Vikram Sarabhai Library

Read Experience And Discover

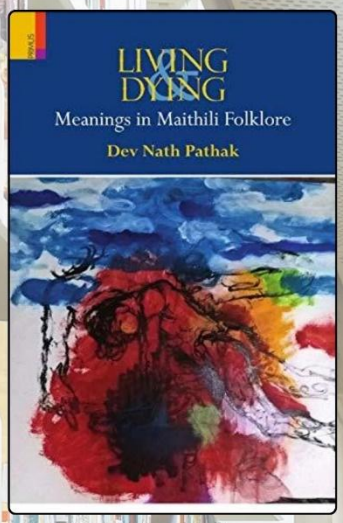
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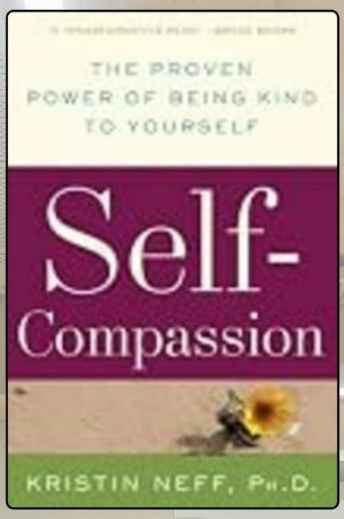
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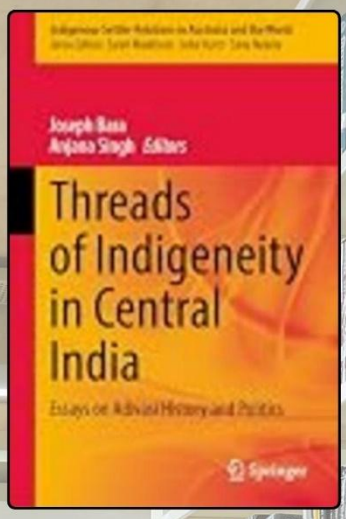


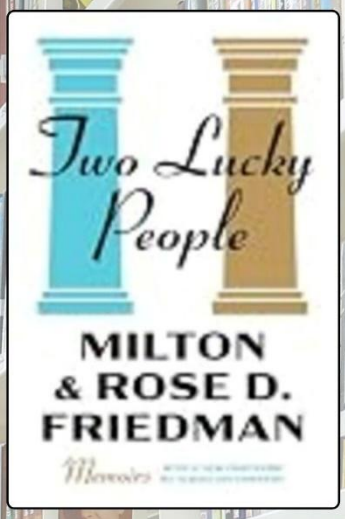
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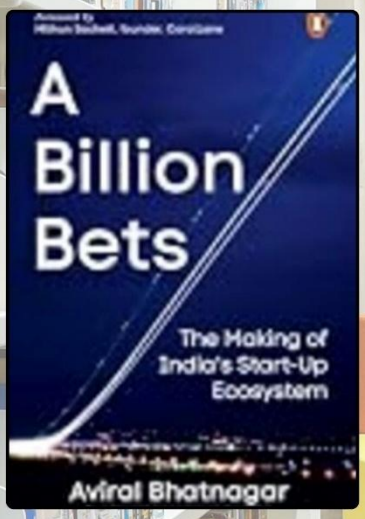
On Display
October 19 - October 25, 2026

