

September 2013. Issue No. 01

# KITABZAADE

The official magazine of THE BOOK EXCHANGE CLUB OF MUMBAI

## How to read a Book ?

PAYAL BHATIA

## Only when you left

M. SOMANATH

## Soup for the Soul

KRUTI BHARADVA



## Book Review:

**INFERNO**  
**ONLY LOVE IS REAL**

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**GHAR KI MURGI DAL BARABAR TEAM**

**Chief Editor:** Deepak.

**Editor:** Kruti Bharadva and Somnath R.

**Editor and Creative Head:** Payal Bhatia.

**Layout and Design:** Sudhendu Pandey.

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# EDITORIAL

Dear Readers,

There's a song by Billy Jo Spears where she says, 'Life goes on and this whole world will keep on turning'. And that's the truth of life. People come and leave this world and life just goes on and does not stop for anyone. At the end it does not matter how much you have lived. What matters is, what have you missed out on? What's remaining to do? How many beautiful moments can you cherish as beautiful memories? And sometimes, time is too short for completing things that are remaining to do even if you have the money.

We prepare and plan for almost everything in life. But we forget that life itself is uncertain. The only thing certain is death. Are we prepared to face it? Or do we fear the certain?

I often tell people that they must prepare a list of things they want to do before they die, and make a target for it. If you have a bucket list, make sure that you complete 1 item on your bucket list each year. If your bucket list has 50 items on it and if you tick off an item each year, it will make you dream bigger and keep you motivated for the next 50 years.

Alexander's hands were left wide open in his grave just to show the world that after all the conquering and killing he did, he left the world empty handed. This is the fate of one and all, so why waste our lives in hatred and anguish? Why not make sure we do at least one good deed each day and have a day well spent?

The Book Exchange Club of Mumbai was started with the idea of getting people together to exchange books amongst each other. As we moved along, people thought they were exchanging just books, but what they did not realize is, that they were exchanging ideas, thoughts, experiences and much more. They were meeting new people from all walks of life and each one created a difference in someone's life. People came across books that otherwise, they would never have. New dimensions opened up, as did whole new worlds of possibilities.

We have more than 350 members today and are growing. Each member is a powerhouse of the knowledge that they share with others. There's an old saying that a candle does not lose any energy by lighting another candle. And each member is a candle.

So here we complete one year in August 2013 and our team felt it was the right time to introduce a magazine called 'Kitabzaade'. Reading is a constructive activity, and we encourage people to take up reading and share their ideas in our regular meets.

Since change is the only constant thing in this world, our magazine is open for change too. It's open to ideas, suggestions, feedback and smiles. This is your magazine and it will reflect your thoughts and ideas. We encourage our poets and authors to unleash their writing skills. Don't worry about the grammar or spelling mistakes, we'll take care of that.

We welcome your letters and ideas on [editorial@kitabzaade.com](mailto:editorial@kitabzaade.com)

**-DEEPAK**



Coffee, books and readers. A perfect combination for a weekend morning. This meetup was held at Café Coffee Day, Santacruz on 24<sup>th</sup> August, 2013. More than 15 book lovers turned up. Around 50 books were shuffled among them!

## INTERACTIVE SESSION ON HOW TO READ A BOOK

-Payal Bhatia

**O**n a bright Saturday morning, members of the Book Exchange Club of Mumbai met at a Cafe Coffee Day in Santacruz East for some stimulating and interactive discussions with fellow book lovers. The meetup started with a quick round of introductions and it was nice to see so many new faces at the event.

The interactive session on "How to read a book" conducted by Siddhesh and David brought forward many fascinating insights on why people select a particular book while purchasing at bookstores. For some a catchy title, the look of the cover, the font size, line spacing, paper quality is of utmost importance and for others the book summary at the back and the reviews play an important part.

## HOW TO READ A BOOK (contd.)

Some even mentioned that they prefer pictorial depictions in the books. Here, Deepak mentioned that many British books print the meanings of difficult words used on that page in the footnotes which can be very helpful to the reader. The most astonishing discovery of all was the fact that many book lovers smell their books. This actually induced a healthy argument between the two groups of members who actually smell their books and who don't.

This discussion was very wisely concluded by Kumar who mentioned that "A book is your world and your world is defined by your senses". Furthermore, the event led to discussions on "how people read a book". Whether they visualize the characters in the book, are ready to experiment with various Genres, read the index in nonfiction books etc. Gopal mentioned that he enjoys reading the comments written by the previous readers in second handbooks. He also mentioned that the kind of books we read is influenced to a large extent by which phase of life we are in. Some mentioned that they like the yellowing of the paper that takes place once the book gets old.

