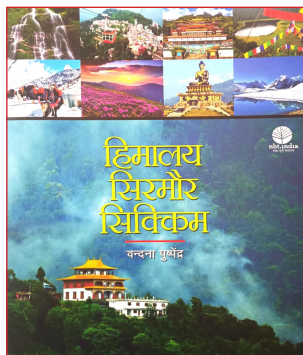


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PICK OF THE MONTH



Himalaya Sirmaur Sikkim
Author - Vandana Pushpendra
ISBN 978-93-5743-383-9
Rs. 90.00

Ganga Pustak Parikrama Commences its Journey

As the knowledge partner of the Nation, National Book Trust, India has been working relentlessly to promote reading culture across India. Keeping its role in mind, NBT launched the Ganga Pustak Parikrama in order to promote and support the authors of the country.

This innovative literary initiative not only promotes reading but also fosters a deeper connection with the Ganga's rich cultural, spiritual, and ecological heritage. As the book van travels from town to town across cities and states, it aims to engage communities, spark conversations, and celebrate India's vibrant literary tradition through the power of books.

The 2025 edition of Ganga Pustak Parikrama began its inspiring journey on 8 June from the scenic Ganga Ghat in Muzaffarnagar. The mobile exhibition van welcomed numerous visitors on board, offering them a unique opportunity to browse and select from a diverse collection of titles.

On 9 June 2025, the Ganga Pustak Parikrama reached PM Shri Government Inter College, Muzaffarnagar, drawing an enthusiastic response from students, teachers, and local readers alike. The event saw active participation as visitors explored a wide range of books and discovered new favourites.

This initiative also sparked meaningful



conversations around the cultural and environmental significance of the Ganga river, tying literature with heritage.

NBT-India's Ganga Pustak Parikrama reached Haridwar on 10 June 2025, where a storytelling and poetry session was held in collaboration with the NGO Bal Kunj, Govindpur. Storyteller Nagesh Pandey and poet Shrishti Pandey engaged 53 children with stories and poems on the Ganga. Children who made posters on Ganga conservation were awarded books. Each child also received a book under NBT-India's Har Haath Ek Kitaab initiative and enjoyed the NBT Mobile Book Exhibition.

As part of the Ganga Through the Ages literary bioscope, NBT-India held an engaging event at Shiv Kala Foundation Society, Ambedkar Nagar, Haridwar. Storyteller Swati Goyal captivated 85 students with a mythological tale of the Ganga, while also

raising awareness about river conservation. Children participated in a drawing activity on Ganga Conservation, with winners receiving books as prizes. The event also featured poetry recitations and the NBT Mobile Book Exhibition, which was enjoyed by students, teachers, and parents.

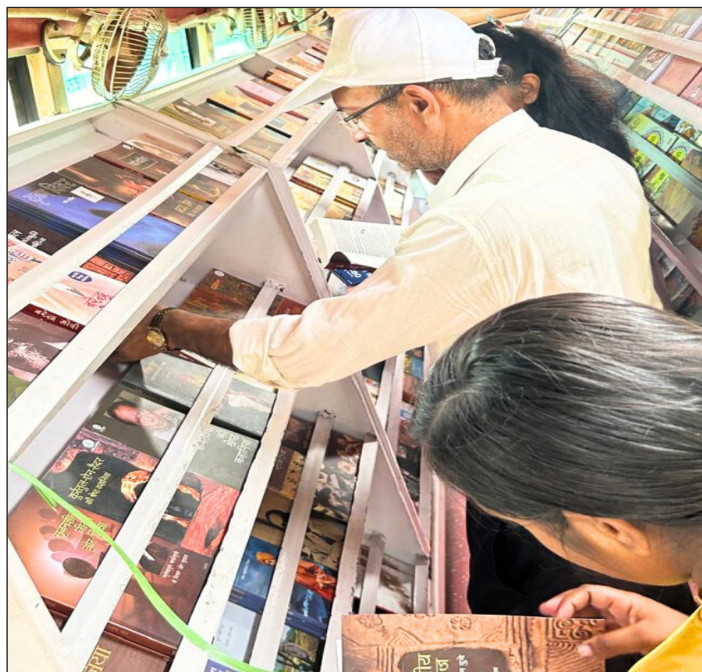
Ganga Pustak Parikrama continued its literary journey across Muzaffarnagar on 11 June 2025 where the campaign made a vibrant stop at Fly High NGO in Dawarika Puri. Over 40 children enthusiastically participated in two fun and meaningful sessions.