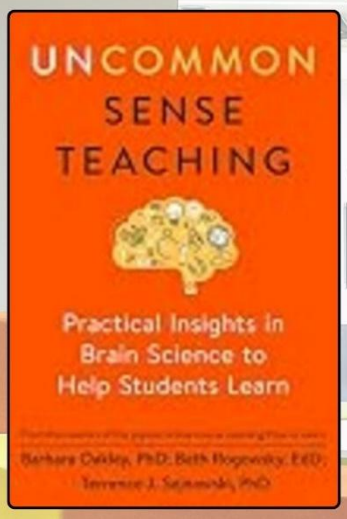


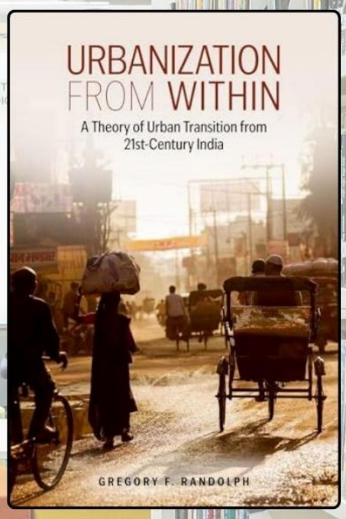




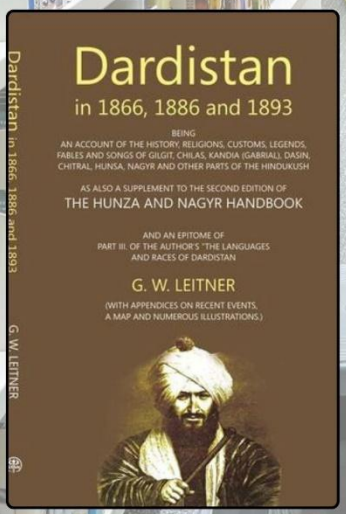


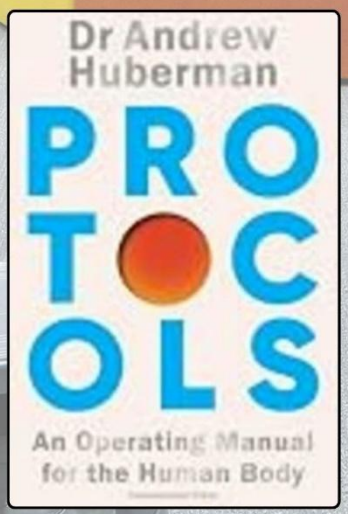


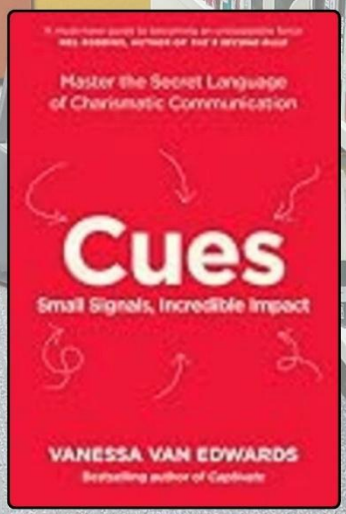


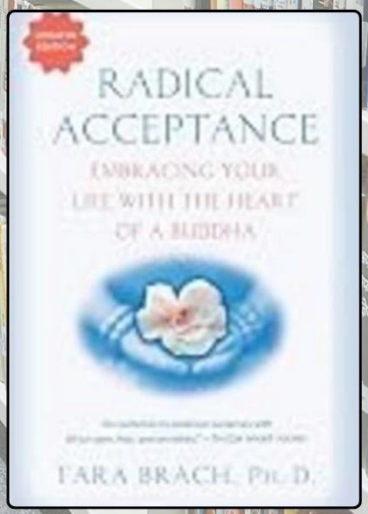












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October 26, 2026

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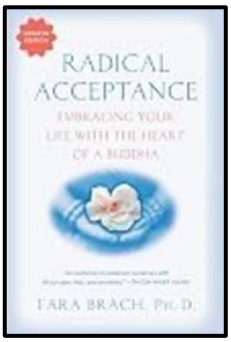
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☑ **Currently Checked Out**

☑ **Only for Reference**

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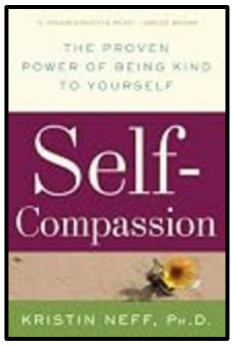
GENERAL

1 

Radical acceptance: embracing your life with the heart of a Buddha by Tara Brach. New York; Bantam Books, 2023.

158.1 B7R2 (208674)
Radical acceptance offers us an invitation to embrace ourselves with all our pain, fear, and anxieties, and to step lightly yet firmly on the path of understanding and compassion. Believing that something is wrong with us is a deep and tenacious suffering," says Tara Brach at the start of this illuminating book. **Click here for more details**

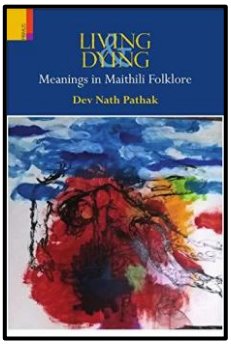
Place hold

2 

Self-compassion: the proven power of being kind to yourself by Kristin Neff. New York; William Morrow Paperbacks, 2015.

