

Download Free The Yellow Emperors Cure Kunal Basu Pdf For Free

Yellow Emperor's Cure The Yellow Emperor's Cure *The Yellow Emperor's Cure* *The Yellow Emperor's Cure* The Yellow Emperor's Classic of Internal Medicine Huang Ti Nei Ching Su Wên *The Yellow Emperor's Classic of Internal Medicine* Yellow Emperor's Classic Of Medicine, The - Essential Questions: Translation Of Huangdi Neijing Suwen *Ling Shu* The Yellow Emperor's Inner Transmission of Acupuncture Medicine in China The Yellow Emperor's Classic of Medicine *Chinese Health Care Secrets* Six Strands of the Web *Humanistic Spirit of Traditional Chinese Medicine* 黄帝的“Huang Di Nei Jing”; The Yellow Emperor's Internal Canon *Huang Ti Nei Ching Su Wên* Iron Widow The Emperor of All Maladies Chasing My Cure Medicine in China *Chinese System of Food Cures* My Song: Memoir of an ER Physician Acupuncture Cure For Common Diseases Kill or Cure Kalkatta My City Links 黄帝的.2 黄帝的 *The Science Behind Philosophy of Nature Cure* From Herbs to Healing The Historical Roots of Technical Communication in the Chinese Tradition *Chinese Natural Cures* The AFib Cure *Tui Na* The Herald *Heal Yourself And Stay Healthy! Syphilis in Victorian Literature and Culture* The Last Best Cure 21st Century Perspectives on Indian Writing in English Nature Cures

In the twenty-first century Pharmacognosy was transformed into a molecular science building on classic botanical and modern chemical knowledge, leading to a better understanding of the complex molecular effect - structure relationships and interactions required for the development of new drugs based on biologically active plant substances. The work demonstrates the place of phytotherapy in healing, the role of herbs in complementary and traditional therapy, and research strategies for the development of drugs of natural plant origin. This book is primarily designed for scientific researchers, but is also very useful for undergraduate and postgraduate students in their professional training. As this book discusses herbs from all over the world, it is specifically drafted to be useful not only in Hungary and Europe, but also for people in other continents as an English language encyclopaedia of medicinal plants and their biologically active compounds. This book delves deeply and with a strong scientific emphasis into the theories, philosophies, and principles of naturopathy. The book is the first of its kind in making naturopathy's intricacies easier to understand in a simplified form. We have attempted to support each paragraph with evidence in order to convince learning students that naturopathy is a real science and not just a philosophical practice. This book will help

the reader comprehend naturopathy notions such as vitality, holism, the body's capacity for healing, toxemia, and the unity of disease and cure. This is a must-read book, and we advise all naturopathic undergraduate and postgraduate students, clinicians, as well as health enthusiasts to read it and broaden their understanding of the beauty of naturopathy. Strengthening the idea will aid learners in understanding the patient and developing treatment strategies, which will finally mold them into competent medical professionals and confident naturopaths. Unschuld provides a description and analysis of the contents and structure of traditional Chinese pharmaceutical literature. Unschuld has selected some one hundred titles in this far-reaching study. LOS ANGELES TIMES AND PUBLISHERS WEEKLY BESTSELLER • The powerful memoir of a young doctor and former college athlete diagnosed with a rare disease who spearheaded the search for a cure—and became a champion for a new approach to medical research. “A wonderful and moving chronicle of a doctor’s relentless pursuit, this book serves both patients and physicians in demystifying the science that lies behind medicine.”—Siddhartha Mukherjee, New York Times bestselling author of *The Emperor of All Maladies* and *The Gene* David Fajgenbaum, a former Georgetown quarterback, was nicknamed the Beast in medical school, where he was also known for his unmatched mental stamina. But things changed dramatically when he began suffering from inexplicable fatigue. In a matter of weeks, his organs were failing and he was read his last rites. Doctors were baffled by his condition, which they had yet to even diagnose. Floating in and out of consciousness, Fajgenbaum prayed for a second chance, the equivalent of a dramatic play to second the game into overtime. Miraculously, Fajgenbaum survived—only to endure repeated near-death relapses from what would eventually be identified as a form of Castleman disease, an extremely deadly and rare condition that acts like a cross between cancer and an autoimmune disorder. When he relapsed while on the only drug in development and realized that the medical community was unlikely to make progress in time to save his life, Fajgenbaum turned his desperate hope for a cure into concrete action: Between hospitalizations he studied his own charts and tested his own blood samples, looking for clues that could unlock a new treatment. With the help of family, friends, and mentors, he also reached out to other Castleman disease patients and physicians, and eventually came up with an ambitious plan to crowdsource the most promising research questions and recruit world-class researchers to tackle them. Instead of waiting for the scientific stars to align, he would attempt to align them himself. More than five years later and now married to his college sweetheart, Fajgenbaum has seen his hard work pay off: A treatment he identified has induced a tentative remission and his novel approach to collaborative scientific inquiry has become a blueprint for advancing rare disease research. His

