





and Relationships--all are taking a toll on the body and mind, causing irreparable harm to one's health. However, the good news is that one can have a good enough control over many of these factors. Can one remain youthful forever? Why not? Holistic health includes physical, mental, and spiritual well-being and once you have attained holistic health, you could easily retain a youthful personality. This book shows you the way to a youthful living-- providing an insight into the factors that can help you maintain a youthful life by keeping you fit and healthy. This is a book meant for everyone. It is not just for the middle aged. It is meant for people in their twenties and thirties, as well. In fact, caring for the body should begin even as we are in our twenties. It is never too early to start respecting our bodies. From the types of exercises including Yoga and Meditation for different age groups, Diet and Nutritional precautions and the role of balanced Diet and Nutrition and anti-stress activities like meditation and breathing exercises, it offers a complete guide to the anti-aging formulas. #v&spublishers

It is easy to skip a question during an exam if it is 'Out of Syllabus' but what do you do if you are faced with a situation in life for which you were not given any inputs? Can you run away from the situation using the 'Out of Syllabus' excuse? Career is one area where one is expected to know and manage situations. After all a person is paid a salary to be able to handle things and deliver results. The reality is that most people get a lot of academic and conceptual inputs relating to one's career choice but very little practical inputs on how to effectively use the academic learning. 'Out of Syllabus' outlines the various such gaps in your learning with regard to career success and also gives specific and precise inputs that can be actioned with ease. The book defines the career of a person in phases and details the crucial elements that need to go into each of these phases. The end result is a holistic, balanced orientation which would help the individual work towards success in their careers. And more importantly, these inputs can also enable personal effectiveness and success.

A legendary language learning course undoubtedly! Rapidex English Speaking Course is the only speaking course of its kind whose features can be described in superlative degree only. It has already benefited millions of readers across the country. Experts have unanimously declared it as the best self-study course. Perhaps that is the reason that for over 15 years it has constantly been on the top of the best sellers list in the market. What is the secret of its great popularity? Maybe, a no-nonsense down-to-earth approach and a very scientific methodology that takes into its account the special requirements of Indian learners. In any case it is not just another crash course that begins with a bang but ends with a whimper. Rather its contents and subject matters have been specially designed to help a common man achieve maximum command on the language in a very short time. The most important part of this self-study course is confidence building measures because it has been found from the long experience that biggest problem in the path of fluently speaking a foreign language is hesitation, that arises out of lack of confidence. Many people, who have good command over the language and are well aware of its grammar and composition, can't speak the language fluently. Why? The answer is simple. While speaking they try to construct a sentence in their mother language and do the mental translation before uttering a single line. This creates not only confusion but utter chaos in their mind. As a result they feel great hesitation to speak simple sentences. In some cases, however, the problem is more complex, as they lack the basic knowledge of the English language. Rapidex English Speaking Course takes care of both the cases. So, what are you waiting for? Go ahead and discover the secret of fluency in English speaking. Explore and develop your hidden potential and face the world with a new-found confidence and smartness. Only the sky should be your limit. No matter which language you know or speak, be it Hindi, Marathi, Gujarati, Tamil, Telegu, Assami, Oriya, Kannad, Punjabi, Bengali, Nepali or Urdu, with the help of this book English will no more be a foreign language for you. A must for every

Indian home.

In our country any number of situations call for exact Hindi word of the English, and vice-versa. This English to Hindi Dictionary of spoken words is an essential reference guide for everyday use. Comprehensive and certainly one of the best available in the market, it incorporates jargon-free, up-to-date English words with equivalent Hindi terms, phonetics and sentence structuring usage. Compiled by an expert editorial board, this volume has over 4000 entries and effectively helps the readers in words and vocabulary improvement. This book is meant for every household, school and college library, office, workshops and any place where there is a need for Hindi alternative to the English words or expressions.

Manual for learning English language through Persian.

This book analyzes how the urban disadvantaged in the city of New Delhi learn English. Using qualitative methods the author discusses the pedagogy, texts and contexts in which biliteracy occurs and links English language teaching and learning in India with the broader social and economic processes of globalization in a developing country. The study is situated in a government school, a site where classrooms have rarely been qualitatively described, and where the Three Language Formula (TLF) is being fundamentally transformed due to increasing demand from the community for earlier access to the linguistic capital of English. Through research conducted in a call centre the author also shows what the requirements of new workplaces are and how government schools are trying to meet this demand.

Product Dimensions: 9.4 x 7.2 x 0.7 inches Description: Students with Native Language Kannada to Learn English

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