Shri Rameshwar Prasad Saraswat captivated the young audience with engaging stories about the legends and history of the Ganga, sparking curiosity and wonder. Smt. Sushila Sharma followed with heartfelt poetry recitations, helping the children connect with the river's emotional and environmental significance. The sessions not only educated but also inspired the children to view the Ganga as a symbol of change, rejuvenation, and a literary heritage.

A series of engaging events were organised in Muzaffarnagar to promote awareness of the Ganga's rich cultural and ecological heritage. At PM Shri Government Inter College, Shri Subodh Sharma led a rejuvenating yoga and mindfulness session, followed by an inspiring storytelling session by Shri Rajnikant Shukla, who shared legends and historical narratives centred on the sacred river. Shri Rajnikant Shukla also conducted a similar storytelling session at Fly High NGO, where children listened with enthusiasm and curiosity. Both events fostered a deeper respect for the river among young participants, encouraging

them to view the Ganga not just as a river, but as a living symbol of India's legacy.

The sessions concluded with interactive discussions, where students reflected on their learnings and shared their own thoughts on river conservation. These initiatives aimed to connect the youth with the timeless spirit of the Ganga through literature, mindfulness, and storytelling.



Three-Day Gujarati Translation Workshop in Ahmedabad

A three-day Gujarati Translation Workshop was organised by the National Book Trust, India (NBT) from 13-15 June in Ahmedabad. The workshop was inaugurated on 13 June at the Boardroom of the National Institute of Design (NID), Ahmedabad, Gujarat.

Renowned Gujarati writer and the first recipient of the Sahitya Akademi Bal Sahitya Puraskar, Shri Yashwant Mehta, inaugurated the workshop as the Chief Guest. In his address, he emphasised the vital role of translated literature, especially for children, in building bridges across linguistic and cultural boundaries.

Dr. Ashok Mondal, Director, NID, and Guest of Honour, spoke about the deep synergy between literature and design, and how books significantly contribute to shaping the cultural and intellectual fabric of the nation.

Shri Kumar Vikram, Chief Editor & Joint Director, NBT, India, highlighted the organisation's commitment to promoting a culture of reading across the country. He underscored how translation workshops such as this one serve as powerful tools for fostering national integration through literature.

Shri Bhagyendra Patel, Editor (Gujarati), NBT, welcomed the



guests and gave a presentation on the Trust's latest publications.

The inaugural session also included a moment of silence in memory of the victims of the tragic air crash that occurred in the city on 12 June 2025.

Over the course of the three-day workshop, a team of 20 eminent translators and emerging authors worked together to translate and develop 100 titles into Gujarati, further enriching the linguistic diversity of the nation's literary landscape.

Three-Day Tamil Translation Workshop in Chennai

A translation workshop was organised by National Book Trust, India (NBT) on 27 June 2025 at Asha Nivas Social Service Centre in Chennai. This three-day Tamil translation workshop was inaugurated by Shri Vishnupuram Saravanan, Bal Sahitya Puraskar awardee, and Shri Kumar Vikram, Chief Editor & Joint Director of NBT, India.

In his address, Shri Kumar Vikram emphasised on the significance of in-person translation workshops which enable intense discussions about the nuances of translations. He acknowledged the advancements in Artificial Intelligence but underlined that AI can only serve as a supportive tool, and cannot be a replacement for human translators since translation is a creative work.

Shri Kumar Vikram also shared that NBT is currently working on two major projects: an anthology of eminent literatures for young readers and modern classic stories for children.

In his keynote address, Shri Vishnupuram Saravanan remarked, “Culture is preserved through language and art. When a story is translated from one language to another, it travels and resonates with different regions and communities, offering them new perspectives.”

He lauded NBT, India’s efforts in making cross-cultural literature accessible and emphasised that such initiatives are crucial to enriching



India’s multilingual literary landscape.

