

ONLINE RESOURCES

PNM e-Lib

U-Pustaka Free Open Access



ONLINE RESOURCES

STEP 1: SIGN IN U-PUSTAKA

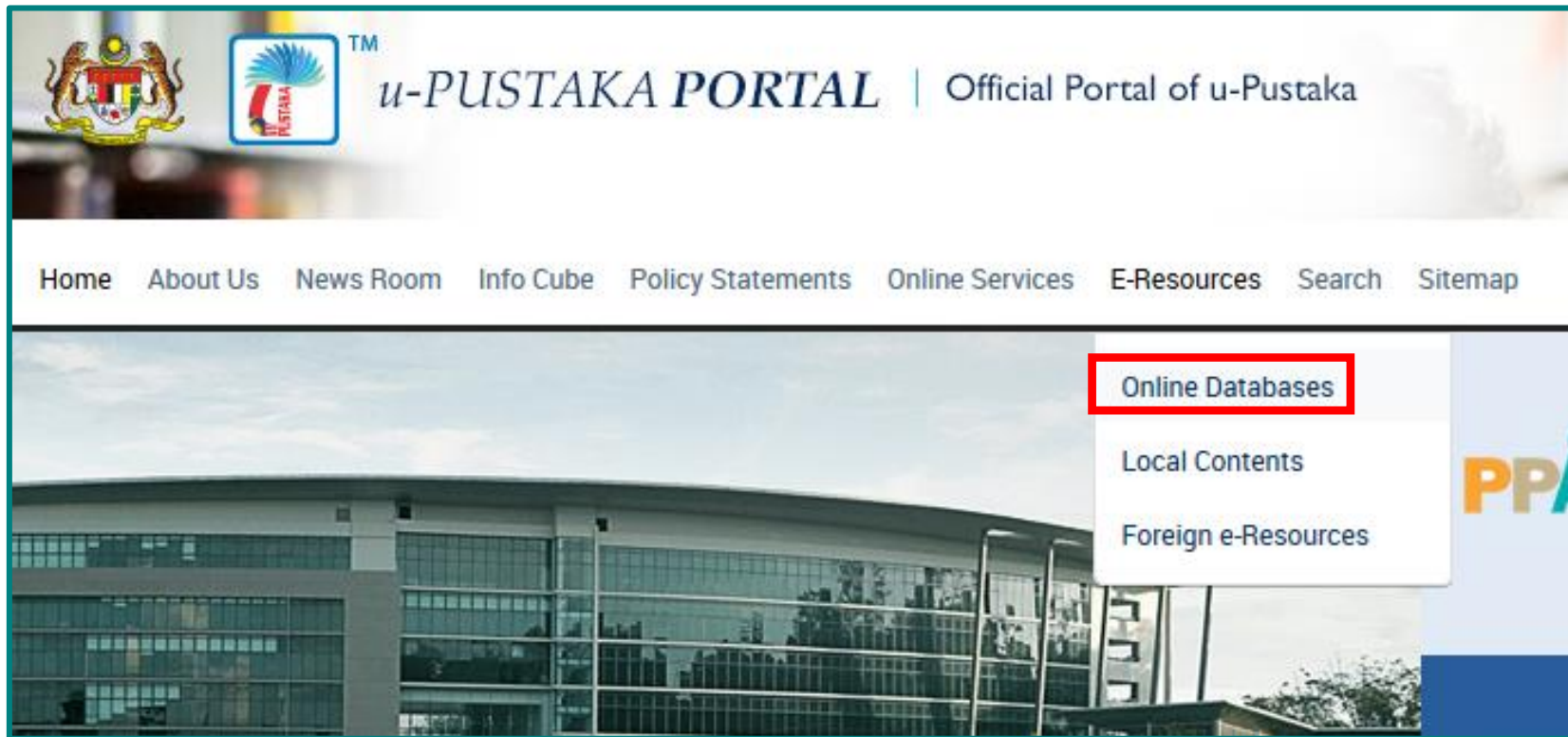
SIGN IN

 Remember me

[Forgot Password?](#)

