

## Desi Moti Gand Photo Wallpaper

Do you know how Katrina Kaif manages to stay injury-free? Or how Deepika Padukone maintains her washboard abs? Pilates is the answer! Trainer to the stars Yasmin Karachiwala and internationally known Pilates instructor Zeena Dhalla bring the Pilates method, which has revolutionized fitness around the world, to India. Yasmin and Zeena take the original routine to a whole new level of precision and power. *Sculpt and Shape: The Pilates Way* will show you how to change the shape of your body by teaching you more about your posture and how to improve it. From secret fitness formulas of stars like Kareena Kapoor, Alia Bhatt and Malaika Arora Khan, among many others, to practical tips and techniques on nutrition, breathing and everyday living that are essential to shaping your body from the inside out, this book has it all. So, are you ready to look your best? Gives an understanding of the glorious intellectual and spiritual tradition of (a) great country.' Albert Einstein Written over five months when Jawaharlal Nehru was imprisoned in the Ahmadnagar Fort, *The Discovery of India* has acquired the status of a classic since it was first published in 1946. In this work of prodigious scope and scholarship, one of the greatest figures of Indian history unfolds the panorama of the country's rich and complex past, from prehistory to the last years of British colonial rule. Analysing texts like the Vedas and the Arthashastra, and personalities like the Buddha and Mahatma Gandhi, Nehru brings alive an ancient culture that has seen the flowering of the world's great traditions of philosophy, science and art, and almost all its major religions. Nehru's brilliant intellect, deep humanity and lucid style make *The Discovery of India* essential reading for anyone interested in India, both its past and its present.

"Bare Men" portrays the male nude as a human and a work of art, not simply a utilitarian device. It celebrates men who are comfortable in their skin, relaxed, powerful, erect, vulnerable. The images share moments of joy, the power of release, physical angst and ease of masculinity. "Bare Men" offers glimpses into their private moments. The viewer is privy to two relationships: the man and the photographer and the man and himself while in some instances is invited to join in.

'Divya writes of difficult times with candour and heart-rending simplicity' Shabana Azmi Capturing the beauty of a mother–daughter relationship, Divya Dutta in this moving memoir celebrates her mother's struggles to turn her into the woman she is today. Divya walks us through the most intimate memories of her life, those that strengthened her relationship with her mother. The incredible bond she forged with her mother helped her through tragedies and difficulties, discouragements and failures and led her to become an award-winning actor of stature, both in the Hindi as well as the Punjabi film industry. *Me and Ma* is a celebration of Divya's exemplary achievements. It is also an honest, intimate and heartfelt tribute to the force behind her success—her mother.

This volume presents the preliminary results of the work carried out by the interdisciplinary cultural techniques research lab at the University of Erfurt. Taking up an impulse from media studies, its contributions examine —from a variety of disciplinary perspectives—the interplay between the formative processes of knowledge and action outlined within the conceptual framework of cultural techniques. Case studies in the fields of history, literary (and media) studies, and the history of science reconstruct seemingly fundamental demarcations such as nature and culture, the human and the nonhuman, and materiality and the symbolical order as the result of concrete practices and operations. These studies reveal that particularly basic operations of spatialization form the very conditions that determine emergence within any cultural order. Ranging from manual and philological "paper work" to practices of opening up and closing off spaces and collective techniques of assembly, these case studies replace the grand narratives of cultural history focusing on micrological examinations of specific constellations between human and nonhuman actors.

From the heart of a well-known family of Hyderabad to life in a single room with the barest of necessities, Shaukat Kaifi's memoir of her life with the renowned poet Kaifi Azmi speaks of love and commitment. A marriage of over a half a century, a life steeped in poetry and progressive politics, continuing involvement with the Indian People's Theatre Association, the Progressive Writers Association, Prithvi Theatre... all of these and more inform this beautifully told tale of love. Shaukat Kaifi's writing details life in a communist commune, a long career in theatre and film and a life spent bringing up her two children, cinematographer Baba Azmi and actor Shabana Azmi. Nasreen Rehman's deft and fluent translation brings this luminous memoir alive with warmth and empathy. "To say that this is a lovely book would be an understatement. It is an enchanting recollection of the life of a hugely talented and sensitive human being, shared with a great poet." -- Amartya Sen. Published by Zubaan.

