

**Volume 2**  
**Issue 1**  
**January- February 2023**

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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**

Newly Arrived Books

Book Reviews

Periodicals

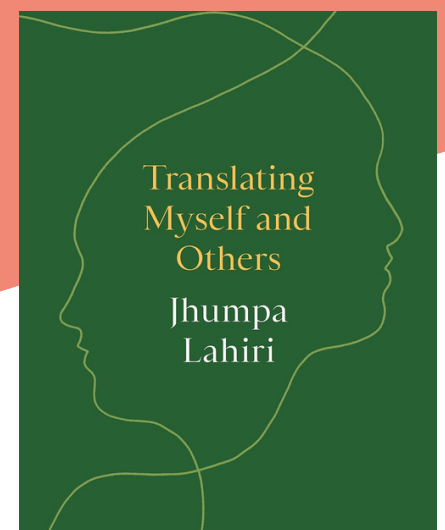
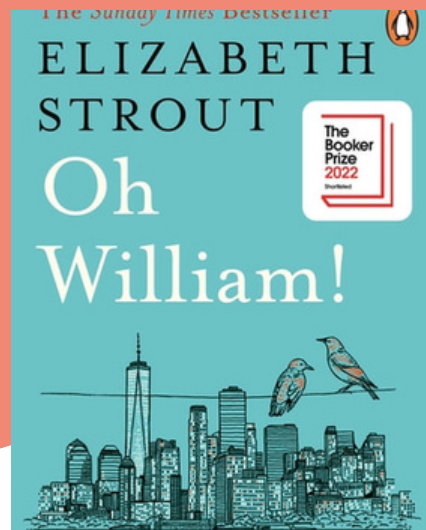
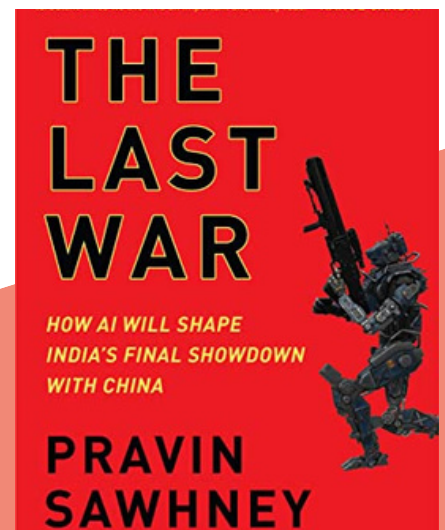
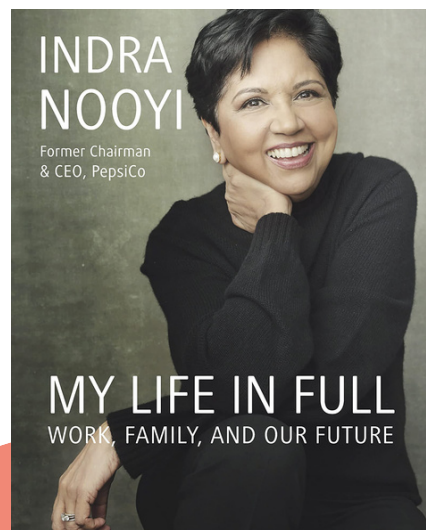
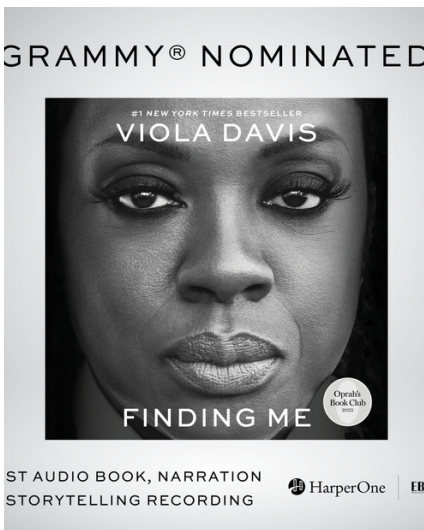
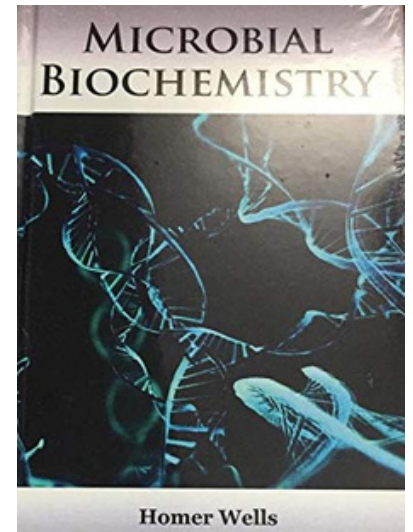
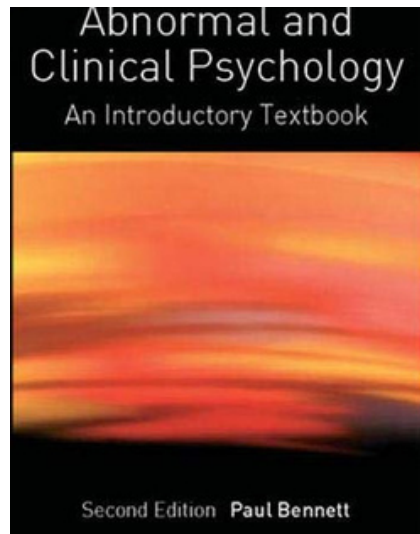
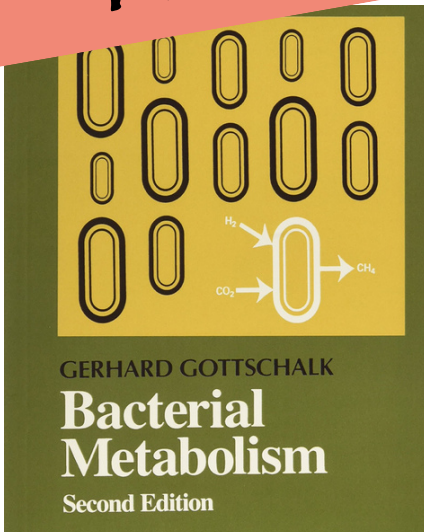
Library Activities: January-February 2023

