

**Volume 1**  
**Issue 5**  
**August- September 2022**

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# ***The Mithibai Chronicles***



The Mithibai Chronicles is a bimonthly newsletter of Mithibai College Jitendra Library. The main objective of this Newsletter is to provide information about New Arrivals and other library resources to library users. Additionally, it serves as a communication channel between a library and its users. Activities conducted in the library are communicated to the users via this Newsletter. The Mithibai Chronicles will surely quench the thirst of the young, vibrant minds of Mithibai College. We are sure that you will enjoy reading this Newsletter.

***Mithibai College  
Jitendra Library Team***

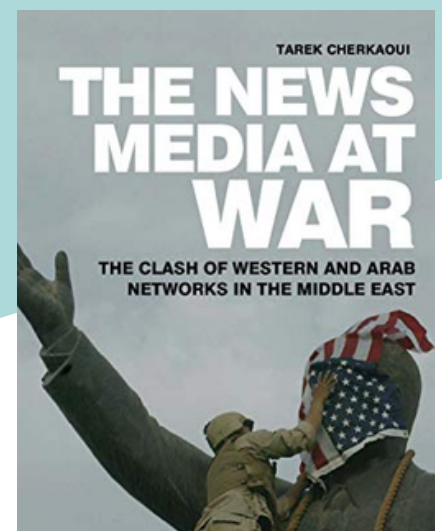
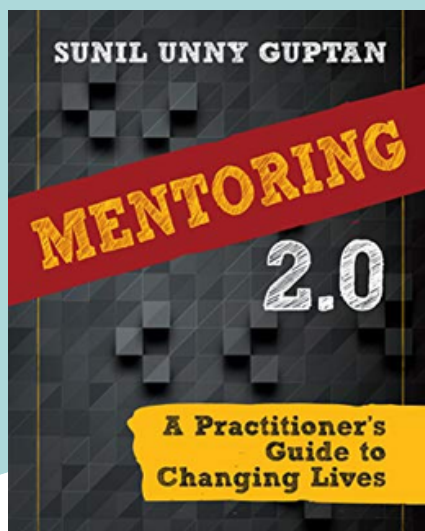
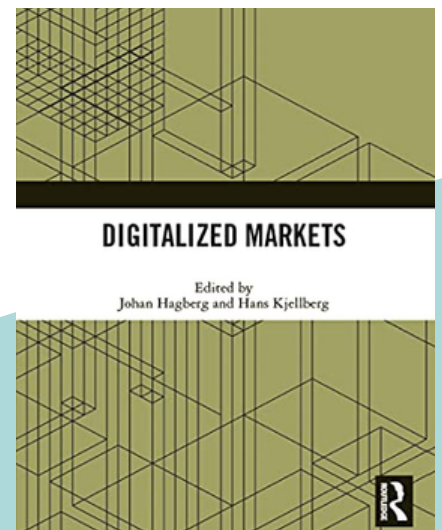
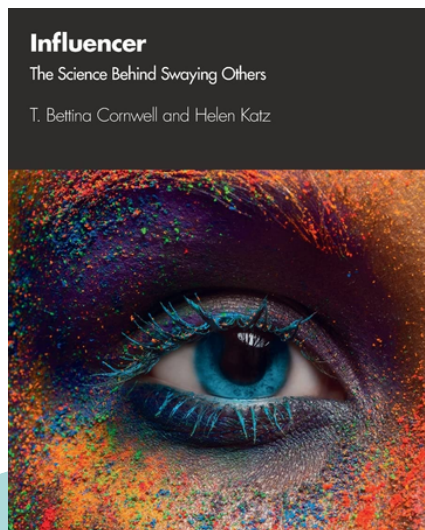
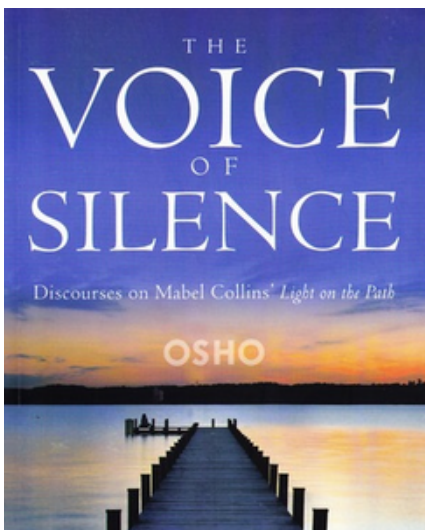
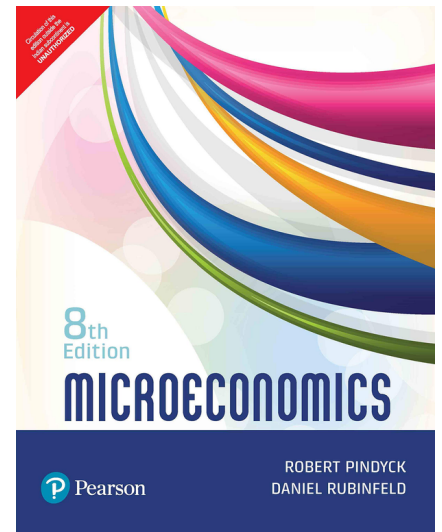
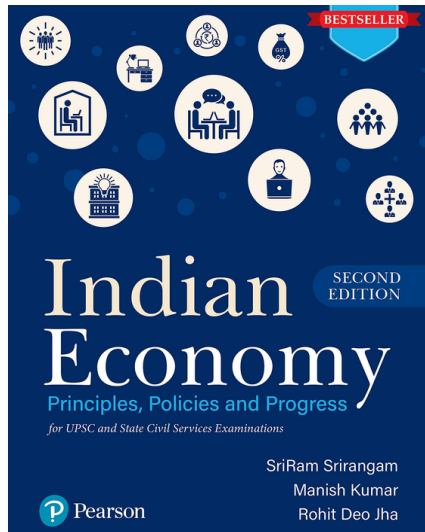
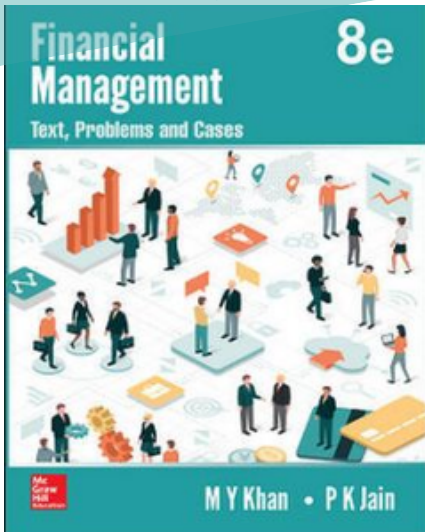
## **Newsletter at a Glance**

New Arrivals  
Book Reviews  
Library Activities: August-September 2022  
Best Essay from the Competition  
N-LIST resources on Biofuels- virtual display  
List of Library books on 'Nutrition'  
Forthcoming events

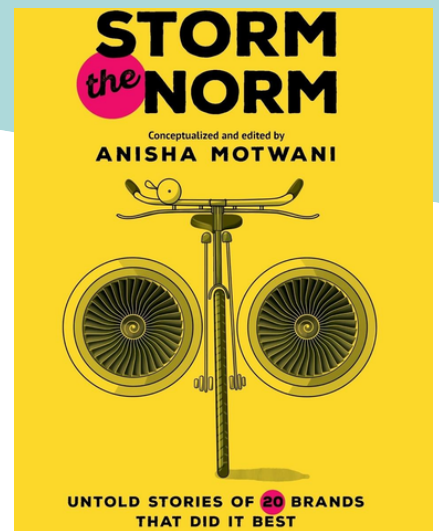
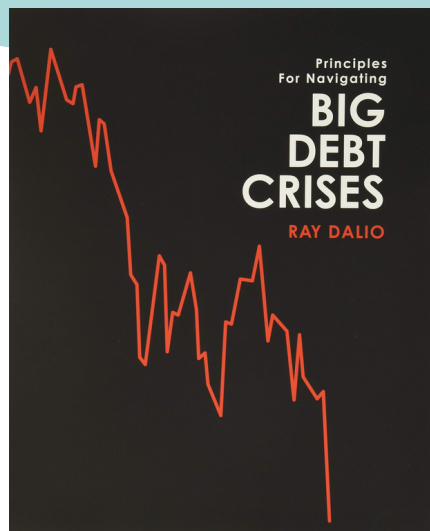
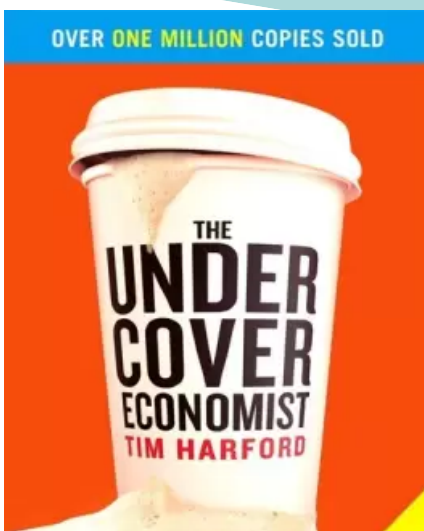
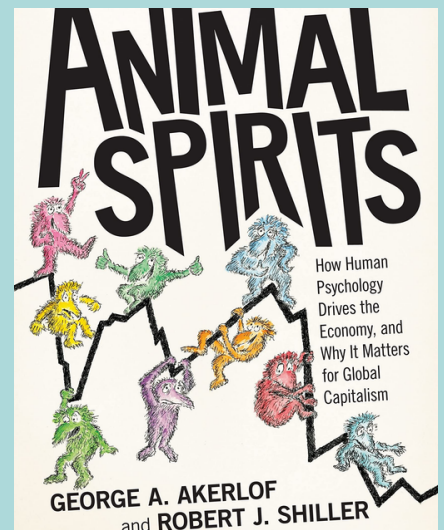
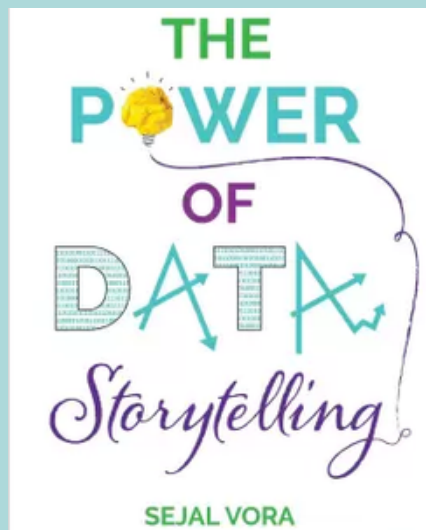
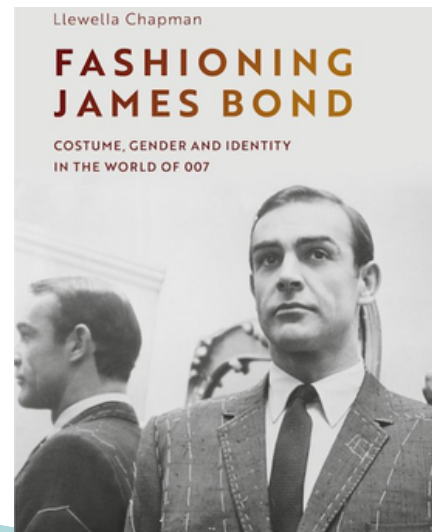
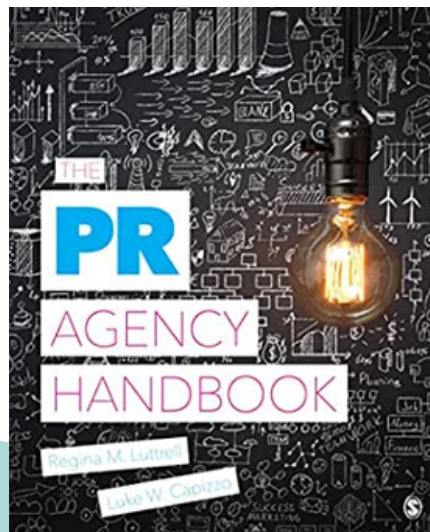
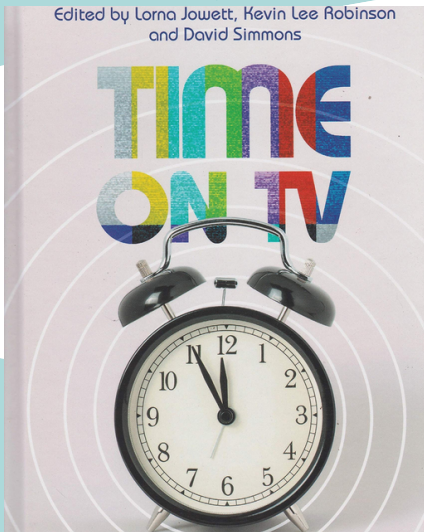