158.1 N3S3 (208667) ☑
An Alternative to Self-Esteem: Discover why moving from self-esteem to self-compassion is the key to counteracting the negative effects of self-criticism and leaving insecurity behind. **Click here for more details**

Place hold

3 

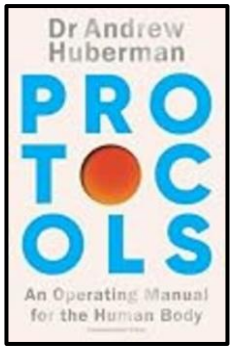
Living & dying: meanings in Maithili folklore by Dev Nath Pathak. Delhi; Primus Books, 2018.

398.209543 P2L4 (208661)
A hermeneutic engagement with Maithili folk songs allows this book to hinge upon the notions of living and dying in the contemporary world despite the admission that medicine, insurance, market, and media may condition human experiences. Amidst the binaries of union and separation, rigid religion and fluid faith, popular and folk, modernity and tradition, central to this book is the pluralism of cultural script(s) and their philosophical musings on living and dying, folk philosophy, cultural subversion as well as reconciliation. **Click here for more details**

Place hold

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4



Protocols: an operating manual for the human body by Andrew D. Huberman and Jessica Wapner. London; Cornerstone Press, 2026.

613 H8P7 (208671)
Protocols provides simple, powerful and evidence-based solutions to life's most common challenges. Designed to improve your mental health, physical health and performance, these guidelines are customisable, allowing you to adapt them to your specific needs. With his clear and engaging style, Dr Huberman explains the scientific principles behind each protocol and how they can deliver immediate, effective results. Protocols is your essential road map for achieving optimal health. **Click here for more details**

Place hold

5



Pixar storytelling: rules for effective storytelling based on Pixar's greatest films by Dean Movshovitz. Mumbai; Sanage Publishing House, 2015.

808.23 M6P4 (208668) ☑
Pixar Storytelling is the first book to offer an in-depth analysis of the screenwriting techniques and patterns that make Pixar's immensely popular classic films so successful and moving. Each chapter of the book explores an aspect of storytelling that Pixar excels at. what do Pixar's story ideas all have in common? How do they create such compelling, memorable characters? What makes their films' resolutions so emotionally satisfying? **Click here for more details**

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6

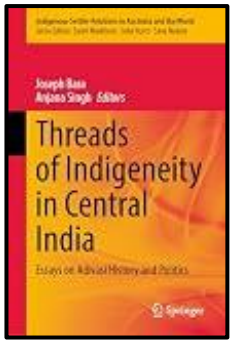


Storytelling: a masterclass in crafting stories by Isabel Allende. London; Bloomsbury Publishing, 2026.

808.3 A5S8 (208673)
In Storytelling, renowned literary talent Isabel Allende delivers a craft-defining treatise on the art of 'magical storytelling'.You are a writer. This is your purpose. Allende has been writing for over fifty years, and has sold more than seventy-seven million books. Through writing her twenty-one novels, she has developed unique strategies that have helped her surrender to the process of writing, and create distinct characters and legendary plots in the way that only Allende can. **Click here for more details**

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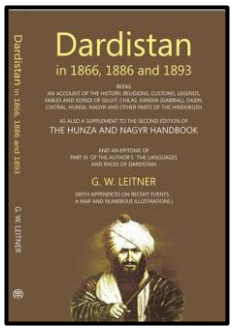
7 

Threads of indigeneity in central India: essays on Adivasi history and politics, vol.12 by Joseph Bara and Anjana Singh (Editors). Switzerland; Springer Nature, 2026.