Library Activities: Few Glimpses

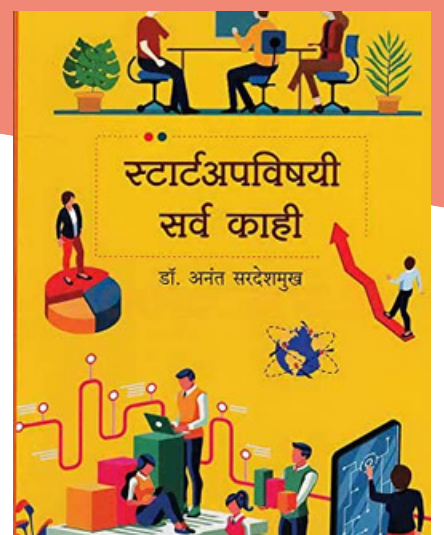
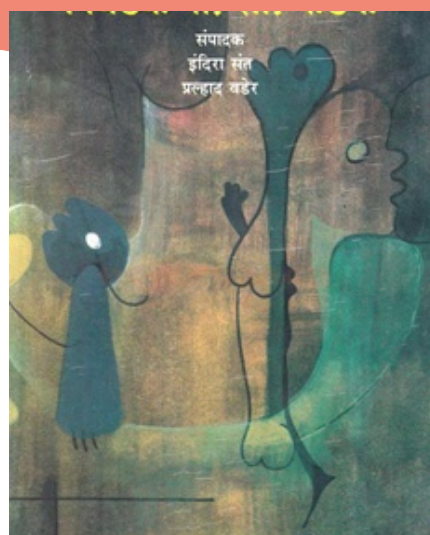
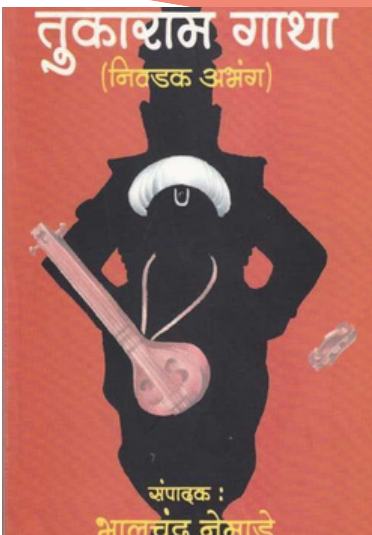
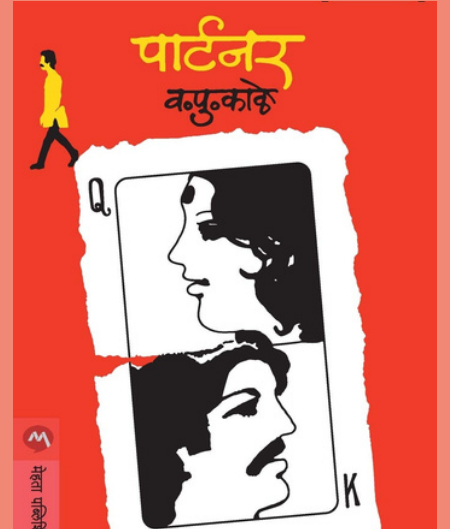
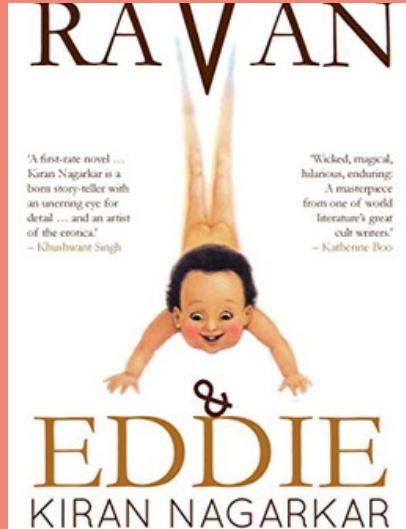
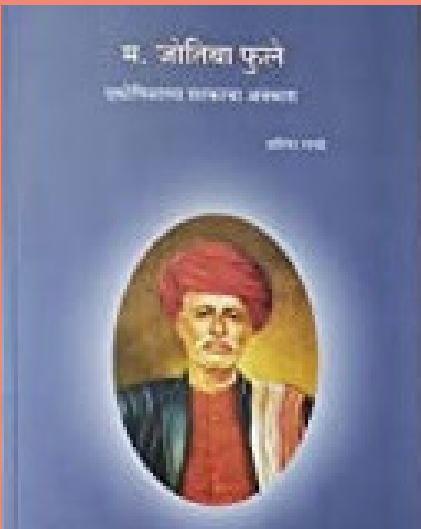
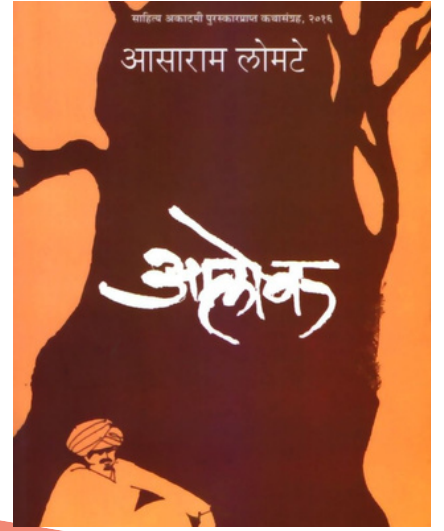
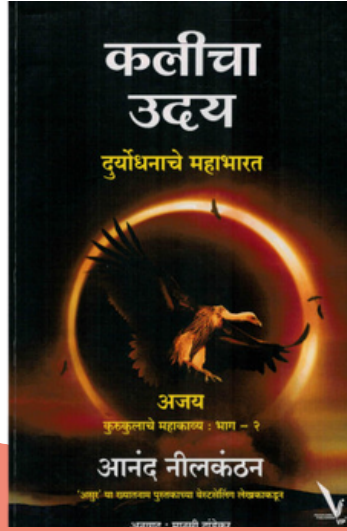
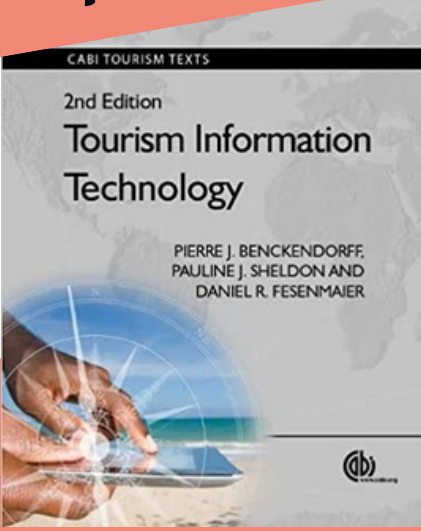


***HAPPY  
READING!***

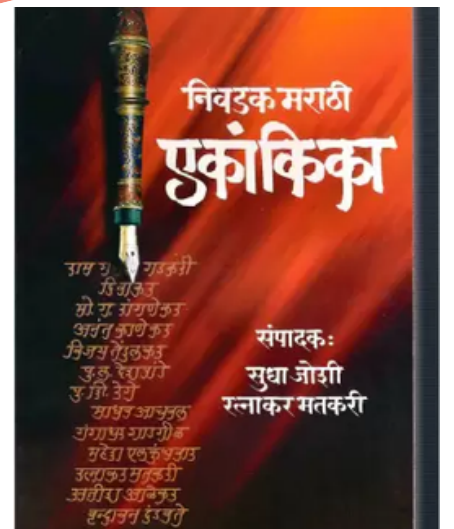
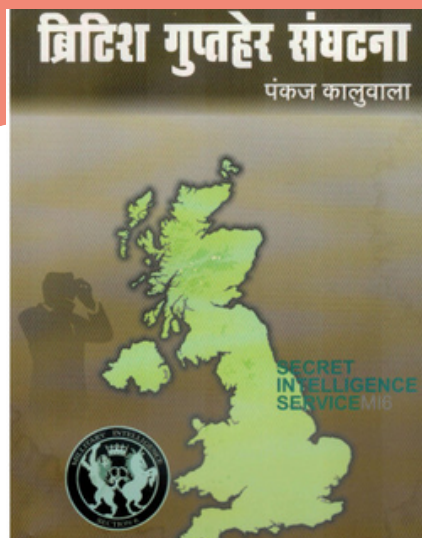
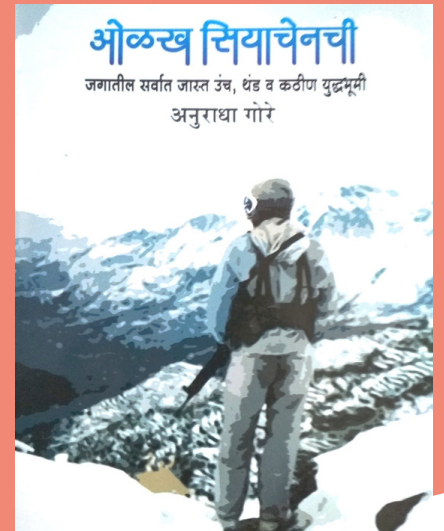
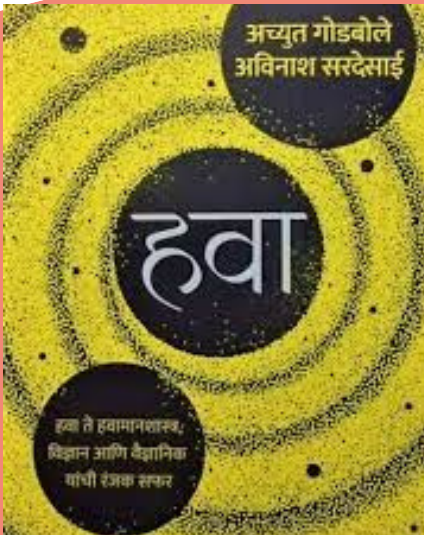
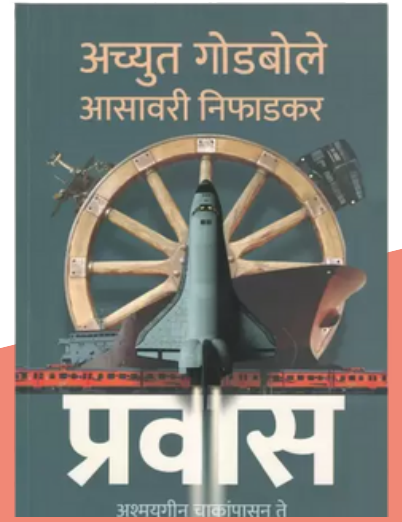
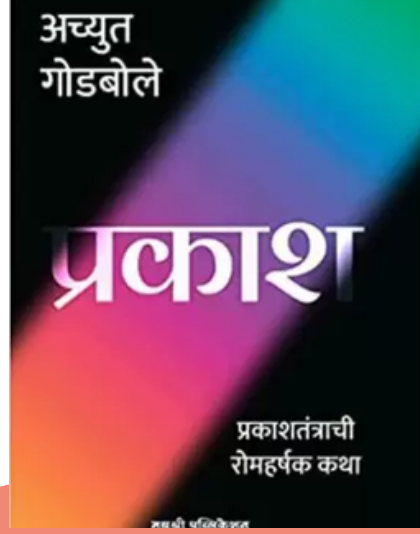
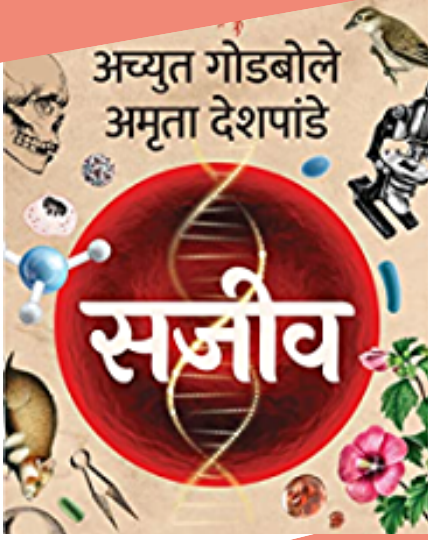
# NEW ARRIVALS



