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**Health and Wellness Tourism** Melanie K. Smith, László Puczkó. 2009 Health and wellness tourism is a rapidly growing sector of today's thriving tourism industry. This book will examine the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. Health and Wellness Tourism looks at the motivations and profiles of the tourists for this sector and provides valuable guidance and a basis for discussion regarding the marketing, managing and operations in this sector. \* Introduces the reader to this topic by looking at the history, origins and scope of this sector and how it fits with today's international tourism and leisure industry. \* Uses international case studies to illustrate the multiple aspects of the industry and new and emerging trends including spas, life-coaching, meditation, festivals, pilgrimage and yoga retreats. \* Evaluates marketing and promotional strategies and assesses operational and management issues in the context of health and wellness tourism. Melanie Smith is a Senior Lecturer in Cultural Tourism Management from the University of Greenwich in London, UK. She is also Chair of ATLAS (The Association for Tourism and Leisure Education). She has recently co-edited a special edition of the journal *Tourism Recreation Research on Wellness Tourism*, as well as undertaking a large research project on holistic tourism. She is currently teaching BA courses in Wellness Tourism in Budapest, Hungary and is working on consultancy projects related to the development of spas and holistic tourism centres. László Puczkó is a Tourism Academic and Consultant specialising in Wellness Tourism. He is currently a managing director and head of tourism section at Xellum management consulting company in Budapest, Hungary. Xellum Ltd. is a professional services firm that has 3 major lines of business: tourism, financial analysis and EU and governmental advisory. He currently advises on several projects relating to wellness tourism, including spa development, management and marketing. Former positions include: researcher, consultant and lecturer at the Tourism Research Centre of Budapest University of Economics and Public Administration (1993-2001) and manager at KPMG Advisory Travel, Leisure and Tourism Group (2001-2004). \* A pioneering text which looks at the development and management of health and wellness tourism, a rapidly growing area of the contemporary tourism industry. \* Uses a variety of international case studies to illustrate the nature and scope of the health and wellness tourism product, from hotel spas in the Caribbean and Asia, to day spas in the United States and the New Age Festival in New Zealand \* Discusses the motivations and profiles of wellness tourist and how to market and manage this specific product type.

**Neo-Hindutva** Edward Anderson, Arkotong Longkumer. 2020-05-21 Neo-Hindutva explores the recent proliferation and evolution of Hindu nationalism - the assertive majoritarian, right-wing ideology that is transforming contemporary India. This volume develops and expands on the idea of 'neo-Hindutva' -- Hindu nationalist ideology which is evolving and shifting in new, surprising, and significant ways, requiring a reassessment and reframing of prevailing understandings. The contributors identify and explain the ways in which Hindu nationalism increasingly permeates into new spaces: organisational, territorial, conceptual, rhetorical. The scope of the chapters reflect the diversity of contemporary Hindutva - both in India and beyond - which appears simultaneously brazen but concealed, nebulous and mainstreamed, militant yet normalised. They cover a wide range of topics and places in which one can locate new forms of Hindu nationalism: courts of law, the Northeast, the diaspora, Adivasi (tribal) communities, a powerful yoga guru, and the Internet. The volume also includes an in-depth interview with Christophe Jaffrelot and a postscript by Deepa Reddy. Helping readers to make sense of contemporary Hindutva, Neo-Hindutva is ideal for scholars of India, Hinduism, Nationalism, and Asian Studies more generally. This book was originally published as a special issue of *Contemporary South Asia*.

*Handbook of Social and Emotional Learning* Joseph A. Durlak, Celene E. Domitrovich, Roger P. Weissberg, Thomas P. Gullotta. 2016-10-26 The burgeoning multidisciplinary field of social and

emotional learning (SEL) now has a comprehensive and definitive handbook covering all aspects of research, practice, and policy. The prominent editors and contributors describe state-of-the-art intervention and prevention programs designed to build students' skills for managing emotions, showing concern for others, making responsible decisions, and forming positive relationships. Conceptual and scientific underpinnings of SEL are explored and its relationship to children's and adolescents' academic success and mental health examined. Issues in implementing and assessing SEL programs in diverse educational settings are analyzed in depth, including the roles of school- and district-level leadership, teacher training, and school-family partnerships.