The workshop brought together over 15 literary scholars and translators from across Tamil Nadu, focusing on translating over 75 Hindi books into Tamil.

The translators who participated in the workshop include Shri R. Shahjagan, Shri K. G. Socrates, Shri P. Murugavel, Shri Chandramohan, Shri Nanar Kadan, Shri Udaya Shankar, Shri Ramesh Kumar, Smt. Lalitha, Dr. Anbumani, Smt. S. Preetha, Smt. Shameem, Smt. Meenakshi Balu, and Smt. Padmavathy.

The participating translators also shared their experiences of translating from Hindi, Marathi, Malayalam, Kannada etc. into Tamil, exchanging valuable insights on the nuances and challenges involved in the process.



NBT Mobile Exhibition Van Reaches Maharashtra and Haryana

As the country's premier institution for cultivating reading habits and promoting literary culture, National Book Trust, India continues its mission to make books accessible. The Book Exhibition Programme was inaugurated at Savitribai Phule Pune University on 16 June 2025. The event witnessed the presence of several dignitaries, including Shri Rajesh Pandey, Vice Chancellor, Shri Suresh Gosavi, Professor, Paragji Kalkar, and members of the University's Management Council.

The launch in Pune marked another milestone in this effort, inviting students, faculty, and book lovers to explore a wide array of literature and educational resources through the mobile exhibition.

On the same day, as part of the Punjab-Haryana Pustak Parikrama, the Mobile Book Exhibition Van reached the Head Office of Uttar Haryana Bijli Vitran Nigam Ltd. (UHBVN) in Panchkula, Haryana, where it was inaugurated by Shri Ashok Kumar Meena, IAS, Managing Director, UHBVN. The event drew enthusiastic participation from staff and visitors who explored a wide range of books, promoting reading culture and knowledge-sharing.

Organised by NBT, India, the exhibition reflects its mission to cultivate reading habits across the nation. The mobile van remained stationed throughout the day, allowing attendees to engage with books and literary resources conveniently.

Under the Maharashtra Pustak Parikrama initiative, the mobile book exhibition reached Jalna Education Society College in Jalna on 19 June 2025. The exhibition was inaugurated by the Principal of the college, Dr. Ganesh Agnihotri.

Students and teachers actively visited the exhibition, exploring a wide range of books across various genres. The event created a vibrant literary atmosphere on campus, encouraging reading habits among youth. Many attendees expressed appreciation for NBT, India's efforts in bringing books closer to communities through this initiative.

On 20 June 2025, the Punjab-Haryana Pustak Parikrama Van reached Kaithal, Haryana, where it was inaugurated by Ms. Preeti, IAS. She also visited the Mobile Book Exhibition and viewed a range of titles published by the National Book Trust, India. The exhibition drew attention from students, educators, and



literature enthusiasts across the city. NBT, India continues to promote reading culture through such vibrant initiatives across the region.



Celebrating Wellness: International Yoga Day observed at NBT-India

On the occasion of International Yoga Day, 21 June 2025, the National Book Trust, India, organised a special yoga session for its employees. The session was led by Dr. Puram Chandra and Ms. Parita Patel, and commenced with a series of breathing exercises and guided meditation. This was followed by the practice of various yoga asanas, aimed at enhancing flexibility, balance, and overall well-being.



Ms. Parita Patel elaborated on the numerous physical and mental benefits of incorporating yoga into daily life. The session concluded with the collective chanting of 'OM', leaving participants feeling calm, centred, and revitalised.

NBT-India had organised a session on Yoga last month at its headquarters. Both the sessions received an enthusiastic response from the staff.

2 Day Summer Camp of Stories and Creativity at Kochi Book Promotion Centre

A vibrant and engaging two-day summer camp was organised on 7 and 9 June, 2025, at the Kochi Book Promotion Centre, Kerala. Bursting with imagination and joy, the event offered young minds a delightful escape into the world of stories and art.

The summer camp began with a mesmerising storytelling session by the talented Somy Solomon, who brought to life captivating tales

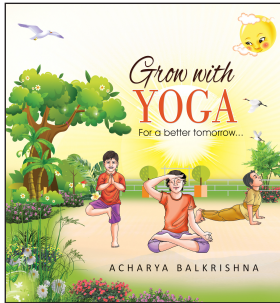


from Indo-African Stories (Malayalam, NBT). With every word and expression, she transported the children across continents, weaving cultures together through the timeless power of narrative.

