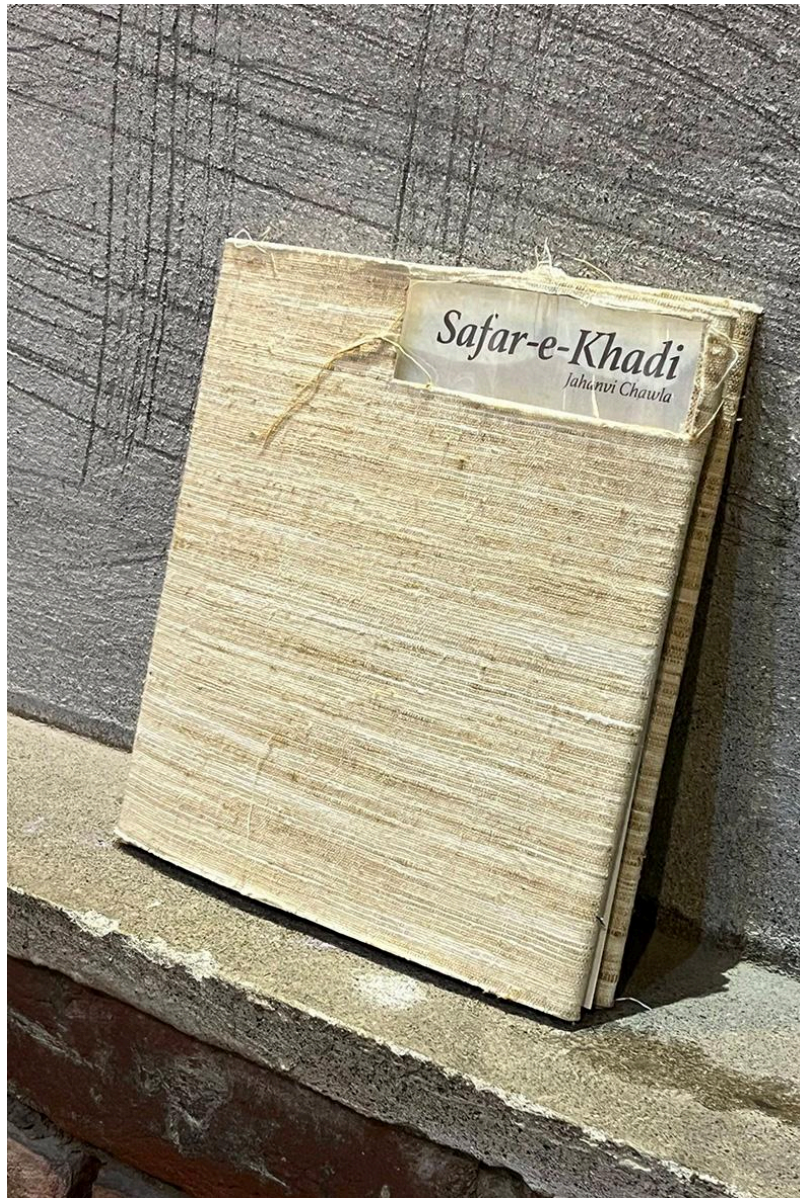


# Books by the students of Dept. of Communication Design

**Title: Safar-e-Khadi by Jahanvi Chawla**

**Target Audience: 14 years & above**

**SDG 8: Decent Work and Economic Growth**



Safar-e-Khadi (The Journey of Khadi) by Jahanvi Chawla is a compelling exploration of India's "Fabric of Freedom" and its evolution from a symbol of political defiance to a mainstay of contemporary sustainable fashion.

### Core Themes & Narrative

The book serves as both a historical tribute and a modern-day call to action. Chawla meticulously traces the trajectory of Khadi, starting from its roots in the Swadeshi Movement led by Mahatma Gandhi. She captures how a simple hand-spun cloth became a powerful tool for self-reliance and national identity.

### Key aspects covered in the book include:

- \* **The Spiritual Connection:** Chawla delves into the philosophy behind the spinning wheel (Charkha), portraying it not just as a machine, but as a medium for mindfulness and discipline.
- \* **The Artisanal Legacy:** The narrative shines a light on the unsung heroes—the weavers and spinners in rural India—whose craftsmanship has survived the onslaught of industrialization.
- \* **Sustainability & Ethics:** A significant portion of the book focuses on Khadi's relevance in the 21st century. As the world moves toward "slow fashion," Chawla positions Khadi as the ultimate eco-friendly fabric due to its zero carbon footprint and biodegradable nature.

### Style and Impact

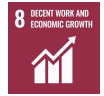
Jahanvi Chawla's writing is noted for being empathetic and research-driven. She doesn't just treat Khadi as a textile; she treats it as a living, breathing heritage. By bridging the gap between the historical struggles of the past and the high-fashion runways of today, Safar-e-Khadi appeals to historians, fashion enthusiasts, and environmentalists alike.



**Title: Khazaf - Gar Potter's of Banur by Aditya Kumar Singh**

**Target Audience: 14 years & above**

**SDG 8: Decent Work and Economic Growth**



Khazaf Gar (The Potter) by Aditya Kumar Singh is a soul-stirring collection of Hindi poetry and prose that explores the intricate relationship between the creator and the creation. Through the metaphor of a potter (Khazaf Gar), Singh delves into the molding of human emotions, destiny, and the essence of existence.