Moreover, the discussions led to a conversation on whether people prefer reading a book or like the movie that is based on that book more. An interesting twist in the tale was brought about by Sudhendu who asked an open question to the group on their philosophy in life. It was really awesome and interesting to hear about everyone's take on life and the googlies it throws.

We then celebrated the birthdays of three of our beloved members by cutting yummy chocolate cake and joyfully singing the birthday song. The event was concluded by our usual exchange of books whereby the members brought their favorite books for fellow book lovers and walked home with some other interesting books to read. All in all it was an awesome event and a well spent Saturday. I am assertive that the many new faces are going to be hooked on to the club events like many of us already are!



The tables are always full with books. Members try their best to come up with some very cool topics to discuss every meetup we have.

We generally ask the book lender to give us a context about their book and then a member can borrow it



Chatting around about some of the books we recently read.



At the end we celebrated our beloved members Birthday.  
This time it was  
**Books Coffee Cake !!!**



## Unspoken Words

If truth is to be spoken in words,

If silence is not neglected-

If only the purpose itself is let go of

Like a dam controlling the currents.

Where the vision isn't clouded with clarity -

And the focus is living ;

Where the heart doesn't seek assurance with an air of  
certainty;

And surrenders itself ;

Were the fears shelved away ,

In this moment of love :

Then the mind would crave the other -

While your actions sought one.

Like a border of oath, guarding thyself -

Whilst aware of infinity ;

Swerving courage to break self created barriers -

When illusion is the seed.

Laughing away with victorious jest

Grieving, failures un- faced.

Escaping further away into lies and deception -

Believing truth is omniscient.

What is the strength of determination,

That needs to recede -

To reach a realization for acceptance ,

Is contradicting the word - Seek.

- Akshay Sonthalia

**Only When you Left**

**Oh my Love**

**I was behind you thinking  
you were my only world,**

**But I came to know how  
big the world is**

**Only when you left..**

**- M. Somanath**

# Only Love is Real Dr. Brian Weiss

*"I have been here before,  
But when and how, I cannot tell;  
I know the grass beyond the door,  
The sweet keen smell,  
The sighing sound, the lights  
around the shore.  
You have been mine before -  
How long ago I may not know:  
Just when at that swallow's soar,  
Your neck turned so,  
Some veil did fall, - I know it all  
of yore."*

- DANTE GABRIEL ROSSETTI

I picked up a copy of "Only love is Real" by Dr. Brian Weiss after it was recommended to me by some fellow book lovers from the club. In this book the well known psychiatrist and past-life therapist describes the extraordinary case of two of his patients, Pedro and Elizabeth, whose shared lives and lifetimes unfolded quite separately in his office. The two strangers are unaware that they have been lovers throughout the long centuries -- until fate brings them together again. He shows how each and every one of us has a soul mate whom we have loved in past incarnations and who waits to reunite with us now. Through his book, Dr. Weiss opens up a new world of possibilities for all of us everywhere who are somewhere waiting for that special someone.

It is a fabulous read; I ended up feeling hopeful myself. A complete feel good book and a must read for hopeless romantics like me!



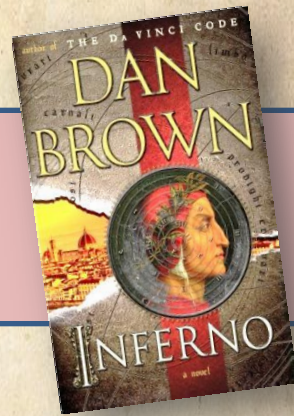
-Payal Bhatia

[Payal.Bhatia@kitabzaade.com](mailto:Payal.Bhatia@kitabzaade.com)



# THE INFERNO

Dan Brown



**A** mad scientist, a beautiful woman with secrets, a race to save the world, riddles and clues galore...sounds familiar? Wait a minute...we still have to add our favorite Professor of Symbolology, Robert Langdon, to the mix! Voila! A new Dan Brown book!

It was with a sense of Déjà vu that I read his latest offering, "Inferno"- because the storyline is, boringly enough, familiar to all his fans. But while his 'Angels & Demons' kept me glued to the pages all night and 'The Da Vinci Code' kept me intrigued and entertained, Inferno sadly failed to deliver even a glimmer of excitement.

But one cannot deny Brown's ability to create a thriller. His crisp writing is easy to read and his storylines, while almost fantastic, do make you think. His portrayal of the world population problem had me scared at the reality of it! He also skillfully brings alive the architecture of Florence and Istanbul - I found myself listing the places described in my mental bucket list!