954.04 T4 (208656) ☑

This edited collection discusses conceptual ambiguities related indigenous groups in India, known as Adivasis, and focuses particularly on Central Indian indigenous groups. The chapters review and discuss colonial conceptions of primitive tribes in academic and policy literature from the West and from Indian scholars, and their continuing influence in the postcolonial India. **Click here for more details**

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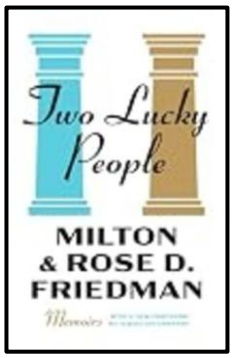
8 

Dardistan in 1866, 1886 and 1893: being an account of the history, religions, customs, legends, fables and songs of Gilgit, Chilas, Kandia (Gabrial), Dasin, Chitral, Hunsa, Nagyr and other parts of the Hindukush by G. W. Leitner. New Delhi; Gyan Publishing House, 2020.

954.912 L3D2 (208659) ☑

A pioneering study of this little known pocket sitting in the high Hindu Kush (North of the valley of Kashmir). This book contains the life work of the author among the Dards, and gives an account of their history, religion, customs, legends, fables and songs. The area of Dardistan includes the areas of Gilgit, Chilas, Kandia (Gabrial), Yasin, Chitral, Hunza, Nagyr and other parts of the Hindu Kush. This book was a supplement to the second edition of the Hunza and Nagyr Handbook. **Click here for more details**

Place hold

9 

Two lucky people: memoirs by Milton Friedman and Rose D. Friedman. Chicago; University of Chicago Press, 2026.

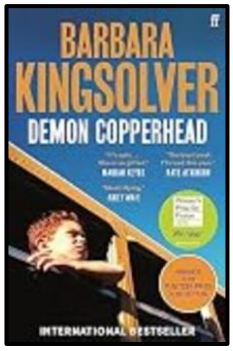
330.092 F7T9 (208657) ☑

In Two Lucky People, Rose and Milton Friedman provide a memorable and lively account of their lives, the people they knew, and the work they shared. Their involvement with world leaders and most important public policy issues moves their memoir beyond the merely personal and makes fascinating reading for anyone interested in the history of twentieth-century ideas. **Click here for more details**

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FICTION

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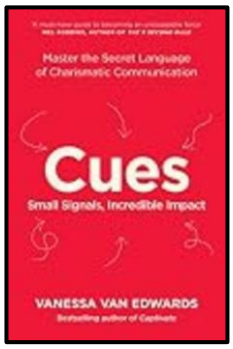
Demon Copperhead by Barbara Kingsolver. London; Faber & Faber, 2023.

813.54 K4D3 (208669)
Demon Copperhead is a once-in-a-generation novel that breaks and mends your heart in the way only the best fiction can. Demon's story begins with his traumatic birth to a single mother in a single-wide trailer, looking 'like a little blue prizefighter. **Click here for more details**

Place hold

MANAGEMENT

COMMUNICATION

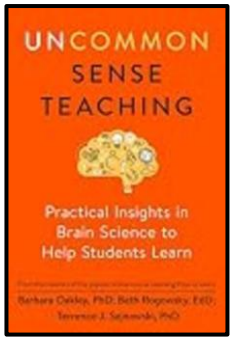
11 

Cues: master the secret language of charismatic communication by Vanessa van Edwards. New York; Penguin Business, 2022.

153.6 E2C8 (208670)
In Cues, world-renowned people skills expert Vanessa Van Edwards explains how to interpret, control and master these tiny signals to help you make an amazing impression at work. **Click here for more details**

Place hold

EDUCATION

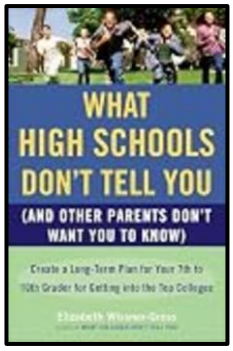
12 

Uncommon sense teaching: practical insights in brain science to help students learn by Barbara Oakley and Beth Rogowsky. New York; TarcherPerigee, 2021.

370.15 O2U6 (208665) ☑
Neuroscientists and cognitive scientists have made enormous strides in understanding the brain and how we learn, but little of that insight has filtered down to the way teachers teach. Uncommon Sense Teaching applies this research to the classroom for teachers, parents, and anyone interested in improving education. **Click here for more details**

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What high schools don't tell you (and other parents don't want you to know): create a long-term plan for your 7th to 10th grader for getting into the top colleges by Elizabeth Wissner-Gross. New York; Plume, 2008.

