

Browse All Resource Books Vidya Prakashan Mandir P Ltd

Five thousand years old, Ayurvedic massage has been shown to still the mind and body by lowering metabolic rates and inspiring feelings of peace and calm. Often administered as a part of a three-, five-, or seven-day program, these treatments are an integral part of deep cleansing, rejuvenation, and life-extension Ayurvedic programs called panchakarma or kya kalpa. This book by a noted practitioner features more than 15 of these treatments, each described in step-by-step detail and some synchronized with two therapists for up to two hours in length. It provides the reader with all the tools necessary to begin Ayurvedic treatments as a part of a spa menu or massage therapy program.

When a marriage proposal from a much married 30 year old Raghavenrda for 12 year old Krishnaa comes knocking on the door of Gundappa Chowltry, life takes on a dramatic turn for Krishnaa. An official bride-seeing ceremony and a quick peek at the bridegroom seals things and before long Krishnaa finds herself embarking on her new journey with her new husband-a man she barely knows, to the temple town of Kumbakonam. What lies in store for Krishnaa in her new house as Raghavendra's second wife? Where is Raghavendra's first wife? Are Krishnaa's dreams and desires fulfilled? What cards are dealt to Krishnaa by the hands of destiny? While tracing Krishnaa's life journey from 1904 to the modern times, the book captures the soul of the Indian Joint family system, the customs and traditions, the love and laughter and the ever green human values. Set in the picturesque temple town of Kumbakonam, on the banks of river Cauvery, amidst the majestic Gopurams of Chakrapani and Sarangapani temples, the story of Krishnaa unfolds in all its colourful glory.

In digital marketing, your goal is to funnel your potential customers from the point of making them aware of your website, through engagement and conversion, and ultimately retaining them as loyal customers. Your strategies must be based on careful analysis so you know what is working for you at each stage. Adobe Analytics with SiteCatalyst Classroom in a Book teaches effective techniques for using Adobe SiteCatalyst to establish and measure key performance indicators (KPIs) tailored to your business and website. For each phase of marketing funnel analytics, author Vidya Subramanian walks you through multiple reports, showing you how to interpret the data and highlighting implementation details that affect data quality. With this essential guide, you'll learn to optimize your web analytics results with SiteCatalyst. Adobe Analytics with SiteCatalyst Classroom in a Book contains 10 lessons. The book covers the basics of learning Adobe SiteCatalyst and provides countless tips and techniques to help you become more productive with the program. You can follow the book from start to finish or choose only those lessons that interest you. Classroom in a Book, the best-selling series of hands-on software training workbooks, helps you learn the features of Adobe software quickly and easily. Classroom in a Book offers what no other book or training program does--an official training series from Adobe Systems Incorporated, developed with the support of Adobe product experts.

The vast majority of existing ecocritical studies, even those which espouse the "postcolonial ecocritical" perspective, operate within a first-world sensibility, speaking on behalf of subalternized human communities and degraded landscapes without actually

eliciting the voices of the impacted communities. Ecocriticism of the Global South seeks to allow scholars from (or intimately familiar with) underrepresented regions to “write back” to the world’s centers of political and military and economic power, expressing views of the intersections of nature and culture from the perspective of developing countries. This approach highlights what activist and writer Vandana Shiva has described as the relationship between “ecology and the politics of survival,” showing both commonalities and local idiosyncrasies by juxtaposing such countries as China and Northern Ireland, New Zealand and Cameroon. Much like *Ecoambiguity, Community, and Development*, this new book is devoted to representing diverse and innovative ecocritical voices from throughout the world, particularly from developing nations. The two volumes complement each other by pointing out the need for further cultivation of the environmental humanities in regions of the world that are, essentially, the front line of the human struggle to invent sustainable and just civilizations on an imperiled planet.