incredible story demonstrates the potency of hope, and what can happen when the forces of determination, love, family, faith, and serendipity collide. Praise for *Chasing My Cure* "A page-turning chronicle of living, nearly dying, and discovering what it really means to be invincible in hope."—Angela Duckworth, #1 New York Times bestselling author of *Grit* "[A] remarkable memoir . . . Fajgenbaum writes lucidly and movingly . . . Fajgenbaum's stirring account of his illness will inspire readers."—Publishers Weekly This book is designed for the serious student of Chinese medicine. Both the beginner and advanced practitioner will find this information useful from school to everyday clinical practice. The first section of the book covers a basic history and evolution of the six stages of disease. Chapter Two reviews various theoretical concepts related to the six stages. Symptoms and treatment concepts, according to the Chinese classic *Shang Han Lun*, are examined in Chapter Three. In Chapter Four complications of combined and overlapping stages of disease show how disease many times will not follow the normal progression of the Six Stage Model. An in- depth study of conformations and the basic treatment concepts for each of the stages are presented in Chapter Five. A quick overview of the twenty-four basic classifications of Chinese herbal formulas will be found in Chapter Six. Primary herbs for each stage and their related formulas are examined in Chapter Seven. Chapter Eight deals with differential diagnosis of syndromes and treatment. Conformations for formulas and a comparison to other formulas from the Classic *Shang Han Lun* (Treaties on Fever and Chills) and the *Jen Kuei Yao Lue* (Perceptions from the Golden Chamber) are the main emphasis in Chapter Nine. Practitioners will find Chapter Ten a very useful clinical reference of all ninety herbal formulas (in table form) found in this book. In Chapter Eleven, there are four major lists dealing with the names of individual herbs. The first three lists are a cross reference for herbs listed by the Pin Yin, Pharmaceutical, and Common names. The fourth list gives the classification and function of the 118 herbs used in this work. In the first comprehensive and analytical study of therapeutic concepts and practices in China, Paul Unschuld traced the history of documented health care from its earliest extant records to present developments. This edition is updated with a new preface which details the immense ideological intersections between Chinese and European medicines in the past 25 years. "This edition includes a new interview with the author"--P. [4] of cover. When Dr. Antonio Maria unexpectedly learns his physician father is dying of syphilis in Lisbon, he sets sail for China in search of a cure. Unfortunately, the country is in the midst of the Boxer Rebellion, and outsiders are not welcome. The *Ling Shu*, considered to be the Canon of Acupuncture, is the second part of the *Huang Di Nei Jing*, The Yellow Emperor's Inner Classic. These conversations about heaven, man, and earth and

