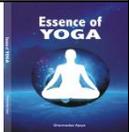
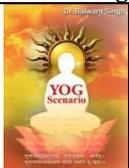
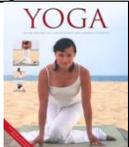
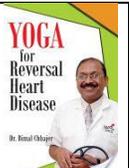
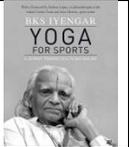
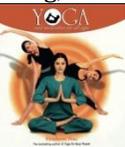
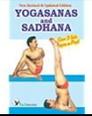
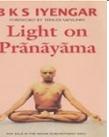
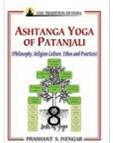
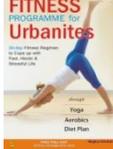
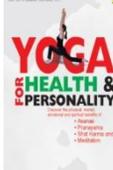


New Arrivals March 2017 in NBL, EOI , KTM

S. No.	Image	Titles	Author	Publisher	Call. No./ Acc. No.
1.		Essence of Yoga	Dharmadas Ajaya	Pathik Foundation	181.45 AJA-E 65603
"Essence of Yoga" is a book which provides a comprehensive introduction to the science of yoga. The following table of contents should give some idea and should be of some help to those who are interested in this science.					
2.		Yog Scenario	Dr. Balwant Singh	Khel Sahitya Kendra	181.45 SIN-Y 66233
Yog – Scenario is a book that contains all the important and scientific aspects of yoga based on Patanjali's Eight fold and different types of yoga that are mentioned in the yogic text. The author has tried to maniest all the misconceptions about Yoga. The book is influential to peruser to improve their psycho-somatic disorders.					
3.		Yoga: Theory and Practice for Beginners and Advanced Students	Inge Schops	Paragon	181.45 SCH-Y 65787
Yoga brings the body, mind and spirit in harmony and helps to achieve inner balance. This book is the ideal companion for your yoga practice. It provides: a solid introduction to the history and philosophy of yoga, detailed photographs and comprehensive descriptions of over 120 asanas, or yoga postures, numerous variations - including both easier and more advanced options, a step-by-step guide to each complex posture, instructions on how to perform the basic breathing and meditation techniques, practice sequences for different times of the day and skill levels - for at home or on the move.					
4.		Yoga for reversal of heart disease	Dr. Bimal Chhajer	Diamond Books	181.45 CHH-Y 66392
Heart disease kills more people than any other disease in the world. It is a lifestyle disease -the causes of the disease are known and most of heart attacks can be prevented by lifestyle changes. Yoga based lifestyle has been used very successfully to prevent and reverse coronary heart disease. Dr. Chhajer presents the details of the lifestyle and Yoga based techniques that can be followed by the heart patients to reverse this common and fatal disease. Postures, Asanas, Pranayama and Meditation has been used by Saaol to successfully treat more than 60000 heart patients in India and abroad - has been explained lucidly in this book. The author also explains about heart disease, the diet, walking and the medical part of the non-invasive way of treating heart disease. This is the best way to avoid Bypass Surgery or Angioplasty and Heart attacks. This book will be a boon for heart patients, physicians, Yoga experts and common people who want to adopt Yoga to prevent heart disease.					
5.		Yoga For Sports: A Journey Towards Health and Healing	BKS Iyengar	Westland Ltd.	R 181.45 IYE-Y 66096
It is a well-known fact that athletes are prone to injuries - worse still, recurring injuries. Many competitive athletes suffer from what is known as 'overuse syndrome'. Sportspersons who perform repetitive movements often end up with tight, overused muscles that become vulnerable to pulls and sprains, and underused muscles that progressively get weaker.					

