमार्फत संस्कृत बोलणारे, संस्कृतात ऋग्वेदासारखे ग्रंथ रचणारे भटके पंडित हिंडत होते. गेल्या दोन हजार वर्षांत अलेक्झांडरपासून अनेक आक्रमक अफगाणी सुलतान आणि ब्रिटिश वसाहतवाद्यांना सिंधू काबीज करण्याच्या इच्छेने वेडेपिसे करून सोडले होते. या सगळ्या धुमश्रुकीत सिंधूच्या खोऱ्यातून शेकडो वर्षे रेशमाचे व्यापारी, चीनपासून दक्षिण-मध्य आशियापर्यंत फिरत होते. सूफी संतांचे आश्रयस्थान असलेल्या सिंधूच्या खोऱ्यातच शीख धर्माचा उदय झाला. सदर पुस्तकाचे बोट धरून वाचक, सिंधूच्या पात्रातून, कराचीपासून ते तिबेटपर्यंत दोन हजार मैल प्रवास करतीलच. त्याचबरोबर त्यांना सिंधूच्या खोऱ्यात घडलेल्या पाच हजार वर्षांच्या इतिहासाचाही मागोवा घेता येईल. तसेच इतिहासात घडलेल्या घटनांचे धागेदोरे, सिंधूच्या काठावरील वर्तमानातल्या परिस्थितीत कसे पोहोचले; आहे हेही पाहता येईल.

अलिंस अल्बिनिया या लेखिकेचा जन्म लंडन येथे १९७६ साली झाला. त्यांनी केम्ब्रिज विद्यापीठात इंग्रजी साहित्याचा अभ्यास केला आणि स्कूल ऑफ ओरीएंटल अँड आफ्रिकन स्टडीज (लंडन) मध्ये दक्षिण आशियाच्या इतिहासाचा अभ्यास केला. सदर पुस्तक लिहिण्यापूर्वी त्यांनी भारतात दिल्ली येथे पत्रकार व संपादक म्हणून काम केले. पाकिस्तान, अफगाणिस्तान, भारत व तिबेट या देशांतून वाहणाऱ्या सिंधू नदीच्या खोऱ्यात त्यांनी केलेल्या साहसी प्रवासात, सदर पुस्तक लिहिले. या त्यांच्या पहिल्याच पुस्तकाला रॉयल सोसायटीचे जेरवूड पारितोषिक देऊन गौरविण्यात आले आहे



# १५० बटाटा पाककृती आणि इतर

फळभाज्या भाग - १

रोहिणी गवाणकर

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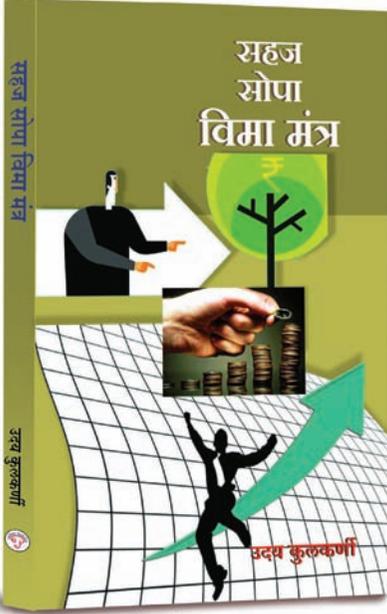
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Paperback, pp. 176