A #1 New York Times Bestseller "This book will change lives." --Elizabeth Gilbert, author of *Eat, Pray, Love* Now in paperback with a new prologue, the indispensable handbook for becoming the creative force of your own life by the host of the award-winning MarieTV and The Marie Forleo Podcast. While most self-help books offer quick fixes, *Everything is Figureoutable* will retrain your brain to think more creatively and positively in the face of setbacks. In the words of Cheryl Strayed, it's "a must-read for anyone who wants to face their fears, fulfill their dreams, and find a better way forward." If you're having trouble solving a problem or reaching a dream, the problem isn't you. It's that you haven't yet installed the one belief that changes everything. Marie's mom once told her, "Nothing in life is that complicated. You can do whatever you set your mind to if you roll up your sleeves. Everything is figureoutable." Whether you want to leave a dead end job, break an addiction, learn to dance, heal a relationship, or grow a business, *Everything is Figureoutable* will show you how. In this revised and updated edition, you'll learn: • The habit that makes it 42% more likely you'll achieve your goals. • How to overcome a lack of time and money. • How to deal with criticism and imposter syndrome. It's more than just a fun phrase to say. It's a philosophy of relentless optimism. A mindset. A mantra. A conviction. Most important, it's about to make you unstoppable.

Gujarat Files is the account of an eight-month long undercover investigation by journalist Rana Ayyub into the Gujarat riots, fake encounters and the murder of state Home Minister Haren Pandya that brings to the fore startling revelations. Posing as Maithili Tyagi, a filmmaker from the American Film Institute Conservatory, Rana met bureaucrats and top cops in Gujarat who held pivotal positions in the state between 2001 and 2010. The transcripts of the sting operation reveal the complicity of the state and its officials in crimes against humanity. With sensational disclosures about cases that run parallel to Narendra Modi and Amit Shah's ascent to power and their journey from Gujarat to New Delhi, the book tells you the hushed truth of the state in the words of those who developed amnesia while speaking before commissions of enquiry, but held nothing back in the secretly taped videos which form the basis of this remarkable read.

The fourth and final installment in the spellbinding series from the irrepressible, #1 New York Times bestselling author Maggie Stiefvater. All her life, Blue has been warned that she will cause her true love's death. She doesn't believe in true love and never thought this would be a problem, but as her life becomes caught up in the strange and sinister world of the Raven Boys, she's not so sure anymore. In a starred review for Blue Lily, Lily Blue, Kirkus Reviews declared: "Expect this truly one-of-a-kind series to come to a thundering close."

The demon-king Ravana, born of a union between the holiest of mortals and a demon princess, has risen from an obscure beginning at a hermitage to conquer not just hell but heaven too. No less than a god to his own people, he is the sheer embodiment of evil to his enemies. This arrogant demon brooks no hindrance to snatching his heart's desire, and his terror seems unstoppable to gods and humans alike. But he makes a mistake when he abducts the wife of Lord Rama, the exiled divine ruler of Ayodhya. Ravana is a story of a demon, who dared to challenge the gods, and almost got away with it. Ravana's tale is one that will incite awe and fear simultaneously. Whose side was this enigma on, good or evil? The obvious answer seems to be but one: his own. Or was he really? This graphic novel seeks to explore that question, and others.

Curious George the mischievous monkey and his friends celebrate Valentine's Day with decorating, baking, card making and some unexpected hilarity, in a holiday title with fold-out flaps on each scene and sparkly red foil throughout.

This is the English translation of one of India's most famous books. It contains the dialogues of the Bengali saint Ramakrishna written in almost stenographic accuracy. This edition is different translation of the Swami Nikhilananda "Gospel of Sri Ramakrishna" which was published in the forties and showed the restraint of that era.

"An action contemplated shouldn't ever be advertised; But kept a secret like a mantra, and revealed in time." Chanakya Neeti is a treatise on the ideal way of life and shows Chanakya's deep study of the Indian way of life. Chanakya is regarded as a great thinker and diplomat in India. The book portrays about his ideologies and ideas in diverse situations, which are pertinent even to today's times. The topics discussed in this book are morality, ethics, governance and several others. We all feel stuck at times. There could be many reasons for this—issues at work, unhappy family life, financial troubles or embarrassing social situations. Most of us could use a little advice in these circumstances. Chanakya Neeti provides precisely that guidance to face life's many daunting challenges. Chanakya, the great thinker and teacher, is well known for his insights into the needs of both the privileged and the masses. The original Chanakya Neeti was written over two thousand years ago, but its brilliant verses are still applicable today because the basic quests of man remain the same—peace, prosperity and happiness.