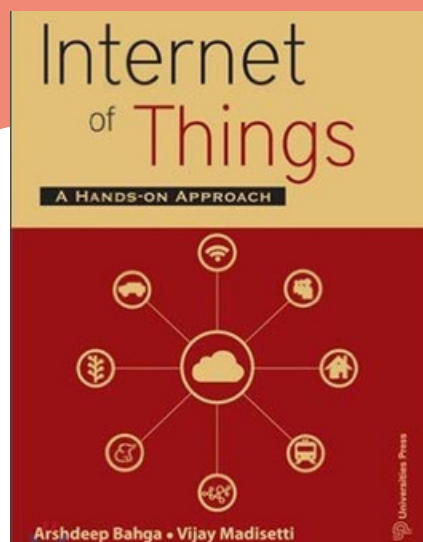
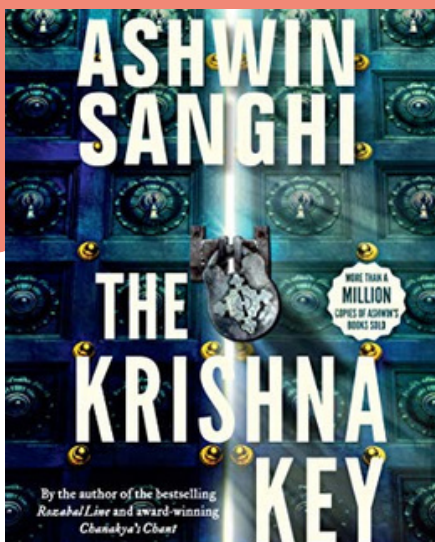
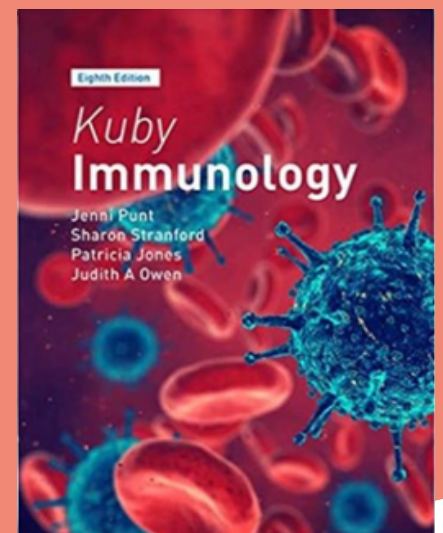
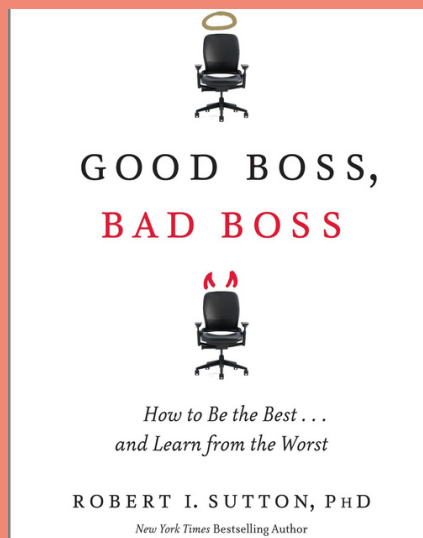
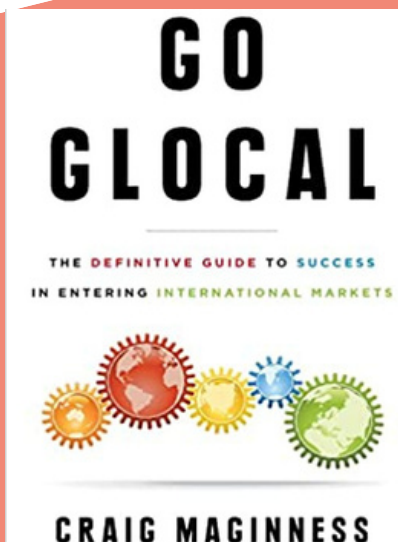
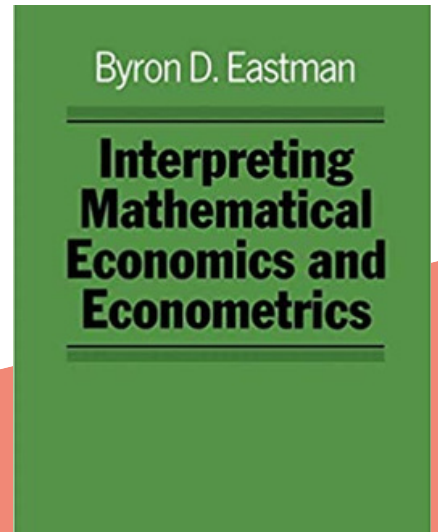
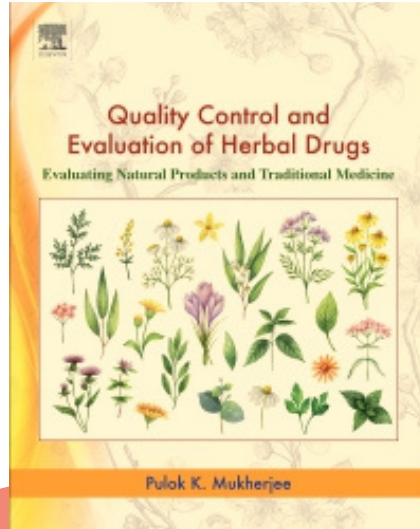
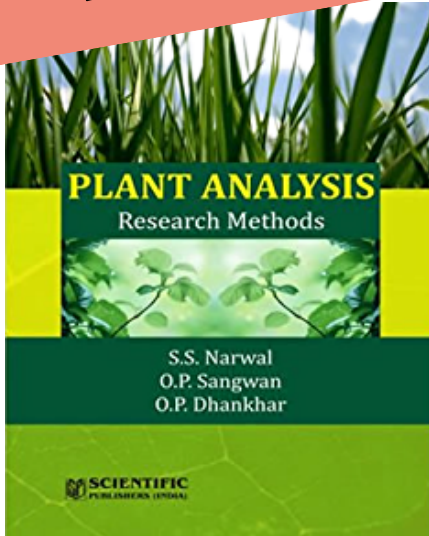
# NEW ARRIVALS