Adding a creative twist to the experience, acclaimed artist Aravind Sukumar introduced the children to the intricate and delightful art of origami. With nimble fingers and curious minds, children created colourful and creative art out of paper.

The summer camp was not just a break from routine but a celebration of imagination, cultural connection, and creative exploration—a truly memorable experience for every child who attended.

NBT Books on Yoga, Ayurveda, and Spirituality



Grow with Yoga

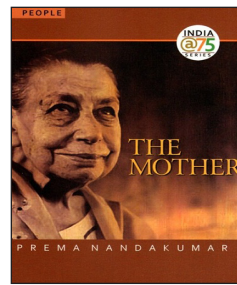
Acharya Balkrishna

2024 | 128 pp

Page 240

A fascinating and comprehensive book on Yoga for kids in simple language with colourful illustrations. The book has many Do-It-Yourself exercises explained in a step-wise manner! A learn-with-fun book for kids and all! Also published in Gujarati and Hindi.

ISBN 978-81-237-9763-2



The Mother

Prema Nandakumar

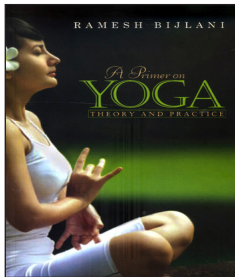
2024 | 186 pp

Page 200

Mirra Alfassa or The Mother, was born in Paris and her spiritual quest brought her to India. Following the footsteps of Sri Aurobindo, she joined forces with him in setting up of the Sri Aurobindo Ashram at Pondicherry and propagating his vision of the future.

The title has been revised and reformatted under India@75 series.

ISBN 978-93-5491-230-6



A Primer on Yoga: Theory and Practice

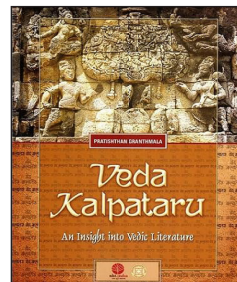
Ramesh Bijlani

2024 | 132 pp

Page 155

This book clarifies what yoga is, explains the distinguishing features of different schools of yoga, and gives a complete guidance on the physical practices of yoga as is possible through a written text and a DVD.

ISBN 978-81-237-7641-5



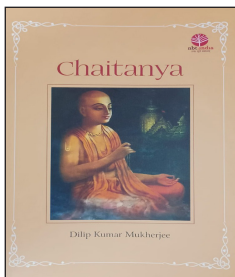
Veda Kalpataru

Maharshi Sandipani Rashtriya Ved Vidya Pratishthan

2023 | 313 pp | Page 520 (PB), Page 915 (HB)

The book presents a detailed account of the numerous institutions and their endeavour to preserve and promote the various teachings, learning, and research on the Vedas. It also sheds light on the essence of the Vedas as enshrined in the preamble of the Bhartiya Samvidhana.

ISBN 978-93-574



Chaitanya

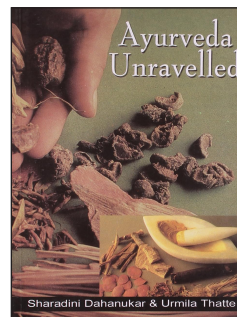
Dilip Kumar Mukherjee

2024 | 118 pp

Page 185

Chaitanya (b. 1486) appeared when the country was going through one of the darkest periods of its recent history. His Bhakti movement, which was soon to have a deep and pervasive influence in many parts of the country, carried within it a tremendous social force.

ISBN 978-93-5491-080-7



Ayurveda Unravelling

Sharadini Dahanukar & Urmila Thatte

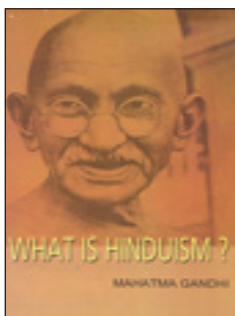
2024 | 138 pp

Page 145

The science of Ayurveda is surrounded by mystery. It elicits different reactions, ranging from romantic revivalism to West-oriented rejection, from complete acceptance to total rebuttal.