₹ 250.00

First Published: 2018

स्पॅनिश दर्यावर्दी लोकांनी बटाटा हीवनस्पती युरोपात १५८७च्या सुमारास आणली व पुढे ती ४० वर्षांनी म्हणजे, १६२७ सालात भारतात आयात झाली. मग पुढे पोर्तुगीज लोकांनी तिची भारताच्या पश्चिम किनाऱ्या जवळच्या प्रदेशात लागवड सुरू केली व तेथे पोर्तुगीज भाषेतील "बटाटा" या नावाने ओळखली जाऊ लागली. त्यानंतर ब्रिटिश व्यापाऱ्यांनी ती बंगालमध्ये नेली व तेथे ती "आलू" या नावाने ओळखली जाऊ लागली. बटाटा हागोल, अंडाकृती, दंडगोलाकृती, लांबटअशा निरनिराळ्या आकारात आणि निरनिराळ्या आकारमानाचा असतो. बटाटा हेजगातील आठ प्रमुख अन्नपिकांपैकी एक असून, भाजीपाल्याचे ते सर्वात महत्त्वाचे पीक आहे. तसेच बटाटा सर्वसामान्य माणसालाही सहज खरेदी करता येईल; अशी भाजी आहे. अशा या लोकप्रिय फळभाजीच्या म्हणा, कंद म्हणा, बटाट्याच्या १५० पाककृती, त्याही वेगवेगळ्या प्रांतातल्या सदर पुस्तकात दिलेल्या आहेत. त्या निश्चितच आपल्याला पसंत पडतील. त्याशिवाय इतर काही फळभाज्यांच्या पाककृती देखील दिलेल्या आहेत. ज्या आपल्या आहारात महत्त्वाच्या असतात, त्या आपल्या पोषणासाठी हातभार लावतातच, शिवाय त्या बहुगुणी असल्याने विकारांमध्ये त्यागुण देणाऱ्या असतात.



## सहज सोपा विमा मंत्र

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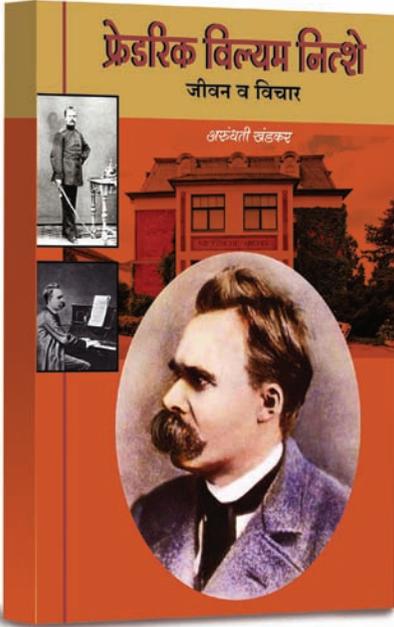
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आताकाळ बदललेला आहे. लोकांचे उत्पन्न वाढलेले आहे, तसाच खर्चही वाढलेला आहे. जीवनशैली बदललेली आहे. मुलांच्या शिक्षणाचा खर्च वाढलेला आहे. नोकरीमध्ये असुरक्षितता आलेली आहे. ह्या सगळ्यांमुळे आर्थिक नियोजनकरणे आवश्यक झालेले आहे. आज वेगवेगळ्या आर्थिक साधनांमुळे पर्याय उपलब्ध झालेले आहेत. त्याबरोबरच ते समजू नघेऊन, मगच त्यात गुंतवणूक करणे आवश्यक झालेले आहे. हे प्रत्येकाने समजून घ्यायलाहवे. त्यासंदर्भात ह्यापुस्तकात विमा योजनां संबंधी व इतर आर्थिक नियोजनां संबंधी सविस्तर माहिती आहे.



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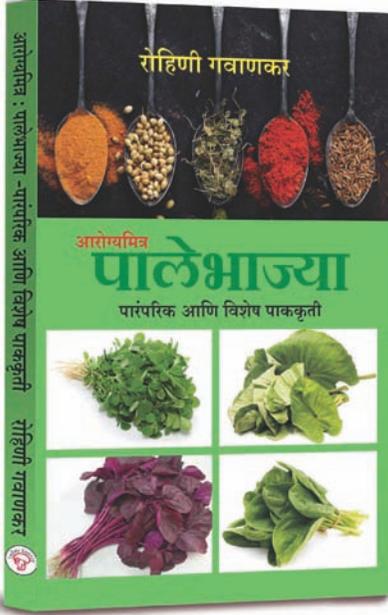
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Friedrich Wilhelm Nietzsche (1844 - 1900) was a German philosopher, composer, poet, philologist, and scholar whose work greatly influenced Western philosophy and modern intellectual history. He published numerous works of philosophy, including *Thus Spoke Zarathustra*. In the last decade of his life he suffered from insanity. His writings influenced many major thinkers and writers of the twentieth century.