Muslim women have mostly been discussed and studied as passive victims who have no agency. Muslim Women Speak seeks to correct this by traversing an expansive canvas of dreams, aspirations, memory and everyday lives of both the 'researcher' and the 'researched' in an extensive study conducted in several states of India. Through a presentation and analysis of Indian Muslim women's narratives about their own situation, the book challenges the image of Muslim women as historic victims of Islam and Muslim men. The book includes insights on the agency of young Muslim women and the impact of violence on their everyday lives after a violent 'event' or 'episode' passes into history and memory. It brings forth not only the 'voices' that have long been considered 'silent' but also dwells upon the epistemological and socio-political concerns of this 'silencing'. In doing so, this book confronts the fault lines within the Indian feminist sisterhood and offers a considered critique of the women's movement in India from within. The book will be mandatory reading for activists, government departments, policy planners, and students and scholars of gender studies and sociology.

Designed to compliment your daily devotional walk with the Lord, this new book from Dr. Paul Chappell features 366 daily devotional thoughts to strengthen and encourage your spiritual life. Each devotion features a one-year Bible reading selection. Also included are helpful reference resources as well as Scripture and title indexes.

Bollywood movies and their signature song-and-dance spectacles are an aesthetic familiar to people around the world, and Bollywood music now provides the rhythm for ads marketing goods such as computers and a beat for remixes and underground bands. These musical numbers have inspired scenes in Western films such as Vanity Fair and Moulin Rouge. Global Bollywood shows how this currency in popular culture and among diasporic communities marks only the latest phase of the genre's world travels. This interdisciplinary collection describes the many roots and routes of the Bollywood song-and-dance spectacle. Examining the reception of Bollywood music in places as diverse as Indonesia and Israel, the essays offer a stimulating redefinition of globalization, highlighting the cultural influence of Hindi film music from its origins early in the twentieth century to today. Contributors: Walter Armbrust, Oxford U; Anustup Basu, U of Illinois, Urbana-Champaign; Nilanjana Bhattacharjya, Colorado College; Edward K. Chan, Kennesaw State U; Bettina David, Hamburg U; Rajinder Dudrah, U of Manchester; Shanti Kumar, U of Texas, Austin; Monika Mehta, Binghamton U; Anna Morcom, Royal Holloway College; Ronie Parciack, Tel Aviv U; Biswarup Sen, U of Oregon; Sangita Shrestova; Richard Zumkhawala-Cook, Shippensburg U. Sangita Gopal is assistant professor of English at the University of Oregon. Sujata Moorti is professor of women's and gender studies at Middlebury College.

Full of wit and delicious observations, Mrs Funnybones captures the life of the modern Indian woman a woman who organizes dinner each evening after having been at work all day, who runs her own life but has to listen to her mummyji, who worries about her weight and the state of the country. Based on Twinkle Khanna's super-hit column, Mrs Funnybones marks the debut of one of our funniest, most original voices.

What is it like to be known as Mansoor Ali Khan Pataudi's daughter? Or to have a mother as famous as Sharmila Tagore? Or to be recognized as Saif Ali Khan's sister? Or as Kareena Kapoor's sister-in-law? And where do I stand among them? Actor Soha Ali Khan's debut book is at heart a brilliant collection of personal essays where she recounts with self-deprecating humour what it was like growing up in one of the most illustrious families of the country. With never before published photos from her family's archives, The Perils of Being Moderately Famous takes us through some of the most poignant moments of Soha's life—from growing up as a modern-day princess and her days at Balliol College to life as a celebrity in the times of social media culture and finding love in the most unlikely of places—all with refreshing candour and wit.

The debut work of poetry from Gareth Egan.

Biography of Subhas Chandra Bose, 1897-1945, Indian statesman.