***HAPPY  
READING!***

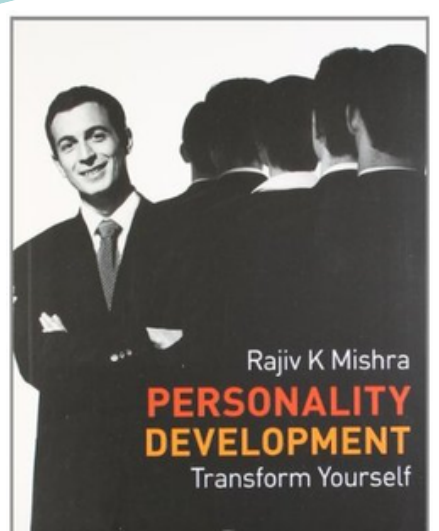
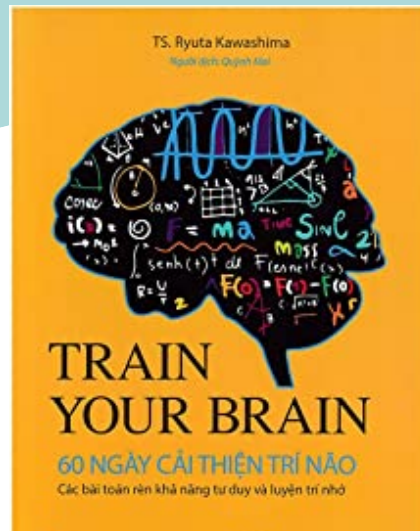
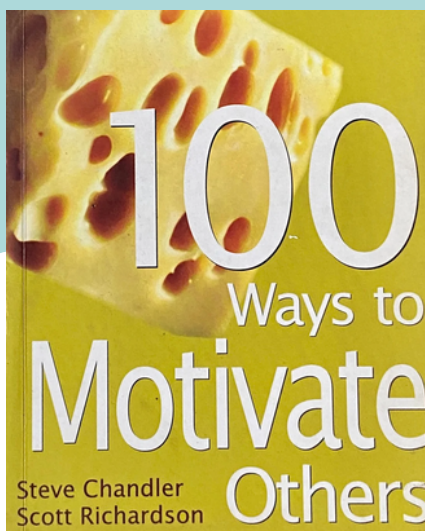
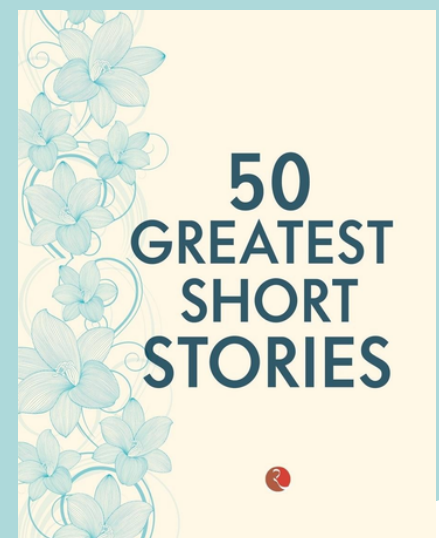
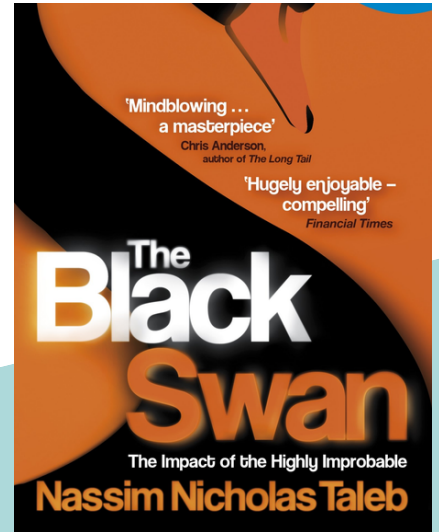
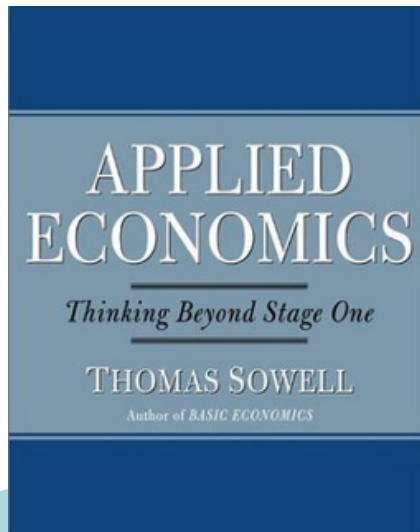
# NEW ARRIVALS



