

# Get Free The Vidur Gita Pdf Free Copy

**The Vidur-gita** Maxims of Vidur **The Bhagavad-Gita** *The Essence of Gita* **GITA for Gen A to Z** Shreemad Bhagavad Gita Ancient Indian Scriptures and Human Resource Management *Vidur and Sanjay The Bhagavadgita with the Sanatsujatiya and the Anugita Yatharth Geeta English* **Critical Perspectives on the Mahabharata** Gita: My Guide **SHIKSHAPATRI** *Managing VUCA Through Integrative Self-Management* Spiritual Wisdom **Meaning and purpose of life** **Srimad Bhagavata** *A Critical Appreciation of Austerity in Ancient Indian Literature* Indian Women Writers Accessions List, South Asia **Gita Darshan as Bhakti Yoga, as a Chaitanyite Reads it** **Vedic Remedies in Astrology** Indian National Bibliography **Textuality and Intertextuality in the Mahabharata** *Vidura Nalanda and Buddhism The Supreme Godhead Bhagawan Swaminarayan* **Vidura-niti Yatharth Geeta - Dutch Accent** Power Thyself: Strive for Excellence and a better future **Sai Spiritual Mystic Wisdom**

**A Critical and Comparative Re-evaluation of Ethics of the Neo-Vedanta**  
*Management Concepts From The Mahabharata* **EFFECTIVE PUBLIC RELATIONS**  
**AND MEDIA STRATEGY, THIRD EDITION** **Grandma in the Board Room** *Yatharth*  
*Geeta - Deutsch* *Yatharth Geeta* *The Lives and History of Dera Bagais* *The Diamond*  
*Book of Hindu Gods and Goddesses*

*The Supreme Godhead Bhagawan Swaminarayan* Sep 30 2020 Bhagwan Swaminarayan incarnated on the Earth in the latter half of the eighteenth century, a time that is aptly considered one of the darkest periods in history. Bhagwan Swaminarayan's achievements in religion, society and education were absolutely herculean in nature, considering his short lifespan of 49 years and the acute anarchy that afflicted India at the time. Many intellectuals, after recognizing Bhagwan Swaminarayan's achievements in the fields of society and religion, have established Him as a grand reformer. Some go one step further and identify Him as a divine personage. Moreover, a large number of people consider Him an incarnation equal to Bhagwan Ram and Bhagwan Krishna. In actuality, however, He is the Supreme God. At the tender age of 11, Bhagwan Swaminarayan left His home and began His journey of spiritual revival throughout India. From the Himalayas to Kanyakumari, from Jagganath Puri to Loj and through harsh winters, monsoons and summers, His journey

spanned more than 12,000 Kilometers and lasted for more than seven years. He endured these conditions barefoot and wearing nothing but a loincloth. He finally settled in Gujarat and became the head of the holy fellowship at the very young age of twenty-one. In less than three decades, He founded the fastest-growing holy fellowship ever, comprising more than 1800 saints, 800 female ascetics and over 500,000 disciples. Six magnificent temples were constructed by the holy fellowship and more than 100 scriptures and 30,000 kirtans were composed. Most importantly, Bhagwan Swaminarayan was worshipped as Supreme God by hundreds of thousands devotees during His lifetime. If, without any prejudice or preconceived notion, one attempts to evaluate the life and work of Bhagwan Swaminarayan in context of that era, one will invariably be convinced about His Supreme divinity. We sincerely hope this book will help anyone in do so. This book is a humble attempt to delve into the glory of Bhagwan Swaminarayan. It depicts Bhagwan Swaminarayan's biography and His unparalleled work as a reformer in social, religious, educational and economic fields. The five pillars of the holy fellowship (i.e. Disciples, Saints, Acharya, Temples and Scriptures) are explained, along with a brief note on philosophy. Twenty-nine unique personality traits of Bhagwan Swaminarayan are described. Finally, various scholars' opinions of Bhagwan Swaminarayan are noted. Bhagwan Swaminarayan's life, action, vision and