The first book to put the sacred and sensuous bronze statues from India’s Chola dynasty in social context. From the ninth through the thirteenth century, the Chola dynasty of southern India produced thousands of statues of Hindu deities, whose physical perfection was meant to reflect spiritual beauty and divine transcendence. During festivals, these bronze sculptures—including Shiva, referred to in a saintly vision as “the thief who stole my heart”—were adorned with jewels and flowers and paraded through towns as active participants in Chola worship. In this richly illustrated book, leading art historian Vidya Dehejia introduces the bronzes within the full context of Chola history, culture, and religion. In doing so, she brings the bronzes and Chola society to life before our very eyes. Dehejia presents the bronzes as material objects that interacted in meaningful ways with the people and practices of their era. Describing the role of the statues in everyday activities, she reveals not only the importance of the bronzes for the empire, but also little-known facets of Chola life. She considers the source of the copper and jewels used for the deities, proposing that the need for such resources may have influenced the Chola empire’s political engagement with Sri Lanka. She also investigates the role of women patrons in bronze commissions and discusses the vast public records, many appearing here in translation for the first time, inscribed on temple walls. From the Cholas’ religious customs to their agriculture, politics, and even food, *The Thief Who Stole My Heart* offers an expansive and complete immersion in a community still accessible to us through its exquisite sacred art. Published in association with the National Gallery of Art, Washington, DC

Guidelines for Teaching Religious Culture is a supplement to *Religious Culture Text Book*, the eighth part of the Purna Vidya books for teaching children Vedic tradition and culture. This book provides adults with guidelines which include a structured lesson plan and answer key to the fun filled and intellectually challenging exercises contained in the *Religious Culture Text Book*. It contains additional information on the topics contained in the *Text Book* with instructions on how to teach a given lesson. Included in this part are Sharada Stotram and Aarati Mantras which are commonly recited prayers in Sanskrit, printed in Devanagiri script, with a corresponding English transliteration, a word by word meaning and an explanation of the meaning of the verses. Also explained is the sixteen step puja usually performed in Vedic tradition with explanation and meaning. This book includes an age appropriate play on Shakuntala with dialogues, cast, with a description of stage props can be utilized by children to stage a

performance. Also provided is a syllabus that includes lessons and assignments based on weekly class for an academic year and a bibliography.

In this rich collection of Sanskrit verse, the late Daniel Ingalls provides English readers with a wide variety of poetry from the vast anthology of an eleventh-century Buddhist scholar. Although the style of poetry presented here originated in royal courts, Ingalls shows how it was adapted to all aspects of life, and came to address issues as diverse as love, sex, heroes, nature and peace. More than thirty years after its original publication, Sanskrit Poetry continues to be the main resource for all interested in this multifaceted and elegant tradition.

By showing that kitchen skill, and not budget, is the key to great food, *Good and Cheap* will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—*Good and Cheap* is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of *Good and Cheap* purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

Aimed at yoga therapists and yoga teachers, this detailed book presents unique ways to harness energy for fatigue conditions such as exhaustion, Chronic Fatigue Syndrome and stress with the help of yoga therapy. Split into four parts, the book discusses how modern-day living exacerbates stress and how it manifests itself, how healing can be approached from a yogic perspective, the solutions that yoga provides, as well as step-by-step guidance to different yoga practices developed by the author - such as breathing and meditation - that help with these issues. Accessible and containing easy-to-follow instructions, *Yoga Therapy for Stress, Burnout and Chronic Fatigue Syndrome* shares ancient teachings from the East that have the power to help alleviate the growing source and symptoms of fatigue.

Across early modern Europe, men and women from all ranks gathered medical, culinary, and food preservation recipes from family and friends, experts and practitioners, and a wide array of printed materials. Recipes were tested, assessed, and modified by teams of householders, including masters and servants, husbands and wives, mothers and daughters, and fathers and sons. This much-sought know-how was written into notebooks of various shapes and sizes forming “treasuries for health,” each personalized to suit the whims and needs of individual communities. In *Recipes and Everyday Knowledge*, Elaine Leong situates recipe knowledge and practices among larger questions of gender and cultural history, the history of the printed word, and the history of

science, medicine, and technology. The production of recipes and recipe books, she argues, were at the heart of quotidian investigations of the natural world or “household science”. She shows how English homes acted as vibrant spaces for knowledge making and transmission, and explores how recipe trials allowed householders to gain deeper understandings of sickness and health, of the human body, and of natural and human-built processes. By recovering this story, Leong extends the parameters of natural inquiry and productively widens the cast of historical characters participating in and contributing to early modern science. Describing one of the most important practices of hathayoga (khecarimudra), the Khecarividya of Adinatha is presented here to an English-speaking readership for the first time. The author, James Mallinson, draws on thirty Sanskrit works, as well as original fieldwork amongst yogins in India who use the practice, to demonstrate how earlier tantric yogic techniques developed and mutated into the practices of hathayoga. Accompanied by an introduction and an extensively annotated translation, the work sheds light on the development of hathayoga and its practices.