# NEW ARRIVALS



# NEW ARRIVALS



# BOOK REVIEW

## THE LAW OF SUCCESS

The 15 Most Powerful Principles for Wealth, Health, and Happiness

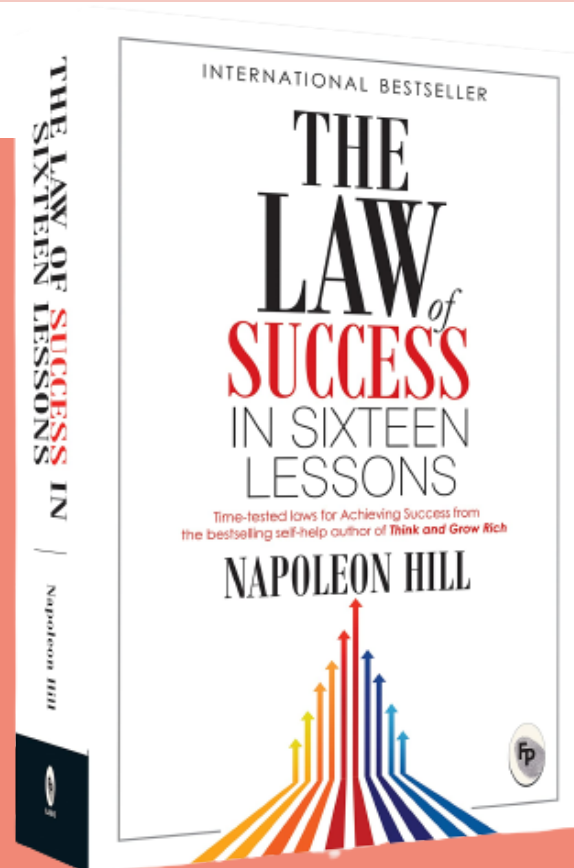
BY NAPOLEAN HILL

THE LAW OF SUCCESS (1928) COVERS 16 VALUABLE LESSONS THAT YOU CAN USE TO GET MOTIVATED ABOUT TURNING YOUR PLANS AND DREAMS INTO REALITY. YOU CAN PUT THESE PRACTICAL LESSONS INTO PRACTICE TODAY. THEY'RE DESIGNED TO HELP YOU TURN WORDS INTO ACTION, GAIN SELF-CONFIDENCE, AND THRIVE IN ANY ENVIRONMENT.

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**158/ HIL**



Success shouldn't remain limited to a select few. You may think there's a wide gap separating you from the titans of industry – like the steel magnate Andrew Carnegie, or the automobile innovator Henry Ford, but you'd be mistaken. These weren't men born with the advantages of wealth or family connections. They went from having next to nothing to accomplishing things few people had even dreamed possible. Have you ever been in the same room as someone else and intuitively known that they're not on the same wavelength as you? That you simply understand, without speaking to this person, that your personalities are going to be like oil and water? Well, the same way your mind can pick up on bad vibrations, it can pick up on good ones as well. Not only that, when you have a meeting of minds with someone who has a compatible personality, and an open and receptive mind, you can tap into their archive of knowledge, just as they can tap into yours. Now, when you have a team of people with the right minds and personalities, you can collectively harmonize and form a Master Mind, which can go on to create truly amazing things that would otherwise be out of reach to a mere individual. This is an important point. Carnegie, Wrigley, Ford – these men weren't alone in creating their fortunes. Each one made it a point to spend time with his peers and to help one another succeed. For example, Ford went on regular retreats with the inventor Thomas Edison and Harvey Firestone, the founder of the world-renowned tire and rubber company that bears his name. They shared priceless wisdom and benefitted immensely by expanding their sources of knowledge.

But remember, Master Minds are only created through harmonious personalities and intentions. Nothing will ruin the arrangement more quickly than inviting in a negative personality with selfish intentions.

### **In a nutshell:**

- The foundational concept underpinning success is known as the Master Mind.
- Success requires a definite chief aim and self-confidence.
- Success requires the habit of saving, as well as initiative and leadership.
- Success requires both imagination and enthusiasm.
- You must learn the importance of both self-control and doing more than what you're paid for.
- Make sure you have a pleasing personality and always do your best to think correctly.
- Concentration and cooperation are two more keys to success.
- Think of any failure as merely temporary and embrace a more tolerant outlook.

# BOOK REVIEW

## FLOW

### The Psychology of Optimal Experience

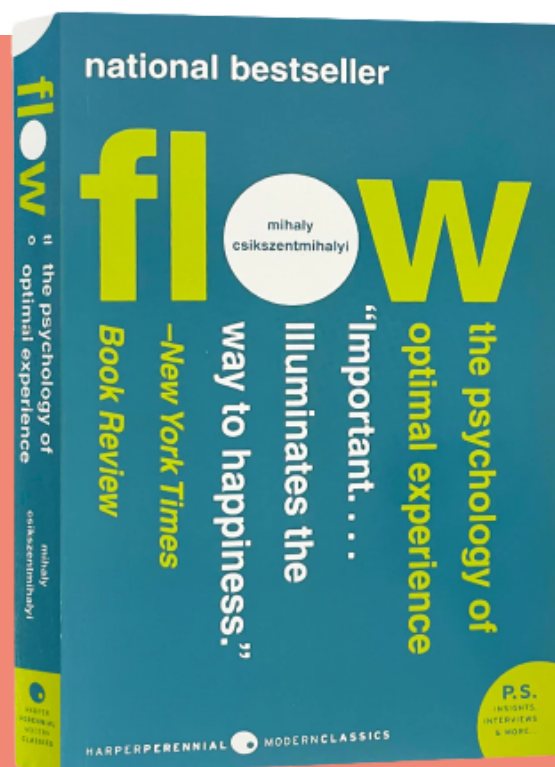
#### BY MIHALY CSIKSZENTMIHALYI

FLOW (1990) EXPLORES HOW WE CAN EXPERIENCE ENJOYMENT IN OUR LIVES BY CONTROLLING OUR ATTENTION AND STRENGTHENING OUR RESOLVE. THIS IS ACHIEVED BY BEING IMMERSED IN AN ACTIVITY OR SUBJECT THAT MAKES US NEITHER ANXIOUS (IF IT'S TOO HARD), NOR BORED (IF IT'S TOO EASY).

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We use religion and luxury to hide from an indifferent, meaningless world. When we view our lives from a distance, they seem insignificant. And when we examine them closely, we notice that we're unhappy and unfulfilled. To help us cope, most of us look for comfort in religion or we seek external rewards, like wealth or fame.

While this approach seems to make sense, it can also lead to us abandoning our critical faculties. For example, while organized religions like Christianity and Islam have provided us with rules to live by and given our lives meaning, our firsthand discovery of our predicament in the universe has shown the principles of religion to be wrong. Still, many people continue to follow religious ideologies because they're more comfortable thinking of life as meaningful. Also, many empires and cultures led their citizens to believe they'd mastered their fates – for instance, the Romans at the height of their power and the Chinese before the Mongol invasion. Although this belief comforted people, it proved completely wrong as each of these civilizations collapsed. And if we're not hiding behind religion or political ideology to avoid the pointlessness of our lives, we're struggling to acquire external rewards like power, wealth or fame. But these don't satisfy us for very long either. Certainly we live in luxurious times and people from the past wouldn't believe the conveniences that modern life provides. But having more money and acquiring more stuff doesn't seem to make us happier. As one study showed, satisfaction with life doesn't correlate strongly with being wealthy. You don't need to look far to see evidence of this: just think about the number of rich patients that psychiatrists treat regularly.

