

# THE BOOK REVIEW

VOLUME XLIV NUMBER 5 MAY 2020

## **An Enduring Vision On A Large Canvas**

Syed Areesh Ahmad

## **Of A Man Who Punched Above His Weight**

TCA Srinivasa Raghavan

## **A Tribute to a Savant**

Jaya Tyagi

## **A Turning Point in Indian History**

Nikhil Kumar

## **A Fair Man, But Never Familiar**

Asma Rasheed

## **Imitating Life in the City**

AG Krishna Menon

## **The Colonial Antecedents of Indian Secularism**

Shefali Jha

## **How Humans and Animals are Interconnected**

Nishant Srinivasaiah

## **A Don Quixote for the Modern Age**

Vasundhara Sirnate Drennan

## **Yet Another Super Detective**

Bunny Suraiya



“The picture of a child rag-picker on a mound of urban garbage hopping in a wanton mood, unmindful of the risk it involves, and how the garbage dumps become the treasure-troves of the doubly underprivileged, speaks volumes about ‘the messy story of sanitation in India’.”

public space in a similar manner as they maintain their respective homes.

Ankur Bisen tries to highlight the stark failure of the state in prioritizing sanitation and waste management despite being the world’s largest democracy. What is notable also is the fact that waste treatment was never accorded importance by the framers of the Indian Constitution. However, his remark that Indian need not suffer from inferiority complex just because the clean countries of today started their cleanliness drive a century ago is not well argued. On the contrary, the clean countries of today are clean because of the concerted efforts of both the state and the citizens to keep their respective countries clean.

One of the most informative chapters is the penultimate one that illuminates us on the hazards of e-waste, or the new generation waste. India is the third largest generator of e-waste, after the USA and China, and according to an estimate India annually ‘generates 2 metric tonnes of e-waste’ (p. 432). Unfortunately, any legislative effort to acknowledge the hazards of e-waste and thereby to make any effort to arrest its proliferation began only by 2015. India is far more backward than Japan in handling e-waste, or recycling it by using various processes such as metal extraction. The Indian political class is myopic in its vision that deliberately avoids taking stern measures to handle the hazards of e-waste.

What then is the panacea to make India a clean country? How far has the clarion call for ‘Swachha Bharat’ been able to make an impact on Indian society at large? The author comes up with some viable suggestions in the last chapter, ‘Clean India: Capturing the Chimera’, to help India achieve comparable degrees of cleanliness with that of the first world countries.

**Rafia Kazim** is Assistant Professor in the Department of Sociology (LNM University) and a Former Fellow at CSD, Hyderabad.