personality were so unique, unparalleled, limitless, incomprehensible, charming and thoughtful that it is impossible to provide a complete account, but this book is a humble attempt to present His glory to anyone interested in learning about it. The responsibility for any mistakes and for any ideas expressed herein is mine alone. I have already been rewarded in this project by the sheer joy and satisfaction I have derived by being given the opportunity to study various scriptures and books related to Bhagwan Swaminarayan and considered myself fortunate to be a part of this book. There were many books used for reference as mentioned in bibliography, but the below three books were used extensively and deserve special recognition: 1. “Contribution of Swaminarayan Sampradaya to Gujarat in nineteenth century” (in Gujarati) by Rashmiben Tribhuvanbhai Vyas. 1st edition published by Shri Swaminarayan Gurukul, Rajkot in 1997. 2. “Swami Sahajanand athawa Swaminarayan Sampradaya” (in Gujarati) by Kishorelal Mashruwala. 2nd Edition published by Navjivan Prakashan, Amdavad in 1940. 3. “Sri Swami Narayan” by Manilal C Parekh. 2nd Edition published by Sri Bhagwat Dharma Mission House, Rajkot in 1960. Throughout this book, some original terms whose translation cannot convey the intended meaning have been italicized. The glossary explains each word with a brief definition. This book is the product of the blessings of saints and intense teamwork.

Indian Women Writers Jun 08 2021 Brief biographical sketches and major literary achievements of eminent Indian women writers.

*Yatharth Geeta English* Mar 17 2022 5200 years long interval Srimad Bhagavad Gita in its authentic and everlasting exposition. Yatharth Geeta – The Geeta in its True Perspective Shreemad Bhagwad Geeta - Science of Religion for Mankind What were the inner feelings and emotions of Shri Krishn when he preached the Geeta? All inner feelings cannot be expressed in words. Some can be told, some are expressed through the body language, and the rest are to be realised which can only be understood by a seeker through experiences. Only after attaining the state which Shri Krishn had been to, an accomplished teacher knows what Geeta says. He simply does not reiterate verses of the Geeta but, in fact, gives experiences to the inner feelings of the Geeta. This is possible because he sees the same picture which was there when Shri Krishn preached the Geeta. He therefore, sees the real meaning, can show it to us, can evoke the inner feelings and would lead us on the path of enlightenment. Rev. Shri Paramhansji Mahraj was also an enlightened teacher of such a level and the compilation of his words and blessings to grasp the inner feelings of the Geeta itself is the 'Yatharth Geeta'. – Swami Adgadanand

*A Critical Appreciation of Austerity in Ancient Indian Literature* Jul 09 2021

According To This Book Though Brahmanism Developed Into Hinduism Later On, Yet Asceticism Still Played An Important Role In Hinduism As Well As In Jainism And Buddhism And Indian Life And Society Till The Modern Time.

Spiritual Wisdom Oct 12 2021 Everything and every word about spirituality have already been said but the practical utility of spiritual wisdom in day to day life to achieve success and live a blissful life is lacking. Spiritual wisdom not only shows us the path of salvation and freedom but also helps us to figure out the solutions for every problem in all walks of human life and civilization. Spirituality is a well-defined, scientific way to get any goal in life whether it is for justified worldly desires or to fulfil the urge of salvation with a blissful route. The book is an important read for the present generation, i.e. our youth as well as the persons those who want to touch the divinity within. Due to the universal nature of Spiritual Wisdom, it is bound to be on the shelves of the coming generation as spiritual science is not something that can be restricted to any one generation. The book itself contains the aura of mysticism and a touch of the great teaching taken from the scriptures. The book will teach how spiritual wisdom may change a person's life.

**Srimad Bhagavata** Aug 10 2021 This book published by Advaita Ashrama, a publication house of Ramakrishna Math, Belur Math, India is an explanation of select

verses of Srimad Bhagavata, the great devotional scripture. The focus of the text has been in presenting the episodes connected with Lord Krishna from the Bhagavata, The original text and translation of these select verses has also been given.

