Above Average Amitabha Bagchi

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Eat Well, Look Great

Proceedings of Second International Conference INDIA 2015, Volume 1

Collected Papers on the Archaeology, Epigraphy, and Texts of Monastic Buddhism in India

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OUR FREEDOMS

Proceedings of the IFIP TC 11 22nd International Information Security Conference (SEC 2007),

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ADULTING

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A Complete Introduction to the Indian Tradition Above Average

Above Average Amitabha Bagchi

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HARRISON YARELI

Sea of Poppies Penguin India has changed. Rehana finds her father's books on medieval history have been 'disappeared' from bookstores and libraries. Her young domestic help, Abdul, discovers it is safer to be called Morari Lal in the street, but there is no such pro tection from vigilante fury for his Dalit friend, Suraj. Kamlesh, a diplomat

and writer, comes up against official wrath for his anti-war views. A bomb goes off at Cyrus Batliwala's gallery on the opening day of an art show. Presiding over this new world is the Director of Cultural Transformation, whose smiling affability masks a relentless agenda to create a Hindu master race. In this atmosphere, Rehana and her three bookclub friends, Nandini, Aruna and Lily, meet every week to discuss a book one of them has chosen--their oasis of peace amidst the harshness of reality-even as Rehana's German friend, Franz Rohner, haunted by his country's Nazi past, warns her of what is to come. All revolutions. he wryly observes, follow the same path.

But is India about to prove him wrong? In this brilliant, dystopian satire, Nayantara Sahgal draws a telling portrait of our times.

The Triangle India-Nepal-China

American Mathematical Soc. The current IT environment deals with novel, complex approaches such as information privacy, trust, digital forensics, management, and human aspects. This volume includes papers offering research contributions that focus both on access control in complex environments as well as other aspects of computer security and privacy.

Jasmine Days

Springer
"Dazzling. A novel that holds up to scrutiny a world of claustrophobic

war zones, virulent social media and cities collapsing upon themselves, and then sets it down again, transformed by the grace of storytelling." -Siddartha Deb, author of The Point of Return Anita lives in Karachi's biggest slum. Her mother is a maalish wali, paid to massage the tired bones of rich women. But Anita's life will change forever when she meets her elderly neighbour, a man whose shelves of books promise an escape to a different world. On the other side of Karachi lives Monty, whose father owns half the city and expects great things of him. But when a beautiful and rebellious girl joins his school, Monty will find his life going in a very different direction.

Sunny's father left India and went to England to give his son the opportunities he never had. Yet Sunny doesn't fit in anywhere. It's only when his charismatic cousin comes back into his life that he realises his life could hold more possibilities than he ever imagined. These three lives will cross in the desert, a place where life and death walk hand in hand, and where their closely guarded secrets will force them to make a terrible choice. The Anger of Saintly Men BEE Books The celebrated Hindi novelist Vishwanath is heartbroken by the recent loss of his son in a car accident. The tragedy breaks a long dry spell and spurs him to write a novel set in the household of Lala

Motichand in the early decades of the twentieth century. It follows the lives of the wealthy lala and his three sons: selfconfident Dinanath, the true heir to Motichand's mercantile temperament; lonely Diwanchand. uninterested in business and steeped in poetry; and illegitimate Makhan Lal, a Marx-loving schoolteacher relegated to the periphery of his father s life. And in an illuminating act of selfreflection. Vishwanath. the son of a cook for a rich sethji, also tells the story of the lala's personal servant, Mange Ram, and his son. Parsadi. Fatherhood. brotherhood and childhood, love, loyalty and poetry all come to

the fore as sons and servants await the lala's oncoming demise, against the devotional landscape of the Ramcharitmanas of Tulsidas. By writing about mortality and family, Vishwanath confronts the wreckage of his own life while seeking to make sense of the new India that comes into being in the first half of the twentieth century. Spellbinding and penetrating, Half the Night Is Gone raises questions of religion, literature and society that speak to our fractured times.

