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Navaratri Devi Songs: Check Out Popular Malayalam Devotional Songs 'Durge Lakshmee Bhadre' Jukebox Traditionally, entertainment came from simple pursuits like storytelling ... which moved from oral narration to writing of books ... It ' s essentially a light yoga-style workout while cocooned ...

FUTURE SHOCK: 25 Leisure & entertainment trends post COVID-19 For all Malayalam music fans, check-out latest Malayalam song 'Kalyani' sung by Jithin Lal Vijay'. The song 'Kalyani' is directed by Shravan Shankar. Music of song Kalyani is given by Jithin Lal ...

Malayalam Video Song: Latest Malayalam Song 'Kalyani' Sung by Jithin Lal Vijay Featuring Sreeram Ramachandran and Gopika Anil This book is a candid confession of an Indian-American woman, Anjali Talcherkar, who empowered herself with yoga to break her addiction. It is about her brave transformation from a teenager in the ...

Health books to lead you towards a holistic life People suffering from poor mental health can reap rich and long-term benefits by adopting the ancient Indian practice of Yoga in their daily lives. Yoga helps in maintaining good mental and ...

10 minutes daily yoga can help improve mental health problems While, Bhramam, the Malayalam remake of Sriram Raghavan ' s thriller, AnhaDhun, is already streaming on Amazon Prime, very few are aware that the leading actor, Prithviraj was keen to remake the ...

Interview: Prithviraj on Bhramam, the benefits of OTT & more: ' Malayalam cinema was always little handicapped ' In a one-to-one conversation with Tanmaye Das, the actor cum full-time Kundalini yoga guru Bijay J Anand ... The new movie Erza is a Malayalam remake of Ezra that will soon be released on an ...

Exploring the self Ghee rice, also known as 'neyichoru' in Malayalam, is a cooked rice dish that is known for the distinct flavour of ghee. Seasoned with dry fruits, green chillies and onion, this rice dish offers ...

Ghee Rice Recipe: This Malabari Dish Will Remind You Of The Coast Of Kerala Abhirami, a top leading lady in South Indian movies of her time, plays an important character in the upcoming Sudeep-starrer Kotigobba-3. Bangalore Mirror caught up with Abhirami to catch up on ...

Kichha Sudeep is a true multi-tasker. Abhirami This feature stands out as a definite departure from its predecessor, Koodiyattam, in which the actors speak in chaste Sanskrit, Prakrit and Malayalam based on the characters they present on stage.

The man who redefined Kathakali ' s vocal music Sustainable beauty is not a destination but a journey. The term has been trending hard for several years now though there have been no clear definitions for it. Clean beauty is defined by ...

Road to sustainable beauty Prayagraj (Uttar Pradesh), Sep 22 (IANS) From a Yoga guru to a saint to an accused -- Anand Giri's life has been a roller-coaster ride. Now in police custody for allegedly abetting the suicide of ...

From Yoga guru to saint to accused, Anand Giri's roller-coaster life Kumbalanga in Malayalam, Budkumbalakai in Kannada, ash gourd is known by different names including wax gourd and winter melon. It's not just the petha, winter melon candy is a delicacy in many parts ...

Cooking With Ash Gourd - 2 Delicious South Indian Recipes To Try she has also started filming for the remake of the Malayalam hit 'Helen' in August. Janhvi made her Bollywood debut three years ago with Dhadak. She shared the screen with Ishaan Khatter.

Janhvi Kapoor pens adorable birthday wish for her 'best human' Akshat Rajan: I love you You could subscribe to the Tata Sky Malayalam Regional Mini at \$4.51 with a validity of 1 Month to get your package of entertainment active. The Tata Sky Malayalam Regional Mini offers a total ...

Tata Sky Malayalam Regional Mini We have instructors and trainers demonstrating different dance workouts, power yoga and music yoga as upbeat music plays in the background. We also have a spread of nutrition-packed breakfast ...

Be a smart party animal This film was remade in Telugu as 'Varasudu'. The film is loosely based on the Malayalam film 'Parampara' directed by Sibi Malayil where superstar Mammooty plays a dual role. Talking about his ...

Ajay Devgn recreates his iconic 'Phool Aur Kaante' split stunt for an ad but with a twist The Realme Book (Slim) is arguably one of the best laptops in this price range. If you have a budget of RS 45,000 and you are not looking to bother with any resource-intensive workloads ...