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STEP 2: GO TO ONLINE DATABASE



ONLINE RESOURCES

STEP 3: GO TO PNM e-Lib

Click '**PNM e-Lib (e-Sentral)**' logo to open the database



PNM e-Lib (e-Sentral)

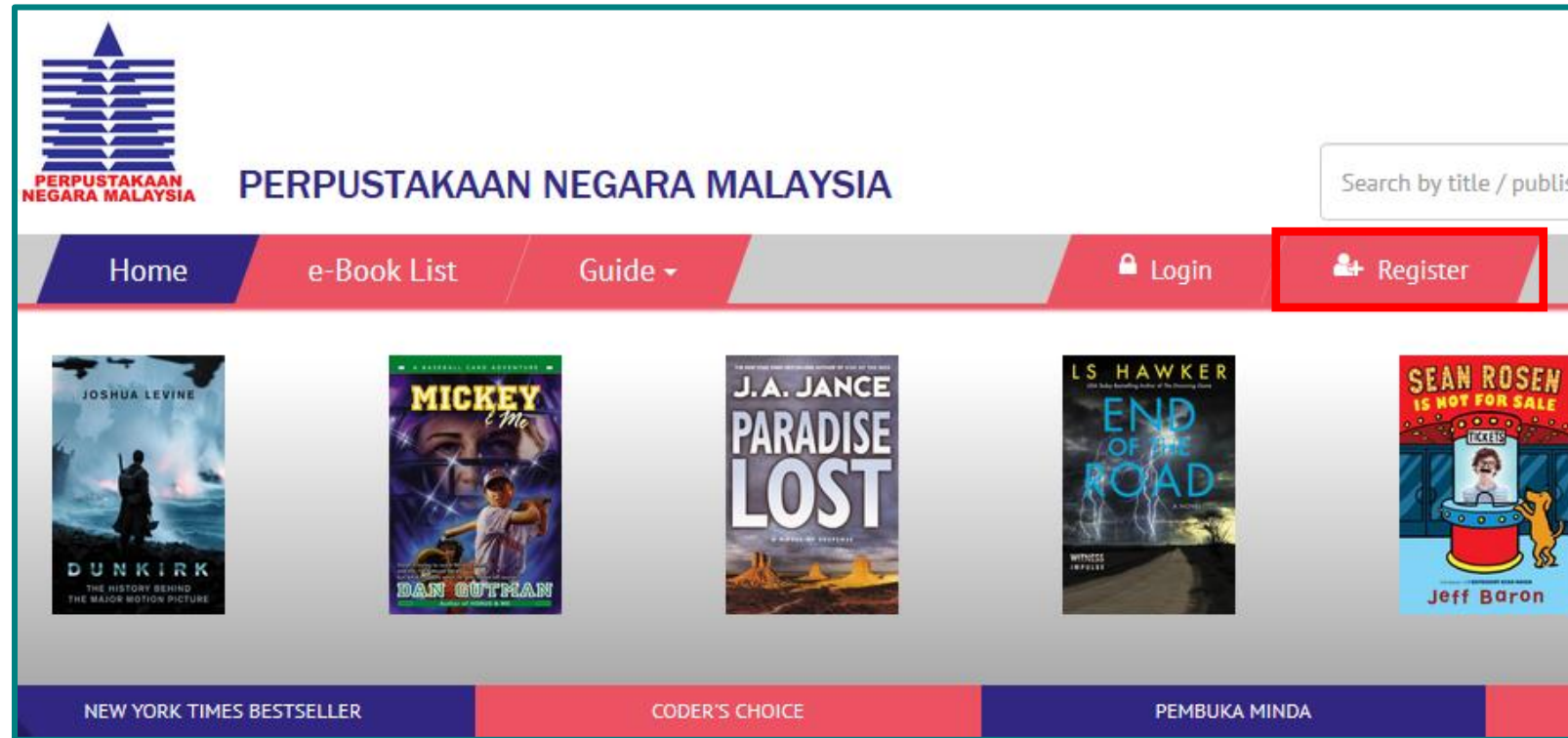
PNM e-Lib provides e-Book lending service (mostly from local publishers) for your convenience via online through the PNB eLib portal. PNB eLib is a national library service in Malaysia in collaboration with e-Sentral. It provides access to more than 3,900 titles of local e-books covering from various subject areas including biography, home decor, crime and variety. Users are allowed to borrow 2 copies of the e-book at a time where the borrowed e-book will be available for 14 days. Click on the Daftar / Register button in order to register / create their personal user accounts at the PNM e-Lib portal.