### Themes and Philosophy

The book is deeply rooted in existentialism and spirituality. Singh uses the imagery of clay and the wheel to represent the fragility and resilience of the human spirit.

\* **The Act of Creation:** The central theme revolves around how life, much like clay, is shaped by experiences, pain, and time.

\* **The Beauty of Imperfection:** Much of the poetry celebrates the cracks and flaws in the "pots" (humans), suggesting that our struggles are what give us character and depth.

\* **Human Connections:** Singh writes poignantly about love, loss, and the silent conversations we have with ourselves.

### Literary Style

Aditya Kumar Singh's writing is characterized by its lyrical flow and profound simplicity. He avoids overly complex jargon, opting instead for evocative Hindi and Urdu vocabulary that resonates with the common reader.

\* **Imagery:** The verses are rich with sensory details—the smell of wet earth, the spinning of the wheel, and the heat of the kiln.

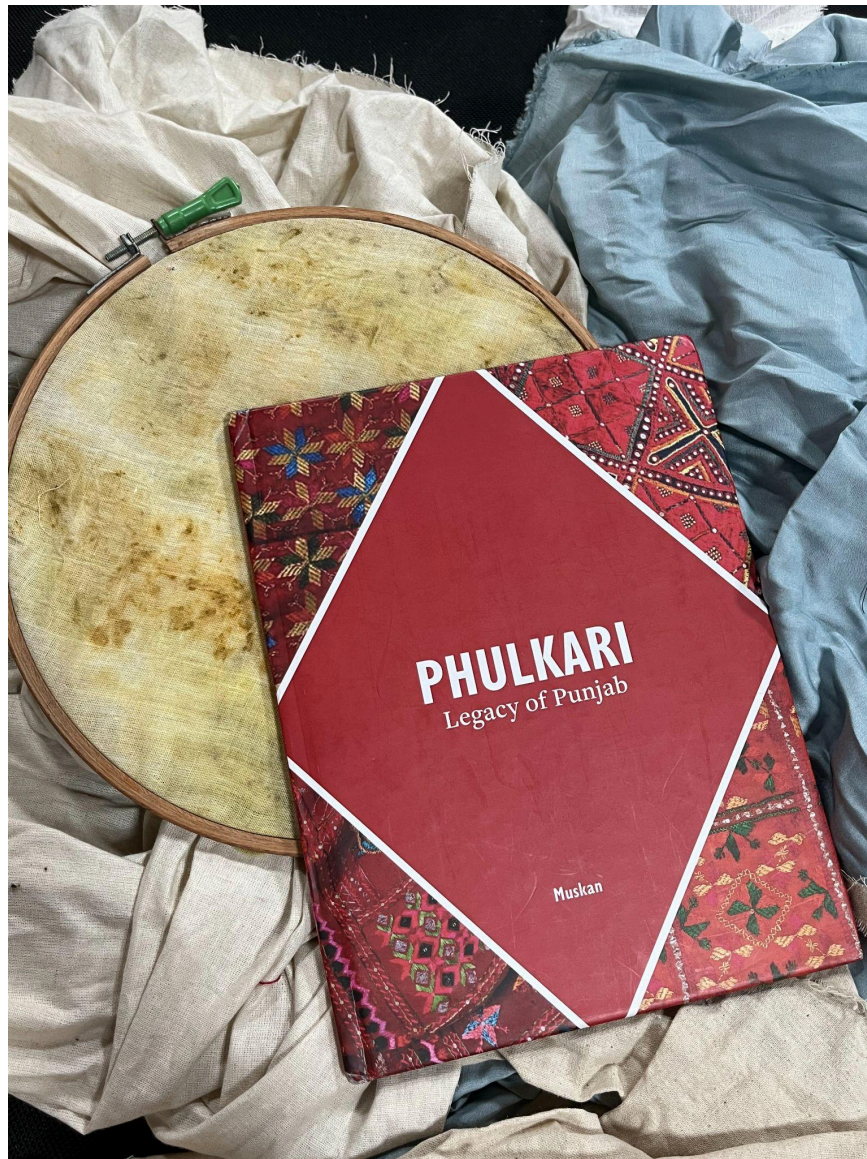
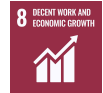
\* **Introspection:** The book reads like a personal diary, inviting the reader to pause and reflect on their own "shaping" process.

### Key Takeaway

Khazaf Gar is more than just a book of poems; it is a meditation on the human condition. It serves as a reminder that while we are being shaped by the world around us, there is a "Potter" within each of us—our consciousness—that has the power to define our final form.



**Title: Phulkari by Muskan**  
**Target Audience: 14 years & above**  
**SDG 8: Decent Work and Economic Growth**



Phulkari by Muskan is a vibrant literary tribute to the traditional embroidery of Punjab, weaving together historical facts, cultural anecdotes, and the emotional resonance of this ancient craft. The book serves as a bridge between the rustic courtyards of undivided Punjab and the modern global fashion stage.

### The Heart of the Narrative

The title, which literally translates to "Flower Work" (Phul = flower, Kari = work), sets the stage for a deep dive into the art form. Muskan explores Phulkari not merely as a textile technique, but as a narrative of womanhood.