We are constantly surrounded by objects, by 'things' that channel and dictate our everyday life, 'things' that we take for granted. But these objects speak to us, and speak about us. They have a story to tell that reflects our values and aspirations, our achievements and dreams, and reveal more about us than we realize! This richly illustrated book focuses on 100 objects to tell a story of India that unravels in a series of thematic sections that allow the objects to take center-stage. The stories that some objects tell will be new to readers; at other times, the objects themselves may be familiar but the story they tell may not be obvious. The 100 objects shed light on the varying priorities and the differing strands of achievement that arose over time to create the rich multi-cultural medley that is today's India.

The book presents the fundamentals of Human Resource Management in a simple, lucid and easily understandable style. It provides a comprehensive coverage to a vast, growing discipline well supported by a wealth of research data collected from multifarious sources, potently and carefully. A notable feature of the book is that it gives extensive coverage to HRD topics. The book contains a number of informative tables, summary boxes and useful diagrams. It is also liberally sprinkled with current examples and illustrations designed to convey the information in an uncomplicated manner. The book is primarily meant for students pursuing advanced courses in Human Resource Management such as MBA, PGDBA, M Com and IAS. Some of the changes in the Second Edition are summarized below: v A refined version of SHRM v Total quality HRM approach v Summarised versions of best employers in India especially their recruitment, selection, training and executive development practices v Succession planning and succession management enriched with live corporate examples v 360-degree feedback system, essentials of an effective appraisal system, potential appraisal v How leading Indian companies appraise potential v Latest data regarding union membership; union recognition, criteria and rights, voluntary recognition and the code of discipline, verification of union membership, the check off system, recommendations of NCL, current trends in trade unionism v Features of industrial relations, approaches to industrial relations, latest data regarding industrial disputes v Important uses of human resource information system v New chapter on International Human Resource Management v Study Aids in a New Format: Discussion

questions, Internet sources, true/false questions, key term exercises, student activities, etc., have been brought under one roof, i.e., at the end of each chapter. 9 New Cases: The case of the risky recruit, the case of bench management, the case of TQM and innovation, compensation crises, incentive issues, the case of variable pay, the case of involuntary VRS, the case of mentoring management and the case of the hushed relationship

Master the mathematics of project management! With McGraw-Hill's PMP® Certification Mathematics, you have what you need to ace the toughest area of the Project Management Professional (PMP) certification test—math and statistics. The book provides in-depth descriptions of every math concept covered on the exam, along with all relevant calculations and practical problem-solving strategies. Complete with sample questions and step-by-step solutions, McGraw-Hill's PMP® Certification Mathematics helps you build a solid foundation in the subject—whether you're planning to take the test or a practicing professional looking to refresh your skills. Target Your Studying —Focuses strictly on the critical math concepts and questions “Experience” the Test —CD-ROM provides on-screen practice in the actual test format Assess Your Performance —Explains what you got right and wrong . . . and why Avoid Mistakes —Describes the most common errors—and how to avoid them Stay Up to Date —Aligns with the latest PMBOK (Project Management Body of Knowledge) throughout

This latest version of Information Resources in Toxicology (IRT) continues a tradition established in 1982 with the publication of the first edition in presenting an extensive itemization, review, and commentary on the information infrastructure of the field. This book is a unique wide-ranging, international, annotated bibliography and compendium of major resources in toxicology and allied fields such as environmental and occupational health, chemical safety, and risk assessment. Thoroughly updated, the current edition analyzes technological changes and is rife with online tools and links to Web sites. IRT-IV is highly structured, providing easy access to its information. Among the “hot topics covered are Disaster Preparedness and Management, Nanotechnology, Omics, the Precautionary Principle, Risk Assessment, and Biological, Chemical and Radioactive Terrorism and Warfare are among the designated. • International in scope, with contributions from over 30 countries • Numerous key references and relevant Web links • Concise narratives about toxicologic sub-disciplines • Valuable appendices such as the IUPAC Glossary of Terms in Toxicology • Authored by experts in their respective sub-disciplines within toxicology