**Sai Spiritual Mystic Wisdom** Apr 25 2020 In the literature published about Sai Baba of Shirdi, his divine sports are generally described overlaid with the emphasis on Hindu orientation and euology so as to create devotion in the readers' mind for him as a Hindu God or Deity. This has led to creation of his idolatory. There is hardly any literature available that deals with his spiritual mystic wisdom, which can be seen interspersed in his conversations and occasional seemingly, bizzare utterances on certain occasions. He used to suggest certain books to his close devotees for Shravan, Manan and Nidhidhyasan in the conclave of the learned ones among them, and also at times himself making their expositions in his conversations. In the present book an authoritative attempt is made to delineate The Spiritual Mystic Wisdom of Sai Baba based on integration of Sahaj Raj Yoga, Karm Yoga, Bhakti Yoga and Jnana Yoga as he used to refer to devotees for their spiritual pursuits. Acharya Purushottamananda, former Professor of Education, Jamia Millia Islamia University, New Delhi, was born on 28" January, 1935 in a Jat Zamindar family with historic tradition of valour and patriotism in Tehsil Iglas of Aligarh District. He came in contact with the

Revolutionary movement for the independence of India, and the Arya Samaj Movement under the legendary leadership of Raja Mahendra Pratap of Mursan. He received his education leading to the post-graduation in Political Science at Aligarh. He joined the government of India service in the Ministry of Rehabilitation, but later went for further education. He received Master's degree in Education from the University of Aligarh and also from the University of Manchester, UK. Presently, he is engaged in peripatetic mission by joining spiritual congregation of different orders, where he is welcome; but has no organizational links with any religious or cult organizations.

Gita: My Guide Jan 15 2022

*Vidur and Sanjay* May 19 2022

**Critical Perspectives on the Mahabharata** Feb 16 2022 Contributed articles.

Accessions List, South Asia May 07 2021

**Vedic Remedies in Astrology** Mar 05 2021

*Nalanda and Buddhism* Nov 01 2020 Contributed articles.

*Yatharth Geeta - Deutsch* Nov 20 2019 Nach 5200 Jahren ein einzigartiger Beitrag zur grundlegenden philosophie Indiens und eine umfassende, authentische Interpretation der Bhagavad-gita. Die Gita in ihrer wahren Perspektive. Wissenschaft der Religion für die Menschheit



*Management Concepts From The Mahabharata* Feb 22 2020 This Book Is Based On A Research Work Entitled Survey Of Mahabharata As A Management Philosophy And Practices. The Book Demolishes The Claim Of The Western World, Mainly Usa, That Management Is Their Contribution To World Civilisation. It Shows That Ved Vyasa, Krishna, Bhishma, Vidur, Duryodhana And Drona Had Advanced Knowledge Of Management. Rich Material On Self-Management, Communicative Skills, Leadership Qualities, Staffing Patterns, Organisational Behaviour, Stress Management, And Meditation Is Available In The Mahabharata. Srimad Bhagwad Gita, Vidur Neeti And Shanti Parva Are Three Unique Gems Contained In It, Which Have Great Contemporary Relevance. The Book Should Prove Useful To Students, Researchers And Teachers Of Management And Administration, It Should Also Serve The Needs Of Practising Managers And Public Administrations. It Merits Global Attention.

*Yatharth Geeta* Oct 20 2019 English translation of commentary on Bhagavadgītā; includes Sanskrit text.

*The Essence of Gita* Sep 23 2022 "We see our lives full of distress and on the other side we see Krishna playing his flute and dancing". Since time immemorial, the magnificent and excellent guidance of the Bhagavad Gita has charmed the truth-seekers all over the world. . Yet its deepest meaning has remained vague. Corporate trainer, coach and

spiritual guru Shashank Kasliwal has beautifully brought out the spirit of Krishna's Gita by connecting its characters to the human mind. The different personalities Gita talks about symbolises the various mental and emotional states a seeker can relate to. Kasliwal's the Essence of Gita discusses, with recommended sadhnas and meditations, the key to awaken the sleeping consciousness. There is an ongoing war, Mahabharata, in our mind that is turning the body into a battleground, the Kurukshetra to reclaim bliss. Using Krishna's wisdom as a launch pad, Kasliwal brings to life words that have the power to change the way we see the world, change the way we see religion and above all, change the way we are. No animal feels the suffering because they are utterly contented as they are. Man is the only animal who is fundamentally unhappy. Hence, the feeling of disgrace – because he knows, he can be free. "We have been treading on the wrong path because we have not found the right one for us." -Shashank Kasliwal