*Yoga Application for Low Back Pain* Dayanand Dongaonkar.2013-02-01

**Why I Became a Hindu** Parama Karuna Devi.2019-12-26 The movement known as Hindu Resurgence, Hindu Awakening or Hindu Renaissance has become increasingly noticeable, and there is a distinct effort to liberate Hinduism from the definitions and limitations imposed by the domination of hostile outsiders. However, confusion and lack of proper information are still serious obstacles on the path of proper understanding and realisation. India, or as it was called in ancient times, Bharata Varsha, has an immense potential that can be materialised simply by returning to the correct original perspective of the golden Vedic civilisation that is the natural heritage of all Indians and in fact of all human beings. The Rig Veda samhita (9.63.5) points us in the correct direction: Krinvanto visvam aryam, Let everyone become arya

**Secrets Of Yoga** Osho.2003 You Are Here, That Much Is Certain. You Are Alert That You Are Here, That Much Is Also Certain. Now These Two Ingredients Are Enough For Yoga Experimentation. In This Book, Part Of A Series, Osho Expounds On The Essence Of Patanjali S Philosophy Which Is Contained In His Sutras. Elaborating On These, Osho Says That Though The Sutras Contain The Key To Understanding The Self, They Are Just Introductory, Just A Preface To The Real Thing . The Actual Work, He Feels, Starts When One Is Ready To Change, To Mutate, To Become New . He Maintains That The Enlightened One Has Gone Beyond The Ego And Knows The Oneness Of All Things. Secrets Of Yoga, The Result Of Osho'S Talks, Is Rich With Insights From Osho'S Awakened Consciousness. Replete With Anecdotes, Simple Yet Deep, The Book Contains His Views On Crucial Issues Like Ego, Death And Spirituality. The Voyage Of Self-Discovery Is Enlivened With Osho'S Irreverent Sense Of Humour. The Book Contains Questions From Various People Keen To Know Themselves And Osho'S Candid Answers That Make For Delightful Reading Even As They Offer Solutions To Those Mired In Similar Problems. Pithy And Profound, Secrets Of Yoga Is An Invaluable Guide For Those Looking For Inner Peace And Harmony.

**Science of Ashwagandha: Preventive and Therapeutic Potentials** Sunil C. Kaul, Renu Wadhwa.2017-09-13 Rapidly increasing aging population and environmental stressors are the two main global concerns of increasing incidence of a variety of pathologies in the modern society. The complex etiologies and pathologies cause major challenges to disease treatment. On the other hand, several herbs are known for their health-caring and disease-curing activities. Ashwagandha, a popular herb in Indian traditional home medicine, Ayurveda, has gathered increasing recognition in recent years when the chemically synthesized drugs for single target therapies showed limited success and adverse toxic effects. Ashwagandha is known as a powerful adaptogen and trusted to enhance function of the brain, reproductive system, cell-mediated immunity and increase the body's defense against disease, and possess anti-inflammatory, anticancer and anti-arthritis activities. In this book, for the first time, we provide a complete portrait on scientific understanding of the effects of Ashwagandha and its active principles for a variety of preventive and therapeutic activities.

*Krishna Yogeshvara* Sanjay Dixit.2019-12-18 In a flash, Krishna took out the Sudarshana Chakra from its holder near his waist and threw it at Shishupala. The Chakra took his head off and returned back to Krishna. Krishna Yogeshvara, the second volume in the Lord Krishna Trilogy, seamlessly weaves a mystical, awe-inspiring narrative of the leela of Krishna through the least explored aspect of his life-the years in between the killing of Kamsa and the start of the great war of Mahabharata. Krishna's favourite cousin, Uddhava, through his pristine narration, connects the episodes of how Krishna employs him to reconcile with Radha, leading to Krishna's growing-up years as a student

and a warrior yogi. The book traces the evolution of Krishna from a precocious adolescent to a person fully in control of his consciousness—someone who is capable of offering the best solution using the stratagem of sama, dama, danda, bheda to every situation in accordance with Dharma. Krishna's understanding of Dharma is of the highest order, and his understanding transcends to that of the highest yogi. That is why he is revered as the Yogeshvara—one who fulfils Patanjali's definition of a yogi. The book explores the deep recesses of the minds of the various characters and how they interact with Krishna. The author intertwines the narrative of traditional Krishna stories with a touch of realism, using the technique of Uddhava's narration with his own. As the two paths converge, the villains and antagonists of the great epic also come to the fore and are vanquished strategically by Krishna's brilliance. Kutil Dharma, so brutal earlier, transmogrifies into a subtle but more devastating form; yet, he cannot escape the sharp eye of Krishna. The book ends with the Kaurava and the Pandava armies arrayed against each other, with Arjuna refusing to fight, setting the stage for the recital of Bhagavad Gita.