The book draws a lot of inspiration from the first part of Dante's epic poem, Divine Comedy, 'inferno'- a metaphorical journey through hell. Lovers of history would be familiar with this great work, and those others (like me) who had maybe never heard of Dante, well then, the book is a good place to start.

If you love Dan Brown, console yourself with the thought that our genius will sooner or later write another Da Vinci. As for myself, I console myself with the thought that maybe, just for this one time, the movie will be better than the book!

- Kruti Bharadva

[Kruti.Bharadva@kibatzaade.com](mailto:Kruti.Bharadva@kibatzaade.com)





# Soup For The Soul

Let's start this off with a confession – I'm a chronic worrier, as are many of us! When things are not going smoothly (a common enough occurrence), we tend to talk incessantly, eat too much, and become hyper...or all of the above. But over the years, a story my dad once told me, keeps me a little grounded.

Once, Buddha and a few of his disciples had stopped by a lake to rest awhile, and feeling thirsty, Buddha asked for some water to be fetched.

A disciple walked up to the lake where he saw some people washing clothes in the water and a bullock cart crossing. As a result, the water was quite muddy. The disciple thought, "How can I give this muddy water to Buddha to drink!"

So he came back and told Buddha, "The water in there is very muddy. I don't think it is fit to drink."

After about half an hour, again Buddha asked the same disciple to go back to the lake and get him some water to drink. The disciple obediently went back to the lake. This time he found that the lake had absolutely clear water in it. The mud had settled down and the water above it looked fit to be had. So he collected some water in a pot and brought it to Buddha.

Buddha looked at the water, and then he looked up at the disciple and said, "See what you did to make the water clean. You let it be. The mud settled down – and you got clear water. Our mind is also like that lake. When it is disturbed, just let it be. Give it a little time. It will settle down on its own. You don't always have to put in any effort to calm it down. It will happen. It is effortless."

Likewise, when you feel disturbed, unable to focus or concentrate, don't worry, just take a deep breath and think calming thoughts. In a while you will find a sense of calm flowing through. Let the peace flow through you to everything around you.

Wishing you all a calm month up ahead!

**Kruti Bharadva**

[Kruti.Bharadva@kibatzaade.com](mailto:Kruti.Bharadva@kibatzaade.com)



# THE WISH BOARD

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Happy Birthday Kruti Bharadva  
25th Aug

Happy Birthday BalaKrishna Shukla  
29th Aug

Congrats to Payal Bhatia for her new Haircut  
29th Aug

Bon Voyage to Sanjeev Sariya for his US studies

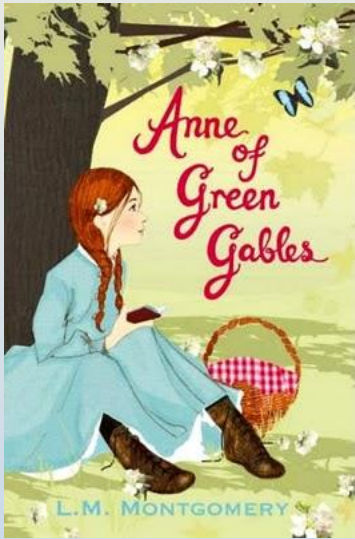
Bon Voyage to Minesh for moving to Bangalore.

Congrats to Ekta Pathak for her new job

Please let us know your upcoming birthday's, or any event in your life that is important/ makes you smile (Even if you are in love). We will publish the same in our magazine.

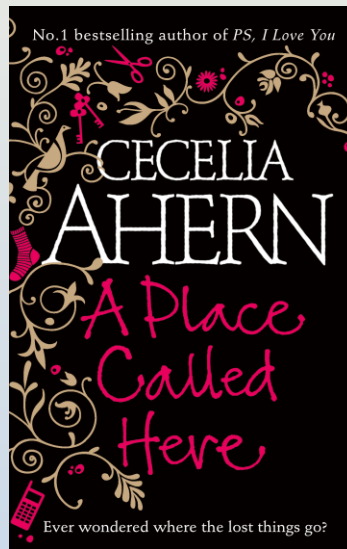
If you want your photo with it, please send us the same. Email your requests to [info@kitabzaade@gmail.com](mailto:info@kitabzaade@gmail.com) with 'The Wish Board' on the subject line.