Eat Well, Look Great Juggernaut Books Saransh works at a life insurance company, as part of the Special Projects Group (SPG). Their current project is top-secret: the development of an

Artificial Intelligence system that will leave 552 branch-level employees redundant overnight. Because of site-specific customizations. however, the system needs to collect information from the company's various branches. Thus, begins a cycle in which Saransh travels across the country, interviewing the very people that his machine will replace soon. Meanwhile, his conscientious exjournalist girlfriend lyoti repeatedly questions Saransh's complicity in the impending destruction of hundreds of lives. The Machine is Learning is a novel about twenty-firstcentury workplaces, love and the impact of technology in all of our

lives. It interrogates a world order that accommodates guilt but offers no truly ethical course correction. Proceedings of Second International Conference INDIA 2015. Volume 1 New York Review of Books 'In times like these. truth is perhaps the only justice we can have, the only vengeance we can wreak.' Blood drips from the pellet-stricken eves of young Kashmiri men as Oubaid watches insurgency and violence rip through the streets of his homeland. A voice in his head tells him he knows who brought this plague upon them. But acknowledging it would mean that he must relive the horrors that have been inflicted on those he

loves... Yet the voice will not leave Oubaid alone, and as he reluctantly confronts his past, there emerge four echoes of a story, narrated by four childhood friends - a youth caught in conflict, the daughter of a social climber, the son of a moneyed landlord and a militant. As their tales diverge and coalesce, they unravel a truth that is not always the sum of its parts - one that reveals the full tragedy of a people buffeted by circumstance and desperately seeking salvation. A taut, searing reflection of our times, The Plague upon Us announces the arrival of an arresting new voice in contemporary fiction. **Collected Papers on** the Archaeology, Epigraphy, and

Texts of Monastic Buddhism in India

Pan Macmillan 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 antiinflammatory, anticancer and antiarthritic 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. The Other Country Verso Books 'Gorgeous means being the best version of yourself you can possibly be.'- Priyanka Chopra 'Taking care of

yourself physically but also making sure that you are happy and peaceful within, that's what it means to be gorgeous.' -Trisha Krishnan 'At sunrise, I hold a glass of freshly squeezed juice and at sunset a delicious bar of ice cream! If you understand your body and get in sync with its requirements you will look and feel great.' -Pradaini Surva 'My food philosophy is all about freedom and no diets. I have never stopped myself from eating something if I wanted to.' - Nina Manuel 'I don't worry myself with daily calorie intake or other such tediousness.' - Milind Soman Is it possible to look and feel great despite the pull and push of one's everyday routine? How does one fit in the right food and

the correct amount of fitness into one's life? Can this process be so much fun that one craves it?Former model and Miss India International '98 Shvetha Jaishankar believes so. She has dipped into her own experiments with food, weight loss and wellbeing to present a collection of delightful recipes, insights and a meal plan on how to eat well and look great. She has also gathered refreshing ideas and recipes from the kitchens of India's top models like Priyanka Chopra, Milind Soman, Malaika Arora Khan. Gul Panag and Madhu Sapre, who embody a balance that allows them to eat what they truly enjoy while still looking their best. This is supplemented by an evidence-based.

comprehensive meal plan to prepare you for that perfect red-carpet moment. Models don't follow fads, nor do they count calories. They embrace a way of life that includes delicious food, achievable fitness mantras and fun. So can you.Exquisitely designed, and packed with beautiful imagery, this handbook of delightful recipes and inspiration will give you an insider's view of the heady world of fashion and demystify what it takes to be fit and beautiful. The Plague Upon Us Hachette India This book is an introduction to the modern approach to the theory of Markov chains. The main goal of this approach is to determine the rate of convergence of a

Markov chain to the stationary distribution as a function of the size and geometry of the state space. The authors develop the key tools for estimating convergence times, including coupling, strong stationary times, and spectral methods. Whenever possible, probabilistic methods are emphasized. The book includes many examples and provides brief introductions to some central models of statistical mechanics. Also provided are accounts of random walks on networks. including hitting and cover times, and analyses of several methods of shuffling cards. As a prerequisite, the authors assume a modest understanding of probability theory

and linear algebra at an undergraduate level. Markov Chains and Mixing Times is meant to bring the excitement of this active area of research to a wide audience. You Beneath Your Skin Harper Collins Agastya Sen, known to friends by the English name August, is a child of the Indian elite. His friends go to Yale and Harvard. August himself has just landed a prize government job. The job takes him to Madna, "the hottest town in India," deep in the sticks. There he finds himself surrounded by incompetents and cranks, time wasters, bureaucrats, and crazies. What to do? Get stoned, shirk work, collapse in the heat, stare at the ceiling. Dealing with the locals

turns out to be a lot easier for August than living with himself. English, August is a comic masterpiece from contemporary India. Like A Confederacy of Dunces and The Catcher in the Rye, it is both an inspired and hilarious satire and a timeless story of self-discovery. Science of Ashwagandha: Preventive and Therapeutic Potentials HarperCollins leevan Sharma, an Indian immigrant in the US and a former taxi driver, manages his Pakistani landlord Shabbir Ahmad's accounts in return for rent-free accommodation. The quiet rhythm of his days in Baltimore is punctuated only by interactions with his neighbours on 26th