This book unravels some of the mysteries surrounding it, its basic concepts and governing principles, and also contains simple home-made herbal remedies.

ISBN 978-81-237-1676-3



What is Hinduism?

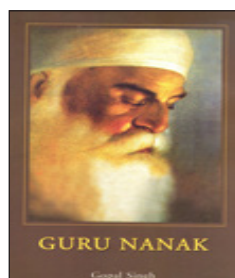
Mahatma Gandhi

2024 | 120 pp

Page 165

A selection of Gandhiji's articles drawn mainly from his contributions to Young India, the Harijan, and the Navajivan on Hinduism. Written on different occasions, these articles present a picture of Hindu Dharma in all its richness, comprehensiveness and sensitivity to the existential dilemmas of human existence.

ISBN 978-81-237-0927-7



Guru Nanak

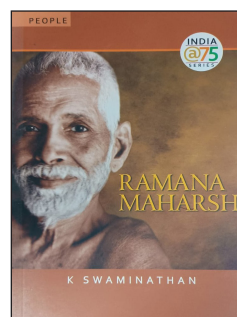
Gopal Singh

2024 | 87 pp

Page 105

Born in 1469, at a time when India was passing through a great social, political, and religious crisis, this spiritual sage preached that there is only one God. His gospel ultimately evolved into Sikhism. This brief biography reflects Nanak's influential teachings which can enlighten the humanity for ages to come.

ISBN 978-81-237-0139-4



Ramana Maharshi

K S Swaminathan

2017 | 179 pp

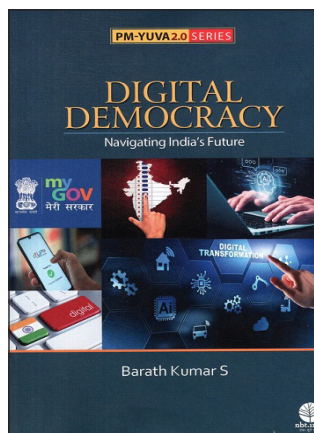
Page 210

A biography of Ramana Maharshi who belonged to the line of seers who taught by precept and example.

Like a scientific discoverer, he explored de novo – the deeper dimensions of reality – and perfected for us a technique of self-enquiry with which others can repeat his experiment and verify his findings by direct experience.

ISBN 978-93-5491-079-1

NBT's New and Upcoming Titles



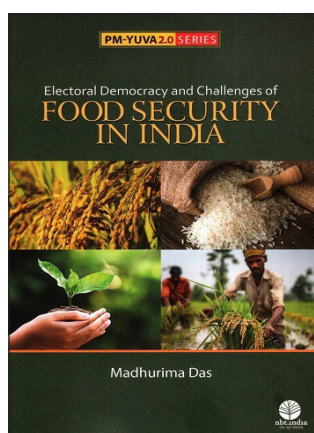
Digital Democracy: Navigating India's Future

Barath Kumar

In a world where technology is reshaping societies, *Digital Democracy: Navigating India's Future* takes you on a journey through India's transformation into a global digital leader. This book highlights how technology is transforming governance, bridging societal gaps, and reshaping the democratic process in the world's

largest democracy.

From initiatives like Aadhaar and UPI to ambitious space missions, blockchains, and AI, this book unravels the intricate web of innovation driving India's digital transformation. It explores the role that digital infrastructure plays in empowering India and examines whether India can balance technological advancement with data privacy and security.



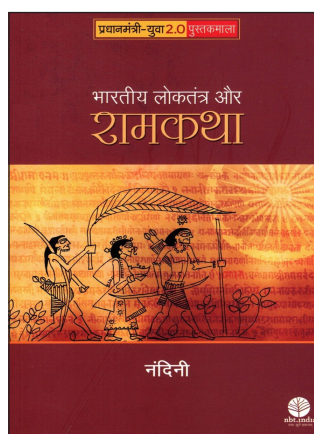
Electoral Democracy and Challenges of Food Security in India

Madhurima Das

Food has been a part of our structural existence, where food accessibility, entitlement, and availability completely depend on the creation of food security through a Targeted Public Distribution System (TPDS), or rationing. This book explores some of these important issues with regard to food security

and electoral democracy to understand both variables in depth.