Ancient Indian Scriptures and Human Resource Management Jun 20 2022 Indian scriptures are the treasure hove of philosophy—the philosophy of work and life. They offer vital guidelines on Psychology, Sociology, Political Science, Social Psychology, Human Behavior and Modern-day Management concepts. Ancient Indian scriptures such as the Bhagavad Gita, Upanishads and some parts of Mahabharata are included in the book for HRM topics such as self-management, ethics, values, work potential,

motivation, leadership, boss management, stress management and interpersonal relationships, etc. The study used quantitative methodology and collected data from 273 participants working in ten Indian companies. The statistical results have been included in the book only briefly to retain flow and fluency of thought for the reader. The work addresses the vital HR management issues in a culturally sensitive approach that is thoroughly based on Indian scriptural advices. The study proposes to plug the gaps in existing management knowledge that is lopsidedly based on the Western management research and theories. Resultantly, Arjuna Syndrome Model and Krishna Cure Model are presented. These models plug in the gaps in existing literature in the HRM and advance theory by suggesting novel ways of managing emotions, motivation, leadership, interpersonal relationships, recruitment and work potential at workplace.

*The Lives and History of Dera Bagais* Sep 18 2019

*The Bhagavadgita with the Sanatsujatiya and the Anugita* Apr 18 2022 This is a subset of the Sacred Books of the East Series which includes translations of all the most important works of the seven non-Christian religions which have exercised a profound influence on the civilizations of the continent of Asia. The works have been translated by leading authorities in their field.

**Vidura-niti** Aug 30 2020

**Textuality and Inter-textuality in the Mahabharata** Jan 03 2021 Papers presented at the National Seminar on Textuality and Intertextuality in the Mahabharata : Myth, Meaning and Metamorphosis held at Ajmer.

**SHIKSHAPATRI** Dec 14 2021 Shikshapatri is a book of code of conduct written in Sanskrit by Lord Swaminarayan himself at Vadtal the capital of the Southern Diocese of Swaminarayan Sampraday. The original manuscript of Shikshapatri is preserved in Swaminarayan Temple at Vadtal. Shikshapatri a collection of 212 shlokas in Sanskrit is now available in more than ten languages.

*EFFECTIVE PUBLIC RELATIONS AND MEDIA STRATEGY, THIRD EDITION* Jan 23 2020 The author with over five decades of professional and academic experience has considerably revised and updated every chapter of the book to present, contemporary diverse public relations and media practices. As a result, the new edition contains the best of previous editions and at the same time replaces all the dated material with new figures and advanced information. Subjects like Mass Communication, Public Relations, Journalism, Advertising, Media Studies, Event Management, PR 2.0 New Model and eight case studies including Mahatma Gandhi World's Greatest Communicator — all in one make this edition truly unique and the only textbook of this type in India. The other key topics that have been given attention

in the book include PR as a Strategic Management Function; Communication Models: History of Indian PR; Standards and Ethics in PR; Corporate Communications; PR in Government, Public Sector and NGOs; Global PR; Internet and Social Media; Multimedia PR Campaign and PR into the Future. Learning Tools • Students learning tools such as Chapter Opening Preview, Relevant Case Problems in the Text, End of the Chapter Summary for quick understanding, Review Questions for practice, the Glossary and traits needed for success in PR career are added value to this edition. The text is a must read for every student, faculty and practitioners of Mass Communication, Media Relations, Journalism, PR & Advertising and all management disciplines.

*Accent Jun 27 2020*

**Gita Darshan as Bhakti Yoga, as a Chaitanyite Reads it Apr 06 2021**

**Yatharth Geeta - Dutch Jul 29 2020 5200** Jarenlang interval Shreemad Bhagwad Geeta in zijn authentieke en eeuwigdurende expositie. De Geeta is zijn Ware Omvang Shreemad Bhagwad Gita - Wetenschap van religie voor de mensheid Wat waren de gevoelens & emoties van Shri Krishn wanneer hij de Geeta pree? Alle innerlijke gevoelens kunnen niet in woorden uitgedrukt worden. Sommige kan men vertellen, andere worden door de lichaamstaal uitgedrukt, en de rest kan enkel ontdekt worden door iemand met veel ervaring terzake. Alleen nadat de staat bereikt is waarin Shri

Krishn zich bevond weet een ervaren en volleerd leraar wat Geeta zegt. Hij herhaalt niet gewoonweg verzen van de Geeta maar geeft zelf uitdrukking aan de innerlijke gevoelens van Geeta. Daarom ziet hij de echte betekenis, kan ons deze tonen, kan de innerlijke gevoelens oproepen en zou ons naar het pad der Verlichting leiden. Rev. Shri Paramhansji Maharaj was eveneens zo'n grote verlichte leraar, en de compilatie van zijn woorden & zegeningen om de innerlijke gevoelens van Geeta zelf te pakken te krijgen is de 'Yatharth Geeta'. – Swami Adgadanand