So in order to give our lives meaning, we try to change the environment around us, whether by displaying our wealth to impress others or chasing powerful positions. Yet these all fail to sustain our happiness.

#### In a nutshell:

- We use religion and luxury to hide from an indifferent, meaningless world.
- Our genes impel us to seek basic pleasures, not the skills and challenges found in enjoyment.
- The elements of enjoyment are available to everyone, but the goal is unique to each of us.

# BOOK REVIEW

## GAMES PEOPLE PLAY

The Psychology of Human Relationships

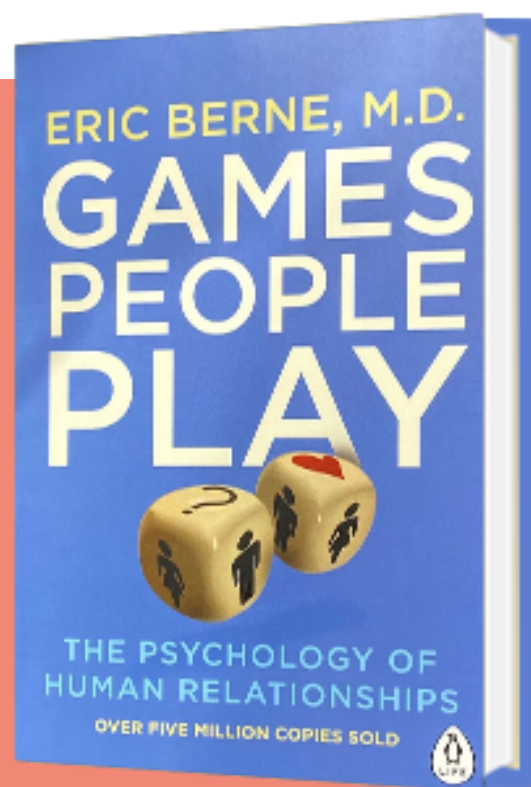
BY ERIC BERNE, M.D.

GAMES PEOPLE PLAY (1964) EXPLORES THE FASCINATING AND BIZARRE WORLD OF PSYCHOLOGICAL GAMES, WHERE PLAYERS UNCONSCIOUSLY MANIPULATE EACH OTHER INTO ACTING IN ALIENATING AND SELF-DESTRUCTIVE WAYS. ERIC BERNE DISSECTS THE HIDDEN DYNAMICS BENEATH THE GAMES PEOPLE PLAY – AND SHOWS HOW TO ESCAPE FROM THEM AND FIND TRUE INTIMACY

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**128.2/ BER**



**Every person has three ego states: Parent, Adult and Child.**

You might have noticed that, despite the general chaos of human behavior, there are certain recurring behavioral patterns. The author certainly noticed this. After observing thousands of patients, he posited that, when interacting, people act from one of three ego states – Parent, Child and Adult. These states comprise systems of feelings, thoughts and behaviors, and are developed over the course of a lifetime. Which ego state you're acting from at any given moment depends on both your past and the present moment.

For example, while growing up, each child imitates its caretakers – and that's where the Parent ego state comes from. Say your mom got angry with you when you did something wrong, and showed her anger by shouting. As an adult, you may unconsciously adopt this kind of behavior, raising your voice when your child misbehaves. Of course, the Parent state needn't be negative – just an unconscious imitation of your parent or parents. Then there's the Adult ego state, the source of our rational thinking. It develops as we learn how to reflect on our experience throughout childhood, and allows us to make decisions based on what is present in the here and now. It's the state that processes information and tackles problems with assertive, logical thinking. It emerges when you ask someone to stop crunching popcorn in the cinema, for instance, or when you analyze a broken engine to see what needs to be fixed.

Finally, the Child ego state is the spontaneous way of being that we're born with. It's the origin of our emotions, creativity and intimacy. But, over time, the Child can get buried beneath the Parent and Adult states; it is possible, however, to free the Child of these influences, and return to the spontaneity of the natural Child.

**In a nutshell:**

- Every person has three ego states: Parent, Adult and Child.
- Games are predictable interactions between ego states.
- Some games are designed to last a lifetime.
- Spouses often play games with each other.
- Social gatherings often make people play games.
- People with rule-breaking tendencies often play games.



# BOOK REVIEW

## SNAKES IN SUITS

When Psychopaths Go to Work

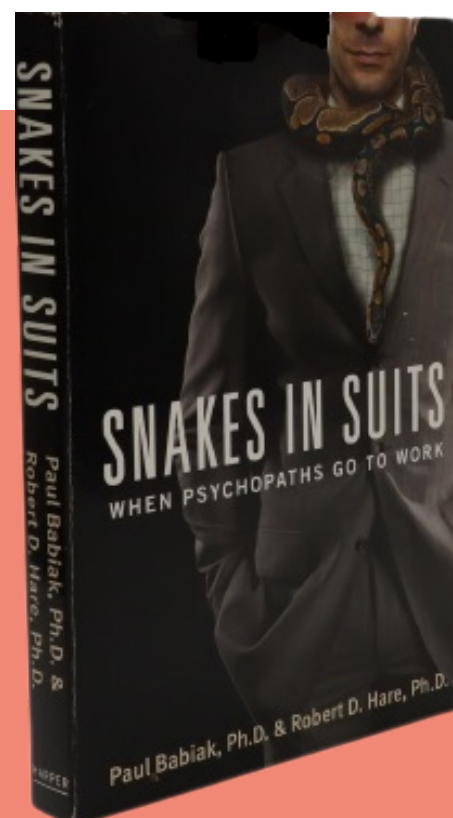
BY PAUL BABIAK AND  
ROBERT D. HARE

SNAKES IN SUITS (2006) EXAMINES WHAT HAPPENS WHEN A PSYCHOPATH DOESN'T WIND UP IN JAIL, BUT INSTEAD PUTS ON A SUIT AND GETS A JOB. THE BOOK OUTLINES THE TACTICS THESE PREDATORS USE, HOW THEY DAMAGE COMPANIES AND HOW YOU CAN PROTECT YOURSELF.

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### **Not all psychopaths are violent serial killers.**

For most people, the mention of the word “psychopath” evokes images of serial killers and evil villains from movies, like the disturbing character of Dr. Hannibal Lecter. But how accurate of a depiction is that, really? Some one percent of the general population fit the criteria of the personality disorder known as psychopathy. Though they represent only one percent of the general population, they are responsible for over half the serious and violent crimes that occur in society. Their violence is especially chilling since it tends to lack any emotional component; rather it's usually a cold means to an end.

However, not all psychopaths are violent criminals and, in fact, the definition and diagnosis of psychopathy is a complicated and difficult matter. Perhaps the best description can be extracted from a diagnostic tool called the Psychopathy Checklist Revised (PCL-R). The checklist states that psychopathic behavior is exhibited as abnormalities in four domains of personality. In each domain, the specific psychopathic traits can be identified as: In the interpersonal domain, psychopaths are superficial, deceitful and grandiose. In the emotional domain, psychopaths lack empathy, remorse and the ability to take any responsibility for their actions. In the lifestyle domain, psychopaths tend to lack life goals and act in a very irresponsible and impulsive way in general. Finally, in the antisocial domain, psychopaths typically have a history of lacking behavioral control, evidenced by delinquency in adolescence and adulthood. These traits paint a compelling picture of remorseless, impulsive predators who take what they want and care little for the rules of society.