The greatest run-scorer in the history of cricket, Sachin Tendulkar retired in 2013 after an astonishing 24 years at the top. The most celebrated Indian cricketer of all time, he received the Bharat Ratna Award - India's highest civilian honour - on the day of his retirement. Now Sachin Tendulkar tells his own remarkable story - from his first Test cap at the age of 16 to his 100th international century and the emotional final farewell that brought his country to a standstill. When a boisterous Mumbai youngster's excess energies were channelled into cricket, the result was record-breaking schoolboy batting exploits that launched the career of a cricketing phenomenon. Before long Sachin Tendulkar was the cornerstone of India's batting line-up, his every move watched by a cricket-mad nation's devoted followers. Never has a cricketer been burdened with so many expectations; never has a cricketer performed at such a high level for so long and with such style - scoring more runs and making more centuries than any other player, in both Tests and one-day games. And perhaps only one cricketer could have brought together a shocked nation by defiantly scoring a Test century shortly after terrorist attacks rocked Mumbai. His many achievements with India include winning the World Cup and topping the world Test rankings. Yet he has also known his fair share of frustration and failure - from injuries and early World Cup exits to stinging criticism from the press, especially during his unhappy tenure as captain. Despite his celebrity status, Sachin Tendulkar has always remained a very private man, devoted to his family and his country. Now, for the first time, he provides a fascinating insight into his personal life and gives a frank and revealing account of a sporting life like no other.

Shows ideas and inspiration for modern kitchen design with 40 project profiles. Reflection of the house and its inhabitants, modern kitchens still incorporate the genuine soul of a living space. Open Kitchens features a selection of some of the best kitchen designs produced over the last years all over the world. Almost forty projects and more than 200 images illustrate the multiplicity of trends that can be incorporated to a common basic concept, regarding diversity of materials and lighting, surface or presence within a space in fluent communication with the house to which it belongs.

"Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested that an account of my life and fortunes would not be uninteresting to the public." -an excerpt  
Unlike some other reproductions of classic texts (1) We have not used OCR(Optical Character Recognition), as this leads to bad quality books with introduced typos. (2) In books where there are images such as portraits, maps, sketches etc We have endeavoured to keep the quality of these images, so they represent accurately the original artefact. Although occasionally there may be certain imperfections with these old texts, we feel they deserve to be made available for future generations to enjoy.

The Kabuliwala sells his wares in the streets of Calcutta, thinking of his little daughter who awaits him in faraway Afghanistan, an elderly stranger charms a group of unruly schoolboys who try to harass him. The lady of wishes passes by just as a father wishes he was his son and his son wishes he was the father-these stories-both commonplace and wildly imaginative are told with charming simplicity by the Nobel Prize Laureate in Literature. This book is the perfect introduction for younger readers to the magical world of Rabindranath Tagore.

From Yolanda Gampp, host of the massively popular, award-winning YouTube sensation “How to Cake It,” comes an inspiring “cakebook” with irresistible new recipes and visual instructions for creating spectacular novelty cakes for all skill levels. On her entertaining YouTube Channel, “How to Cake It,” Yolanda Gampp creates mind-blowing cakes in every shape imaginable. From a watermelon to a human heart to food-shaped cakes such as burgers and pizzas—Yolanda’s creations are fun and realistic. Now, Yolanda brings her friendly, offbeat charm and caking expertise to this colorful cakebook filled with imaginative cakes to make at home. How to Cake It: A Cakebook includes directions for making twenty-one jaw-dropping cakes that are gorgeous and delicious, including a few fan favorites with a fresh twist, and mind-blowing new creations. Yolanda shares her coveted recipes and pro tips, taking you step-by-step from easy, kid-friendly cakes (no carving necessary and simple fondant work) to more difficult designs (minimal carving and fondant detail) to aspirational cakes (carving, painting and gum-paste work). Whatever the celebration, Yolanda has the perfect creation, including her never before seen Candy Apple Cake, Party Hat, Rainbow Grilled Cheese Cake, Toy Bulldozer Cake and even a Golden Pyramid Cake, which features a secret treasure chamber! Written in her inspiring, encouraging voice and filled with clear, easy-to-follow instructions and vibrant photos, How to Cake It: A Cakebook will turn beginners into confident cake creators, and confident bakers into caking superstars!

There Are More Muslims In South Asia Today Than In Any Other Region Of The World. Yet High Quality Sociological Studies Of These Muslim Communities Are Rare. This Volume Offers Fourteen Essays Contributed By Sociologists, Social-Anthropologists And Historians Which Deal With A Number Of Subjects From A Variety Of Perspectives. An Inter-Disciplinary Effort Which Also Represents International Collaborative Scholarship, With Contributors From South Asia, England, France And Usa.