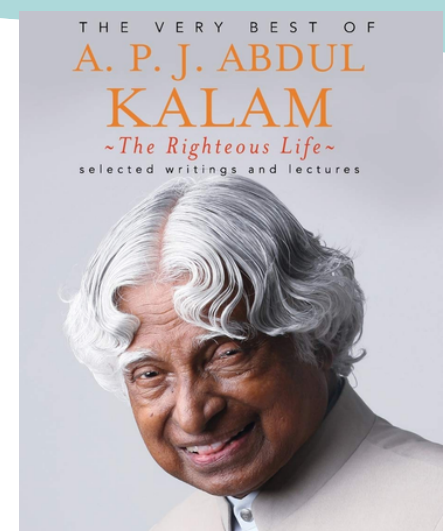
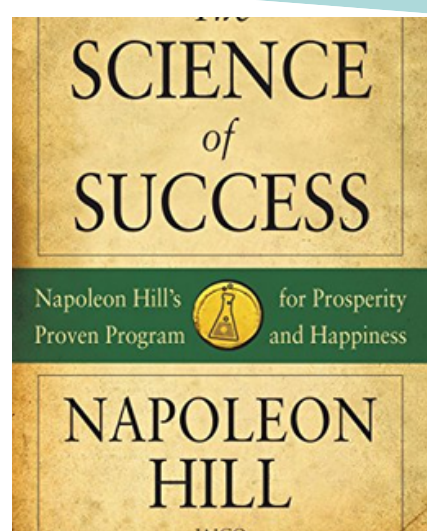
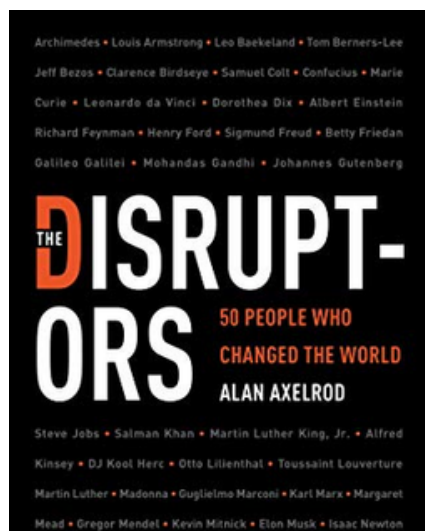
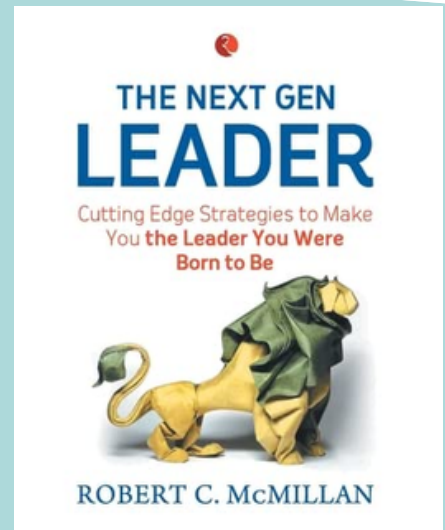
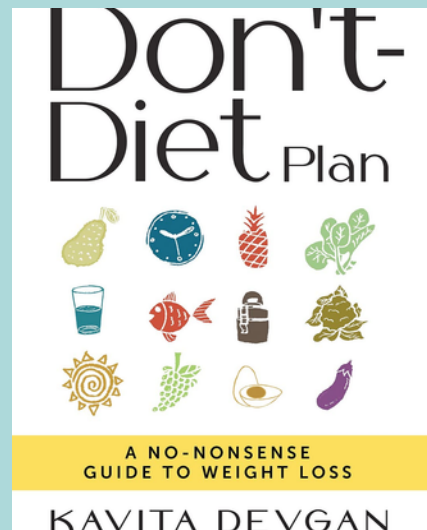
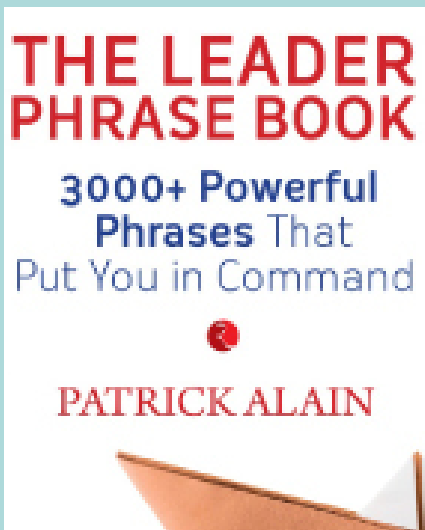
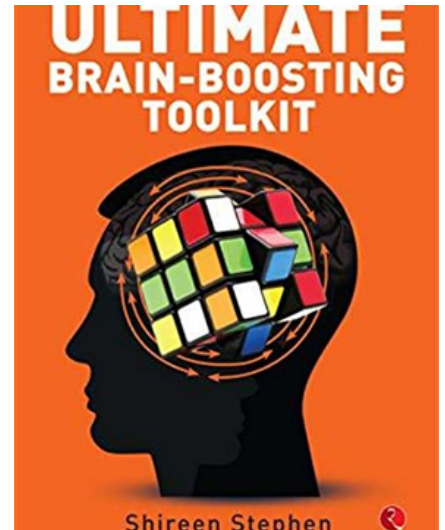
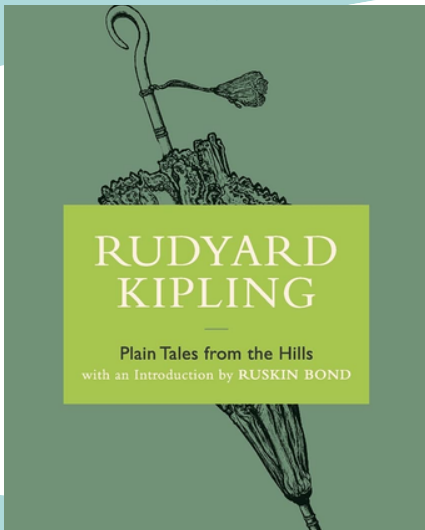
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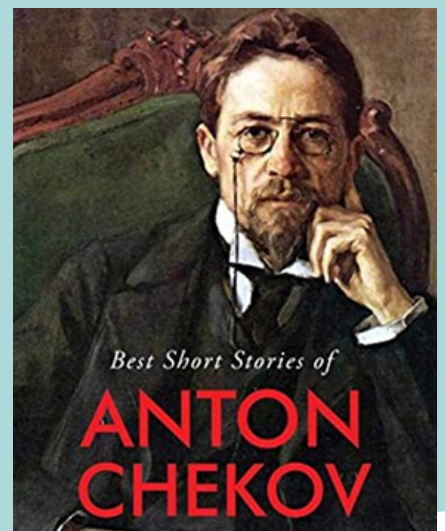
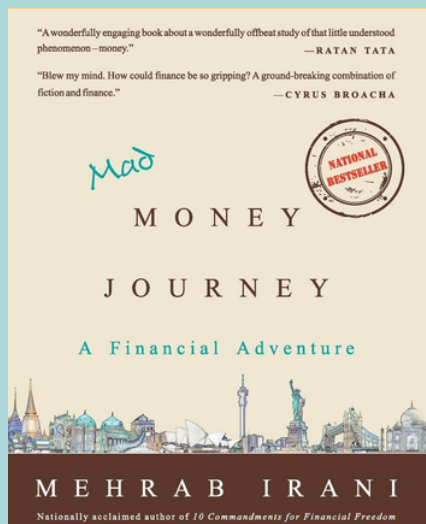
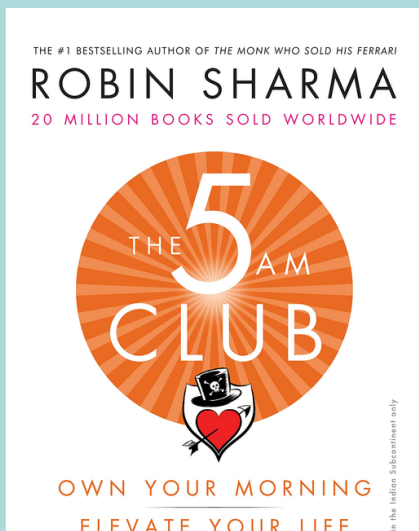
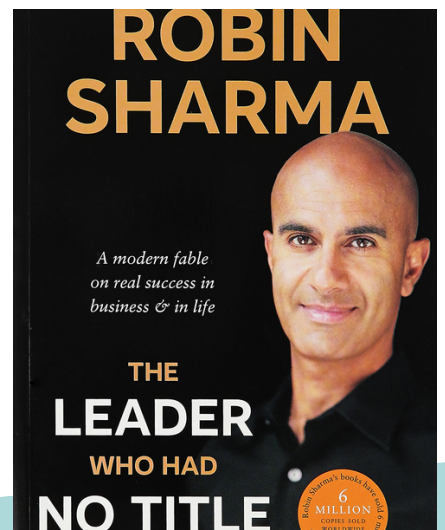
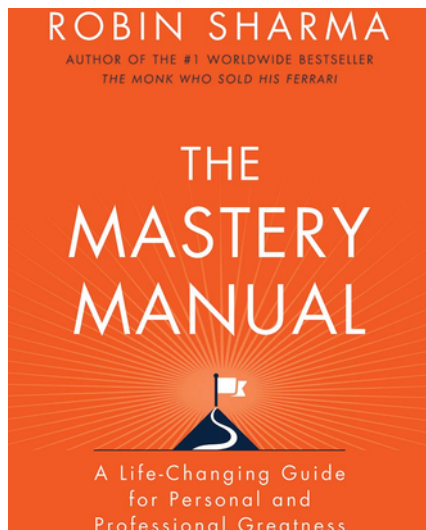
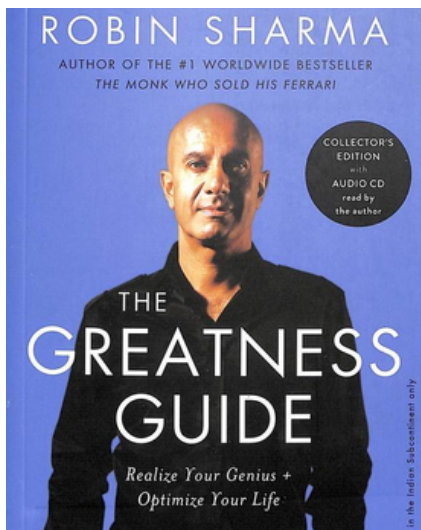
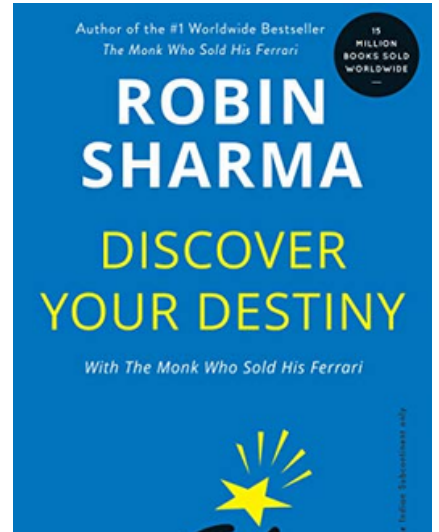
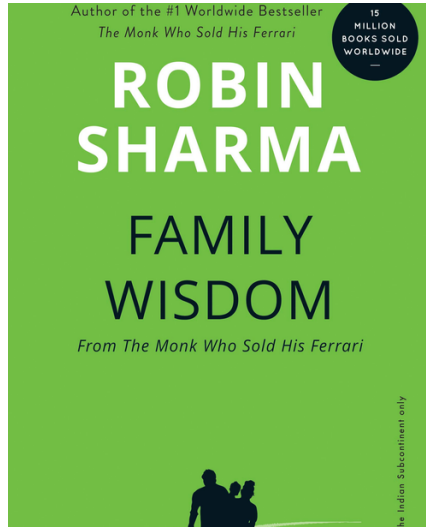
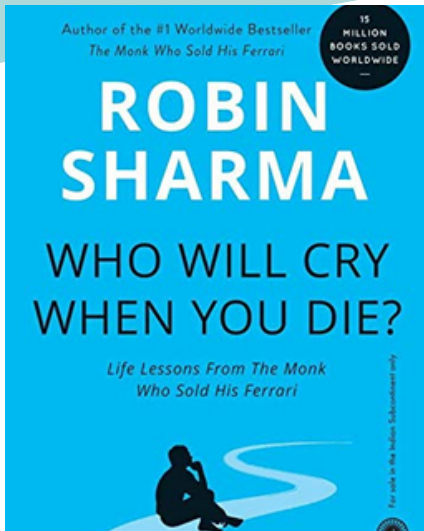
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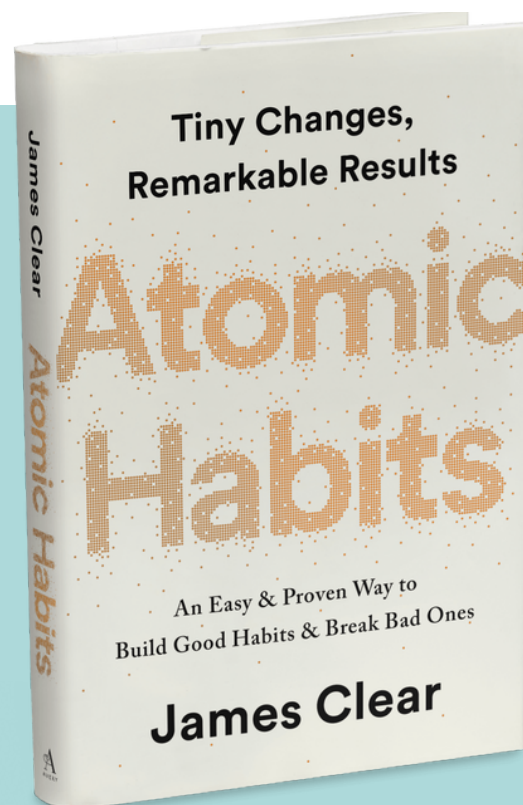
## BOOK REVIEW

# ATOMIC HABITS

## AN EASY & PROVEN WAY TO BUILD GOOD HABITS & BREAK BAD ONES

BY JAMES CLEAR

IN HIS BOOK ATOMIC HABITS, JAMES CLEAR FURNISHES A PRACTICAL AND ASCERTAINED FRAMEWORK FOR DEVELOPING GOOD HABITS AND FREEING FROM THE IMPERFECT ONES. THE EXAMPLES FROM THE BOOK ILLUSTRATE HOW SLIGHT BEHAVIOURAL CHANGES CAN FORM NEW HABITS AND HELP ACHIEVE BIG THINGS.



To boot things off, the author urges us to imagine a plane preparing to take off from Los Angeles to its destination, New York City. Promptly, the pilot enters all the correct information into the plane's computer, and the plane takes off, steering in the right direction. Not long after takeoff, the pilot accidentally changes the flight path slightly by 3.5 degrees, i.e. nearly nothing, just a few feet. The plane's nose shifts slightly to one side, and neither the pilot nor the passengers notice anything. However, over the journey across the United States, the impact of this slight change resulted in a considerable amount. At the end of their journey, the confused passengers and even more confused pilots land in Washington DC, not New York City. It corresponds to a song-  
जाना था जापान पहुँच गए चीन.

So, just like the confused pilot, we will have to face its consequences if we do not notice small life changes. Small changes leave a negligible immediate impact. If a person is out of shape or overweight today and moves out for 20-minute jogging, he will still not shred off much weight the next day. If a person eats a whole pizza for dinner, it will not make him fat suddenly. But, if he repeats these conducts daily, the habits will impact major results. One will likely have gained considerable weight after eating pizza every day. Go jogging for 20 minutes daily, and one can eventually be slimmer and in proper shape, although he does not notice the change happening.

The book's main insight is that small habits can have a surprisingly powerful impact on life, and we will not necessarily see this impact happening in real-time. We can only see the results of our habits after a period. However, not seeing the impact of our efforts can discourage us. In such a situation, instead of feeling discouraged, the person should focus on the current approach rather than its quick results. If a person has less money in the bank but is saving some amount each month, the current results might not be that great. But, he must be confident that his path is right. If he continues going in this direction, he will notice a major improvement in a few months or a few years. When the lack of perceived progress gets us down, remember that we are doing the right things and moving in the right direction.

### In a nutshell:

1. Small habits can have an unexpected and effective impact on life.
2. Habits are automated behaviours that we have learned from experience.
3. Building new habits requires hard-to-miss cues and a plan of action.
4. Humans are motivated by excitement, so making habits engaging will help stick to them.
5. If we want to build a new habit, make that habit as easy to adopt as possible.
6. Making the habits immediately satisfying is essential to effective behaviour change.
7. Create a framework to keep the habits on track using trackers and contracts.

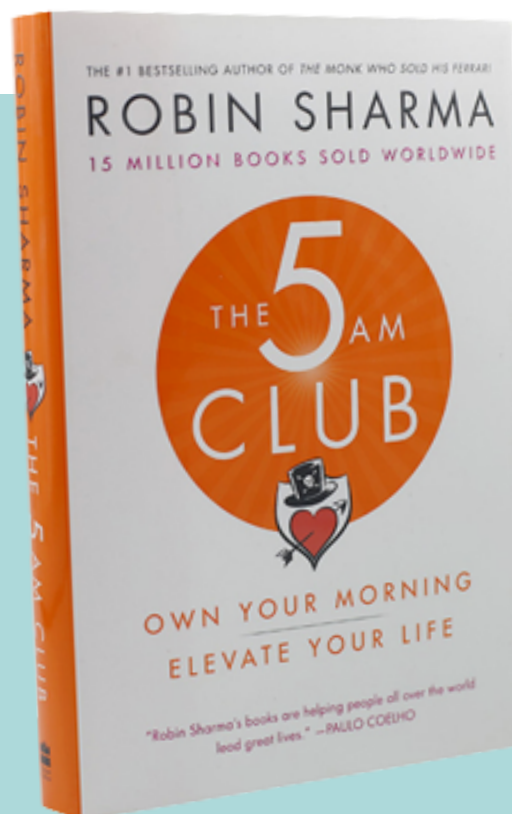
-obtained from [www.blinkist.com](http://www.blinkist.com)

# BOOK REVIEW

## THE 5 AM CLUB OWN YOUR MORNING. ELEVATE YOUR LIFE.

### ROBIN SHARMA

THE 5 AM CLUB (2018) SHOWS HOW IMPLEMENTING A REVOLUTIONARY MORNING ROUTINE CAN DELIVER IMPRESSIVE RESULTS. THE ENCHANTING STORY OF AN ENTREPRENEUR, AN ARTIST, AND THEIR ECCENTRIC BILLIONAIRE MENTOR EXPLAINS HOW YOU CAN USE THE FIRST HOUR OF YOUR DAY TO DRIVE PERSONAL GROWTH AND GET THE MOST OUT OF LIFE.