Realme Book Review: Off To A Great Start The south cinema, including the Tamil, Telugu and Malayalam film industries, have become huge in the last two decades with Bollywood makers lining up to buy remake rights of the popular films.

From Jersey to Vikram Vedha, These South Blockbusters to Soon Have Hindi Remakes Hero Electric offers both online and offline services, thanks to which customers can book an electric 2W at the Hero Electric website or by visiting the 700 touchpoints across India. Hero ...

Outlines the basic physical exercises, mental disciplines, and ethical commitments of raja yoga

The awakening of the kundalini or the cosmic energy in a human body is a rare phenomenon which defies the logic and rational explanation by modern science. The author has narrated his direct experiences with this energy in great detail in this book. It gives a fascinating insight into what happens when this cosmic energy gets activated in a human body. Hence, the kind of literature presented in some of the portions is rare to come across and truly mind boggling. This book also addresses some of the profound questions facing the mankind about its very existence. This book is meant for all sections of the humanity irrespective of their religious, philosophical, cultural, professional and educational background. The secrets revealed in this book can be of immense help to anyone in pursuit of the lasting peace and happiness.

An ancient artefact lost in time is about to reveal itself..... The story begins with the murder of young Kalpa and two army men, Ariender and Jaiveer, getting accidentally involved with it. Ariender and Jaiveer begin a search for the killer ... but is the murder a result of routine enmity or is there a bigger plot behind the untimely death of this young woman? Join Ariender and Jaiveer as they try to outsmart danger and death to find the truth behind a seemingly common murder. A search that leads them to an ancient story from the past, making them mere pawns on a large chessboard of greed, power and betrayal....

Patanjali Yoga Sutras is an age-old treatise written on the four-fold path of Yoga. It delves into the workings of our mind, body and spirit. Originally written in Sanskrit, this book is by Swami Vivekananda, detailing each sutra, simultaneously guiding us on ways to reach our goals. Starting from the very basics like concentration and meditation, to higher goals like attaining liberation and self-realization, these sutras are meant to teach us ways that help elevate lives and spirits. Easy to practice techniques, simplified life-philosophies and a modern rendering to the age-old wisdom make this book a collector ' s jewel.

The Concise Yoga Vasistha a clear, provocative summary of one of the leading texts of Hinduism. Swami Venkatesananda continues the long tradition of elaborating on and clarifying the teachings of the sage Vasistha. It captures the verve of the original text while eliminating needless repetition. For the specialist, this book makes available a handy guide to the original Sanskrit without sacrificing philosophical depth. To the comparative religionist, it provides an occasion for understanding how Hinduism has been able to accommodate seemingly opposite schools of thought without giving way to the platiitudes which mar many syncretic movements.

Yoga: A Natural Way of Being is about assimilating yogic ways into your life to enhance the flexibility of body and mind. It is a book with practical instructions on breathing, yogic postures and yogic exercises. Adopting a yogic way of life is an investment into your future for health and long life. You can cure your posture defects, learn to exercise your internal and external parts of the body and to enhance your power of concentration. Besides being practical, the book emphasises on learning about the philosophy behind Yoga and its practical aspects in our daily life.

With its promise of personal improvement, physical well-being and spiritual enrichment, yoga is enjoying a resurgence in popularity at the turn of the third millennium. To unravel the mystery of the discipline, its philosophies and relevance in contemporary life, the original text of the Yoga Sutras of Patanjali must be explored. This book offers the first accessible translation and commentary on Patanjali's Yoga Sutras. An introductory section examines the multidimensional aspects of yoga as philosophy, psychology, science, and religion, as well as exploring popular versions of yoga in the West. The core of the book offers a new translation of the entire text of the Yoga Sutras, in a language that is clear and comprehensible to students. Commentaries are presented to highlight the meaning of various statements (sutras) and key themes are outlined via sectional summaries. A full glossary of key words and names is also provided. Concluding chapters look at yoga in contemporary life, revealing the popularity of yoga in the 21st century through Star Wars, and exploring yoga's connection to health and science, contrasting yoga's holistic view of healing with that of the limited view of present day medical science. Sample physical, breathing and meditation exercises are provided. An Introduction to Yoga Philosophy offers a comprehensive introduction to the Yoga Sutras text of Patanjali to all students and interested readers of Indian philosophy and religion, world religions, east-west psychology, and mysticism.

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