From Being Dismissed As A Non-Actor In His Debut Film To Creating An Aura That Is Admired By Critics And Repeatedly Studied By Actors To This Day, Dilip Kumar Has Become A Legend In His Own Lifetime. This Book Chronicles His Life.

Photographs that are neither digitally augmented nor airbrushed show what women really look like after giving birth and encourage new mothers to embrace their bodies as they are.

This unique book brings to light the little-known, but powerful roles that civil resistance has played in national liberation struggles throughout history. Ranging from the American Revolution to Kosovo in the 1990s, from Egypt under colonial rule to present-day West Papua and Palestine, the authors of Recovering Nonviolent History consider several key questions: What kinds of civilian-based nonviolent strategy and tactics have been used in liberation struggles? What accounts for their successes and failures? Not least, how did nonviolent resistance influence national identities and socioeconomic and political institutions both prior to and after liberation, and why has this history been so often ignored? The story that emerges is a compelling one of the agency of thousands and even millions of ordinary people as they used nonviolent force in the course of struggles against foreign subjugation.

Chanakya NeetiSamaira Book Publishers

NEW YORK TIMES BESTSELLER • In this thoughtful and revealing memoir, readers will accompany one of the world's most recognizable women on her journey of self-discovery. "I have always felt that life is a solitary journey, that we are each on a train, riding through our hours, our days, our years. We get on alone, we leave alone, and the decisions we make as we travel on the train are our responsibility alone." A remarkable life story rooted in two different worlds, *Unfinished* offers insights into Priyanka Chopra Jonas's childhood in India; her formative teenage years in the United States; and her return to India, where against all odds as a newcomer to the pageant world, she won the national and international beauty competitions that launched her global acting career. Whether reflecting on her nomadic early years or the challenges she has faced as she has doggedly pursued her calling, Priyanka shares her challenges and triumphs with warmth and honesty. The result is a book that is philosophical, sassy, inspiring, bold, and rebellious. Just like the author herself. From her dual-continent twenty-year-long career as an actor and producer to her work as a UNICEF Goodwill Ambassador, from losing her beloved father to cancer to marrying Nick Jonas, Priyanka Chopra Jonas's story will inspire a generation around the world to gather their courage, embrace their ambition, and commit to the hard work of following their dreams.

Paying tribute to Ansel Adams and the California Sierra Nevada wilderness area named in his honor, an esteemed National Geographic photographer captures the fragile beauty of the High Sierras through the modern lens of digital photography.

Could your breakfast or lunch be harming your memory? Are you missing out on the foods that could prevent Alzheimer's disease? Everyone knows good nutrition supports your overall health, but few realize that certain foods-power foods-can protect your brain and optimize its function, and even dramatically reduce your risk of Alzheimer's Disease. Now, New York Times bestselling author, clinical researcher and health advocate Dr. Neal Barnard has gathered the most up-to-date research and created a groundbreaking program that can strengthen your memory and protect your brain's health. In this effective 3-step plan Dr. Barnard reveals which foods to increase in your diet and which to avoid, and shows you specific exercises and supplements that can make a difference. It will not only help boost brain health, but it can also reduce your risk of Alzheimer's disease, stroke, and other less serious malfunctions such as low energy, poor sleep patterns, irritability, and lack of focus. You'll discover: The best foods to increase cognitive function Dairy products and meats-the dangers they may pose to your memory The surprising roles alcohol and caffeine play in Alzheimer's risk The latest research on toxic metals, like aluminum found in cookware, soda cans, and common antacids. Plus a detailed menu plan, recipes and time-saving kitchen tips

Drawing on conversations with hundreds of women about their genitalia, the author presents a collection of performance pieces from her one-woman show of the same name. An ancient Hindu text, "The Kama Sutra" is attributed to Vatsyayana-a Vedic philosopher of the Gupta Empire. The book offers advice on the practice of sexual intercourse, with additional passages about virtue, love, family, and other aspects of human life. It is arguably the world's most famous literary document concerning human sexuality.

Kareena Kapoor was born to be a star! In her first-ever book, the ultimate glamour girl lets you into her fabulous life and reveals her best-kept style and beauty secrets. Bebo's fashion, beauty and make-up tricks and tips! Get a Size Zero body with Bebo's diet and fitness regime Replicate her looks from all her hit films Learn about Bebo's must-visit hotels and restaurants Learn how to treat and dress your man right and the inside story of the romance with Saif Ali Khan

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