It is a fictitious tale of a curious group of people: A depressed entrepreneur in need of revitalization, a frustrated artist is trying to refuel his creativity and develop a legacy, a billionaire with a string of successes behind him and a desire to pass on the knowledge of how to live an extraordinary life.

The three met at a personal optimization conference addressed by a legendary business guru, the Spellbinder, someone renowned for his ability to weave magic and captivate his audience with the power of his insights. After Spellbinder's speech, the billionaire approached the entrepreneur and the artist. Still, they didn't know that he was a billionaire. The billionaire was disguised as a poor man, a habit he had developed to remind himself that money isn't everything. The only clue to his actual wealth was his expensive watch. The impoverished-looking billionaire told the two that he'd made a fortune thanks to the Spellbinder, who'd taught him that while many people wish that extraordinary things would happen to them, truly elite performers learn that they can make wonderful things happen themselves.

The entrepreneur and the artist became increasingly curious about this mysterious man who talked like he was a guru. They listened as the billionaire explained how the Spellbinder – the billionaire's mentor – had taught him one thing that was more important than anything else. What was it? The most reliable way to generate the best results in your personal and professional life is to build a world-beating morning routine. Being a generous man, the billionaire made an incredible offer. If the entrepreneur and artist wanted to come to hang with him at his beach house in Mauritius, he would teach them the secrets of a world-class morning routine. All they needed to do was meet the next morning at 5:00 a.m.

The entrepreneur and the artist were a little sceptical the next morning. Still, it started to soften when a chauffeur-driven Rolls-Royce collected them and delivered them to a hangar containing a sleek, ivory-coloured private jet, which bore the logo: "5AC." The entrepreneur asked the chauffeur what the logo meant, and he explained that it stood for "The 5 AM Club." And so began their journey toward understanding a revolutionary morning routine and a whole new outlook on life with the potential to transform everything for the better.

#### In a nutshell:

1. A chance meeting drew a disillusioned entrepreneur and a frustrated artist to the secrets of the 5 AM Club.
2. The solitude and enhanced brain state you will experience at 5:00 a.m. will help you perform like the elite.
3. History makers capitalize on their talents, avoid distractions, achieve daily, and master themselves.
4. Attention to the four interior empires will allow you to master yourself and your chosen field.
5. The 20/20/20 formula ensures that waking up at 5:00 a.m. generates incredible results.
6. Embracing sleep and the "twin-cycle of elite performance" is essential to maximize the potential of the 5 AM Club.

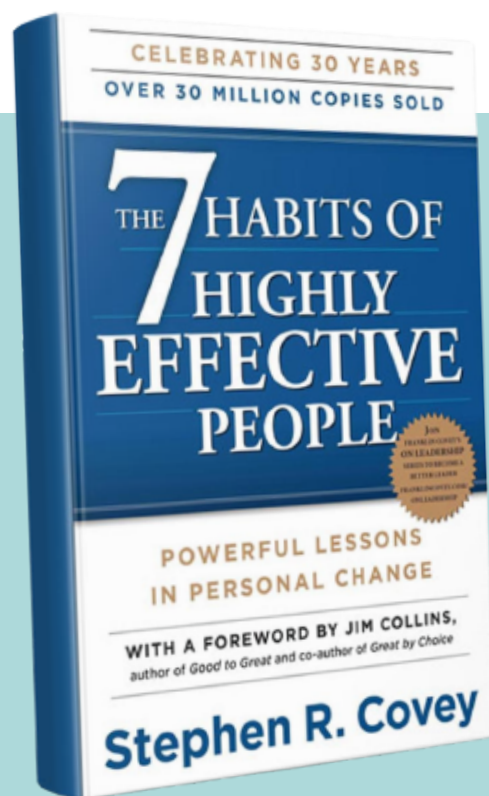


# BOOK REVIEW

## THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE POWERFUL LESSONS IN PERSONAL CHANGE

**STEPHEN R. COVEY**

THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE (1989) IS ONE OF THE MOST FAMOUS SELF-HELP BOOKS. THIS ENORMOUSLY INFLUENTIAL GUIDE PRESENTS A SERIES OF PRACTICAL PRINCIPLES THAT WILL HELP TO SUCCEED IN PEOPLE'S PERSONAL AND PROFESSIONAL LIVES.



Imagine you're visiting a foreign city for the first time. The streets are unfamiliar, and the signs are in a language you don't understand. How will you find your way around? And how will you reach your destination? If you ask a stranger on the street, you may receive a few tips like "Turn right!" or "Take this bus!" And sure – these may help in the short term. But eventually, you'll end up lost again. A more effective strategy would be to find a map, right? With an accurate picture of the world around you, you can find your way – again and again.

Well, navigating life is similar. While certain small actions can be useful, it's far more valuable to grasp a few fixed and guiding principles and make a habit of following them. When author Stephen Covey looked back at 200 years of self-help advice, he observed an interesting pattern. He found that most advice follows one of the two paradigms. The first is the 'Personality Ethic'. This paradigm argues that success comes from learning tricks and techniques. It says that you'll achieve your goals if you talk the right way or complete the right tasks. This advice is attractive but often leads to rather superficial changes that don't make a fundamental difference.

The second paradigm is different. It's based on the 'Character Ethic'. This approach argues that there are underlying principles to success. The principles aren't specific to any one situation. They're deep, unchanging truths about the world. We'll achieve lasting results if we align our inner character with these rules.

So how does this paradigm work in practice? Well, let's say you want a happier marriage. The Personality Ethic would tell you to adopt a new communication style or take a certain kind of vacation. In contrast, the Character Ethic encourages you to work on yourself. It says you must become the kind of person who has a good marriage by cultivating a character based on principles like fairness, empathy, and trust.

Of course, this is easy to say than done. Suppose you want to develop an inner character based on good principles. In that case, you need to change how you consistently perceive and approach the world around you. In short, making changes based on the character paradigm requires that you cultivate good habits. To succeed, we must cultivate habits aligned with good principles.

### **In a nutshell:**

1. To succeed, we must cultivate habits aligned with good principles.
2. Take proactive control of your response to the world.
3. Begin every task with the desired outcome.
4. Put first things first.
5. Always look for a win-win scenario.
6. Build stronger relationships by truly understanding others.
7. Create powerful synergy by fostering the open exchange of ideas.
8. Make the time to take care of yourself.

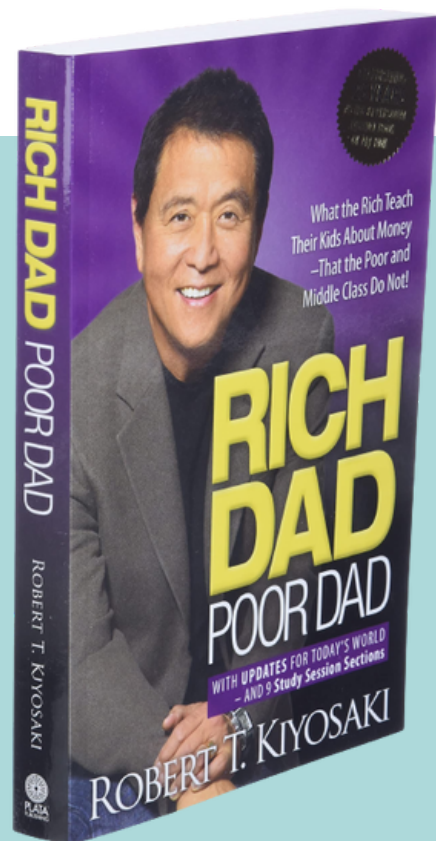
# BOOK REVIEW

## RICH DAD, POOR DAD

WHAT THE RICH TEACH THEIR KIDS ABOUT MONEY – THAT THE POOR AND THE MIDDLE CLASS DO NOT!

BY ROBERT T. KIYOSAKI

COMBINING AUTOBIOGRAPHY AND PERSONAL ADVICE, RICH DAD, POOR DAD (1997) OUTLINES HOW YOU CAN BECOME FINANCIALLY INDEPENDENT AND WEALTHY. THE AUTHOR ARGUES THAT WHAT HE TEACHES IN THIS NEW YORK TIMES BESTSELLER ARE THINGS WE'RE NEVER TAUGHT IN SOCIETY AND THAT WHAT THE UPPER CLASS PASSES ON TO ITS CHILDREN IS THE NECESSARY KNOWLEDGE FOR GETTING (AND STAYING) RICH. AS EVIDENCE TO SUPPORT HIS CLAIMS, HE CITES HIS HIGHLY SUCCESSFUL CAREER AS AN INVESTOR AND HIS RETIREMENT AT THE EARLY AGE OF 47.



Before we get to the famous financial lessons, let's read a story. The story of 9-year-old Robert Kiyosaki. It began in the 1950s. Robert and his friend Mike were curious boys with big ambitions: When they grew up, they wanted to become rich and make a lot of money. But how they were going to accomplish that, they didn't know. So, after a failed attempt to produce coins from melted toothpaste tubes, the boys decided to get some advice. They asked their dads how they could start becoming rich.

You might be able to guess what Robert's own well-educated but "poor dad" replied: "Go to school, study, and find a good job." It's familiar advice – but according to Kiyosaki, it's pretty misguided. If you follow guidance like this, you'll spend your entire life breaking your back to increase your pay. Others – the government, bill collectors, and your bosses – take most of the reward. In other words, Robert's poor dad might as well have said, "Go and join the rat race, the endless routine of working for everyone but yourself." Many people still follow poor dad's mantra – but many do it out of a sense of fear, a powerful sense of distress at the idea of violating the expectations that society drills into us. A good job is what leads to wealth, we're told, so we study hard as kids and work even harder as adults. The result? We may avoid poverty, but we're certainly not growing wealthier.

But some people don't teach that mantra to their kids – people who know how money is created, increased and maintained. Rich people, in other words – people like Mike's father, the rich dad who became a financial mentor to both boys. So what did Mike's dad suggest? At first, nothing. He made a deal with the young Kiyosaki, offering to teach him what he knew about money if the boy would work for him at the nominal rate of 10 cents an hour. Robert agreed – but after a few weeks of being underpaid, the boy returned to his "rich" dad, seething with anger and ready to quit. "You've exploited me long enough," he said, "and you haven't even kept your promise. You taught me nothing about money in all those weeks!" But there it was: his first lesson, delivered by his new mentor with a slight smile. Robert Kiyosaki had just learned that life often pushes you around. And he'd learned that working for money does not make you rich, which is why: Rich people don't work for money. So you might ask yourself: if the rich don't work for money, then how do they get wealthy?