### Key elements highlighted in the book include:

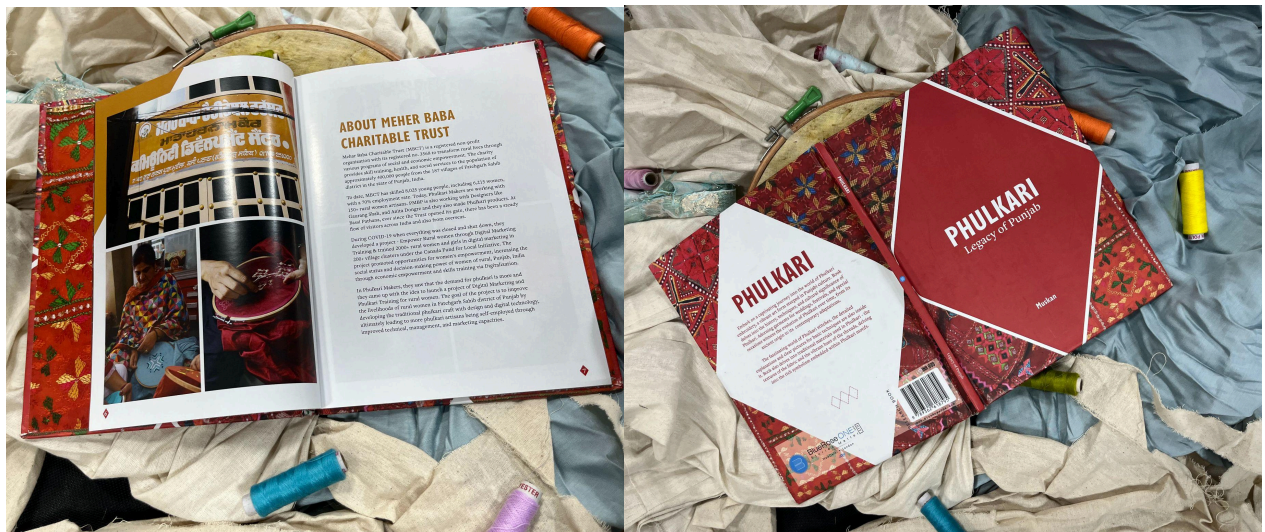
- \* **The Emotional Thread:** Muskan describes how Phulkari was historically a labor of love, created by grandmothers and mothers for a girl's trousseau. Each stitch represented a blessing, a song, or a secret shared between women.
- \* **Symbolism and Geometry:** The author deciphers the meanings behind various patterns, such as the Bagh (garden), where the embroidery is so dense the base cloth is invisible, and the Sainchi, which depicts scenes of rural life—birds, jewelry, and daily chores.
- \* **The Silk and the Khaddar:** The book explains the technical contrast between the coarse, hand-spun khaddar (cotton) and the delicate, un-twisted pat (silk thread) used to create the signature luster.

### Preservation and Modernity

Muskan's writing shifts from nostalgic storytelling to a critical look at the commercialization of the craft. She addresses the transition from hand-embroidery to machine-made replicas, urging readers to appreciate the "imperfect" beauty of authentic hand-stitched pieces.

### Why It Resonates

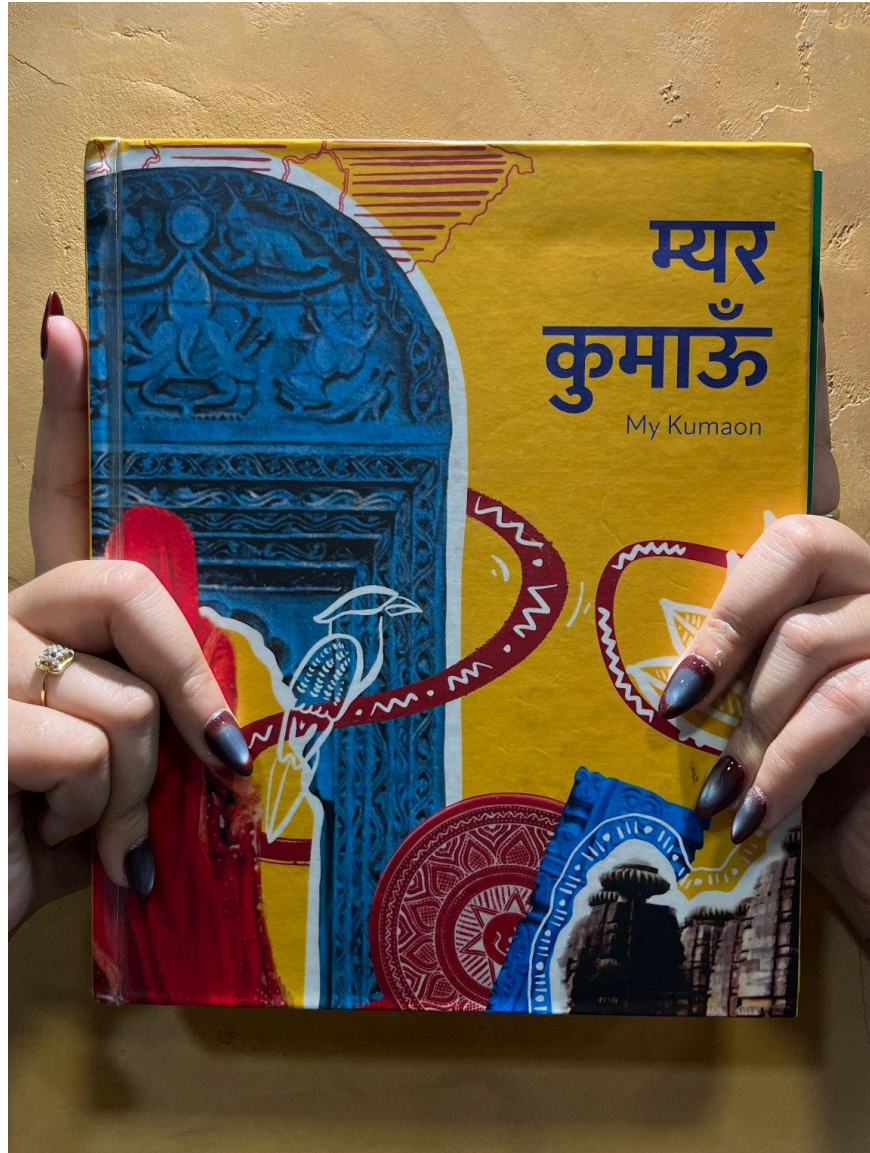
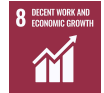
What makes this book stand out is its lyrical prose. Muskan doesn't write like a detached historian; she writes like a storyteller sitting by a spinning wheel. The book is heavily illustrated with descriptions that make the vivid colors of Punjab—mustard yellows, deep maroons, and indigo blues—leap off the page.