**Faith Movements and Social Transformation** Samta P. Pandya.2018-12-11 This book examines the role of Hindu-inspired faith movements (HIFMs) in contemporary India as actors in social transformation. It further situates these movements in the context of the global political economy where such movements cross national boundaries to locate believers among the Hindu diaspora and others. In contemporary neoliberal India, HIFMs have become important actors, and they realize themselves by making public assertions through service. The four pillars of the contemporary presence of such movements are: gurus, sociality, hegemony and social transformation. Gurus, who spearhead these movements, create a matrix of possible meanings in their public discourses which their followers pick up to create messages of personal and social change. Sociality is a core strategy of proliferation across such movements and implies social service, which is qualified by memories of the guru and what they are believed to embody. Hegemony is reflected in the fact that social service in such movements often ominously imbibes right-wing or far-right Hinduism. They propose a model of Hindu-inspired social transformation, involving faith building into and transforming the civil society. The book discusses in a nuanced way several Hindu-inspired faith movements of various hues which have made national and international impact. This topical book is of interest to students and researchers in the fields of sociology, anthropology, social work, and social psychology, with a special interest in the study of religious movements.

Microbial Bioprospecting for Sustainable Development Joginder Singh, Deepansh Sharma, Gaurav Kumar, Neeta Raj Sharma.2018-09-18 This book presents a comprehensive overview of the use of microorganisms and microbial metabolites as a future sustainable basis of agricultural, environmental and industrial developments. It provides a holistic approach to the latest advances in the utilization of various microorganism bioprospecting including their wide range of applications, traditional uses, modern practices, and designing strategies to harness their potential. In addition, it highlights advanced microbial bioremediation approaches, including genetic manipulation, metagenomics analysis and bacteriophage-based sensors for the detection of food-borne pathogens. Lastly, it elaborates on the latest advances regarding the role of microbes in the sustainable development of various industrial products.

**The New Spirituality** Gordon Lynch.2007-04-25 Much attention has been given in recent writings about religion to fundamentalism and the 'religious right'. But less attention has been given to their opposite - the emergence of a new generation of progressive religious thinkers and organisations on the 'religious left'. The New Spirituality is one of the first books to give a comprehensive and authoritative account of this burgeoning progressive religious movement. It offers a clear and engaging analysis of the cultural roots, key ideas and organisational structures of this new faith, assessing its significance in the changing moral and religious landscape of contemporary western society. Gordon Lynch argues that we are witnessing the rise of a new religious ideology which reveres the natural world, connects religious faith with novel scientific theories, and has a forward-looking agenda for society's transformation. The New Spirituality will be essential reading for students attempting to understand the shape of religious belief in the twenty-first century.

*Yoga-Yajnavalkya* John Ely.2000 Ancient treatise on Yoga; Sanskrit text with English translation.  
*Doing Survey Research* Peter M. Nardi.2015-11-17 The significantly updated third edition of this short, practical book prepares students to write a questionnaire, generate a sample, conduct their own survey research, analyse data, and write up the results, while learning to read and interpret excerpts from published research. It combines statistics and survey research methods in a single book.