## Elixir of Great Intellect

L Jennifer

**NO LIMITS: THE ART AND SCIENCE OF HIGH PERFORMANCE**

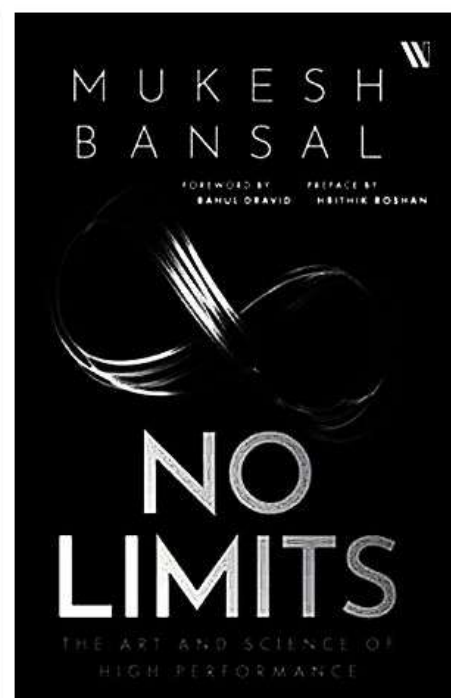
By Mukesh Bansal

Westland Publications, 2019,  
pp. 360, ₹599.00

‘May the force be with you!’ The last line of the book is not a mere wish but a self-proclaimed statement of a tech entrepreneur, whose smart work has won many laurels. Decoding mental agility and extraordinary physical ability, Mukesh Bansal, the founder of Cure Fit recounts his lifetime experiences with mythological anecdotes and success strategies. The illustrated forty-three performance hacks could be claimed as the brain booster packs of how to be productive consistently. The crux of the writing is to achieve ‘Eudaimonia’ which means to strengthen the creative muscles. Plasticity is an interesting term discussed, referring to the adaptability of the mind to varied experiences and new learning. Concepts like Chunking, Coach: Compulsory Improvement, Memory Palace, Keystone Habit, Introspection and Self-dialogue, Deep work, 2 Minute Rule to Break Procrastination, Nappuchino and Sineko’s Golden Circle: ‘What, How and Why’, enlighten the readers with one’s choice of tasks for reinforcement and regulation.

Bansal sustains the connectivity by sharing stories like the over-ambitious nature of Icarus, the accomplished aerial feats of Jonathan Livingston Seagull, the realization moment of Hanuman’s strength, the strong foundation of Chinese Bamboo Tree, the incredible brawn of Milo—the wrestler and the resilience of Victor Frank, the holocaust survivor. This modern writing is the melange of ancient wisdom and contemporary tactics to confront challenges of life. It propels one to discover the journey of lifestyle by bringing out the constructive synthesis of physical fitness and mental health. For the young aspirants who strive to succeed, this book discloses the open secret of how to mould the mind in an optimistic tone. There is an insistence on learning the fundamentals of any idea, the phenomenon of being creative, the confidence of holding responsibility and the power of pursuing a purpose.

Bansal presents the expansion of the key idea behind Tennyson’s *Ulysses*: ‘To strive, to



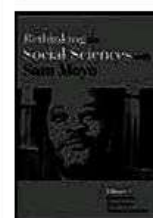
seek, to find and not to yield.’ Being a fitness enthusiast himself, he presents a holistic approach towards optimized destiny. The steps designed for this accomplishment may embrace struggles, failures, chaos and insults but the spirit of commitment overpowers the low effects in order to achieve the art of high performance. This resolution is fulfilled when one understands that life’s essence is built on a healthy mind and body. Manifesting ultimate goals with proper diet, exercise, meditation, sleep unleash the potential of human mind to heights.

The author candidly accepts that the writing is the summary of fifty books he had previously read. The four sections of this work weave a magic wand of how to live and not to exist.

**L Jennifer** is a Ph.D Research Scholar (English) and Assistant Professor in St. Joseph’s College of Arts and Science for Women-Hosur, affiliated to Periyar University, Salem.

### Book News

### Book News



*Rethinking the Social Sciences with Sam Moyo edited by Praveen Jha, Paris*

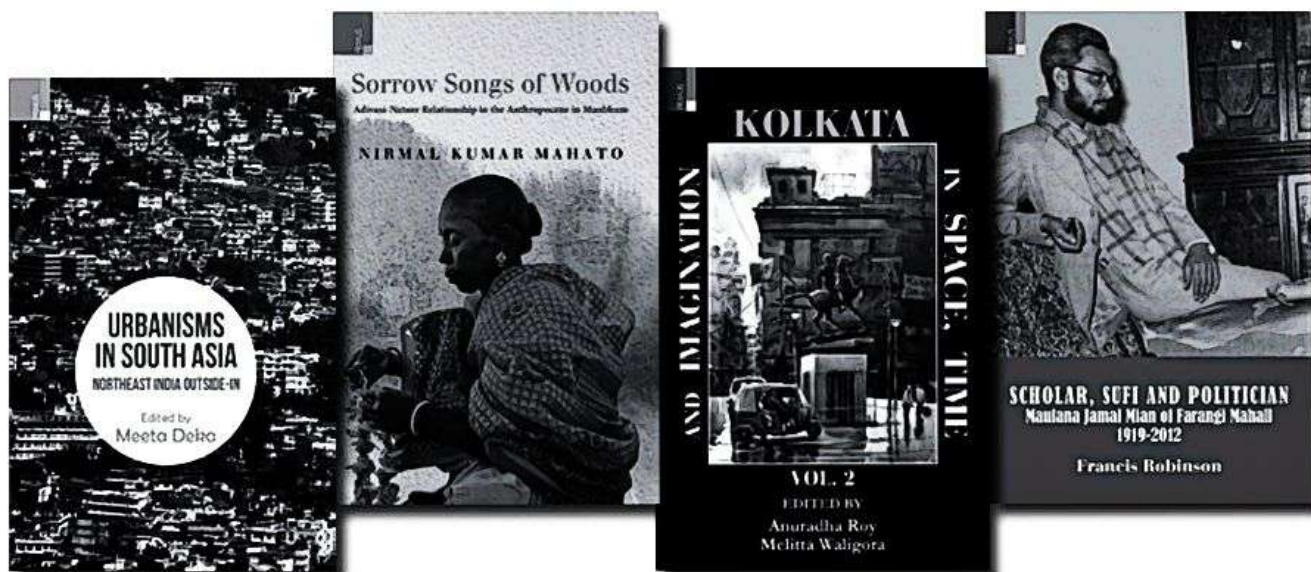
*Walter Chambati together renowned scholars from four continents to celebrate the lifelong and seminal contribution of the*