**Title: My Kumaon by Anushka Tripathi**

**Target Audience: 14 years & above**

**SDG 8: Decent Work and Economic Growth**



My Kumaon by Anushka Tripathi is primarily a publication design project and information manual. Rather than a traditional commercial novel, it serves as a curated guide to the heritage of the Kumaon region in Uttarakhand.

### Core Themes and Content

Tripathi designed the book to act as a cultural bridge, focusing on the "soul" of the hills. The manual is divided into eight distinct sections:

- \* **History & Identity:** Exploring the roots of the Kumaoni people.
- \* **Art & Attire:** Detailing traditional crafts, dyes, and the specific clothing (like the Pichora) that defines the region's visual identity.
- \* **Folk Culture:** Documenting the music, dance forms, and oral traditions that are often lost in modern discourse.
- \* **Lifestyle & Farming:** Insight into the "Pahari" way of life, focusing on sustainable farming and the daily grind of mountain living.

### Design Philosophy

As a designer, Tripathi used this book to experiment with visual storytelling.

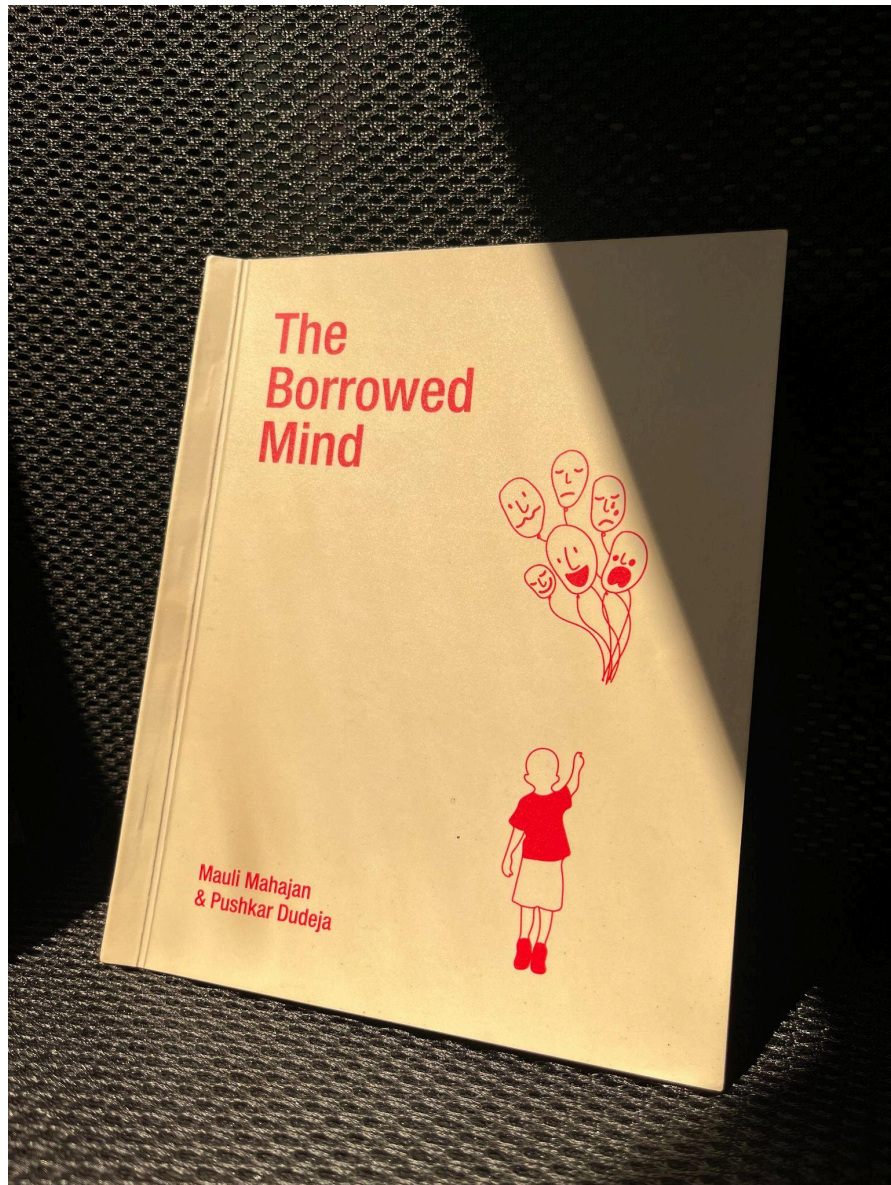
- \* **Typography:** She utilized a mix of Europa (for headings) and Utopia (for body text), alongside Mukta to properly render the Kumaoni language.
- \* **Visuals:** The book is rich with illustrations of Kumaoni women and landscape-inspired color palettes, aiming to give the reader a sensory experience of the Himalayas.