**The Foundations of Indian Culture** Aurobindo Ghose.1975

**Aushadh Darshan** Swami Ramdev.2005

*Krishna Gopeshvara* Sanjay Dixit.2018-06-30 A never-before action packed retelling of Lord Krishna's life, Krishna Gopeshvara is the first in a trilogy that narrates the early life events of Lord Krishna from the time of Kamsa's capture of the Mathura throne to his killing by his nephew-as was foretold by the tyrant king's own priest. Styled as a historical fiction, Krishna and Kamsa are portrayed as men pursuing their narratives according to their understanding of the world around them. What entails is a clash of two narratives-the dharmic one symbolized by Krishna and the other a totalitarian and despotic narrative epitomized by Kamsa. The only assumption that has been made is that Krishna was a highly gifted young man. In the story of the battle between an uncle he must kill to survive lies embedded the truth of a nation gone rogue and a critique of the social, cultural and religious circumstances of Mathura, Magadha, Kashi, and other leading power centres of Aryavarta-which holds relevance even in our times-thus setting the stage for the great epic of Mahabharata. The careful portrayal of the other kings and princes of the Mahabharata era shows how often flaws in character can lead to devastating consequences, affecting, sometimes, the nation as a whole. Thus, human psychology is laid bare, including the inherent limitations of man. Weaving a riveting account of the life of the Lord, the political intrigues, discussions on dharma and debates on the position of women in the society, Krishna Gopeshvara is a perfect portrayal of the Vedic era with a deep resonance to the times we live in.

*Vegetation Survey of Morni Hills, Panchkula, Haryana* .2018

*Modern Religious and Secular Movements in India* Aleyamma Zachariah.1998

**Communities and Courts** Manisha Sethi.2021-12-30 The entanglement of law and religion is reiterated on a daily basis in India. Communities and groups turn to the courts to seek positive recognition of their religious identities or sentiments, as well as a validation of their practices. Equally, courts have become the most potent site of the play of conflicts and contradictions between religious groups. The judicial power thus not only arbiters conflicts but also defines what constitutes the 'religious', and demarcates its limits. This volume argues that the relationship between law and religion is not merely one of competing sovereignties - as rational law moulding religion in its reformist vision, and religion defending its turf against secular incursions- but needs to be understood within a wider social and political canvas. The essays here demonstrate how questions of religious pluralism, secularism, law and order, are all central to understanding how the religious and the legal remain imbricated within each other in modern India. It will be of interest to academics, researchers, and advanced students of Sociology, History, Political Science and Law. The chapters in this book were originally published as a special issue of South Asian History and Culture.

*Diabetes Educators' Success Stories* Dr. Biswaroop Roy Chowdhury.2016-11-18 This book will help you get back the lost health of yours and your near and dear ones and, shall also inspire you to educate others about the true method of healing. It's my privilege to extend this book to you, with full conviction towards a cure for diabetes along with heart diseases, cancer, high blood pressure and liver diseases. Along with the efforts of the entire team and all the diabetes educators throughout the country; in this edition you will learn - How to cure diabetes in 72 hours with simple DIP diet.

*The Renaissance in India* Aurobindo Ghose.1920

**Inventory of Sanskrit Scholars** Radhavallabh Tripathi.2012

**The Hygiene of the School Child** Lewis Madison Terman.1914

**INDIA'S NEW CAPITALISTS** Harish Damodaran.2018-11-25 It's no secret that certain social

groups have predominated India's business and trading history, with business traditionally being the preserve of particular 'Bania' communities. However, the past four or so decades have seen a widening of the social base of Indian capital, such that the social profile of Indian business has expanded beyond recognition, and entrepreneurship and commerce in India are no longer the exclusive bastion of the old mercantile castes. In this meticulously researched book – acclaimed for being the first social history to document and understand India's new entrepreneurial groups – Harish Damodaran looks to answer who the new 'wealth creators' are, as he traces the transitional entry of India's middle and lower peasant castes into the business world. Combining analytical rigour with journalistic flair, India's New Capitalists is an essential read for anyone seeking to understand the culture and evolution of business in contemporary South Asia.

**Sell with a Story** Paul Smith.2016-09-08 Despite the high-tech tools available to salespeople today, the most personal method still works best. Through storytelling, a salesperson can explain products or services in ways that resonate, connect people to the mission, and help determine what decisions are made. A well-crafted story can pack the emotional punch to turn routine presentations into productive relationships. In *Sell with a Story*, organizational storytelling expert and author Paul Smith focuses his popular and proven formula to the sales arena. Smith identifies the ingredients of the most effective sales stories and reveals how to: Select the right story Craft a compelling and memorable narrative Incorporate challenge, conflict, and resolution • And more Learning from model stories, skill-building exercises, and enlightening examples from Microsoft, Costco, Xerox, Abercrombie & Fitch, Hewlett-Packard, and other top companies, you will soon be able to turn their personal experiences into stories that introduce yourself, build rapport, address objections, add value to the product, bring data to life, create a sense of urgency...and most importantly, sell! If you want to become a better communicator and transform your sales results, *Sell with a Story* is for you.