**GITA for Gen A to Z** Aug 22 2022 Yog Vaashisht: 'Action and knowledge are two wings of bird that must flutter in harmony to reach the horizon of liberation.' A practiser controls his Indriys as a dog controls his wagging tail; otherwise, the tail may start wagging the dog. Achieving personal liberation is not the finale of Gita; fulfilling duties is also important. God is the beneficiary of all good works as the government receives all taxes. Mountaineers practise regulated breathing. Similarly, Krishn teaches Praanaayaam to enable practisers to climb upwards in the rarefied atmosphere of spirituality. Equality is the Acropolis where different streets of Yogic practices converge. Attaining Yog through meditation is like operating a bank locker. Its customer, the meditator, holds the first key of relentless practice. Banker, the God, applies His key and opens the locker only after the customer applies his key properly.

An expert tennis player practises same shot repeatedly to make his muscles memorize it, and respond accurately in real play. A Yogee should similarly keep his body, mind and soul fit. A spark ignites a firecracker that causes more fireworks. Similarly, every spark of Sakaam Karm generates a chain of reactions. We must extinguish such sparks with water of self-control.

Maxims of Vidur Nov 25 2022 The Scriptures Have Recorded That Vidur In His Previous Birth Was “Dharma Deva” The God Of Justice Himself. Once The Great Ancient Sage “Mandavya” Was Wrongly Apprehended By The Then King’S Officers As Leader Of A Robber Gang Who Had Concealed Themselves In His Hermitage. He Was Impaled To A Spear By The King’S Order. When The Sage Went To Dharma Raj After Two Days The Sage Was Released From The Punishment Still Alive On The Strength Of His Great Spiritual Merit. The Sage Went To Dharma Raj And Asked What Crime He Had Committed To Deserve The Punishment. He Was Told That As He Had Tortured Birds And Bees As A Child He Got The Punishment. The Sage Was Angry And Cursed Dharma Raj Saying You Shall Be Born On Earth For The Inordinately Harsh Punishment Meted Out For A Child’S Crime Committed In Ignorance. As A Result Of The Curse, Dharma Deva Had To Be Born As “Vidura” To The Palace Maid Of Vichitra-Virya Son Of King Santanu, The Forerunner Of Pandavas

And Kouravas. Vidura Was So Well Up In Knowledge Of Dharma That He Was Given The Appellation Of “Mahatma” For His Unparalleled Knowledge Of Dharma Or Righteousness And For Being Devoid Of Attachment And Anger. He Worked As Counsellor To The King Emperor Dhritarastra Of Hastina To The Satisfaction Of All Concerned. The Rulings Given By Him Satisfied All. The Maxims Selected For The Book Are From His Counsels.

Power Thyself: Strive for Excellence and a better future May 27 2020

**A Critical and Comparative Re-evaluation of Ethics of the Neo-Vedanta** Mar 25 2020

**The Bhagavad-Gita** Oct 24 2022 The Bhagavad-Gita, the "Song of God," is not only one of the most revered texts of Hinduism, but of world literature and spirituality in general. Its 700 verses make up a small part of the great Sanskrit epic Mahabharata, of which it can be said to be the heart. It consists of a dialogue between the warrior Arjuna and Krishna, avatar (incarnation) of the god Vishnu, about action and nonaction, knowledge and love. The Gita is revered as a concise expression of Hindu philosophy, as a work of profound poetry, and as a guide to enlightened living. It is one of the most often translated of spiritual texts, and, as is the case with other texts of its stature, new translations tend to enhance rather than exhaust our understanding of it,



revealing new facets of its wisdom with each iteration. This fresh translation stands out from the many others first of all in its careful faithfulness to the original language, but also for the extensive tools for understanding it provides. It is accompanied by detailed explanatory notes, as well as by the entire Sanskrit text on facing pages--both in the original Devanagiri alphabet and in a romanized version that allows the reader to approximate the sounds of this work that began with oral recitation (a pronunciation guide is also provided). Also included is a literal, word-for-word translation for comparison; extensive material on the background, symbolism, and influence of the Gita; and an exhaustive glossary of terms. It's like a course on the Bhagavad-Gita in a book.