**Title: The Borrowed Mind by Mauli Mahajan & Pushkar Dudeja**

**Target Audience: 14 years & above**

**SDG 3: Good Health and Well Being**



The Borrowed Mind, co-authored by Mauli Mahajan and Pushkar Dudeja, is a compelling exploration of human psychology, mental resilience, and the interconnectedness of our thoughts with the world around us. The book delves into the concept that our "mind" isn't just a private, isolated entity, but a collection of influences, experiences, and shared narratives borrowed from society, culture, and those we interact with.

### Core Themes & Insights

The authors weave together storytelling and psychological frameworks to address how we can reclaim our identity in a world saturated with external noise. Key themes include:

- \* The Architecture of Influence: How our belief systems are often "borrowed" from parents, mentors, and social media without conscious vetting.
- \* Mental Ownership: Transitioning from a passive recipient of external ideas to an active curator of one's own cognitive space.
- \* Resilience and Growth: Using the "borrowed" wisdom of others as a bridge to overcome personal trauma or stagnation, while eventually finding a unique voice.
- \* The Interplay of Science and Spirituality: A blend of modern cognitive science with ancient philosophical wisdom to provide a holistic view of the self.

### Why It Resonates

What sets The Borrowed Mind apart is its accessibility. Mahajan and Dudeja avoid overly dense academic jargon, opting instead for a conversational tone that feels like a dialogue between a mentor and a friend. It serves as both a mirror—reflecting our current mental state—and a roadmap for those looking to declutter their minds and foster original thought.



**Title: Annya in the Land of Feelings by Kuhu Sharma**  
**Target Audience: 7 years & above**  
**SDG 3: Good Health and Well Being**



Annya in the Land of Feelings, written by Kuhu Sharma, is a vibrant and insightful children's book designed to help young readers navigate the often-confusing world of emotions. Through the journey of its protagonist, Annya, the book serves as an emotional literacy guide disguised as a whimsical adventure.

### **The Narrative Journey**

The story follows Annya, a young girl who finds herself in a fantastical realm where emotions are not just internal states but physical landscapes and characters. As she travels through this "Land of Feelings," she encounters personified versions of various emotions, such as:

- \* The Forest of Fear: Where she learns that being afraid is a natural defense mechanism.
- \* The Valley of Joy: A place that highlights the importance of gratitude and being present.
- \* The River of Sadness: An essential stop that teaches children that it is okay to cry and that "feeling the blue" is a part of healing.