This study is an original work that the author intends to build upon, as India, being a growing nation, continues to undergo significant changes.



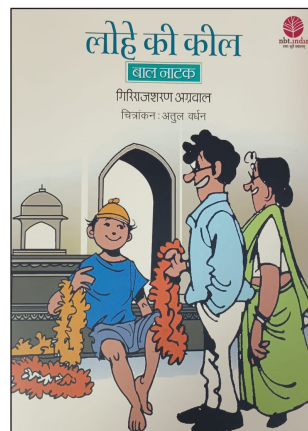
Bharatiya Loktantra aur Ramkatha

Nandini

Published in Hindi, this book explores the challenges found in various Rama Kathas, drawing parallels with the issues present in Indian democracy. Through evidence and analysis, it attempts to find the signs of a society-centric democratic system within the person-centric monarchical system.

Divided into three chapters, the

book discusses democracy in ancient, medieval, and contemporary India, while also reflecting on its future.



Lohe ki Keel

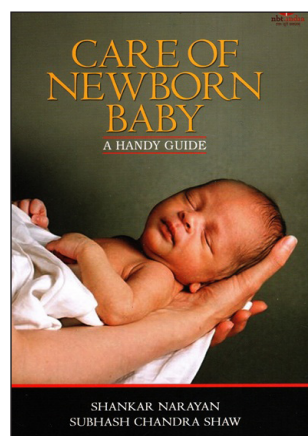
Giriraj Sharan Aggarwal

Children usually learn the art of acting through imitation. Initially, they imitate each other, but gradually, when this art develops in them, it comes under the category of acting. When we listen to a story from our grandmother, we use only our ears, but when we watch a folk play, we listen, watch, and also act our role in it. Thus, plays have an important role in educating children.

This book in Hindi contains two short plays for children: *Lohe Ki Keel* and *Ek Chutki Santosh*.

In *Lohe Ki Keel*, the father talks about how he has progressed in life because of hard work. It is said that if someone has knowledge, intelligence, and understanding, one can run a business with just one iron nail. This play offers an account of how a father uplifted his family with only a single iron nail.

Ek Chutki Santosh highlights an evil prevalent in modern times—the problem of dowry. The play draws on children's love for playing with dolls and shows Sona, a young girl, arranging a marriage for her doll with a family where dowry is expected. In the end, she realises that if one has even a pinch of satisfaction, they can be free from the desires and demands of others.



Care of Newborn Baby: A Handy Guide

Shankar Narayan

Subhash Chandra Shaw

A book that attempts to equip caregivers with knowledge of basic aspects of care pertaining to a newborn baby. This book is not an academic effort, nor is it prescriptive or complete in all aspects of newborn care.

With the social structure of our times being dominated by nuclear families, most parents of newborn babies do not have the comfort of elders being physically around to participate in caring for the baby. Changing circumstances, like most couples working, also contribute to anxiety about appropriate care being provided to their baby. The situation is intensified by the availability of a wide variety of information on newborns, which may not all be correct or appropriate.

Social Justice and Empowerment Minister visits NBT stall in Dehradun

Social Justice and Empowerment Minister Dr. Virendra Kumar visited the stall of NBT India at a programme organised at the National Drishti Divyaangjan Empowerment Institute on 22 June in Dehradun. Shri Rakesh Kumar (Joint Director, Administration and Finance) informed the Minister about Braille books and



children's book published by the Trust.

The Honourable Minister showed keen interest in these books and appreciated the literature prepared for child readers.

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2--day Book Exhibition at LBSNAA, Mussoorie

NBT India organised two-day exhibition at the country's premier training institute, Lal

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The views expressed in the signed articles do not necessarily reflect the official views of the Trust.

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Bahadur Shastri National Academy of Administration (LBSNAA), at Mussoorie on 27–28 June. The exhibition was inaugurated by the Academy Director Shri Sriram Taranikanti in the presence of faculty and NBT officials.

Shri Yuvraj Malik, Director, NBT interacted with IAS Phase II officers, encouraging them to collaborate in developing regional content, enhancing public libraries, and promoting a reading culture.



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

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