**Checklist of World Herbal Encyclopedia** Bālakṛshṇa (Ācārya).2017

**Sarasvati** Srinivasan Kalyanaraman.2008

**Servant Leadership, Social Entrepreneurship and the Will to Serve** Luk Bouckaert,Steven C. van den Heuvel.2019-11-28 This book brings together a number of important essays on the intersection of servant leadership and social entrepreneurship, examining them through a shared focus on 'the will to serve'. This combination bears out the insight that inspiring social and economic leaders are able to transform a conflictual human settlement into a collaborative and caring human community. The book seeks to answer the question of whether we can induce from their 'way of doing things' a model of civic entrepreneurship and leadership that can inspire people in profit, non-profit and public organizations. It also examines the extent to which the will to serve is compatible with the will to maximize profit or the will to gain economic, political or religious power. Furthermore, it asks how far different spiritual traditions create different models and examples of servant leadership and social entrepreneurship. This book will be of interest to researchers working in the fields of business ethics, business spirituality and corporate social responsibility.

*Demand and Supply of Medicinal Plants in India* D. K. Ved.2008

**The Complete Illustrated Book of Yoga** Swami Vishnu Devananda.2011-02-23 Since 1960, more than 1 million people have used this classic guide to tap the incredible power of yoga. The attractive new edition, in a new size, will appeal to a wide audience of contemporary yoga students.

*The Value of Values* Swami Dayananda Saraswati.2007

*Godman to Tycoon* Priyanka Pathak-Narain.2017

*Yog Its Philosophy & Practice* Swami Ramdev.2006-03

*Prāṇāyāma Rahasya* Swami Ramdev.2009

*Ayurveda* Bālakṛshṇa (Ācārya).2006

**Secrets of Indian Herbs for Good Health** Bālakṛshṇa (Ācārya.).2008

**The God Market** Meera Nanda.2011-10-01 Conventional wisdom says that integration into the global marketplace tends to weaken the power of traditional faith in developing countries. But, as Meera Nanda argues in this path-breaking book, this is hardly the case in today's India. Against expectations of growing secularism, India has instead seen a remarkable intertwining of Hinduism

and neoliberal ideology, spurred on by a growing capitalist class. It is this “State-Temple-Corporate Complex,” she claims, that now wields decisive political and economic power, and provides ideological cover for the dismantling of the Nehru-era state-dominated economy. According to this new logic, India’s rapid economic growth is attributable to a special “Hindu mind,” and it is what separates the nation’s Hindu population from Muslims and others deemed to be “anti-modern.” As a result, Hindu institutions are replacing public ones, and the Hindu “revival” itself has become big business, a major source of capital accumulation. Nanda explores the roots of this development and its possible future, as well as the struggle for secularism and socialism in the world’s second-most populous country.

**Stripping the Gurus** Geoffrey D. Falk.2009-06 Armed with wit, insight, and truly astonishing research, Falk utterly demolishes the notion of the enlightened guru who can lead devotees to nirvana.--John Horgan, author of Rational Mysticism.

**The Mind of an Engineer: Volume 2** Purnendu Ghosh.2019-11-18 This book is a collection of chapters reflecting the experiences and achievements of some of the Fellows of the Indian National Academy of Engineering (INAE). The book comprises essays that look at reminiscences, eureka moments, inspirations, challenges and opportunities in the journey of an engineering professional. The chapters look at the paths successful engineering professionals take towards self-realisation, the milestones they crossed, and the goals they reached. The book contains 38 chapters on diverse topics that truly reflect the way the meaningful mind of an engineer works.

*A Practical Approach to the Science of Ayurveda* Acharya Balkrishna,Suhas, Kshirsagar.2018-05-23 This book helps the reader to easily understand the basic constitution of the body, ailments in the body and their eradication. The basic principles of Ayurveda have been illustrated in a lively manner for the first time. I completely believe that once a person goes through this book thoroughly, he can absolutely achieve a life-span up to 100 years. For the basic knowledge regarding constitution, food, lifestyle and health, everyone should read this book for sure. -Swami Ramdev

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