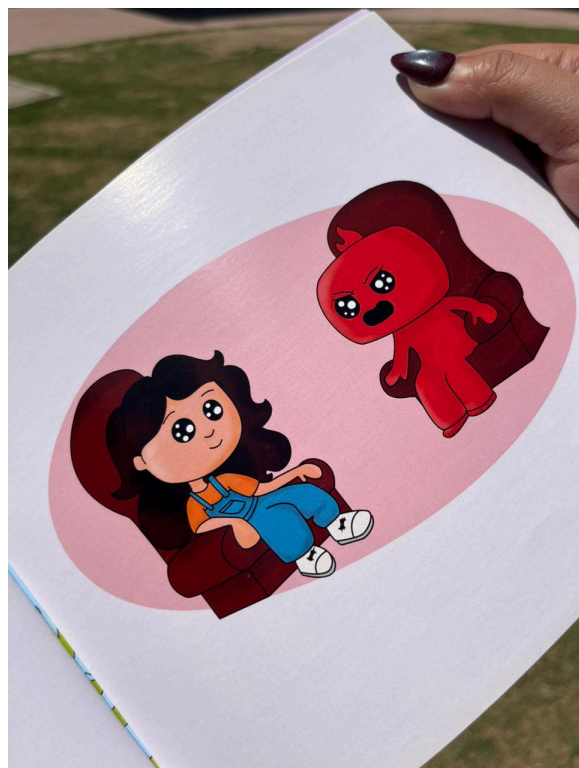
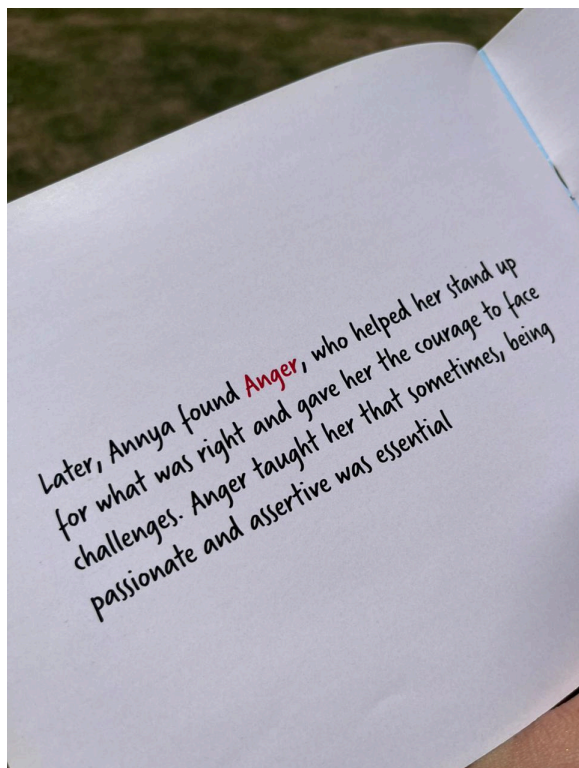
### **Key Educational Pillars**

Kuhu Sharma utilizes a "Show, Don't Just Tell" approach to emotional intelligence (EQ). The book focuses on three main pillars:

1. Identification: Helping children put a name to what they are feeling.
2. Validation: Teaching readers that no emotion is "bad"—every feeling has a purpose and a message.
3. Regulation: Providing gentle, metaphorical tools for how to handle overwhelming sensations without being consumed by them.

### **Style and Impact**

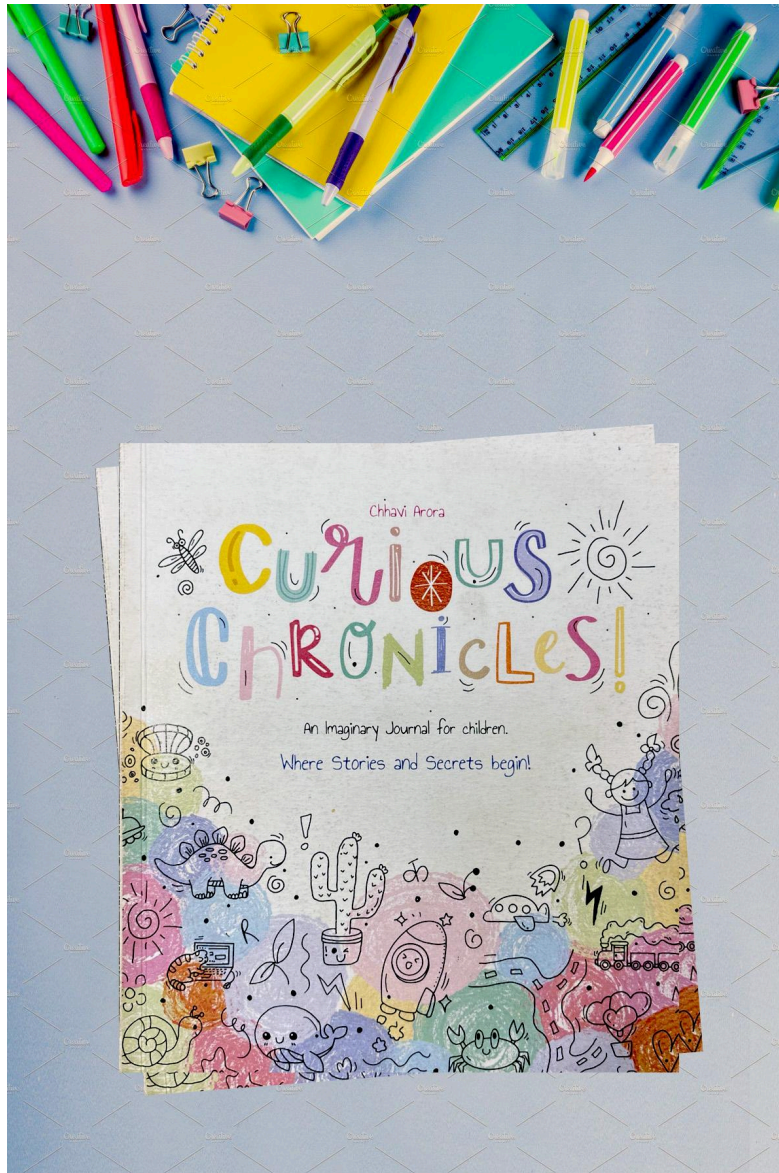
The book is noted for its vivid imagery and empathetic tone. By turning abstract concepts into relatable characters and places, Sharma makes the daunting task of "growing up" feel like an approachable quest.