This book presents an international perspective of the influence of educational context on science education. The focus is on the interactions between curriculum development and implementation, particularly in non-Western and non-English-speaking contexts (i.e., outside the UK, USA, Australia, NZ, etc.).

In the contemporary debate on the modern corporation and its impact on the economy, society and nation, the focus has shifted from growth with only profitability to growth with sustainable development, which includes the stakeholders. While there is considerable debate on the corporations' obligations to civil society in the Western world, in the developing countries the debate is sporadic; the present publication is an effort to initiate a nationwide discourse on the concepts and practices of corporate social action in India. The book is divided in two sections; section one contains papers, which analyze the conceptual framework of

Corporate Social Responsibility. The unique feature of this book is the case studies on different aspects of CSR presented in section Two. The cases focus on such segments as education, healthcare and environment, among others. It is for the first time that under the aegis of UNDP-CII-AICTE-MDI the business schools in the country participated in preparing cases from various industries focusing on the process and decision making content implicit in the introduction, implementation, and evaluation of various facets of Corporate Social Responsibility. The cases are illustrative and they will help in identifying further areas of research. The teaching notes have been developed by the individual authors, and will be available on request.

"This profile of an unusual South Indian temple community in Rush, New York, describes how the temple combines orthodox rituals and socioreligious iconoclasm. The author uses the temple's surprising success to analyse the distinctive dynamics of Hinduism, including issues of gender, caste and community"--OCLC

This book offers a new interpretation of the life and legacy of the Indian reformer and intellectual, Ishvarchandra Vidyasagar (1820–91). Drawing upon autobiography, biography, secondary criticism and a range of Vidyasagar's original writings in Bengali, the book interrogates the role of history, memory and controversy, and emphasises the key challenge of pinning down the identity of an enigmatic and multi-faceted figure. By examining lesser-known works of Vidyasagar (including several pseudonymous and posthumous works) alongside the evidence of his public career, the author calls attention to the colonial transformation of intellectual and social life, the nature of life writing, the limits of standard biographies and the problem of modern Indian identity as such. Based on decades of research and an original perspective, this book will be especially useful to scholars of modern Indian history, biographical studies, comparative literature and those interested in Bengal.

Natural resource management and sustainable development has, of late, assumed great importance, especially because of ecological crisis and environmental dangers which are looming large. Today the issues related to natural resource exploitation, consequences, their conservation, preservation and management leading to sustainable development have become the major thrust areas of teaching and research. Also, sustainability of natural resources, especially water and land resources, and their efficient use is one of the core programmes of Government of India's Twelfth Five Year Plan (2012–2017) for strategic development; this objective can only be achieved if the resources are used judiciously. Although land and water resources—the focus of the present book—are vital for human survival and development, unfortunately both are under threat and are increasing strain worldwide. These resources have wide and significantly varying implications in rural and urban settlements, especially in India, where population has been continuously growing and, therefore, the demand of land and water is intensifying. This has necessitated urgent need for reviewing the availability of land and water resources and their conservation. Besides dealing with the theoretical aspects, this compendium presents case studies on natural resources as well, which reveal ground realities at micro and meso levels too. Pedagogical features like maps, diagrams, satellite imageries and latest database of the primary and secondary nature distinguish this book from other works on the subject. The book will be of immense use to postgraduate students and research scholars of geography and related disciplines such as rural–urban studies and environmental science. The thematic

approach of the book provides reasonably good contents for cogitation to researchers. Policy makers, planners and academicians may also be benefitted while framing futuristic norms which may lead to sustainable development—the ultimate goal. AUDIENCE• Postgraduate students and Research Scholars of Geography. • Policy makers, Planners and Academicians