# Recommendation Corner



**Anne of Green Gables –  
L.M. Montgomery**

Recommended by  
**KRUTI**



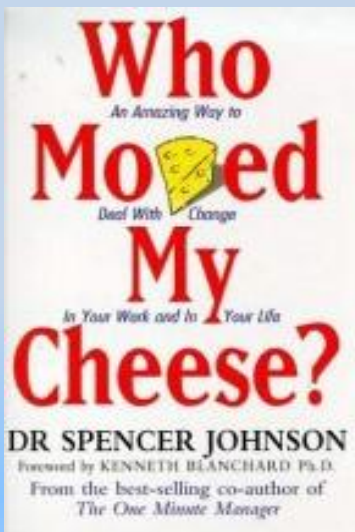
**A place Called Here  
Cecelia Ahern**

Recommended by  
**EKTA**



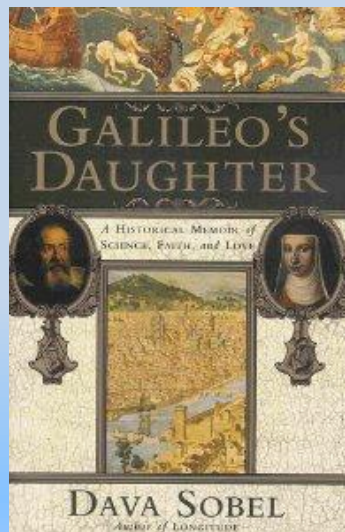
**Brida  
Paulo Coelho**

Recommended by  
**PAYAL**



**Who Moved My Cheese  
Spencer Johnson**

Recommended by  
**DEEPAK**



**Galileo's Daughter  
Dava Sobel**

Recommended by  
**SUDHENDU**

Sometimes we come across a book, that we want the whole world to read. Please recommend such books to us by email on [info@kitabzaade.com](mailto:info@kitabzaade.com) with the subject line as 'Book Recommendations'



# C R O S S W O R D

1	2	3			4			5	6		
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# Hints for Crossword

## Across –

1. A famous book written by the author Dan Brown meaning “a large fire dangerously out of control”.
5. SET \_\_\_\_
7. A natural product used in many cosmetic brands for health, beautiful and glowing skin.
8. The first word of something that superman wears above instead of beneath.
11. \_\_\_\_ and PM
12. Something that people are not after a few drinks?
13. The last name of the author of Dragon Moon.
15. Anklet; Also the name of one of our members
17. Abbreviation of a semiconductor diode that glows when a voltage is applied.
18. A preposition used to indicate cause, motive, occasion or reason.
20. No If No But Only \_ \_ \_
21. The name of a popular movie starring Julia Roberts and Hugh Grant.
24. Name of a newspaper
25. A brand of a popular milk marketing company
26. The hydrated amorphous form of silica which is also the birthstone for those born in the month of October.
27. Just \_\_\_\_ it
28. Creation; Also the name of a member of the newsletter team.
30. A period of time marked by distinctive characters, events etc
32. See You
33. What Katrina Kaif is of Ranbir Kapoor.
34. Unit for Electrical Resistance
36. Out of Home
37. A succinct fictional story, in prose or verse, that features animals, mythical creatures, plants, inanimate objects or forces of nature which are anthropomorphized and that illustrates or leads to an interpretation of a moral lesson (a "moral")

## Down –

1. A day we celebrate in the month of August signifying freedom.
2. The first word of an island in the Pacific Ocean with a sky tower as its major landmark.
3. The central bank of The United States that controls money supply.
4. Something which we are when in a state of shock.
5. Something that women can't live with or without.
6. A movie released in 2012 starring Ben Affleck meaning a large southern constellation (the ship)
9. Extremely serious or urgent
10. A activity involving skill in making things by hand
11. America Online
12. \_\_\_\_ Aatma
14. The famous author of various books for children like The BFG, The Twits, Charlie and the Chocolate Factory and Matilda.
16. A famous cycle brand
19. A person who shows contempt for those considered to be of a lower social class; a snob.
20. The short form of the name of a popular singer and movie star who starred in “The wedding planner”
22. What love birds like to do all the time besides having sex.
23. Krishna and his \_ \_ \_ \_ \_
29. The vehicle of an alien
31. To take property unlawfully from (a person or place) by force or threat of force.



# BOOK EXCHANGES TAKEN PLACE DURING OUR LAST MEET.

24<sup>th</sup> August, 2013, CCD, Santacruz.

Borrower's Name	Name of the Book	Lender's Name
Shukla	Conquering the Chaos	Deepak
Meenakshi	Asura	Amit
Amit	Why we are the way we are	Shukla
Deepti	It's not about the bike	Amit
Gopal Midhe	Ayn Rand – For the new intellectual	Deepti
Sudhendu	The world in space	David
Pooja	Many Lives Many Masters	Payal
Pooja	The Road Less Travelled	Meenakshi
Deepak	Chanakya	Amit Shetty
Pooja	Julian Assange - The Unauthorized Autobiography	Sameer
Neha	Nine Lives	Aseem