### In a nutshell:

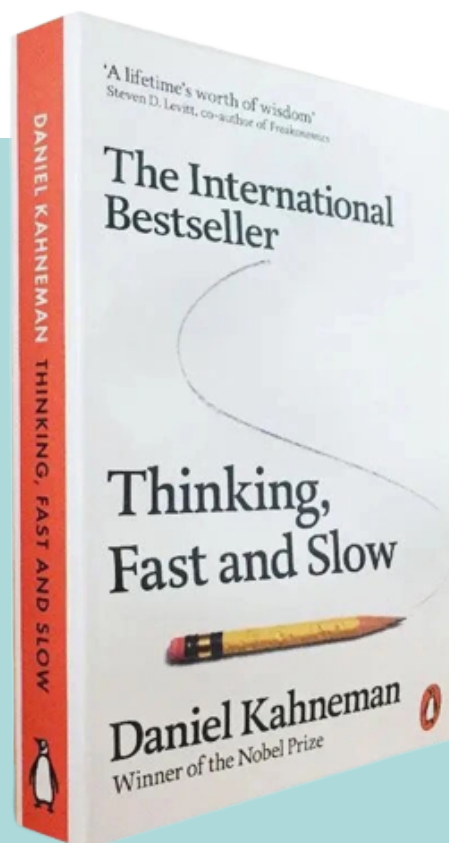
- 1 Rich people don't work for money
- 2 Educate yourself about finances, identify real assets, and invest in them
- 3 Mind your own business: make money for yourself, not your employer
- 4 By understanding the tax code and the legal system, the rich stay one step ahead of the systems designed to rein them in.
- 5 Most of us aren't given a financial education
- 6 Get a financial education by following three steps: assess your current situation, set financial goals, and finally build the financial intelligence to reach them.
- 7 Financial intelligence and courage allow the rich to "invent" money in any situation
- 8 Instead of playing it safe, try investing your money in stocks, bonds or tax lien certificates.
- 9 Don't just work to earn – working to learn is much more important.

# BOOK REVIEW

## THINKING, FAST AND SLOW INTUITION OR DELIBERATION? WHERE YOU CAN (AND CAN'T) TRUST YOUR BRAIN.

### BY DANIEL KAHNEMAN

THINKING, FAST AND SLOW (2011) – A RECAPITULATION OF THE DECADES OF RESEARCH THAT LED TO KAHNEMAN'S WINNING THE NOBEL PRIZE – EXPLAINS HIS CONTRIBUTIONS TO OUR CURRENT UNDERSTANDING OF PSYCHOLOGY AND BEHAVIOURAL ECONOMICS. OVER THE YEARS, THE RESEARCH BY KAHNEMAN AND HIS COLLEAGUES HAS HELPED US BETTER UNDERSTAND HOW DECISIONS ARE MADE, WHY CERTAIN JUDGMENT ERRORS ARE SO COMMON, AND HOW WE CAN IMPROVE OURSELVES.



Out of two minds, how two different systems determine our behaviour; by automatic and by conscious activities. There is a compelling drama in our minds, a filmlike plot between two main characters with twists, dramas and tensions. These two characters are the impulsive, automatic, intuitive System 1 and the thoughtful, deliberate, calculating System 2. As they play against each other, their interactions determine how we think, make judgments and decisions, and act.

System 1 is the part of our brain that operates intuitively and suddenly, often without our conscious control. You can experience this system at work when you hear a very loud and unexpected sound. What do you do? You probably immediately and automatically shift your attention toward the sound. That's System 1. This system is a legacy of our evolutionary past. There are inherent survival advantages in making such rapid actions and judgments.

System 2 is what we think of when we visualize the part of the brain responsible for our decision-making, reasoning and beliefs. It deals with conscious activities of the mind such as self-control, choices and a more deliberate focus of attention.

For instance, imagine you're looking for a woman in a crowd. Your mind deliberately focuses on the task: it recalls the person's characteristics and anything that would help locate her. This focus helps eliminate potential distractions, and you barely notice other people in the crowd. If you maintain this focused attention, you might spot her within a matter of minutes, whereas if you're distracted and lose focus, you'll have trouble finding her.

#### **In a nutshell:**

1. Out of two minds, how two different systems determine our behaviour; by automatic and by conscious activities.
- 2 The lazy mind: how laziness can lead to errors and affect our intelligence.
- 3 Autopilot: why are we not always in conscious control of our thoughts and actions?
- 4 Snap judgments: how the mind makes quick choices, even when it lacks enough information to make a rational decision.
- 5 Heuristics: how our mind uses shortcuts to make quick decisions.
- 6 No head for numbers: why we struggle to understand statistics and make avoidable mistakes.
- 7 Past imperfect: why we remember events from hindsight rather than experience.
- 8 Mind over matter: how adjusting the focus of our minds can dramatically affect our thoughts and behaviours.
- 9 Taking chances: the way probabilities are presented to us affects our judgment of risk.
- 10 Not robots: why we don't make choices based purely on rational thinking.
- 11 Gut feeling: why, rather than making decisions based solely on rational considerations, we are often swayed by emotional factors.
- 12 False images: why the mind builds complete pictures to explain the world, but they lead to overconfidence and mistakes.

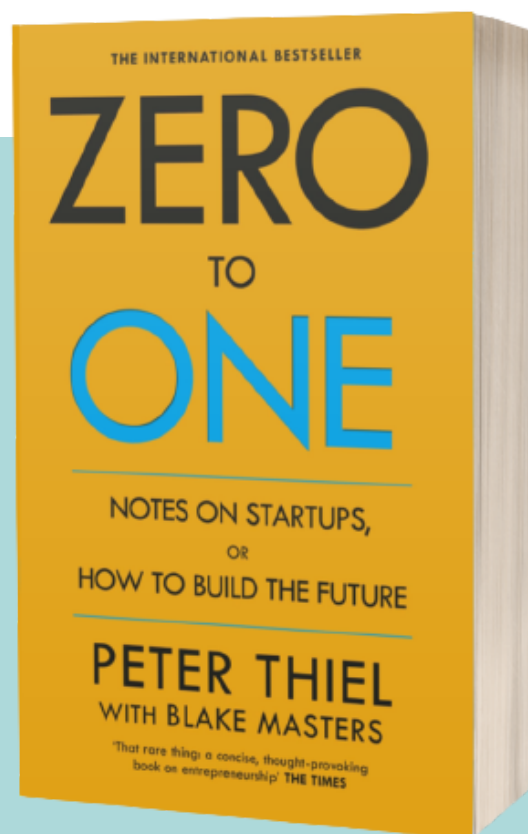
-obtained from [www.blinkist.com](http://www.blinkist.com)

# BOOK REVIEW

## ZERO TO ONE NOTES ON STARTUPS, OR HOW TO BUILD THE FUTURE

### BY PETER THIEL AND BLAKE MASTERS

ZERO TO ONE EXPLORES HOW COMPANIES CAN BETTER PREDICT THE FUTURE AND TAKE ACTION TO ENSURE THAT THEIR STARTUP IS A SUCCESS. THE AUTHOR ENLIVENS THE BOOK'S KEY TAKEAWAYS WITH HIS PERSONAL EXPERIENCES.



To imagine what progress the future will bring, you must be able to view the present differently. Try to imagine the world in the year 2100. What do you see? For most people, the future is a compelling topic to think about. But what do we mean when we talk about the future? We don't just think of the passage of time but the progress made during that time. This progress, that is, the differences from the present, is what defines the future.

More specifically, it can be divided into horizontal and vertical progress. Horizontal progress comes from expanding on existing ideas and innovations. Globalization is a common driver because it helps spread existing ideas to more people. Vertical progress, however, comes from creating something new that didn't exist before, like a new technology or method.

Put another way, horizontal progress is going from one to n, whereas vertical progress is going from zero to one. An example of horizontal progress would be mass-producing phones and distributing them to developing countries; an example of vertical progress would be building a smartphone from a regular one. As you can imagine, vertical progress is hard to predict because you have to imagine something that doesn't exist yet. That's why you can only predict future progress if you're able to see the present differently.

After all, the future is different from the present, so to imagine it, you can't just focus on the status quo. If you want to imagine what the future holds, you must be able to view the present critically.

The author believes that this is such a crucial ability that, in job interviews, he asks candidates, "What important truth do very few people agree with you on?" Why? Because only a person who can think outside established conventions can see and change the future.

#### **In a nutshell:**

1. To imagine what progress the future will bring, you must be able to view the present differently.
2. Be the architect of your future and focus on attaining it.
3. Monopolies are good for businesses and society: they mean you're doing something better than everyone else.
4. Monopolies thrive thanks to technological advantages, network effects, economies of scale and great branding.
5. Successful companies need to chase secrets others cannot copy.
6. Building a successful, profitable company takes years of work.
7. Startups need a solid foundation: the right people and culture and balanced owner interests.
8. Your products will never sell themselves: your team needs to do that.
9. Many cleantech companies failed because they did not consider the seven critical questions every business must answer.
10. Founders tend to be oddballs, but their vision is crucial for any company.

-obtained from [www.blinkist.com](http://www.blinkist.com)

# Library Activities: August-September 2022

## REPORTS

### ESSAY WRITING COMPETITION

Mithibai College Jitendra Library organized an Essay Writing Competition for Students on 8th August 2022 on behalf of 'August Kranti Din'. Students wrote essays on Indian Freedom Movement. The first three winners were given Books as prizes.

### SCREENING OF MOVIE

The Mithibai College Literary Society (RUSA) of the Department of Foreign Languages in association with Jitendra Library organized a screening of movie 'Wonder' on 24th August 2022 in the Jitendra Library.

### WOMEN'S EQUALITY DAY

Mithibai College Jitendra Library organised a One-Day Book Display on "Women's Equality Day" on 26th August 2022. The battle for equality has long been for women worldwide. In honour of women's hardships in obtaining their fair share, Women's Equality Day is observed annually on August 26. Mithibai College Library has a vast collection of books on gender equality as well as women's empowerment. Out of those, selected 22 books were displayed in the library on Women's Equality Day. College students and faculty visited the display, issued books, and appreciated the diverse collection of books.

### हिंदी दिवस २०२२

मिठीबाई महाविद्यालय जितेंद्र ग्रंथालय में १४ सितंबर २०२२ को "हिंदी दिवस" के अवसर पर एक दिवसीय पुस्तक प्रदर्शनी समारोह आयोजित हुआ।

हिंदी भारत की राष्ट्रभाषा है। वर्ष १९५३ से पूरे भारत में १४ सितम्बर को प्रतिवर्ष राष्ट्रीय हिन्दी-दिवस के रूप में मनाया जाता है। भारत की स्वतन्त्रता संग्राम में हिन्दी ने महत्वपूर्ण भूमिका निभायी थी।

मीठीबाई कॉलेज के जितेंद्र ग्रंथालय में हिंदी भाषा पर पुस्तकों का विविधांगी संग्रह है। उन पुस्तकों में से १२५ चुनिंदा पुस्तकों को प्रदर्शनी में प्रदर्शित किया गया। कॉलेज के छात्रों तथा शिक्षकों ने प्रदर्शनी का दौरा किया और पुस्तकों के विविधांगी संग्रह की सराहना की।

### EXPERT COMMITTEE VISIT

An Expert Committee of Academic and Administrative Audit for the year 2020-2021 & 2021-2022 visited Jitendra Library on 25th August 2022.

The members of Local Inequity Committee (LIC), University of Mumbai, for Department of Zoology visited Jitendra Library on 29th August 2022.

Both the Committee members appreciated the Jitendra Library for its collection and technological upgradation.

### WORLD TOURISM DAY

On 27th September 2022, on the occasion of 'World Tourism Day', Mithibai College Jitendra Library displayed 134 books in the library. Coffee table books with beautiful photographs of different places depicting the art, culture and ecology from different states of India, textbooks, reference books, books in English as well as other regional languages were displayed for the users.