**Arundhati Khandkar** was formerly Professor of Philosophy at S.I.E.S. College, University of Mumbai. She has written several books including *Baja*, the translation of Machiavelli's *The Prince*; *Tarkateertha: Prajnyappravah*, a biography of Laxmanshastri Joshi; and *Adi Shankaracharya: Life and Philosophy*. She has translated the book *Spiritual Materialism* by Tarkateertha Laxmanshastri Joshi from Marathi into English.



## आरोग्यमित्र पालेभाज्या पारंपरिक आणि विशेष पाककृती

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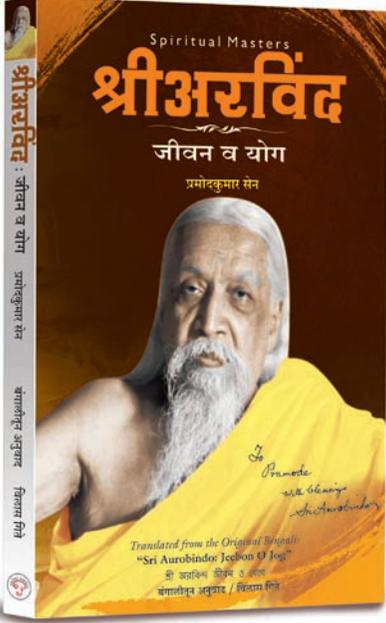
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पालेभाज्यांत जीवनसत्त्वे व खनिजे मुबलक प्रमाणात असतात. मात्र प्रत्येक भाजीत त्यांच प्रमाण वेगवेगळे असते. माठ, मेथी, शेवग्याचा पाला यामध्ये कॅल्शियम आढळते. स्नायूंच्या कार्याकरिता हाडे, दात बळकटीसाठी, कॅल्शियमची आवश्यकता असते. तसेच मेथी, माठ, आळू, कोथिंबीर, लाल माठ अशा अनेक पालेभाज्यांत लोह असते. रक्तक्षय असणाऱ्यांनी हिमोग्लोबिन वाढविण्यासाठी पालेभाज्या अधिक खाणे आवश्यक आहे. सोडियम, पोटॅशियम, आयोडिन, कोबाल्ट, मॅंगेनीज, झिंक वगैरे शरीरात आवश्यक असणारी खनिजे प्रामुख्याने पालेभाज्यांतच असतात. म्हणून आपल्या जेवणात पालेभाज्यांना खूप महत्त्व आहे. कारण पालेभाज्यांमुळे आरोग्य उत्तम राहते. शिवाय अनेक पालेभाज्या आपली रोगप्रतिकारशक्ती वाढवतात. पालेभाज्या ह्या आरोग्यदायी तर आहेतच, त्याचबरोबर त्या आपल्या आरोग्यमित्रसुद्धा आहेत.



श्रीअरविंद  
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हे पुस्तक बंगालीत लिहिले गेलेले योगी श्री अरविंद यांचे पहिले संपूर्ण चरित्र आहे. या चरित्राला स्वतः श्रीअरविंदांनी मान्यता दिली होती.

श्रीअरविंदांनी मान्यता दिली होती.

श्रीअरविंद हे एक विद्वान, साहित्य-समीक्षक, तत्त्वज्ञानी, क्रांतिकारक, कवी आणि योगी होते. १५ ऑगस्ट १८७२ रोजी कोलकात्यात जन्मलेल्या श्रीअरविंद यांनी आपल्या आयुष्याचा सुरुवातीचा भाग आपल्या देशवासियांना मूलभूत मानवी हक्क मिळावेत यासाठी संघर्ष करण्यात व्यतीत केला. आपल्या उत्तरायुष्यातील त्यांच्या साधनेचे ध्येय भारताला व सर्व मानवजातीला दिव्यत्वाच्या प्रतीतीचा हक्क मिळावा हे होते.