[Access Level: Nationwide access. Click on the logo to start your access. First time users need to click on the Daftar / Register button on the PNM e-Lib portal. Fill-in the details as required. Soon after successfully registered as a PNM eLib member, check your e-mail and click the link provided to PNM eLib portal and starts borrowing the eBook provided in PNM eLib portal.]

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STEP 4: REGISTER PNM e-Lib

Click '**Register**' before login into the database



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STEP 5: SEARCH BY CATEGORY

For easy access, user can select the e-book based on the 'Category'.

The screenshot displays a digital library interface. On the left, a sidebar titled 'Category' is highlighted with a red box. It lists various categories: Available Titles, New York Times Bestseller, Teen Novel, Motivation, Lifestyle, General Novel, Romance, General Academics, Islam, and Business & Management. The main content area is titled 'Pilihan Editor' with a 'more →' link. It features four book covers:

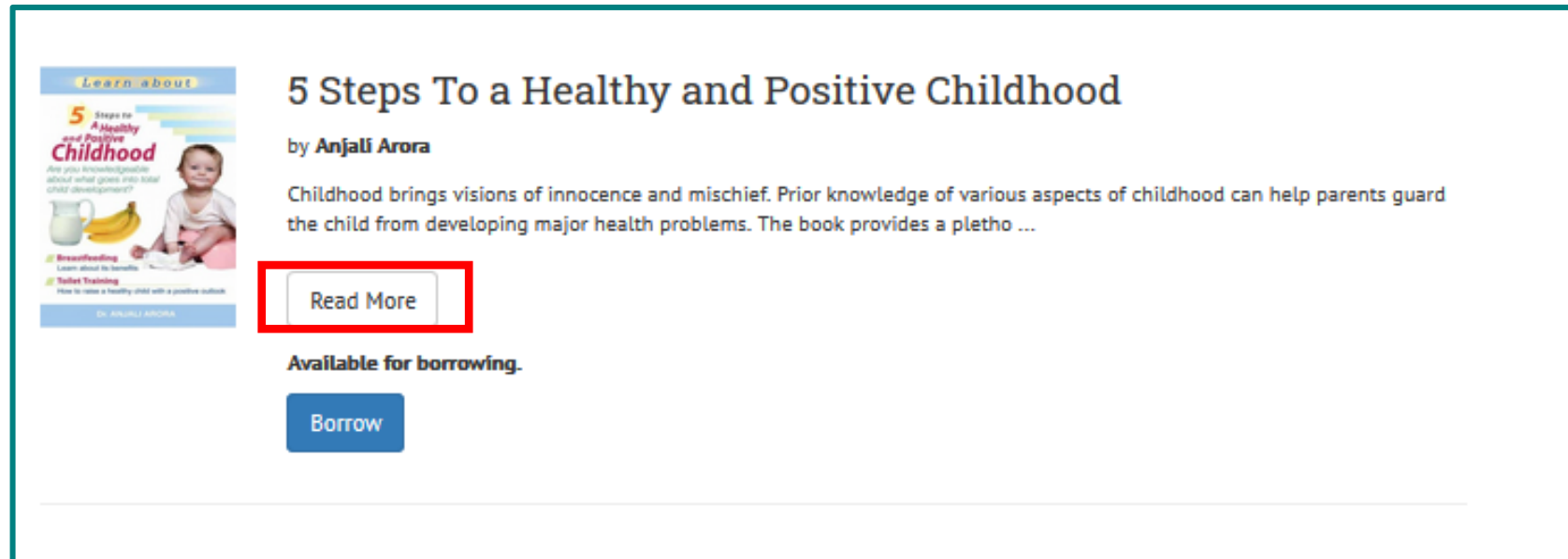
- STEM @ home**: A child working on a cardboard project. Below the cover is a 'Read More' button and the text 'STEM at Home' and 'Xentral Methods'.
- NASIHAT AGAMA DAN WASIAT IMAN**: A dark blue cover with yellow text. Below the cover is a 'Read More' button and the text 'Nasihat Agama Dan Wasiat...', 'Imam Alhaddad, terjemahan...', and 'IMAM HABIB ABDULLAH HADDAD'.
- Stingless Bee (Geniotrigona thoracica)**: A cover showing a close-up of a bee. Below the cover is a 'Read More' button and the text 'Stingless bee (Geniotrigona...)' and 'Kumara T.K & Rao P.V.'.
- MALAYSIAN LEGAL HISTORY**: A cover with a gavel. Below the cover is a 'Read More' button and the text 'Malaysian Legal History...' and 'Salleh Buang'.