6.		Yoga for Body, Breath and Mind- A Guide to personal Reintegration	A.G. Mohan	Shambhala Publication	181.45 MOH-Y 65693
Here is a practical and accessible introduction to the full, multifaceted richness of the yoga tradition. While most yoga books focus only on poses, <i>Yoga for Body, Breath, and Mind</i> integrates the three fundamental elements of a complete yoga practice: <i>asanas</i> (poses), <i>pranayama</i> (breathing practices), and meditation. A. G. Mohan, an internationally respected teacher, also explains essential philosophical concepts and offers the yogic perspective on health and healing. With step-by-step instructions and abundant illustrations, <i>Yoga for Body, Breath, and Mind</i> is the type of comprehensive guide that will be of interest to every yoga practitioner.					
7.		Yoga at the work place	Nisha Varma	Brijbasi	181.45 VAR-Y 65789
It is a book of unbelievably simple remedies for coping with the strains of physical and mental problems arising from the nature of one's work. Divided into three broad categories of those whose work entails long hours of standing, long hours of sitting, and those who travel frequently, It identifies the typical symptoms that ate the bane of each.					
8.		Yoga and meditation for all ages	Bijoylaxmi Hota	Rupa Publications India Pvt. Ltd.	181.45 HOT-Y 65788
Yoga, if practiced correctly, can help battle against almost all major illnesses. Yoga and Meditation for All Ages contains relevant asanas, pranayamas, meditation techniques and yoganidra that are suitable during Childhood Adolescence Adulthood Pregnancy Old age.					
9.		Yoga for women after forty	Seema Sondhi	Wisdom Tree	181.45 SON-Y 65792
Life really begins at forty, so it is still not late to initiate yourself into the world of yoga if you are not practising it already. You have more time to yourself than ever before and these asanas help you to invest in your health and well-being. This book contains meditation techniques designed to nurture and bring inner peace.					
10.		Yoga for Strength & Stamina	Seema Sondhi	Wisdom Tree	181.45 SON-Y 65790
This book is meant to be used independently as well as a companion set of Yoga to fight Fatigue. Once you have overcome fatigue, and want to raise your strength and stamina levels, this book will prove to be your best friend. Designed to give you a definite edge, these asanas were carefully chosen to help you develop strength and the flexibility to cope with the routine.					
11.		Yogasanas and Sadhana	Dr. Satya Pal	Pustak Mahal	181.45 PAL-Y 65793
Written by Yoga and Meditation specialist Dr. Satya Pal Grover, this book is a product of 40 years of constant practice and experience of Yoga and Meditation. It is a step-by-step guide to strengthen your mind, elevate your thoughts and for living a happy life. This book shows the right way to healthy body, mind and soul.					
12.		Light on Pranayama	BKS Iyengar	Harper Collins Publishers India	181.45 IYE-L 65785
Pranayama, the yogic art of breathing, leads to a control of the emotions which in turn brings stability, concentration and mental poise. Pranayama is a bridge which helps the students of yoga to cross from the realm of purely physical development to that of the spirit and forms a crucial stage in his journey towards self- realization.					

13.		Ashtanga Yoga of Patanjali (Philosophy, Religion Culture, Ethos and Practices)	Prashant S. Iyengar	New Age Books	181.45 IYE-A 66224
<p>The Yogic practices in Patanjali s system commence at Ashtanga Yog, meaning eight limbed Yog. These limbs are Yama Niyama Asana Pranayama Prathyahara Dharana Dhyana Samadhi . It is a rich fabric of human mind, psyche and conscience such as Yog for one and for all . This book provides a deep knowledge of Ashtanga yog of Patanjali with philosophy and their practices. Both aspects are very important to reach the final destination.</p>					
14.		Fitness Programme for Urbanites (30- day fitness Regimen to Cope up with Fast, Hectic & Stressful Life)	Meghana Virk Bains	Pustak Mahal	613.7046 BAI-F 65745
<p>FITNESS PROGRAMME for Urbanites', an intensive 30-day fitness regimen, the book has been custom-made to blend with everyone's preference of exercise regimes. The regime that starts at home is for those who prefer the comfort and familiarity of their own surroundings. Aerobics for those who prefer company while they workout.</p>					
15.		Yoga for Health & Personality (Discover the Physical, Mental, Emotional and Spiritual benefits)	Dr. G. Francis Xavier	Pustak Mahal	613.7046 XAV-Y 65726
<p>Yoga is not just a system of exercises. It is a holistic science promoting specific techniques for integrated development of one's being- physical, mental, emotional and spiritual.</p>					