However, a word of caution: readers should not jump to conclusions about themselves or someone else being a psychopath based on these criteria, as only qualified professionals can make such diagnoses, and even perfectly normal people may exhibit several of these traits.

### **In a nutshell:**

- Not all psychopaths are violent serial killers.
- There's a predator hunting you.
- Psychopaths can wear suits and ties.
- The organizational environment also hinders the psychopath.

# BOOK REVIEW

## SOCIAL INTELLIGENCE

The New Science of Human Relationships

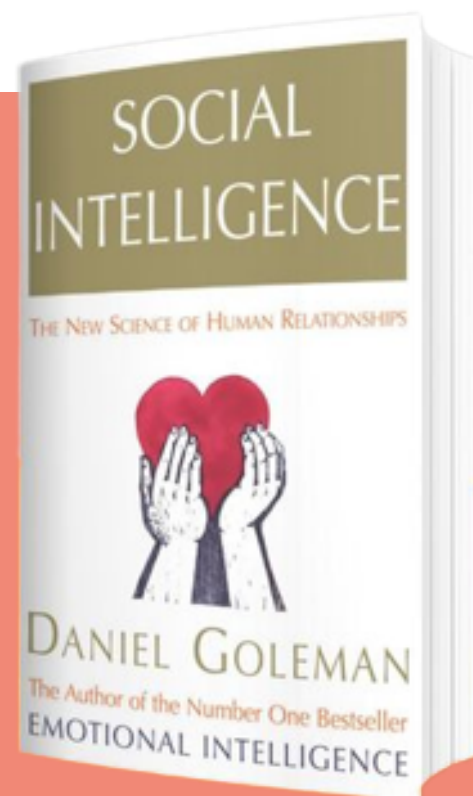
BY DANIEL GOLEMAN

SOCIAL INTELLIGENCE (2006) TAKES A LOOK AT A FORM OF INTELLIGENCE WHICH MAKES THE WORLD GO ROUND BUT CAN'T BE MEASURED BY IQ TESTS: OUR COGNITIVE ABILITY TO RELATE TO OTHERS AND ACCURATELY ASSESS SOCIAL SITUATIONS. UNDERSTANDING HOW SOCIAL INTELLIGENCE WORKS ISN'T JUST FASCINATING IN ITS OWN RIGHT, AS PSYCHOLOGISTS AND NEUROSCIENTISTS ARE NOW REALIZING, IT CAN ALSO HELP US CREATE HAPPIER AND LESS STRESSFUL SOCIETIES FOUNDED ON STRONGER SOCIAL BONDS.

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**Empathic accuracy is key to social intelligence and helps you strengthen relationships.**

Imagine you are being mugged. What's the best way to avoid injury? One key to survival in sticky situations is knowing how to "read" signals correctly. This way, you can work out how aggressive or desperate the assailant is and act accordingly. This ability is called empathic accuracy. It's an important aspect of social intelligence – the capacity to understand yourself and others in social contexts. Empathic accuracy allows you to put yourself in someone else's shoes. It's not only about understanding what they're feeling but why they feel that way. A study carried out by psychologist William Ickes at the University of Texas in 2001 illustrates this concept. The set-up was simple. Two people were asked to attend a meeting. Their conversation in the waiting room was then filmed. At the end, the participants were asked to review the recording and say what they thought the other person had been thinking at key moments. The experiment neatly demonstrated just how much empathic accuracy varies from person to person. One woman, for example, couldn't remember the name of a teacher she was talking about. Her conversation partner correctly guessed that she'd felt silly at that point. In another case, one woman zoned out of the conversation. Her partner assumed she'd been wondering if he was about to ask her out on a date. The truth? She was thinking about a play she'd recently seen!

As you can see, empathic accuracy is crucial when it comes to social interaction. Knowing how to interpret what others are thinking and feeling is essential if you want to respond appropriately. But empathic accuracy isn't just about working out the intentions of strangers – it's also vital when it comes to more intimate relationships. The work of Canadian social psychologist Victor Bissonette, for example, suggests that people who can recognize what their partners are thinking and feeling tend to have much happier relationships and stay together for a longer time. That's an insight backed up by the research of University of California psychologists Lewenson and Reuf. Their 1992 study shows that relationships tend to run into trouble when one partner recognizes that the other is feeling sad or anxious but can't work out why.

# BOOK REVIEW

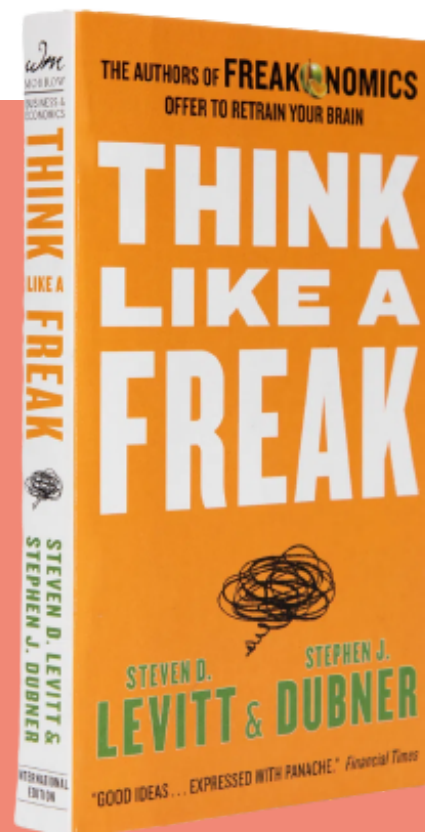
## THINK LIKE A FREAK

How to think smarter about almost everything

BY STEVEN D. LEVITT AND  
STEPHEN J. DUBNER

THINK LIKE A FREAK IS A BLUEPRINT FOR THINKING UNCONVENTIONALLY AND CREATIVELY. IT DEMONSTRATES THE BENEFITS OF LETTING GO OF CONVENTIONAL WISDOMS, AND TEACHES YOU TO DIG DEEPER TO FIND OUT HOW THINGS REALLY WORK. BY LEARNING TO THINK LIKE A "FREAK", YOU'LL GAIN ACCESS TO AN ENTIRELY NEW WAY OF SOLVING PROBLEMS AND MAKING SENSE OF THE WORLD.

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Thinking like a freak means violating conventions; it might win you the World Cup but won't necessarily make you popular.

When we try to solve problems, most of us are guided by conventional beliefs. However, there's a problem with conventional beliefs: they're often wrong. Take, for example, the "local food" movement. Most people believe that consuming local food reduces environmental impact. However, a recent study found that this movement was actually counterproductive because the small farms it supports consume more energy for production, outweighing any positive effects of reduced transportation.

This is exactly what thinking like a freak is about: basing one's beliefs and decisions on statistical evidence, rather than conventional wisdom. But how can this be of use in everyday life? Well, for one thing, thinking like a freak can help you to solve problems.

For example, imagine you're a soccer player about to make a penalty kick which could win your team the World Cup. How can you increase your chances of scoring? If you're right-footed, as most players are, aiming towards the left will result in a stronger, more accurate kick. Goalkeepers are aware of this strategy, so 57 percent of the time they'll jump to the kicker's left side, and 41 percent to the right. Interestingly, however, keepers remain in the goal's center only two percent of the time, so a kick "straight up the middle" is seven percent more likely to be successful than a kick to either corner.