At the bottom of the main content area, the text 'Hollywood Adantation' is partially visible.

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STEP 6: READ SYNOPSIS

Select the e-book that you would like to borrow and click **'Read More'** to read the synopsis.

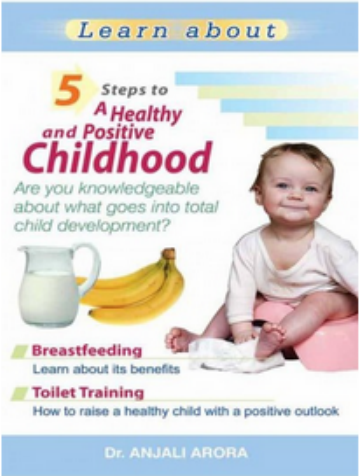


The screenshot shows a library interface for an e-book. On the left is a book cover titled "5 Steps to a Healthy and Positive Childhood" by Dr. Anjali Arora. The cover features a child and a banana. To the right of the cover, the title "5 Steps To a Healthy and Positive Childhood" is displayed in a large blue font, followed by the author's name "by Anjali Arora". Below the author's name is a short synopsis: "Childhood brings visions of innocence and mischief. Prior knowledge of various aspects of childhood can help parents guard the child from developing major health problems. The book provides a pletho ...". A red rectangular box highlights the "Read More" button, which is a white button with a thin black border. Below the "Read More" button, the text "Available for borrowing." is shown, followed by a blue "Borrow" button.

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STEP 7: BORROWING E-BOOK

To borrow the e-book, please click the **'Borrow'** button.



5 Steps To a Healthy and Positive Childhood

by **Anjali Arora**

Publisher - **Starling Publishers Pvt Ltd**

Category - **Family & Health**

Childhood brings visions of innocence and mischief. Prior knowledge of various aspects of childhood can help parents guard the child from developing major health problems. The book provides a plethora of information on child-related issues ranging from breastfeeding, diapering, vaccination regimen, potty training to language and speech training. Also dealt with are childhood ailments and their treatment. Light is also shed on relevant issues like puberty changes and adolescent demands. About the Author : Dr. Anjali Arora did her MD from Lady Hardinge Medical College and S.K. Hospital, New Delhi. Interested in lipids and preventive cardiology, she joined the Escorts Heart Institute and Research Centre, New Delhi, in 1993, as a consultant. She managed the Hyperlipidaemia Prevention Clinic there for nearly seven years. Currently she is working at Sir Ganga Ram Hospital as a Senior Consultant in the Department of Cardiology. Because of her interest in preventive medicine, with a special focus on lifestyle diseases, she continues to manage the Hyperlipidaemia and Atherosclerosis Prevention Clinic in the hospital. She has a number of International and National papers to her credit. She is also a member of the South Asian Society on Atherosclerosis and Thrombosis.