Street: Miss Lucy, an old black lady who makes him pancakes; Henry, a World War II veteran, and his dog Oscar: and Matthew and Kay, a married couple in their late twenties, who are negotiating a difficult relationship. Then, two things happen to throw his life into disarray: the sudden arrival of Sunita, a young woman who has walked away from a cheating husband, and the decision by the City of Baltimore to demolish the block that they live in. Will Jeevan be able to protect his old and infirm friends from the power of the City and Shabbir's greed? Can his settled solitude withstand the possibility of happiness with someone else? This Place is a novel about a group of

people for whom
neighbourhood means
more than simply living
next to each other. It is
a book about accepting
and fighting against
impermanence. It is
also a book about
South Asians in
America at the end of
the twentieth century.
How a ten-day
meditation boot

How a ten-day meditation boot camp unexpectedly awakened me to the fundamentals of life and existence

Zubaan Books
This book gathers
outstanding research
papers presented at
the International
Conference on
Frontiers in Computing
and Systems (COMSYS
2020), held on January
13–15, 2019 at
Jalpaiguri Government
Engineering College,
West Bengal, India and
jointly organized by the
Department of

Computer Science & **Engineering and** Department of Electronics & Communication Engineering. The book presents the latest research and results in various fields of machine learning, computational intelligence, VLSI, networks and systems, computational biology, and security, making it a rich source of reference material for academia and industry alike.

A Novel HarperCollins
For ages, India has had
a close and unique
relationship with Nepal.
Across the open border
between the two
countries millions of
people travel to each
other s country for
their livelihood, for
pleasure and social
contacts. The border
for all practical

purposes does not exist and there is nor hassle of passports and visas, almost unparalleled anywhere in the world. Yet the political and diplomatic relations between the two countries have not been uniformly good. India s ties with the two close neighbnours, Nepal and China, and their inter-relationship form the subject of this book. To a substantial extent, Chinese foreign policy has influenced the course of Nepal s relations with India. A triangle is thus formed which is explored here in the context of treaties and agreements. Nepal is the focus of the book but India s relations with China are also examined in depth. The relevant treaties are reproduced for ready reference. India

s ties with her neighbours have been close and special importance is attached to them in the framing and conduct of foreign policy. But the experience has not been uniformly happy. The problems encountered in the Indian policy towards Nepal and China have been discussed here in detail.

A Novel Bantam Dell **Publishing Group** The Equanimous Mind (2nd Edition) chronicles the author's first tenday Vipassana meditation camp experience at the end of 2010 and the lifechanging impact it has had on his personal and professional life since that time. This new second edition comes at an important milestone in Manish's journey as ten years

have passed since that first ten-day retreat. A new epilogue in this 10th anniversary edition has been expanded and enriched with updates on his progress since the journey began a decade ago. The book describes a ten-day Vipassana meditation course in the tradition of S. N. Goenka from the standpoint of someone encountering meditation for the first time. It contains a detailed, journal-like narrative of the rich and complex sequence of events that unrolls during the retreat. The author's capacity to recall and sequence vivid details by the hundreds gives the book the feeling of an experience rather than merely of a recounting. The Equanimous Mind has a particular

heartwarming quality because of the earnestness with which the author seeks to grow into being the best possible person he can be. Many people will benefit from this volume of clear sentences, deep feelings, and important messages.

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Out of gratitude for the benefits the author has received from the practice of Vipassana meditation, he will be donating the proceeds from this book to spreading awareness about the technique, so that others can draw value from it as well.

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Essays and Stories from India's Best Writers Gyan Publishing House This 20th-anniversary edition of the extraordinary New York Times bestseller features a new introduction from the author! "Stiffed is a brilliant, important book.. Faludi's reportorial and literary skills unfold with breathtaking confidence and beauty... She goes a long way toward eliminating the black and white, good and evil, male and female polarities that have riven the sexes in the past three decades..." -Time In 1991. internationally renowned feminist journalist Susan Faludi ignited a revival of the women's movement with her revelatory investigative reportage: Backlash was nothing less than a landmark, uncovering an "undeclared war" against women's

equality in the media, advertising, Hollywood, the workplace, and government—a war that is still being fought today. Stiffed may be even more essential than Backlash to understanding the cultural riptides that led to Trumpian America, Here, Faludi turns her attention to the so-called "Angry Male" politics plaguing the nation. Through deeply researched, nuanced, and empathetic character studies of distressed industrial workers, laidoff aerospace engineers, combat veterans, football fans, evangelical husbands, suburban and innercity teenage boys, and Hollywood and porn actors, Stiffed goes beyond the easy explanations of male misbehavior—that it's

driven by chromosomes or hormones—to lay bare the powerful social and economic forces that have shattered the postwar compact defining American manhood, Faludi's vivid storytelling illuminates the historic and traumatic paradigm shift from a "utilitarian" manliness, grounded in civic and communal service, to an "ornamental" masculinity shaped by entertainment, marketing, and performance values. Read in the light of Trumpian politics and the #MeToo movement. Faludi's analysis speaks acutely to our present crisis, and to a foreboding future. Stiffed delivers a searing portrait of modern-day male America, and traces

the provenance of a gender war that continues to rage, unabated.

