

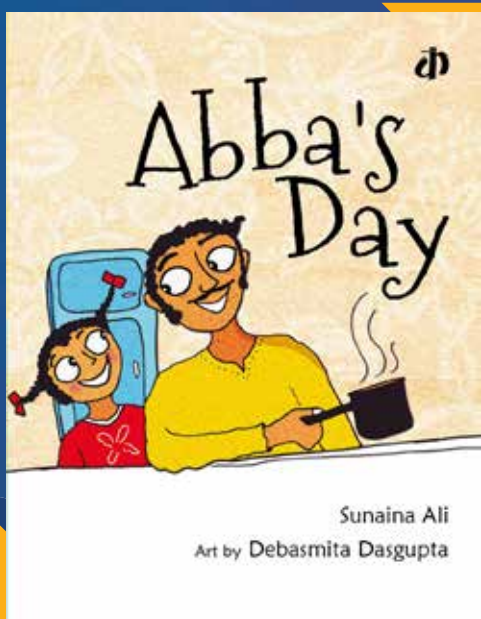
Books for Children



6-9 years

Book: **Choomantar**
Author: **Geeta Dharmarajan**
Publisher: **Katha**

'Jivuba', the protagonist, sets off to on a mission to save herself and fellow village girls from early marriages. They end up achieving great heights in different spheres. But how does the world around them react? This book takes a simple, yet effective approach to sensitise primary schoolers of the travails of young women in smaller towns and villages of India.



3-5 years

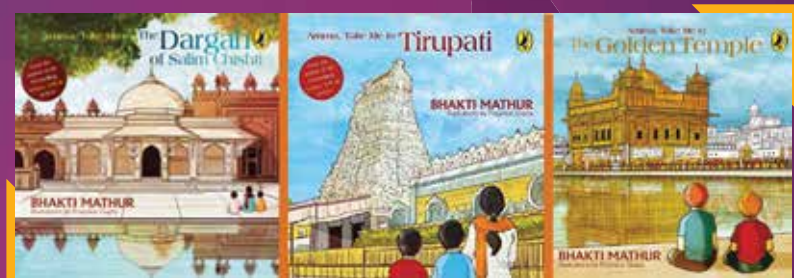
Book: **Abba's Day**
Author: **Sunaina Ali**
Publisher: **Katha**

With large, colourful illustrations, this book is just right for pre-schoolers. It is important to sensitise children about gender equality, and this book does it in a natural and subtle way. The simple story line delivers the weighty message of sharing the burden of household chores. It would not be surprising if young boys start helping out their mothers in the kitchen, after reading this book! It is a brief yet endearing narration to bring about social change.

10-12 years

Book: **Amma take me to... (series)**
Author: **Bhakti Mathur**
Publisher: **Penguin India**

This series takes the reader on fascinating journeys to places of religious and spiritual significance. Young readers can take interesting and enlightening expeditions to the Golden Temple in Amritsar, the Venkateshwara temple at Tirupati and the Dargah of Salim Chishti at Fatehpur Sikri. The books in the series give children a view of Indian culture taking a non-preachy approach. Vivid illustrations by Priyanka Gupta bring the monuments and settings to life. Written in the form of a travelogue of a mother travelling with two sons, the books offer a new way to look at history and heritage.



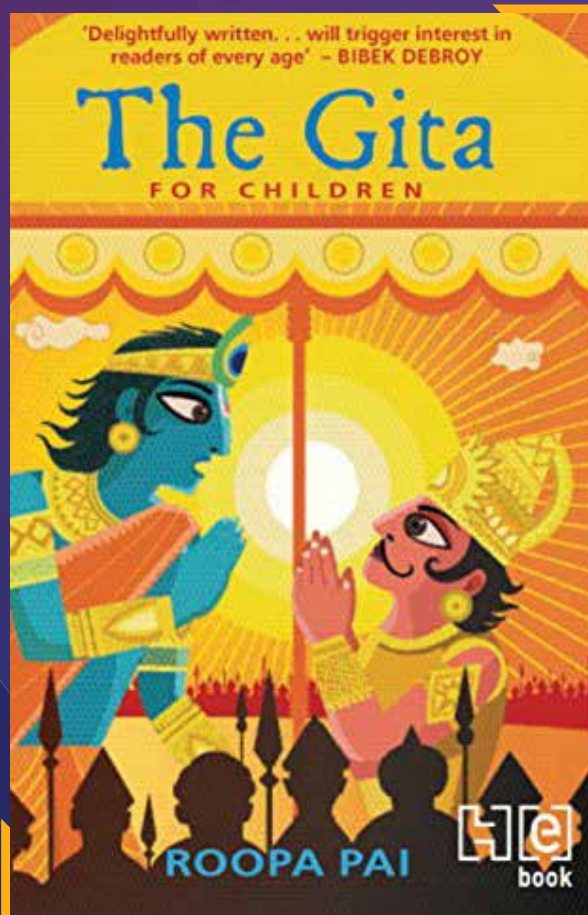
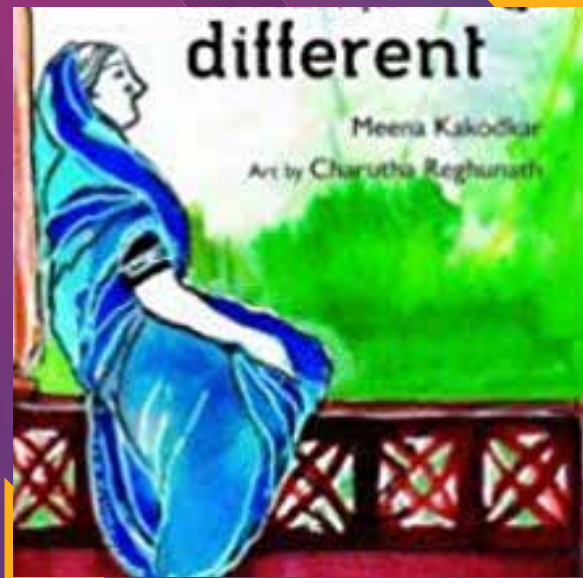
13+ years