# Library Activities: August-September 2022

## USER'S FEEDBACK

**Very NICE initiative, more such initiatives should be taken**



**Excellent collection of Books from Great Authors in Hindi Literature!**



**Great books at the display and inspiring me to read more of it!**



**Display of books on different genres is a great appeal to learners. The Mithibai Library does a good job in providing this kind of experience, time and again!**



**I just loved the display. It's very helpful for students. Keep doing the Good Work.**



**किताब किताब हैं, इसका कोई हिसाब न हो तो ही अच्छा है. इनका न मूल्य है न मूल्यांकन!**



**As always, without failing the importance of every special occasion, the entire library staff has again made an amazing display. Its always an eye catching view to go through the display and check out the books arranged with the hard-work of library staff, AMAZING!**



**It is amazing! Displaying books helps to know the various aspects of culture, Thank you!**



# Library Activities: August-September 2022

## FEW GLIMPSES



32° NE  
#Mithibai College #Jitendra Library #Ground Floor  
Index number: 179  
24 Aug 2022 12:12:21 pm



# **The Prize-Winning Essay from The Essay Writing Competition conducted by Mithibai College Jitendra Library on the occasion of 'August Kranti Din 09-08-2022'.**

## TOPIC: INDIAN FREEDOM MOVEMENT

Mahatma Gandhi had once said, “Freedom is never dear at any cost. It is the breath of life. What would a man not pay for it?”

This year marks the 75th year of India’s Independence. 75 years of ruling ourselves, seventy-five years of sovereignty. Many of us might take this for granted. We, at times, fail to acknowledge the amount of efforts, perseverance, struggle and blood that went into gaining this independence that we have today. It was the collectivization of various small revolts that transpired into a consolidated movement to attain the freedom.

British came to India as traders and gradually started exploiting the people of the region. They went on to incessantly ‘civilize’ the Indians, who they thought were uncultured or uncivilized. The Princely States of those times weren’t unified either and thus fell prey to the manipulation by the foreigners. However, many of the people started realizing that they were indeed not sovereign within their own land. Agitations gained momentum. Indians started realizing the tyranny that the colonial masters had imposed over them.

Considering the fact that India was not one single country, but comprises of various princely states, the need to attain freedom from the British was not realized at the same time. Some regions understood this earlier than others, while some princes were short-sighted, for they could not realize the real intentions of the British and unfortunately allied with the invaders.

Odisha realized the tyranny in around 1807 about fifty years before the Sepoy Mutiny took place. The Kshatriya clan of Odisha, known as the Paikas felt that they were being unfairly oppressed by people who do not even belong to their land, when their right to pray at the Jagannath Puri temple was confiscated and their King, Gajapati Maharaj Mukund Dev II, was put behind the bars. They started conducting secret meetings to devise a plan for overthrowing the British regime in Kalinga.

One of the Paika leaders, Jayi Rajguru was executed by tying his legs to opposite trees that were pulled by suspension, and then setting the suspenders free, thus tearing him apart. This is regarded as one of the most cruel executions in history. Paikas were agitated and they decided to attack the British to free their King and avenge their leader’s persecution.

Their revolt of 1817, the Paika Rebellion, was the first ever ‘Armed Resistance’ to the ‘Exploitative regime’ of the British East India Company.

Though unsuccessful and mostly limited to some parts of present-day Odisha, this rebellion did give the British some idea about how the people would not remain quiet for long now. There was a demand in October 2017 to recognise the Paika rebellion as the first struggle for independent rule.



Later on, many such small rebellions followed, but nothing solid came out of those revolts since they were highly regionalized and lacked unification. Princes were fighting for the sovereignty of their state rather than the greater benefit of the entire sub-continent.

The Cawnpore (Kanpur) regiment of the Company's soldiers denied to bite off the shells from bullets greased with cow and pig meat. The company tried to suppress the voices but this ignited the uprising of the Sepoys who agreed to disobey the Company, thus beginning a mutiny. They marched to Delhi, to approach the then Mughal Emperor. This news spread like a wildfire and many rulers of the subcontinent felt the need to join their hands against the British.

1857, saw the first struggle for Independence, which covered large parts of the country, and thus, was a Pan-India movement. Rani Lakshmi Bai, Mangal Pandey, Thakur Kunwar Singh, Begum Hazratmahal, Sainik Abhiram, Peshwa Nana, etc. led their troops from the front against the colonial empire.

British quickly retaliated by shifting the control of the region from the hands of the East India Company to the British Crown. India directly came to be ruled by the Queen, becoming a colony of Britain with Governor Generals being appointed to oversee the working of the colony.

The period following the Government of India Act, 1858, saw mass agitations which were curbed by the atrocious government. The establishment of the Indian National Congress, increasing awareness amongst the citizens, the arrival of Gandhi, and a number of socio-political and religious reforms that took place in the society under thinkers from Arya Samaj, Prarthana Samaj, etc. Jallianwala Bagh massacre, Chauri-Chaura incident, Non-cooperation movement, Civil Disobedience movement, Partition of Bengal, Swadeshi movement, Execution of the radicalists like Bhagat Singh, Chandra Shekhar Azad, formation of the Azad Hind Fauj by Subhash Chandra Bose, etc. made a huge impact on the country and its citizens.

Many negotiations and conferences happened between leaders of Congress and the British Rulers to talk about several of these issues. With the world wars and Britain giving up its colonies and other possessions, our movement got stronger than ever.

However, with the failure of the Cripps Mission, Mahatma Gandhi, called for a 'do or die' approach in order to fulfil our dream of Purna Swaraj.

On 8th August, in the Gowalia Tank Maidaan of Mumbai, the session of INC called for the initiation of the 'Quit India Movement'. The public was ecstatic with the thought of finally getting the fruits of their long-fought battle. "Angrezo Bharat Chhodo" slogans were voiced and the movement garnered mass support in no time for the public across the subcontinent wanted complete autonomy over their motherland. That day also saw Aruna Asaf Ali, unfurling the national flag, in the Gowalia Tank Maidan which is now known as the August Kranti Maidan, commemorating the revolution or 'Kranti' that began in August on that ground.

Subsequent years were highly characterized by political instability and mass boycott, rebellions and widespread protests against the colonial regime. All the efforts of the citizens of India, came to fruition in 1947 when the British officially left the country, all though we had the violent burnt of partition, we still were independent. It took the blood and tears of millions of people who sacrificed themselves in order to make sure that generations to come live a life of freedom and prosperity. We woke up at midnight of 15th August when the world was fast asleep, to the new light of freedom and independence as we made our tryst with destiny.

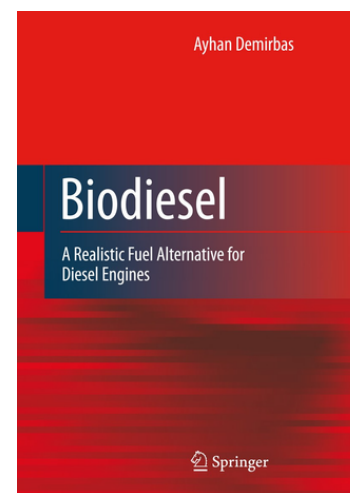
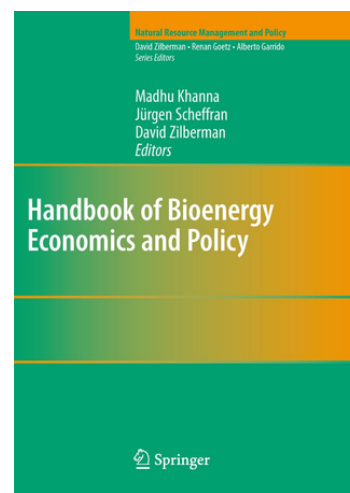
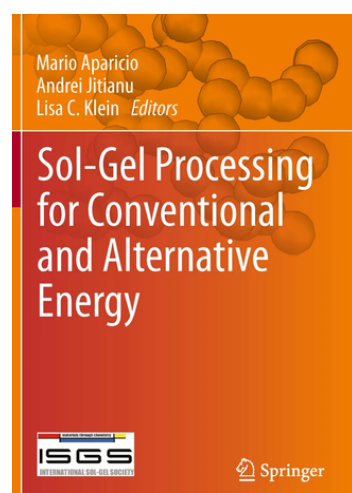
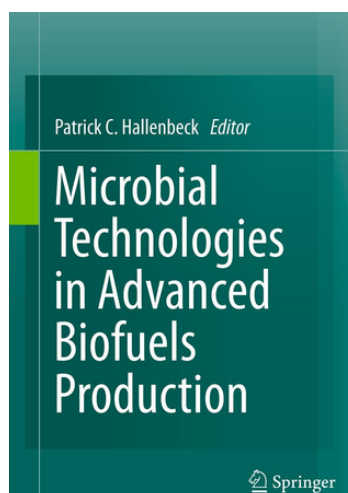
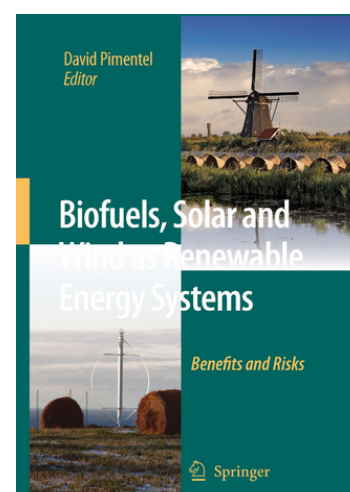
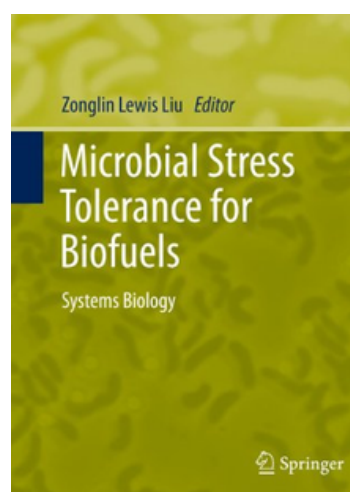
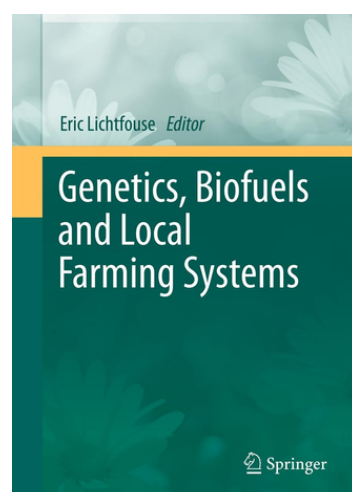
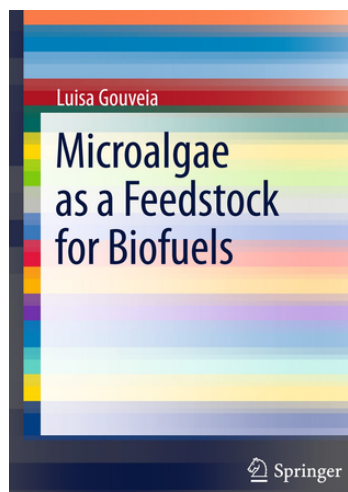
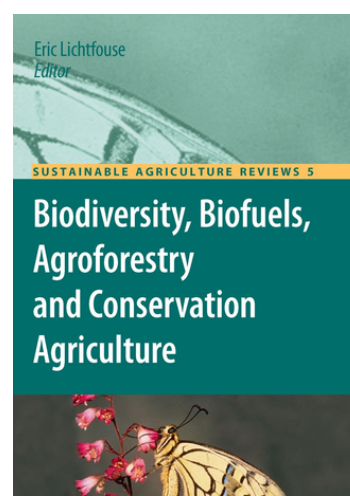
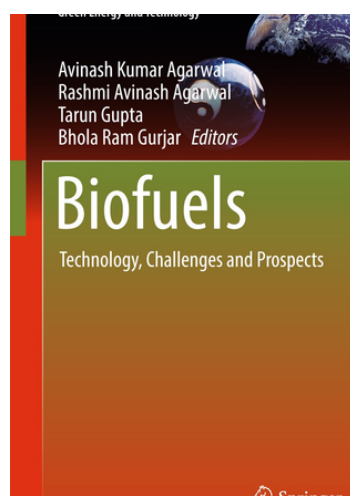
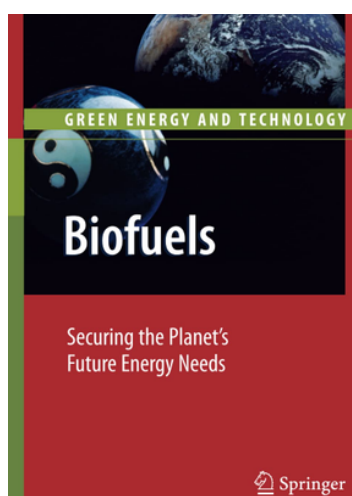
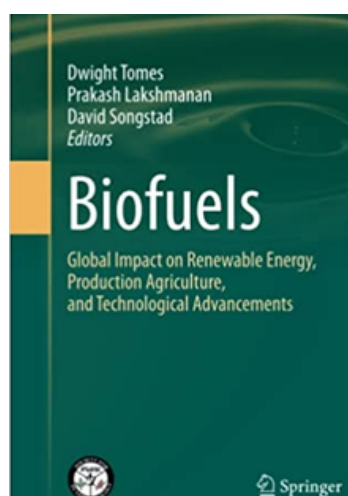
**By Ms. Chaitasi Chitalia from TYBA, Div. A**