Borrow

Available for borrowing.

(1 / 5 unit)

Loan Duration (day): 7

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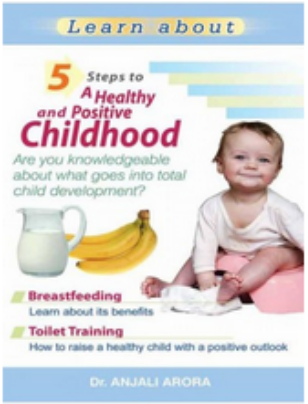
STEP 8: READING AND RETURNING E-BOOK

The e-book is ready in your reading list. To read, please click at the **'Read'** button, and **'Return'** for returning the e-book.

Success! ×

The book is now in your reading list.

[Learn about](#)



5 Steps To a Healthy and Positive Childhood

by Anjali Arora

Childhood brings visions of innocence and mischief. Prior knowledge of various aspects of childhood can help parents get the most out of their children's lives. The book provides a plethora of information on child development. [Read More](#)

Return

Read

Automatic Returned Date : **26 Jun 2020**

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STEP 9: READING VIEW TYPES

User can choose how to read whether using a 'Cloud Reader' iOS and Android devices or 'Desktop Reader' by clicking the 'Read' button



Learn about

5 Steps to A Healthy and Positive Childhood

Are you knowledgeable about what goes into total child development?

Breastfeeding
Learn about its benefits

Toilet Training
How to raise a healthy child with a positive outlook

Dr. ANJALI ARORA

5 Steps To a Healthy and Positive Childhood
by Anjali Arora

Childhood brings visions of innocence and mischief. Problems and challenges are common. The book provides a plethora of solutions to common childhood problems. The book provides a plethora of solutions to common childhood problems. [Read More](#)

[Return](#)

[Read](#)

Apps

- Android
- iOS

DesktopReader

- Windows 32-bit
- Windows 64-bit
- MacOS
- Linux

Webapps

- Cloud Reader

Contact

Perpustakaan Negara Malaysia
Address:
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Tel: 03-26871700
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Eiib