Book: **One's own, yet different**

Author: **Meena Kakodkar**

Publisher: **Katha**

This book is thought provoking, leading teenagers to ponder about how society functions, the roles thrust upon people, and the drawbacks in the system. The central character is an old grandmother, rooted in traditional beliefs, orthodox thinking and stereotypical perspectives. She actually ends up changing her views about the female gender. The change is caused unintentionally by her sole granddaughter. A book that will strike a chord in teenagers.



Non-fiction for the teenager

Book: **The Gita for Children**

Author: **Roopa Pai**

Publisher: **Hachette India**

The Gita, is generally considered incomprehensible; most adults shy away from it. This book is a commendable effort to make 'Gita' decipherable to children. The book uses large print and several illustrations to keep children engrossed. It has not only the abridged version of the epic, but also, several original shlokas along with their meanings, quizzes, and learnings summarised after each section of the book. The best part of the book is the language and interactive style; it is as though a one to one conversation is taking place between the reader and the writer.

- Tamanna Grover, 15 years
New Delhi

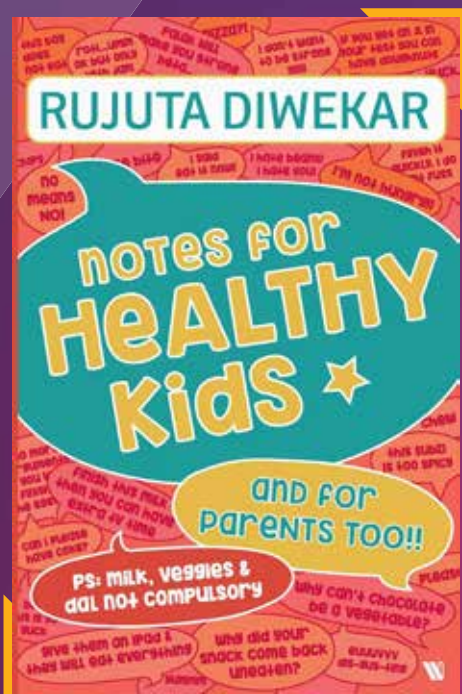
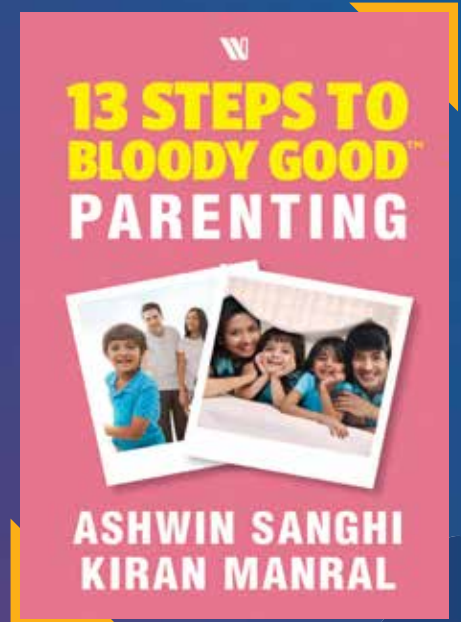
Books for Parents



Book: **13 steps to bloody good parenting**
Author: **Ashwin Sanghi and Kiran Manral**
Publisher: **Westland Books**

The authors' attempt is to demystify parenting, which has, in recent years, been completely veiled in theories and laws. It is a classic case of too much information being available, leaving parents in throes of confusion and dread. This book simplifies the whole parenting process by getting down to basics. Fourteen steps that include 'Listen', 'Connect', 'Inspire' and 'Detach' are detailed in one chapter each. There is a question and answer format, with key takeaways summarised at the end of each chapter. The authors

draw from their experience of being parents and that of their own parents, and combine this knowledge from well-known research and writing in the field. The result is an eminently readable book, that is also informative.



Book: **Notes for healthy kids**
Author: **Rujuta Diwekar**
Publisher: **Westland Books**

When India's most well-known nutritionist writes about healthy eating for children, the book is definitely a must-read. In her characteristic candid style, Rujuta quickly clears misconceptions that we adults have about 'good' food and exercise in the first part of the book. She goes on to detail how to implement healthy eating day to day – the approach is age-wise, occasion wise and specific to health issues and illnesses. The sections of the book that she addresses directly to children are sensible and empathetic. There are many actionable ideas in this book. Parents and children should read it together!