**Title: Curious Chronicles by Chhavi Arora**

**Target Audience: 7 years & above**

**SDG 3: Good Health and Well Being**



Curious Chronicles, written by Chhavi Arora, is an imaginary journal for children where stories and secrets begin. It is designed to ignite wonder and critical thinking in young minds. The book functions as a bridge between reality and imagination, using a "discovery-based" storytelling approach to encourage children to look closer at the world around them.

### Core Themes & Structure

The book is structured as a series of interconnected or standalone adventures that emphasize inquiry and observation. Rather than just providing answers, Arora crafts narratives that prompt readers to ask "Why?" and "How?"

#### Key elements include:

- \* **The Power of Observation:** Characters often find extraordinary secrets hidden within ordinary settings—like a backyard garden or a dusty attic—teaching children that curiosity is a superpower.
- \* **Scientific Temperament:** Many stories subtly weave in concepts of nature, biology, and physics, making complex ideas digestible through the lens of a "chronicle" or a diary entry.
- \* **Empathy and Connection:** Beyond logic, the book explores the emotional curiosity of understanding others, fostering a sense of kindness and global citizenship.

### Narrative Style

Chhavi Arora's writing is known for being rhythmic and engaging. She employs a sensory-rich vocabulary that helps children visualize the "Chronicles" as if they were watching a film. The tone is encouraging, never condescending, treating the child reader as a fellow explorer on a shared mission.



**Title: Hello Little Sprout by Perna**

**Target Audience: 7 years & above**

**SDG 2: Zero Hunger**

**SDG 11: Sustainable Cities and Communities**

**SDG 15: Life on Land**



Hello Little Sprout, written by Prerna, is a heartwarming and beautifully illustrated children's book designed to foster a deep connection between young readers and the natural world. It serves as a gentle introduction to the life cycle of plants, emphasizing the patience and care required to nurture life from the ground up.

### Core Themes and Storytelling

The book follows the journey of a tiny seed as it transforms into a vibrant plant. Through simple, rhythmic prose, it captures:

\* **The Magic of Growth:** The transition from a dormant seed to a "little sprout" breaking through the soil.

\* **Environmental Stewardship:** Encouraging children to see themselves as guardians of the Earth.

\* **Patience and Mindfulness:** Teaching that good things take time, sunlight, and a little bit of love.

### Why It Resonates

What makes this book stand out is its ability to turn a basic biological process into an emotional experience. Prerna's writing style is accessible for toddlers and early readers, making it a favorite for bedtime stories or classroom "nature corners."

### Key Takeaways for Kids

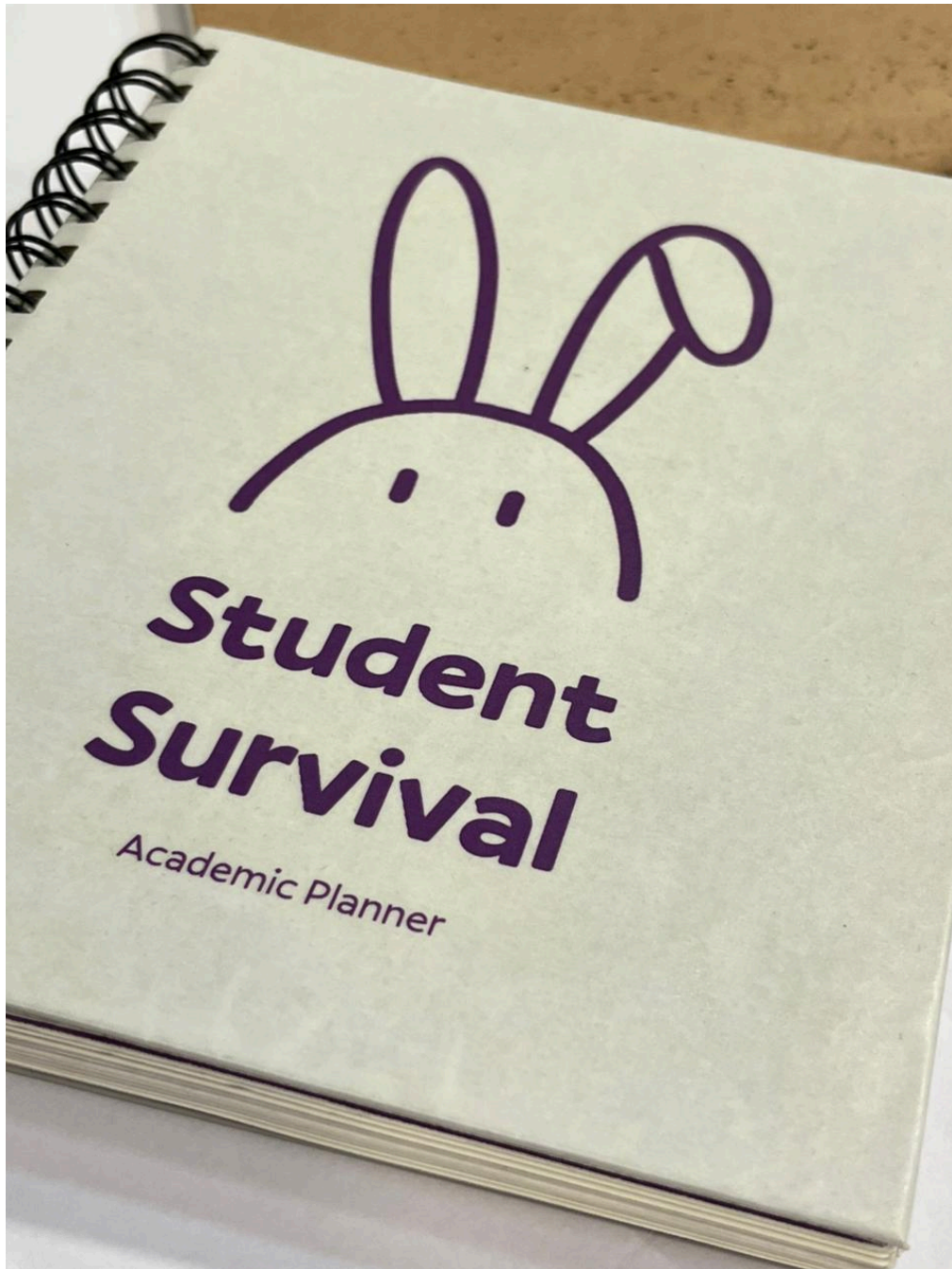
1. **Observation:** It encourages children to look closer at the dirt and leaves in their own backyards.
2. **Responsibility:** By personifying the "Little Sprout," the book helps kids understand that living things have needs—like water and light—just like they do.
3. **Wonder:** It reinforces the idea that even the smallest things in nature are capable of doing something big.