Ecocriticism and environmental communication studies have for many years co-existed as parallel disciplines, occasionally crossing paths but typically operating in separate academic spheres. These fields are now rapidly converging, and this handbook aims to reinforce the common concerns and methodologies of the sibling disciplines. The Routledge Handbook of Ecocriticism and Environmental Communication charts the history of the relationship between ecocriticism and environmental communication studies, while also highlighting key new paradigms in information studies, diverse examples of practical applications of environmental communication and textual analysis, and the patterns and challenges of environmental communication in non-Western societies. Contributors to this book include literary, film and religious studies scholars, communication studies specialists, environmental historians, practicing journalists, art critics, linguists, ethnographers, sociologists, literary theorists, and others, but all focus their discussions on key issues in textual representations of human–nature relationships and on the challenges and possibilities of environmental communication. The handbook is designed to map existing trends in both ecocriticism and environmental communication and to predict future directions. This handbook will be an essential reference for teachers, students, and practitioners of environmental literature, film, journalism, communication, and rhetoric, and well as the broader meta-discipline of environmental humanities.

The definitive social history of tuberculosis, from its origins as a haunting mystery to its modern reemergence that now threatens populations around the world. It killed novelist George Orwell, Eleanor Roosevelt, and millions of others – rich and poor. Desmond Tutu, Amitabh Bachchan, and Nelson Mandela survived it, just. For centuries, tuberculosis has ravaged cities and plagued the human body. In *Phantom Plague*, Vidya Krishnan, traces the history of tuberculosis from the slums of 19th-century New York to modern Mumbai. In a narrative spanning century, Krishnan shows how superstition and folk-remedies, made way for scientific understanding of TB, such that it was controlled and cured in the West. The cure was never available to black and brown nations. And the tuberculosis bacillus showed a remarkable ability to adapt – so that at the very moment it could have been extinguished as a threat to humanity, it found a way back, aided by authoritarian government, toxic kindness of philanthropists, science denialism and medical apartheid. Krishnan’s original reporting paints a granular portrait of the post-antibiotic era as a new, aggressive, drug resistant strain of TB takes over. *Phantom Plague* is an urgent, riveting and fascinating narrative that deftly exposes the weakest links in our battle against this ancient foe.

In India, in 1941, when her father becomes brain-damaged in a non-violent protest march, fifteen-year-old Vidya and her family are forced to move in with her father's extended family and become accustomed to a totally different way of life.

”This book takes an impossibly broad area of computer science and communicates what working developers need to understand in a clear and thorough way.” - David Jacobs, Product Advance Local Key Features Master the core algorithms of deep learning

and AI Build an intuitive understanding of AI problems and solutions Written in simple language, with lots of illustrations and hands-on examples Creative coding exercises, including building a maze puzzle game and exploring drone optimization About The Book “Artificial intelligence” requires teaching a computer how to approach different types of problems in a systematic way. The core of AI is the algorithms that the system uses to do things like identifying objects in an image, interpreting the meaning of text, or looking for patterns in data to spot fraud and other anomalies. Mastering the core algorithms for search, image recognition, and other common tasks is essential to building good AI applications Grokking Artificial Intelligence Algorithms uses illustrations, exercises, and jargon-free explanations to teach fundamental AI concepts. You’ll explore coding challenges like detecting bank fraud, creating artistic masterpieces, and setting a self-driving car in motion. All you need is the algebra you remember from high school math class and beginning programming skills. What You Will Learn Use cases for different AI algorithms Intelligent search for decision making Biologically inspired algorithms Machine learning and neural networks Reinforcement learning to build a better robot This Book Is Written For For software developers with high school–level math skills. About the Author Rishal Hurbans is a technologist, startup and AI group founder, and international speaker. Table of Contents 1 Intuition of artificial intelligence 2 Search fundamentals 3 Intelligent search 4 Evolutionary algorithms 5 Advanced evolutionary approaches 6 Swarm intelligence: Ants 7 Swarm intelligence: Particles 8 Machine learning 9 Artificial neural networks 10 Reinforcement learning with Q-learning The goal and purpose of this book is to support diverse learners in the classroom. EdVisually aims to use its teaching materials primarily as a visual learning tool that services a range of students with differential learning styles and needs. It provides a scaffolding method framework for educators and parents to help and support learners to visually understand academic subject matter and concepts by making important cognitive connections with them. Factual knowledge about science concepts as well as other academic subject matter is presented predominantly through the use of numerous real life photos rather than solely by text. Learners will benefit most when this content is paired with interactive oral instruction. Mainstream classrooms can also benefit from this book as an added reinforcement tool. All EdVisually books are presented primarily using real life visual images. Fun trivia, entertaining illustrations, and interactive questions further break up the texts, making it easily accessible and engaging, while promoting active learning. The implementation of the scope and sequence of the Science Visually series is left to the discretion of the educator, as they see fit, and/or according to the needs of the learner(s).