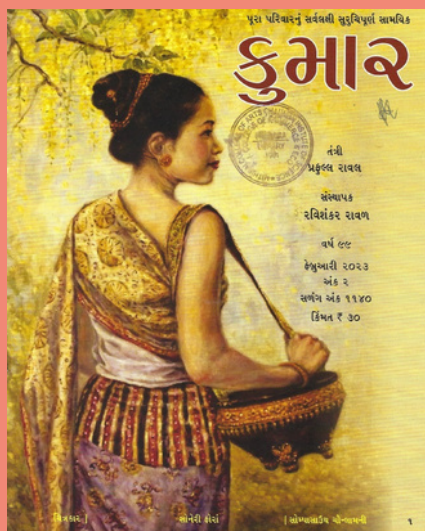
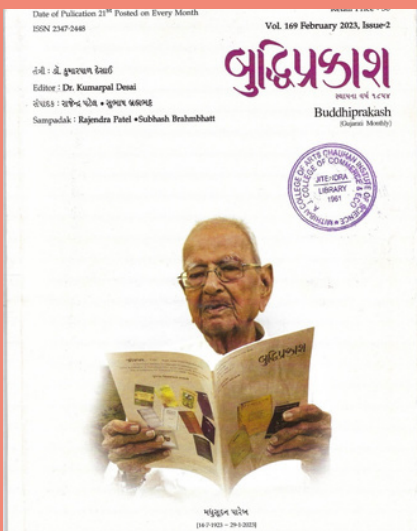
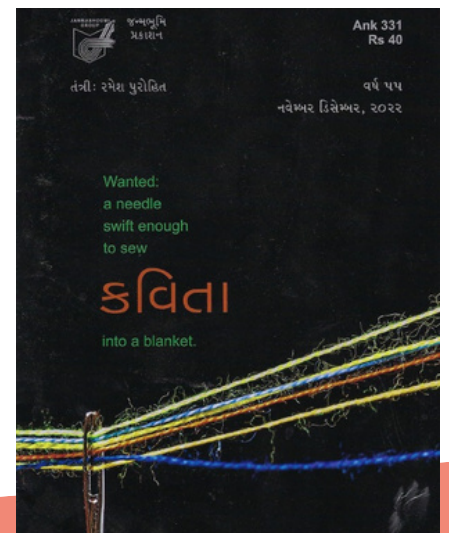
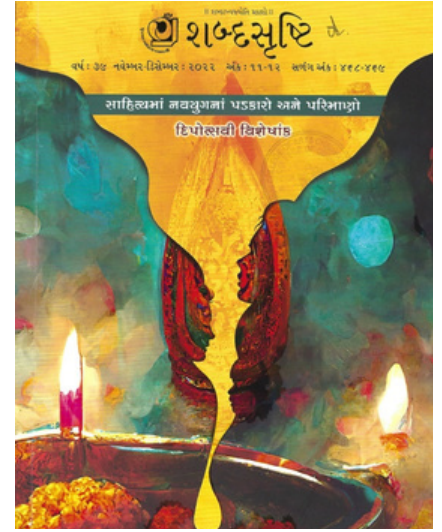
But while thinking like a freak has many advantages, it might also put your popularity at risk. For example, only 17 percent of all penalties in professional soccer are aimed towards the center. Why? Because it's such an obvious violation of the conventions. Also, if the goalkeeper remains in the center and catches the ball with zero effort, the penalty-taker might well lose the faith of his fans.

Or, for example, imagine how popular you'll be when you tell a "locavore" friend that the local-food movement actually hurts the environment!

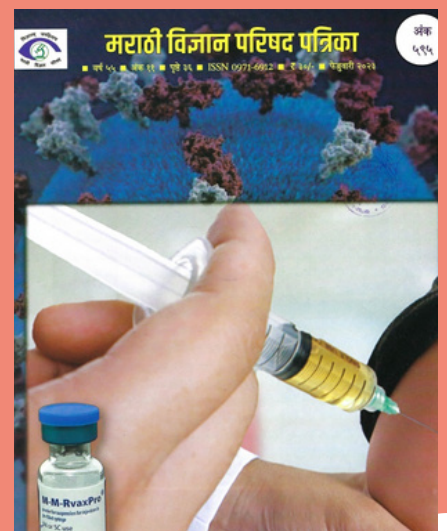
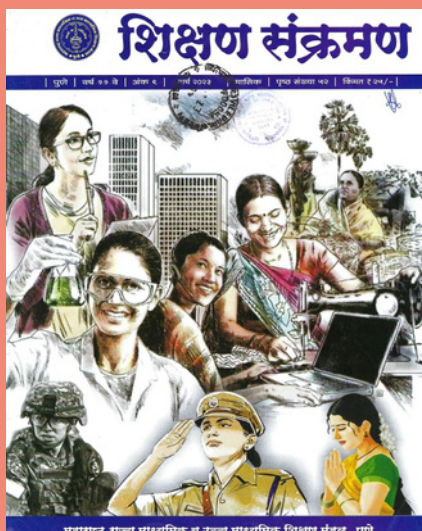
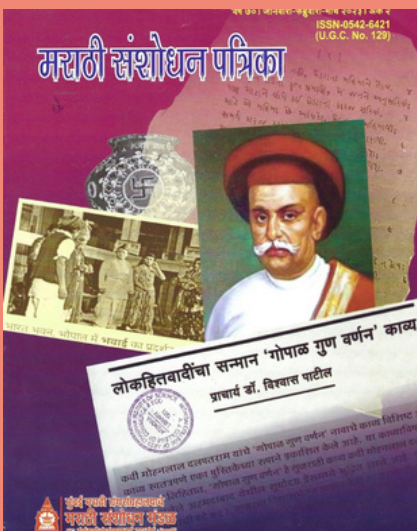
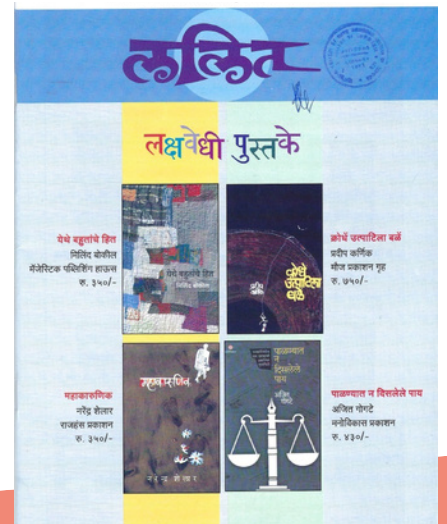
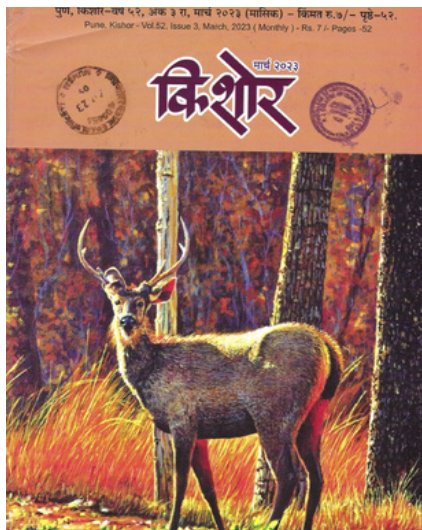
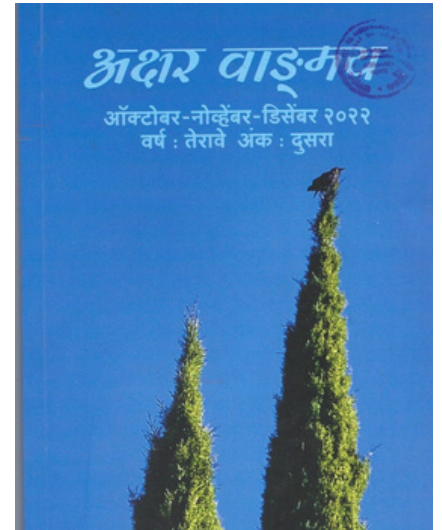
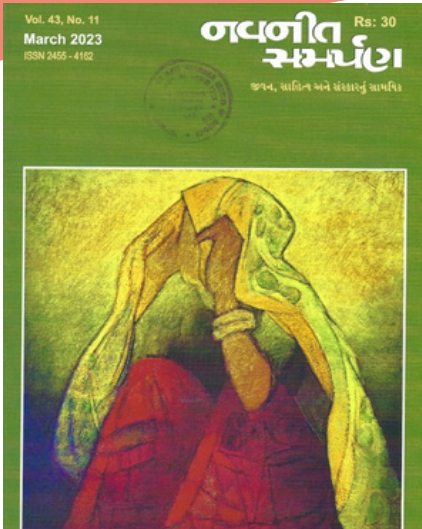
### In a nutshell:

- Thinking like a freak means violating conventions; it might win you the World Cup but won't necessarily make you popular.
- Admit when you don't know something, and never blindly trust experts.
- When solving a problem, look past the public discussion and redefine the problem.
- Think outside the box to identify the root cause of problems – don't focus on the symptoms.