# World Biofuel Day (10.08.2022)

## Virtual Display of Books from N-LIST Database

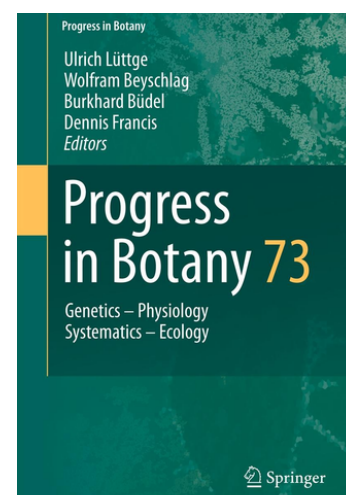
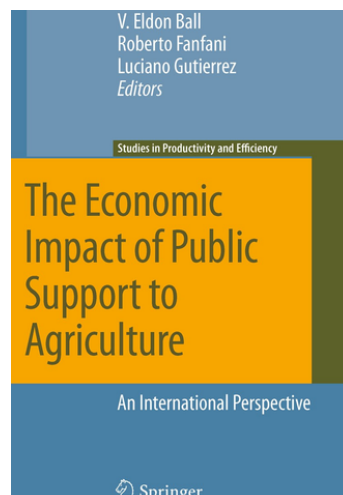
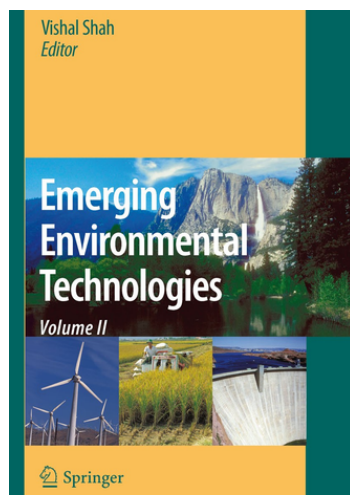
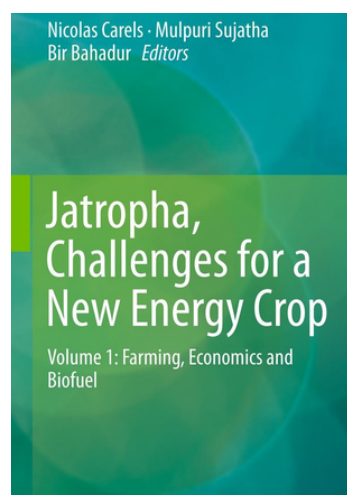
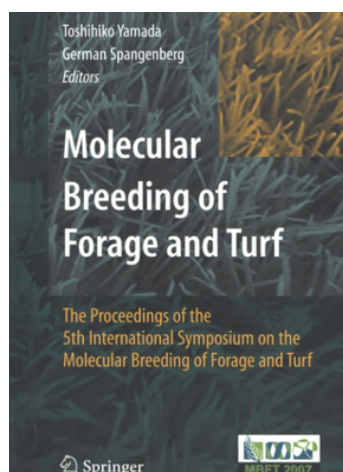
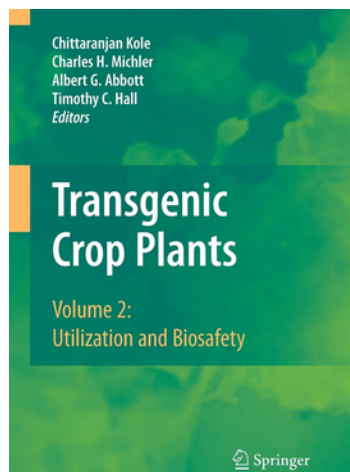
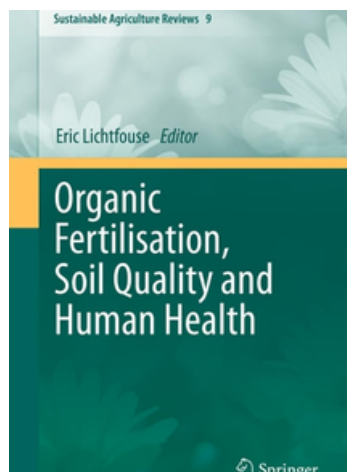
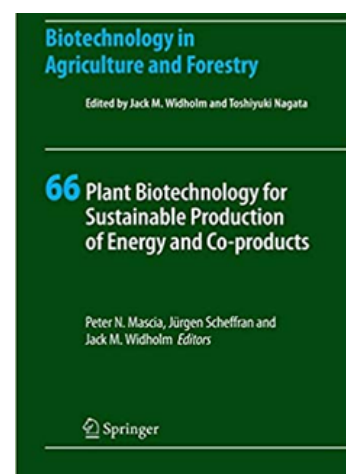
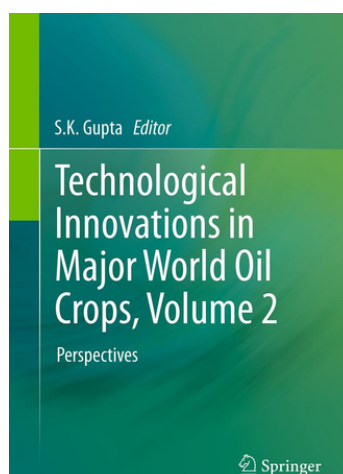
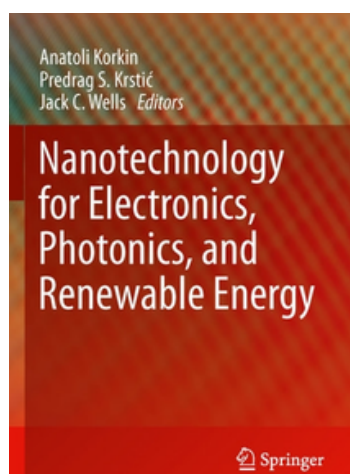
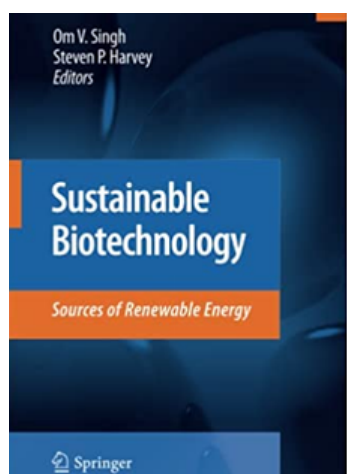
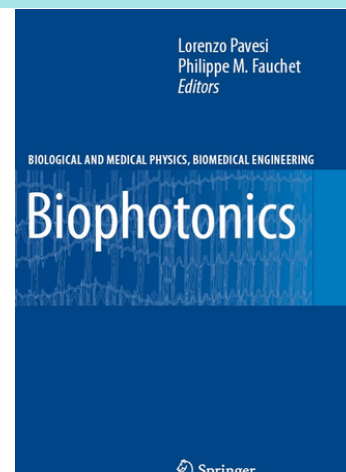
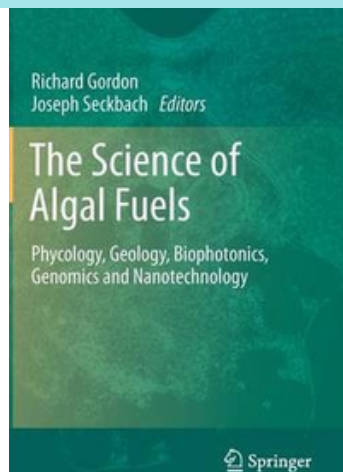
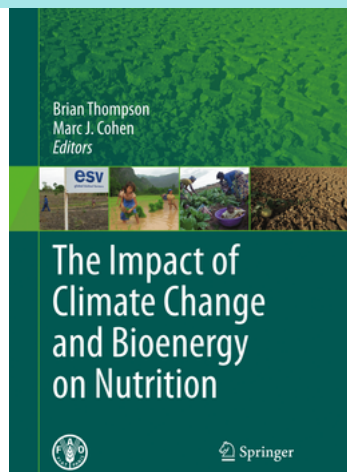
Every year, World Biofuel Day is celebrated on August 10. The day is observed to show the importance of non-fossil fuels as a replacement for conventional fossil fuels. Bio-fuels are produced from animal waste, algae, and industrial and agricultural waste. The Government of India is working on various projects to produce an enhanced biofuel sector. The alternative version of fuels adds environmental well-being.

The books displayed here are given with the links to it's virtual copy. By clicking the covers users can read the full-text books online with using their N-LIST login ID and password.