Surpassing the scope and the thoroughness of the first edition, this new edition of The Encyclopedia of Cults, Sects, and New Religions is the most wide-ranging and accessible resource on the historically significant and more obscure, sinister, and bizarre religious groups. Including many entries by scholarly specialists, this volume explains more than 1,000 diverse groups and movements, from such well-known sects as the Branch Davidians, Aum Shinrikyo, and Heaven's Gate, to obscure groups like Ordo Templi Satanas, Witches International, and the Nudist Christian Church of the Blessed Virgin Jesus. In addition to an exhaustive index and handy cross-references, the second edition includes over a hundred new topical entries on subjects relevant to understanding sectarian movements, from snake-handling and satanic ritual abuse to brainwashing and exorcism. This book, a

must for all libraries and schools, will endure as the first and only point of reference for researchers, scholars, students, and anyone interested in fringe religious groups.

“Set in 1970s Bombay, the novel explores art, ambition, gender roles and class with the same shimmering prose of Swamy’s first book, the story collection *A House Is a Body*.” —San Francisco Chronicle “[A] sublime, boundary-pushing exploration of sexuality, creativity, and love.” —NPR In this transfixing novel, a young woman comes of age in 1960s- and 1970s-era Bombay, a vanished world that is complex and indelibly rendered. Vidya’s childhood is marked by the shattering absence and then the bewildering reappearance of her mother and baby brother at the family home. Restless, observant, and longing for connection with her brilliant and increasingly troubled mother, Vidya navigates the stifling expectations of her life with a vivid imagination until one day she peeks into a classroom where girls are learning kathak, a dazzling, centuries-old dance form that requires the utmost discipline and focus. Her pursuit of artistic transcendence through kathak soon becomes the organizing principle of her life, even as she leaves home for college and falls in complicated love with her best friend. As the uncertain future looms, she must ultimately confront the tensions between romantic love, her art, and the legacy of her own imperfect mother. Lyrical and deeply sensual, with writing as mesmerizing as kathak itself, Shruti Swamy’s *The Archer* is a bold portrait of a singular woman coming of age as an artist—navigating desire, duty, and the limits of the body. It is also an electrifying and utterly immersive story about the transformative power of art, and the possibilities that love can open when we’re ready.

Groundwork helps product leaders center their efforts on the most impactful problems, prioritize the right customer needs, enable durable decisions, and create customer-driven organizations that consistently develop products people actually want.

Story of Humanity's Enslavement and Impending Liberation If you're disturbed by the increasing chaos, disasters and violence playing out on the world stage, this book will help you understand why this is all happening. It will introduce you to a world that may sound like science fiction or conspiracy theory--but becomes a fascinating story difficult to dispute or deny, as it finally makes sense of what is happening. The "story" presented here is largely based on information revealed by increasing numbers of courageous whistle-blowers from within the military, intelligence communities and researchers who are speaking truths long kept secret from the public. It becomes clear that humanity has actually been controlled for thousands of years in insidious ways most people are unaware of. And that there is a battle currently being waged for humanity's liberation from this control. *Triumph of the Light* may lead you to question your beliefs, your conditioning, and what you've believed to be true about the world and humanity's history. Although disturbing in many ways, what's offered here is also exciting and uplifting, as the author gives great hope for our future. It becomes clear that, even with all that is now occurring, humanity is actually on the verge of an incredible leap in consciousness into a state of much greater freedom, harmony, justice and spiritual awakening.