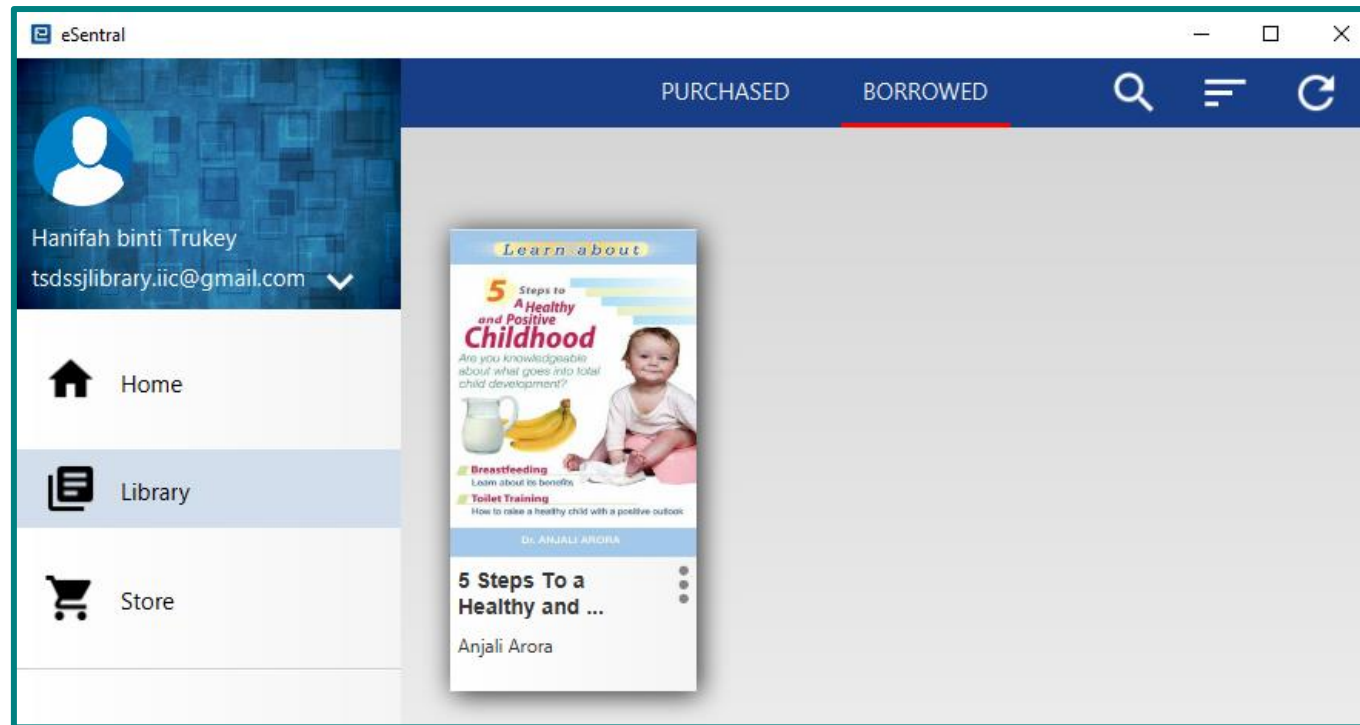
5 Jun 2020

2 Kuala Lumpur

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STEP 10: eSENTRAL WINDOWS DESKTOP READER

The example interface of eSentral using Windows Desktop Reader



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STEP 10: eSENTRAL WINDOWS DESKTOP READER

Reading view
using Windows
Desktop Reader



eSentral

← 5 Steps To a Healthy and Positive Childhood

4 Childhood Problems and Ailments

From the moment a baby arrives, parents eagerly watch his progress and observe and enjoy each milestone reached. At the same time, whenever required it becomes important to tend to any ailment of the child. It is also vital to differentiate between ailments being treatable at home or need the help of the local doctor or pediatrician.



Few small spots of rash sometimes develop in babies. A large area of rash or number of spots present, especially if sore, should be looked into.

Shallow Breathing

A less responsive or drowsy baby has to be observed. Is he more irritable? Is his cry weak? Is this behavioural change going on for sometime? If so, these signs should be noted and reported to your doctor.

Babies often breathe shallowly. A baby sucking in the chest or upper part of tummy while breathing or wheezing should be reported to your doctor.

Shock

Shock in a baby might occur due to a bad fright. It can also be as a result of impaired circulation or improper breathing after an accident. Usually on squeezing your baby's big toe for a couple of seconds, a pale patch will develop. Upon releasing the toe, the colour will come back. If the colour is not revived within 3-4 seconds then it means that the circulation is slow. Also if a bluish colour develops on the baby's fingers or toes consult your doctor.

Initial Remedy

- Make the child lie down such that the head is lower than the feet.
- Take care of the child's breathing. It should not be obstructed by tight clothes or vomiting.
- If the child is not better within fifteen minutes, see your doctor.

Bulge

If your baby on crying develops a bulge in the groin or scrotum which disappears on sleep, consult your doctor. He or she probably has hernia.

Sore buttocks

Sore buttocks are normally due to nappy rash. Diarrhoea following unwholesome food can cause the buttocks to be red and sore. Worms can

9/13

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STEP 11: READING USING SMARTPHONES / TABLETS / IPADS

To read on the smartphones/tablets/iPads, you can download the eReaderPNM application from Google Playstore for Android applications or from AppStore from iOS/Apple devices.