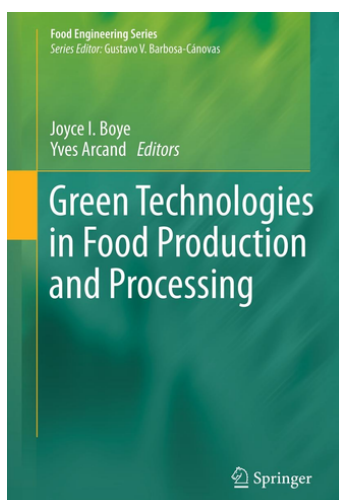
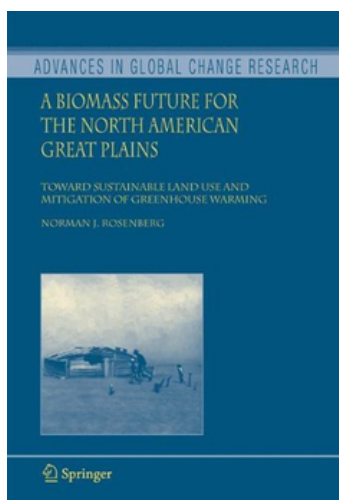
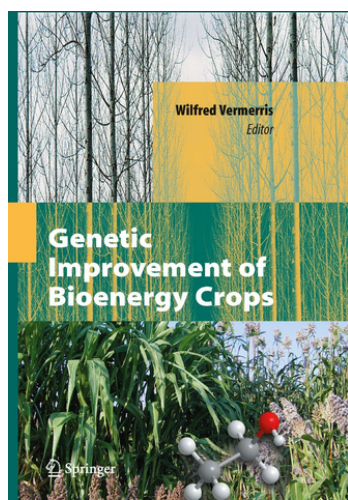
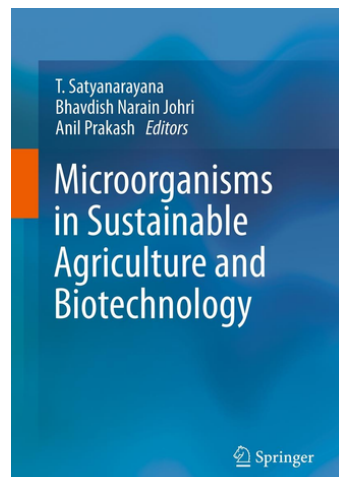
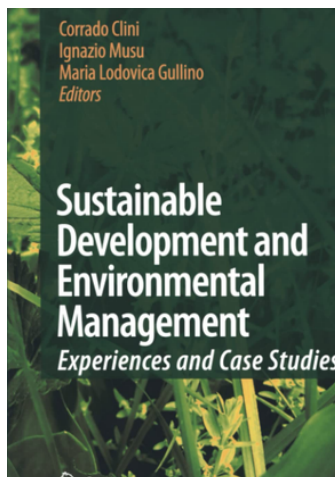
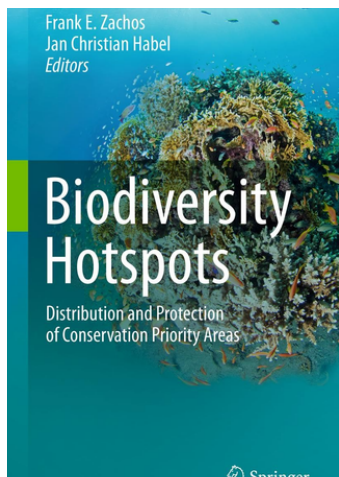
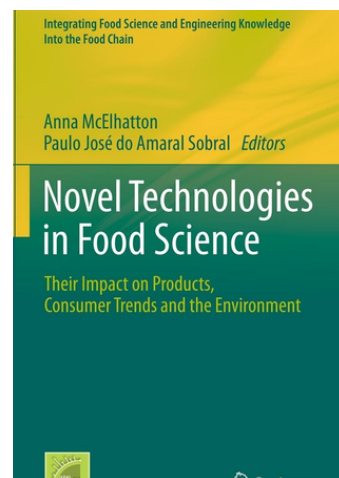
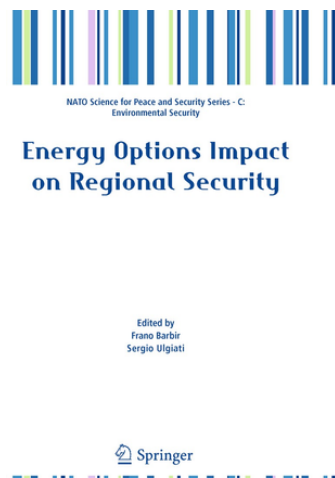
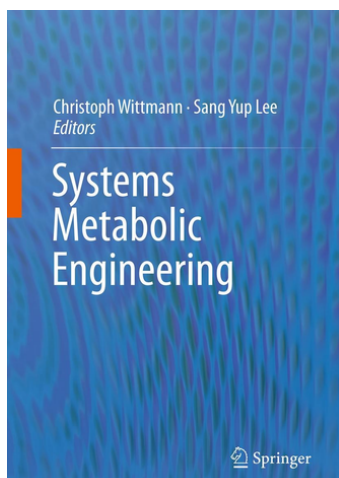
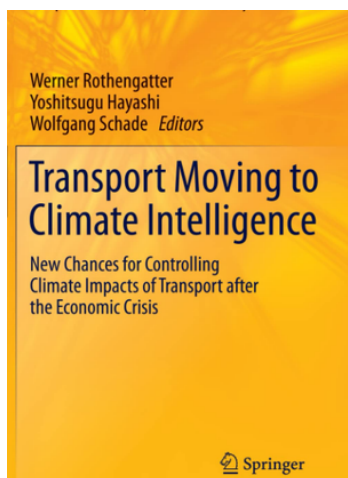
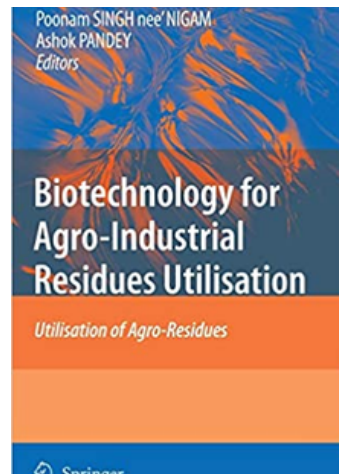
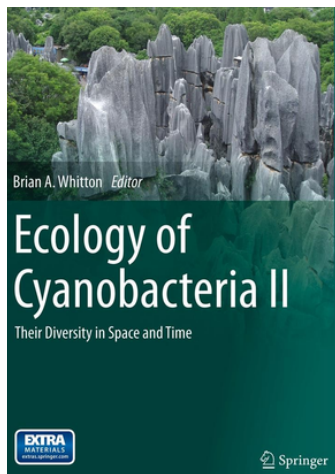
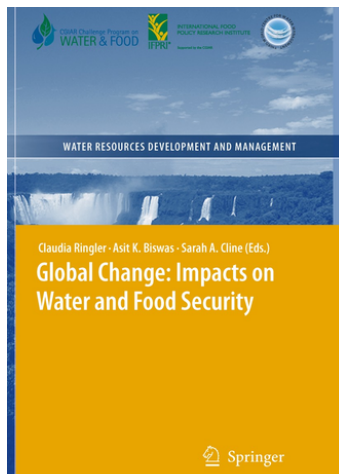
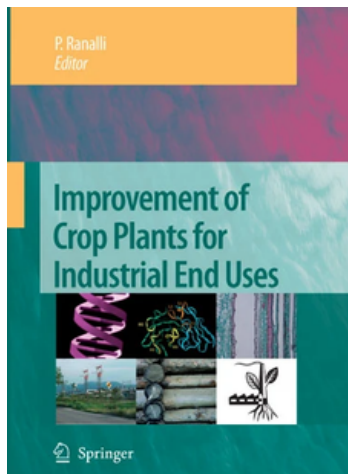
# World Biofuel Day (10.08.2022)

## Virtual Display of Books from N-LIST Database



# World Biofuel Day (10.08.2022)

## Virtual Display of Books from N-LIST Database



**Mithibai College Jitendra Library books  
on "Nutrition"**

**on occasion of 'National Nutrition Week' 01-09-2022 to 07-09-2022**

Sr. No.	Accession No.	Author	Title	Publisher	Call Number
1	D035262	Abraham, Philip	Clinical dietics and nutrition 4th ed	Oxford Uni. Press	613.2 ABR
2	T000538	Antia, F.	Clinical dietetics and nutrition	Oxford Uni. Press	613.2 ANT/ABR
3	D035556	Bamji, Mahtab S.	Textbook of Human Nutrition	Oxford Uni. Press	612.3 BAM/RAO
4	D041028	Bender, David A.	A Dictionary of Food and Nutrition	Oxford Uni. Press	R030.D6132 BEN
5	D037810	Boyle, Marie A	Personal Nutrition 4th ed	Wadsworth Pub	613.2 BOY
6	D048175	Brody, Tom	Nutritional Biochemistry 2nd ed	Academic Pub	572.4 BRO
7	D062147	Buttriss, Judith L	Public health nutrition	Wiley	613.2 BUT/WEL
8	D061447	Chandalia, Hemraj	Conquest of Diabetes by Diet and Exercise	Diabetes Endocrine nutrition management and research centre	616.462 CHA/MOD
9	D046159	D'Adamao, Peter	Eat right for your type	Century Pub	613.2 DAD/WHI
10	D058272	Dalvie, V. V.	Nutrition and public Health F.Y. B.Sc. Zoology Sem II, course-IV	University of Mumbai	591 DAL/JAD
11	D051755	Deshpande, Mahindraa	Food and nutrition	Himalaya Pub. House	613.2 DES/KUL
12	D063783	Devgan, Kavita	Don't diet plan	Rupa	613.25 DEV
13	D048798	Diwekar, Rujuta	Don't lose your mind lose your weight	Random House India	613.25 DIW
14	D063656	Ferguson, L	Nutrigenomics and nutrigenetics in functional foods and personalized nutrition	CRC Press	613.2 FER
15	D052949	Gibney, Michael J.	Public health nutrition	Wiley India Pub.	613.2 GIB
16	D033918	Gopalan, C.	Recent Trends In Nutrition	Oxford Uni. Press	612.3 GOP
17	D050271	Guptt, K.	Food, Nutrition and Health.	S.Chand & Co.	613.2 GOY/GUP
18	D009896	Herriott, R. M.	Symposium On Nutrition	Oxford Uni. Press	613.2 HER
19	D046077	Ireene, Carrmine	Hidden Secrets Of Yogic Diet For Weight Loss	Jaico Publication House	613.25 IRE
20	D042599	Joshi, Subhangini A.	Nutrition and dietetics	Tata McGraw Hill	613.2 JOS
21	D039072	Kango, M.	Normal nutrition fundamental and management	RBSA Pub.	613.2 KAN
22	D037377	Kaushik, V. K.	Nutrition and Food Safety	Book Enclave	613.2 KAU
23	D034403	Lalitha, M.	Major issues in food and nutrition science	Kanishka Pub	613.2 LAL
24	D052187	Manay, N. S.	Foods: facts and principles	New Age International	613.2 MAN/SHA
25	D052950	Medeiros, Denis M.	Advanced Human nutrition	Jones & Bartlett	613.2 MED/WIL

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26	T000046	Mirajkar, M	Food science and processing technology volume 1 biochemistry of food and nutrition	Kanishka Pub	613.2 MIR/MEN
27	D037471	Mohan, L K.	Krause's Food Nutrition & Diet Therapy 10th,ed	W. B. Saunders Co	615.854 MAH/ESE
28	D033481	Mudambi, S. R.	Food Science	Wiley Eastern Ltd	664 MUD/RAO
29	D033541	Mudambi, S. R.	Fundamentals of foods & Nutrition	New Age International	613.2 MUD
30	D012284	Pike, R L.	Nutrition: an integrated Approach	John Wiley & Sons	613.2 PIK/BRO
31	U012676	Prabhu, K.	Reforming India's social sector poverty nutrition health and gender	Social Science Press	305.569 SEE
32	U010665	Rao, K	Biostatistics a manual of statistical methods for use in health nutrition and anthropology	Jaypee Brothers	570.15195 RAO
33	D027071	Reader's Digest.	Eat Better Live Better	Readers Digest Asso.	613.2 REA
34	D062880	Robinson/Lawler	Normal and Therapeutic Nutrition	Macmillan Pub Co.	613.2 ROB/ LAW
35	D037721	Rolfes, S. R.	Understanding nutrition 8th ed	Profile Books Ltd.	613.2 ROL
36	D064616	Srilakshmi, B	Food science	New Age International	613.2 SRI
37	D064620	Srilakshmi, B	Dietetics	New Age International	613.2 SRI
38	D064767	Srilakshmi, B	Nutrition science	New Age International	613.2 SRI
39	D030687	Suitor, Carol	Nutrition principles and application in health promotion	J. B. Lipincott	613.2 SUI/CRO
40	D037728	Townsend, C.	Nutrition & Diet Therapy 7th,ed	Delmar Pub.	613.2 TOW/ROT
41	U005854	Truog, E	Mineral nutrition of plants	Oxford Uni. Press	581.1335 TRU
42	D035509	Urvi, B.	Concise Encyclopedia of Food nutrition Dietetics And technology	Sarup & Sons	R 030.E2S6132 URV
43	D036718	Williams, Sue	Basic Nutrition and Diet Therapy	Mosby	613.2 WIL
44	D035082	Yadav Seema	Basic Principles Of Nutrition	Anmol Publisher	613.2 YAD
45	D060418	Joshi, Varsha	Swayampakgharatil Vidnyan (Marathi)	Rohan Prakashan	641.50954 JOS
46	D061160	Wad, Vijaya	Bal Khaukosh (Marathi)	Dr. Nishigandha Wad	641.50954 WAD

## Forthcoming Events of 2022

Sr. No.	Month	Book Display	Virtual Books Display	Workshop/Activity
1	October	Vachan Prerana Din (15/10/2022)	--	Online Quiz(10/10/2022-On occasion of Mental Health)
2	November	Constitution Day (26/11/2022)	National Education day (11/11/2022)	--
3	December	National Mathematics Day (22/12/2022)	--	Chart Display World Computer Literacy Day (02/12/2022) + A session on how to search information effectively through browsers