Purna Vidya is a twelve year program designed to provide a structured and developmentally based teaching of Vedic tradition and culture to children. It consists of teaching materials, assignments, lesson plans, and fun filled exercises. It is very comprehensive and includes a wide range of subject matter. The subject matter selected is based on the developmental and chronological age of a child such that the concepts are well within their grasp. *Purna Vidya* curriculum is used in several schools and communities in many countries. *Isvara and Religious Discipline Text Book*, the seventh of twelve parts has as its subject matter *Isvara*-the Intelligent and Material Cause of the entire creation as

envisioned in Hindu scripture. In this connection it covers many important topics such as the Trinity, various Deities such as Planetary Deities (Navagrahas), symbol worship in Hindu tradition and Divinity as expressed in elements and various aspects of creation. Also included are topics such as devotion, surrender, prayer, and forms of worship (Upasanas). Various forms of religious discipline such as fasting, pilgrimage, religious vows, charity, japa and so on are also explored and studied. Traditional forms of worship such as Sandhyavandanam, Panchayatana Puja and Religious Purity (Madi/Achara) are explained. The book has age related fun filled exercises such as, multiple choice questions, fill in the blanks, true or false, puzzles and points to ponder and discuss that encourage free thinking, foster understanding and memory. The text book is accompanied by a separate book, 'Guidelines for Teaching Values' meant for adults to teach this text with a well defined syllabus which can be utilized in classroom, group or individual basis.

ADVANCED MECHANICS OF SOLIDS: A Gentle Introduction is meant for the students who seem to have much difficulty with this subject. It tries to present the crucial concepts gently and painlessly in the early chapters, but without sacrificing rigour. Copious footnotes and a large chapter of more than sixty illustrative examples are a feature of the book. These illustrative examples do not include all numerical problems. With the advent of the information and communication technologies, traditional library activities are undergoing transformation in a big way. Modern library's collection includes a vast array of information resources, databases, electronic journals, e-books, digital images, institutional repositories etc. To manage a modern library, library professionals need to have awareness and knowledge on management of electronic resources, federated and discovered tools for single click search, literature techniques, application of RFID and other technologies, user needs and knowledge on soft skills etc. Keeping these perspectives and issues in mind the National Conference on Management of Modern Libraries (NACML) was organized by SEARCH- The health science library in association with the department of Library and Information Science, Manipal University, Manipal. The main objective of the conference was to provide an opportunity to LIS professional to explore the ways and means to manage the modern libraries where electronic resources are playing an important role in meeting the information needs of the users and to explore, discuss and share ideas and knowledge related to innovative modern library management systems to meet the needs of the changing environment. In five technical sessions under five different categories titled Technologies for Management, Best Practice in Modern Libraries, digital libraries and Role of Library Professionals in Management of Modern Libraries held over the two days, total 51 papers were presented at the conference. Various challenges and issues related to management of modern libraries were discussed in the technical sessions and some of the authors shared the best practices of their libraries. The author highlighted the importance of digital libraries and stressed the needs of various skills to work in digital environment. The papers presented in the conference have been edited and brought out in the form of a conference proceedings.

There is no easy fix when it comes to chronic pain. Opioids are often the first, addictive resort and surgery rarely achieves the pain free outcome promised. But while there is no single fix, there is a way out and it starts with your mindset. This is the powerful approach of The Pain-Free Mindset, where NHS pain consultant Dr Ravindran brings his 20 years of experience to offer you an effective set of techniques that will help you take back control and overcome your pain. In this groundbreaking guide you will: ·Discover what happens to your body and brain when you experience pain ·Learn how you can change the way you perceive and respond to pain – without taking addictive medication ·Find the best pain-management plan for you and your lifestyle Packed with science-backed tips and inspiring case studies this book will transform your mindset and show that you have the power to live pain free.

This book is eminently useful for the students pursuing Under Graduate and Post Graduate Courses in Environmental science/ Environmental

Engineering / Environmental Biotechnology and environmentalists.

[Copyright: 50a120d90f5b17d7dffffcf7e63cca1c](#)