# MAGAZINES



# MAGAZINES



# Library Activities: January-February 2023

## REPORTS

### 'मराठी भाषा संवर्धन पंधरवडा' ग्रंथ प्रदर्शन अहवाल

दिनांक: २० जानेवारी २०२३

महाराष्ट्राची राजभाषा असलेल्या मराठी भाषेचा प्रचार, प्रसार, जतन व संवर्धन व्हावे या हेतूने दिनांक १४ जानेवारी २०२३ ते २८ जानेवारी २०२३ या दरम्यान महाराष्ट्रात सर्वत्र 'मराठी भाषा संवर्धन पंधरवडा' साजरा केला जातो. या निमित्ताने दिनांक १९ जानेवारी २०२३ रोजी मिठीबाई महाविद्यालयाच्या 'जितेंद्र ग्रंथालया' तर्फे मराठी ग्रंथांचे प्रदर्शन आयोजित केले होते. या प्रदर्शनाचे उद्घाटन माननीय प्राचार्या प्राध्यापक सौ. कृतिका देसाई यांच्या करण्यात आले. त्यांनी सर्वांना मराठी भाषा संवर्धन पंधरवडा निमित्त मनःपूर्वक शुभेच्छा दिल्या. त्यांनी आपल्या भाषणात मराठी भाषेची महती, वाचनाचे महत्व, मराठीतील उच्च शिक्षण व व्यावसायिक संधी, भाषेबद्दल असणारा व असावयास हवा असणारा आदर, दैनंदिन व्यवहारातील मराठीचा वापर इत्यादी विषयांवर भाष्य केले.

ग्रंथ प्रदर्शनात मराठीतील नामवंत साहित्यिकांची दर्जेदार पुस्तके प्रदर्शनासाठी ठेवली होती. तसेच मराठी द्वितीय किंवा तृतीय भाषा म्हणून शिकणाऱ्यांसाठी प्रश्नमंजुषा, शब्दकोडी, चित्रकोडी अशा स्पर्धांचे आयोजन केले होते. विजेत्यांना बक्षिसेही देण्यात आली. याबरोबरच मराठी साहित्यातील नाटकांमधील उतारे, प्रवेश, तसेच अभंग, कविता, गाणी यांचे विद्यार्थी, शिक्षक व शिक्षकेतर कर्मचारी यांनी स्वयंस्फूर्तीने वाचन केले. हा कार्यक्रम सकाळी ११ वाजल्यापासून संध्याकाळी ३ वाजेपर्यंत महाविद्यालयाच्या परिसरात आयोजित केला होता.

मा. प्राचार्यांबरोबरच, उपप्राचार्या डॉ. मीनाक्षी वैद्य (विज्ञान), डॉ. अंजली पाटकर (वाणिज्य), श्रीमती नीलिमा रावळ (कला), कनिष्ठ महाविद्यालयाच्या उपप्राचार्या श्रीमती ग्लॅंडीस अल्बर्ट यांनी कार्यक्रमाला उपस्थित राहून शुभेच्छा दिल्या.

या कार्यक्रमाला विद्यार्थी तसेच शिक्षक वाचकांचा उत्स्फूर्त प्रतिसाद लाभला.

# Library Activities: January-February 2023

## REPORTS

### **BOOK EXHIBITION CUM SALE (13TH JANUARY 2023)**

Mithibai College Jitendra Library, organized a book exhibition cum sale on 13th January 2023. More than 3000 books were displayed on various subjects such as languages, political science, philosophy, sociology, economics, psychology, mass media, commerce, Management, environmental science, business law, accountancy, insurance, physical sciences, biological sciences, Computer science, Biotechnology, Biochemistry, etc. in the Reading Hall of the Library from 10.00 am till 05.30 pm.

SVKM registered vendors M/s Bombay Books, M/s Millennium Enterprises, M/s Vakrantund Book House, M/s Paridrishya Prakshan, and M/s V. K. Book Agency displayed books from well-known publishers such as Academic Press, Bio Green, Bernet Kruger, Elsevier, MIT Press, New Century, Routledge, Taylor & Francis, Paridrishya Prakshan, and other Marathi Publications.

Prof. Krutika Desai, Principal, inaugurated the exhibition along with other Vice Principals Prof. Meenakshi Vaidya, Dr. Anjali Patkar and Ms. Nilima Raval. Students and teachers visited the exhibition recommended the books for purchase as well as purchased books for personal use.

### **WORLD BRAILLE DAY**

Mithibai College Jitendra Library organized a Display on "World Braille Day" on 4th January 2023.

World Braille Day is celebrated to mark the birth anniversary of Louis Braille who invented Braille script. The Braille system, which is based on a series of raised dots that can be read with the fingertips, has given millions of people who are blind or visually impaired the ability to read and write, and has greatly increased their independence and ability to participate fully in society.

The Mithibai College Jitendra Library has installed a Braille embosser printer to facilitate low-vision students. Various charts related to the Braille font, its relativity to alphabets, information about Louis Braille, texts printed in braille script and printer details were displayed. College students and faculty members visited the Chart Display and appreciated the efforts taken by Library Staff.

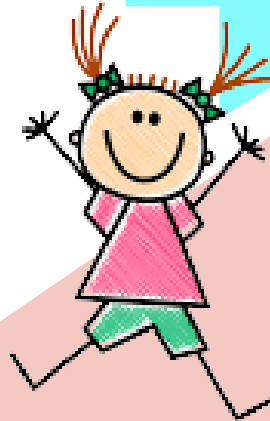
# Library Activities: January-February 2023

## USER'S FEEDBACK

**"Exhibition was very well organized"**



**"Lot of variety of themes and topics- Wonderful Exhibition"**



**"Such excellent exhibition should be organized more often"**



**"A very good exhibition. There are many books on diverse topics. It covers a lot of topics, genres, and languages as well. Educational and non-educational collection, VERY wide collection. LOVED IT."**



**"पुस्तकांचा महासागरच जणू ! फार छान !"**



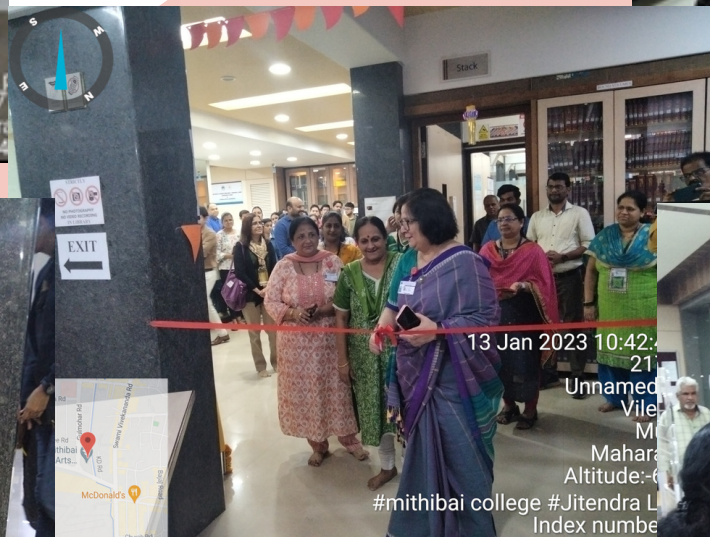
**"Great efforts by Library Team"**





# Library Activities: January-February 2023

## FEW GLIMPSES



# Library Activities: January-February 2023



Write us at: [archana.garate@mithibai.ac.in](mailto:archana.garate@mithibai.ac.in)



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