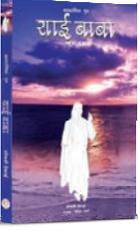
श्रीअरविंद भारतीय स्वातंत्र्यलढ्याचे क्रांतिकारी नेते बनले. ज्या काळात श्रीअरविंदांवर लिहिणे ब्रिटिशांचा रोष ओढवून घेत असे, अशा काळात 'श्रीअरविंद: जीवन आणि योग' हे पुस्तक लिहिले गेले. या पुस्तकात लेखकाने सुरत काँग्रेस भंग होण्यामागचा वैचारिक पैलू स्पष्ट केला आहे. 'स्वराज व स्वदेशी' हा श्रीअरविंद व लोकमान्य टिळक यांच्या राष्ट्रीय पक्षाचा मंत्र काँग्रेस पक्षाने विसाव्या शतकाच्या पहिल्या दशकात कसा आपलासा केला, हे या विश्लेषणातून लेखकाने स्पष्ट केले आहे.

आध्यात्मिक कार्यासाठी राजकारण सोडून श्रीअरविंदांनी अंतर्गत योग नामक योगपध्दती विकसित केली. त्यांच्या चिंतनाचा मुख्य विषय मानवी जीवनाचा दिव्य जीवनात विकास हा होता.

प्रमोदकुमार सेन: (१८९९-१९५२)

हे एक देशभक्त, पत्रकार व साक्षात्कारी व्यक्तिमत्त्व होते. त्यांनी स्वतःला या तीनही प्रवाहांत झोकून दिले होते. त्यांचे पत्रकारितेमधील कौशल्य तत्कालीन प्रख्यात वृत्तपत्रांमधील स्तंभांमधून प्रकट झाले होते. साहित्य, राजकीय घटनांचे विश्लेषण आणि देशभक्ती या विषयांवरील त्यांचे लेख 'लिबर्टी', 'द अॅडव्हान्स', 'द हिंदुस्तान स्टॅंडर्ड' आणि अमृतबाजार पत्रिका या वृत्तपत्रांतल्या कोलकाता आणि अलाहाबाद आवृत्त्यांच्या सुजाण वाचकांमध्ये लोकप्रिय होते. पत्रकारितेत उच्च स्थानी असतानाच त्यांनी 'श्रीअरविंद: जीवोन ओ जोग' हे पुस्तक लिहिले. त्यांनी स्वतःला श्रीअरविंद व श्री मा यांचे चरणी लीन केले होते. यातच त्यांच्या जीवनाच्या आध्यात्मिक बाजूची परिपूर्ती होती.

Spirituality



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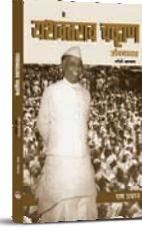
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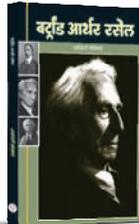
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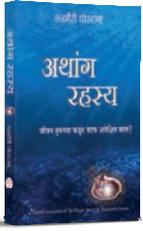
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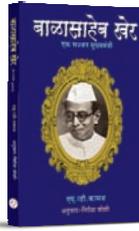
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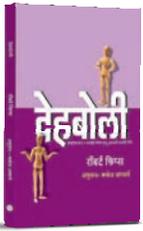
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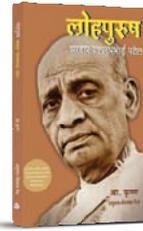
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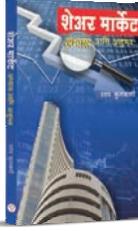
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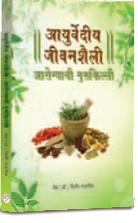
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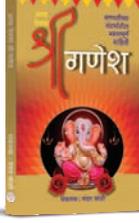
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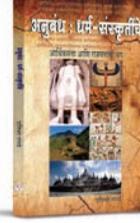
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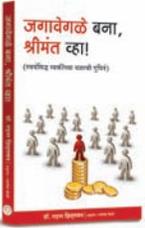
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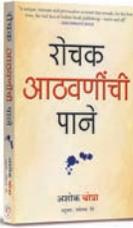


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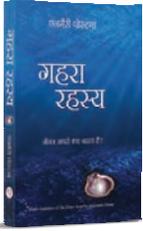
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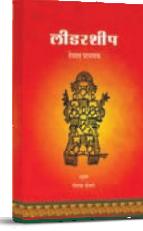
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