**Grandma in the Board Room** Dec 22 2019 Grandma in the Board Room (GIBR) is a gripping corporate saga of a current-day IT company, EmergePro, in the crucial years between the Chennai floods to the COVID19 lockdown. Emerge Pro is about to make a pathbreaking announcement. The protagonist of the story Krishna Prasad (KP), after a successful stint as its CEO, steering EmergePro from decline to unimaginable growth within a span of five years, is the architect of this surprise move. The story begins with an employee get-together, where the suspense is to be broken with an announcement by the founder. It weaves through the memory shares of the past five years of the

stakeholders in this growth story. KP, an outsider CEO recruited before Chennai floods, has to find his way through the maze of corporate relationships and win the support of a diverse and disinclined leadership team. The journey winds through diverse ethnicity and leadership styles – weak leader Ananth Ram, indifferent Subendu Das, intimidatingly aggressive Suhas Ratnam, caring MD Rengarajan, faithful Neha Khosla, naïve and enthusiastic Krithika, talented but not-so-confident Ashok Kumar, ever-grateful Swetha Prakash, etc. – a complex intertwined spaghetti of minds. KP has to carefully use his fork without breaking the links. How the wisdom of the stories KP had learned in his childhood from his grandma helps him overcome the challenges faced by him is a great learning and a great read as well.

*Shreemad Bhagavad Gita* Jul 21 2022 The Shreemad Bhagavad Gita is one of the most ancient scriptures in the world. Of all the scriptures, it is said that Gita provides the deepest and most practical knowledge about faith, devotion, surrender, detachment, and a release of expectations and ownership over one's own actions. But like any teaching, time and unqualified minds can distort scriptures like this and misrepresent what is contained within. It is for that purpose that the Lord continuously takes birth on earth in the form of the Guru to revive the true essence of the Gita and to demonstrate the simplicity and power of the divine message of the Lord. One such Master is

Paramahansa Sri Swami Vishwananda, and this book is his personal commentary on this timeless knowledge. Included here are over 900 pages of verses, translations, drawings for every chapter, and Paramahansa Vishwananda's extensive commentary. Perfect for the beginner as well as those who have read other commentaries, this is more than just a book. It is a guiding light that can be applied to every day, to every thought, and to every moment.

**The Vidur-gita** Dec 26 2022

*The Diamond Book of Hindu Gods and Goddesses* Aug 18 2019

Indian National Bibliography Feb 04 2021

*Managing VUCA Through Integrative Self-Management* Nov 13 2021 In this book, experts discuss whether volatility, uncertainty, complexity and ambiguity (VUCA) represent a challenge or a business opportunity. More intense debates on global climate change, increased turbulence in financial quarters, increased job insecurity and high levels of stress at the workplace are attracting attention in the context of organization behavior and entrepreneurship. Fear and confusion have become part and parcel of business, often undermining trust, cooperation and inspiration. As a response, a new way of organizing self-management has emerged. The book combines practical wisdom from East and West, to develop integrative self-management theory and

practice; provides direction to support an integrative mind-set, integrative organization and integrative leadership; and presents VUCA as an opportunity and necessity for development and growth, rather than a threat.

**Meaning and purpose of life** Sep 11 2021 Meaning and Purpose of Life are perhaps the most thought about, if not talked about, issues on the planet since human beings have walked on earth. This book is another attempt to understand the Meaning and Purpose of Life using the ideas of Vedanta in Indian philosophy, and of mainstream economics. Starting from first principles, Dr. Agarwal explores the core concept of Brahman in Vedanta, and builds an axiomatic foundation for understanding the meaning and purpose of life using the fundamental ideas of the Prasthanas Traya, and in particular of The Bhagavad Gita and The Principal Upanishads. Dr. Agarwal adheres to the philosophy of Karma Yoga as his chosen area of interest for the exploration of meaning and purpose, which allows him to seek linkages between the concepts of social welfare in Vedanta and economics. Ideas of lokasamgraha in Indian philosophy and of externalities in economics provide a clear common ground between the two apparently disparate disciplines. Throughout the book, he emphasizes simple practical approaches for making life more meaningful and happier, while relying fundamentally on the basic ideas of Vedanta.

**Vidura** Dec 02 2020

[europeanobesityday.eu](http://europeanobesityday.eu)