378.1610973 W4W4 (208658) ☑

The book details hundreds of opportunities available to make kids stand out that most high school guidance counselors and teachers simply don't know about or don't think to share. This indispensable guide should be required reading for any parent whose child dreams of attending one of the country's top colleges. **Click here for more details**

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ENTREPRENEURSHIP

14 

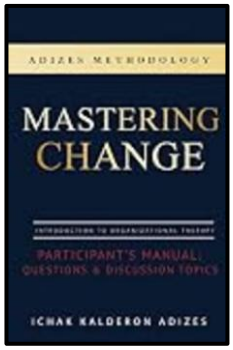
A billion bets: the making of India's start-up ecosystem by Aviral Bhatnagar. Gurugram; Penguin Business, 2026.

338.040954 B4B4 (208672)

A Billion Bets is the story of India's startup ecosystem through the entrepreneurs, investors, and companies that took outsized risks before success was certain. From the early internet pioneers and the birth of India's venture ecosystem to the new generation of founders building for a digital India, venture capitalist Aviral Bhatnagar traces how a once-fragmented market became one of the world's most dynamic engines of innovation and ambition. **Click here for more details**

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OB/HR - LEADERSHIP

15 

Mastering change - participant's manual: questions and discussion topics by Ichak Kalderon Adizes. California; Adizes Institute, 2019.

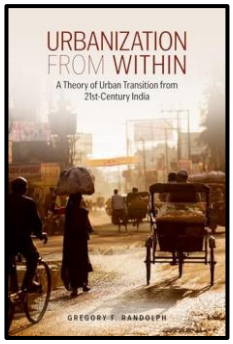
658.4063 A2M2 (208660) ☑

The Participant's Manual is a perfect companion for students with space to answer questions posed by Dr. Adizes himself. Conversations help to further the discussions in Mastering Change, and are designed to broaden understanding of the Adizes Methodology. A wonderful tool for serious students of Adizes and classroom settings. **Click here for more details**

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PUBLIC POLICY - OTHERS

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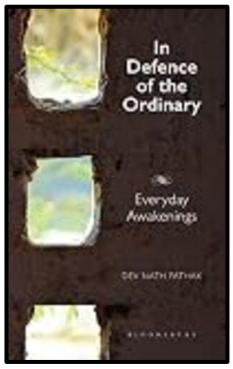
Urbanization from within: a theory of urban transition from 21st-century India by Gregory F. Randolph. New York; Oxford University Press, 2026.

307.760954 R2U7 (208666) ☑

Urbanization is generally narrated as a tale of mass rural–urban migration. This book challenges that conventional wisdom, drawing on the case of India. It argues that twenty-first-century urban transitions are also defined by another process, urbanization from within, in which villages are becoming urban towns through internal population growth, densification, and accompanying social and economic change. **Click here for more details**

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SOCIAL SCIENCE

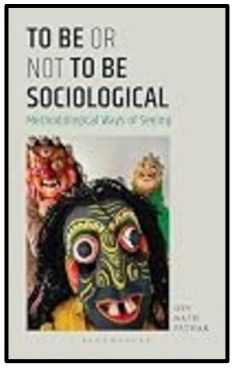
17 

In defence of the ordinary: everyday awakenings by Dev Nath Pathak. New Delhi; Bloomsbury India, 2021.

301.01 P2I6 (208664)

In Defence of the Ordinary is laced with light humour, soaked in serious sarcasm and powered with poetic polemics. Informed by sources such as psychoanalysis, philosophy, yoga, anthropology, popular cinema, folk songs and everything that is part of an ordinary living, it is a sociologist's sincere ruminations on the layered ordinariness. **Click here for more details**

Place hold

18 

To be or not to be sociological: methodological ways of seeing by Dev Nath Pathak. New Delhi; Bloomsbury India, 2025.

301.072 P2T6 (208663)

What does it mean to be sociological? This is not a rhetorical question since it leads to unearthing the prevalent ways of seeing in the discipline of sociology, taking notes of the content and discontent, disputes and debates. **Click here for more details**

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NEW ARRIVALS - BOOKS (PREVIOUS WEEKS)