late Professor Sam Moyo, a Zimbabwean scholar whose intellectual trajectory influenced the global research agenda on diverse issues related to Africa and the South.

Tulika Books, 2020, pp.388, ₹995.00



from PRIMUS



### Scholar, Sufi and Politician

*Maulana Jamal Mian of Farangi Mahall, 1919-2012*

Francis Robinson

2020 • HB • Forthcoming

### Bihar

*Crossing Boundaries*

Edited by Sunita Lall, Neeraj Kumar,  
Kathinka Sinha-Kerkhoff

2020 • HB • Forthcoming

### Sorrow Songs of Woods

*Adivasi-Nature Relationship in the Anthropocene in Manbhum*

Nirmal Kumar Mahato

2020 • HB • Forthcoming

### Kolkata in Space, Time, and Imagination (Volumes I-II)

Edited by Anuradha Roy & Melitta Waligora

Volume I

978-93-5290-786-1 • 358 pp. • 2019

HB • ₹1250 • \$54.95 • £44.95

Volume II

978-93-89850-85-7 • 440 pp. • 2020

HB • ₹1250 • \$64.95 • £56.95

### Strategies for Human Development and People's Participation in Rural India

Edited by Yatindra Singh Sisodia  
and Tapas Kumar Dalapati

978-93-90022-14-4 • 240 pp. • 2020

HB • ₹1195 • \$49.95 • £42.95

### The Paradox of Populism The Indira Gandhi Years, 1966-1977

Suhit K. Sen

978-93-5290-942-1 • 302 pp. • 2019

HB • ₹995 • \$49.95 • £41.95

### Urbanisms in South Asia

*Northeast India Outside-In*

Edited by Meeta Deka

978-93-90022-33-5 • 350 pp. • 2020 • HB • ₹1195

### Mind and Body in Health and Harmony in the Asian Systems of Medicine

Edited by Ranjit Roy Chaudhury

and Kapila Vatsyayan

978-93-84092-02-3 • 174 pp. • 2017

HB • ₹995 • \$44.95 • £32.95

### Religion, Conversion and Identity

*A Sociological Study of the Urāoñs  
of Chotanagpur*

Joseph Marianus Kujur

978-93-89676-19-8 • 344 pp. • 2020

HB • ₹1295 • \$64.95 • £54.95

### Will to Argue

*Studies in Late Colonial and  
Postcolonial Controversies*

Sumanu Satpathy

978-93-86552-28-0 • 232 pp. • 2017

HB • ₹850 • \$49.95 • £40.95

### The Marginalized Self

*Tales of Resistance of a Community*

Edited by Rahul Ghai, Arvind Kumar Mishra  
and Sanjay Kumar

978-93-89933-80-2 • 172 pp. • 2020

HB • ₹1095 • \$49.95 • £42.95

### Reading the Muslim on Celluloid

*Bollywood, Representation  
and Politics*

Roshni Sengupta

978-93-89850-87-1 • 340 pp. • 2020

HB • ₹1250 • \$64.95 • £56.95



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