Dispatches from the Mofussil Fourth Estate The second

international

conference on **INformation Systems** Design and Intelligent Applications (INDIA -2015) held in Kalyani, India during January 8-9. 2015. The book covers all aspects of information system design, computer science and technology, general sciences, and educational research. Upon a double blind review process, a number of high quality papers are selected and collected in the book, which is composed of two different volumes, and covers a variety of topics, including

natural language processing, artificial intelligence, security and privacy, communications. wireless and sensor networks. microelectronics. circuit and systems, machine learning, soft computing, mobile computing and applications, cloud computing, software engineering, graphics and image processing, rural engineering, ecommerce, egovernance, business computing, molecular computing, nanocomputing, chemical computing, intelligent computing for GIS and remote sensing, bioinformatics and biocomputing. These fields are not only limited to computer researchers but also include mathematics. chemistry, biology, bio-

chemistry, engineering, statistics, and all others in which computer techniques may assist. **Buddhist Thought** Springer A deeply sensitive portrait of life (and death) in a red-light district' - Tanuj Solanki 'Addictive and hilarious' - Avni Doshi 'Takes us deep into the hidden and harsh universes of the layered city of Calcutta' - Sarnath Baneriee 'Rijula Das surprises you with everything in this book - the writing, the scenes, the characters, the story' - Arunava Sinha In the red-light district of Shonagachhi, Lalee dreams of trading a life of penury and violence for one of relative luxury as a better-paid 'escort', just as her long-

standing client, erotic novelist Trilokeshwar 'Tilu' Shau, realizes he is hopelessly in love with her. When a young woman who lives next door to Lalee is brutally murdered, a spiral of deceit and crime further disturbs the fragile stability of their existence. Despite misgivings, Lalee lets new opportunities promising wealth and respite lure her away from the familiar confines of her neighbourhood, But beneath the facade of the plush hotels lies an underbelly of unimaginable secrets that will endanger her life and that of numerous women like her. As the local Sex Workers' Collective's protests against government and police inaction and their calls

for justice for the deceased woman gain fervour. Lalee and Tilu must each embark on a life-altering misadventure in order to escape a similarly savage fate. Chekhovian in spirit and reminiscent of the works of Nabarun Bhattacharya, it introduces us to an astonishing new writer. What Not to Do at IIT, a Novel Routledge In the village of Takht Hazara, the musically gifted Deedho Raniha struggles against family and society. He rejects the pursuit of wealth and power as the measure of a man's worth. In distant Jhang, the spirited Heer Syal is an accomplished warrior who fearlessly challenges the norms of her community.

Heer and Ranjha are

destined to meet and fall in love-the former chastised for her 'manly' pursuits and the latter ridiculed for his lack thereof. Told from multiple perspectives, set against the lush riverbanks and rugged countryside of West Punjab, this is a wise, passionate and lyrical retelling of one of the subcontinent's most beloved epics. A rich cast of characters-Kaido Langra, Jhang's seemingly pious conscience-keeper; Malki, the mother of a daughter she cannot understand; Seida Khera, Heer's hapless fianc : a silent, watchful crow: a flock of excitable pigeons who bear witness and a philosophical goat-all play their part in bringing this stirring story to life.Manjul

Bajaj scratches away at the many meanings of love in the timeless tale of Heer-Raniha, who dreamt not only of love for themselves but of a kinder, freer and fairer world for all of creation The City and the Sea **Harper Collins Buddhist Thought** guides the reader towards a richer understanding of the central concepts of classical Indian Buddhist thought, from the time of Buddha, to the latest scholarly perspectives and controversies. Abstract and complex ideas are made understandable by the authors' lucid style. Of particular interest is the up-todate survey of Buddhist Tantra in India, a branch of Buddhism where strictly controlled

sexual activity can play a part in the religious path. Williams' discussion of this controversial practice as well as of many other subjects makes Buddhist Thought crucial reading for all interested in Buddhism.
Speaking Tiger Books A collection of essays on some of the most vexing issues troubling Indian society today.--

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