**Title: Student Survival - Academic Planner by Prachi Thakur**

**Target Audience: 7 years & above**

**SDG 4: Quality Education**



The Student Survival Planner, designed by Prachi Thakur, is a specialized organizational tool crafted specifically to bridge the gap between academic rigor and personal well-being. Unlike generic calendars, this planner is rooted in the "survival" reality of modern student life—balancing heavy course loads, mental health, and social commitments.

### Core Philosophy

Thakur's design focuses on intentionality. It moves away from simple "to-do" lists and instead encourages students to visualize their time as a finite resource. The aesthetic is often clean and minimalist, reducing the cognitive load on a student who is already feeling overwhelmed by information.

### Key Features

- \* **Academic Tracking:** Dedicated sections for syllabus breakdowns, assignment deadlines, and grade tracking to keep high-priority tasks visible.
- \* **Holistic Wellness:** Unique "survival" elements such as mood trackers, sleep logs, and water intake reminders, acknowledging that academic success is impossible without physical health.
- \* **Goal Setting:** Strategic layouts that help students break down massive end-of-term projects into manageable daily "micro-goals."
- \* **Reflective Spaces:** Weekly and monthly review sections that prompt users to think about what worked and what didn't, fostering a growth mindset.

### Impact on Student Life

The Student Survival Planner serves as more than just a notebook; it acts as a system for stress reduction. By externalizing the mental clutter of deadlines and exams, it allows students to reclaim their focus. Thakur's design is particularly praised for its empathetic approach, treating the student as a human being rather than just a grade-producing machine.

Whether you are navigating high school or a demanding university degree, the planner provides the scaffolding needed to move from a state of constant "survival" to one of organized thriving.



**Title: Nom! Nom! by Manvi Vaidya**  
**Target Audience: 7 years & above**  
**SDG 4: Quality Education**



Nom Nom is a collection of recipes, portrayed in stories for children to help them become little chefs and our parents feel proud. This book helps them learn in an interactive way, while being safe at the same time.

Cooking food with them together, in their creative world not only will bond you together, but also will let the young ones live freely in their colourful world of imagination.

These stories will fill you up with laughter and warmth, as will make your young one fall in love with cooking SAFELY!

### **Culinary & Safety Outcomes:**

These outcomes focus on the practical skills children will develop while navigating the kitchen with their parents.

- **Mastering Kitchen Safety:** Children will identify and demonstrate "Safety First" habits, such as understanding heat boundaries and the correct way to handle child-friendly tools.
- **Fundamental Food Literacy:** Little chefs will learn to recognize various ingredients, textures, and flavors, building a foundation for healthy eating habits.
- **Following Sequential Instructions:** By engaging with the stories, children will improve their ability to follow multi-step processes to reach a delicious end goal.

### **Creative & Cognitive Outcomes**

These outcomes focus on the "creative world" and the "colorful imagination" mentioned in your text.

- **Story-Driven Engagement:** Children will connect narrative themes with physical tasks, enhancing their reading comprehension and ability to learn through storytelling.
- **Creative Problem Solving:** Through the lens of the "creative world," children will feel empowered to express their imagination through food decoration and presentation.
- **Fine Motor Development:** Activities like stirring, pouring, and assembling help refine hand-eye coordination in a low-pressure, fun environment.

### **Social & Emotional Outcomes**

These outcomes focus on the "bonding" and "warmth" shared between the child and the parent.

- **Strengthening Parent-Child Bonds:** The book facilitates quality "together-time," fostering a sense of partnership and shared accomplishment.
- **Boosting Confidence & Autonomy:** By successfully completing a recipe, children build self-esteem and a sense of pride in their ability to contribute to the family.
- **Emotional Resilience:** Cooking naturally involves patience and trial-and-error; children will learn to approach "mistakes" with laughter and a positive attitude.