their dynamic relationships are attributed to the Yellow Emperor circa 2600 B.C. and his ministers. The first part is called the Su Wen, Simple Questions. The second part, the Ling Shu, is translated here by Wu Jing-Nuan in its context as the first known treatise about acupuncture with its associated medical procedures and for its philosophical beauty. The title itself expresses a world vision and reality where material and structure are secondary to the living energy of Ling Shu, the Spiritual Pivot. Kill or Cure, a lavishly illustrated new history from DK, recounts the quest of doctors and scientists through the ages to tame and conquer mankind's ever-enduring enemies: disease, injury, and death. Sometimes misguided, sometimes inspired, always doggedly determined, the great scientific minds of every generation have battled the unknown within our bodies, developing potions, drugs, and therapies in a quest to heal and cure. Beginning with early healers, chance discoveries, technological advancement, and "wonder" drugs, and using panels, timelines, and thematic spreads, Kill or Cure highlights information about human anatomy, surgical instruments, and medical breakthroughs while telling the dramatic tale of medical progress. Diaries, notebooks, and other first-person accounts tell the fascinating stories from the perspective of people who witnessed medical history firsthand. Packed with photographs, diagrams, and visual explanations, Kill or Cure tells the extraordinary tale of medicine through the ages. One day Donna Jackson Nakazawa found herself lying on the floor to recover from climbing the stairs. That's when it hit her. She was managing the symptoms of the autoimmune disorders that had plagued her for a decade, but she had lost her joy. As a science journalist, she was curious to know what mind-body strategies might help her. As a wife and mother she was determined to get her life back. Over the course of one year, Nakazawa researches and tests a variety of therapies including meditation, yoga, and acupuncture to find out what works. But the discovery of a little-known branch of research into Adverse Childhood Experiences causes her to have an epiphany about her illness that not only stuns her—it turns her life around. Perfect for readers of Gretchen Rubin's The Happiness Project, Nakazawa shares her unexpected discoveries, amazing improvements, and shows readers how they too can find their own last best cure. This book aims to introduce in everyday language the profound culture and unique legacy of the ancient healing art with mesmerizing stories, allusions and anecdotes in the history of its evolution, handpicked from three perspectives, including contributions of master TCM practitioners, the nourishment of TCM by traditional Chinese culture, and the exchanges between TCM and its western counterparts. The vivid narrative of each section is complemented with elaboration of one related key TCM concept in a specific column. It is a brilliant reader for those interested in TCM and traditional Chinese culture.

This book traces Chinese technical communication from its beginnings, investigating how it began and the major factors that shaped its practice. It also looks at the major philosophical and historical traditions in Chinese technical communication, and how historical and philosophical threads play out in contemporary Chinese technical communication practice. In considering such issues, the book gives attention to some of the major classical Chinese texts, but treats them as artefacts of technical communication. It explores the roots of Chinese technical communication, reviews traditional philosophy that has shaped such practice, discusses the key links in the history of Chinese technical communication, and recounts historical roots and contemporary practice side by side. It provides the reader with compelling perspectives on the historical roots of Chinese technical communication. When Dr. Antonio Maria unexpectedly learns his physician father is dying of syphilis in Lisbon, he sets sail for China in search of a cure. Unfortunately, the country is in the midst of the Boxer Rebellion, and outsiders are not welcome. An authoritative, oversized guide to traditional Chinese medicine recommends dozens of natural cures for ailments ranging from the common cold and insomnia to arthritis, impotence, and hypertension and explains how to promote longevity, strengthen bones, and maintain optimum health for a lifetime. Before you heal your body heal first your soul. The cause of diseases are suppressed feelings, stress, unhealthy food, western medicaments, too less exercise, too less sleep and rest. Why we treat our body so bad with unhealthy food, overeating, not enough exercise, too much stress...? Why is faith the most important thing in our healing? Why is fear or no faith in the healing the worst? Why can't Western medicine give us health and weakens our body? Why we need a healthy lifestyle, with healthy food such as fresh juices, sprouts, green smoothies and time for rest, relaxation and body exercise? You find the answers in this book. I had suffered many years from my epilepsy, back and knee problems, weak immune system, heart problems. I tried out many healing concepts... Many didn't work... In the last 40 years. I healed myself and other from severe diseases. Some reviews: Great book for a diabetic! Get healthy and stay healthy with the book! Most doctors will tell you that there isn't much you can do to treat atrial fibrillation, aside from taking medications for the rest of your life. Cardiologists and a-fib specialists John D. Day and T. Jared Bunch disagree. Atrial fibrillation strikes one in four American adults. Not only do people suffering from this condition suffer from shortness of breath, fatigue, chest discomfort, decreased ability to exercise and do activities of daily living, arrhythmia, and palpitations, but their risk of a stroke, cognitive decline and dementia, heart failure, or premature death also shoots way up. Today, a whole new body of research—one most physicians are unaware

of—shows that biomarker and lifestyle optimization may put half the cases of atrial fibrillation into remission without drugs or procedures. And for those in whom these remedies are insufficient or not tolerated, new procedures, in combination with biomarker and lifestyle optimization, may offer lifetime remission from atrial fibrillation and its devastating consequences. In clear, accessible, patient-centric language, Drs. Day and Bunch share their revolutionary approach to treating atrial fibrillation, developed through a combined 53 years working with a-fib patients. The effectiveness of their plan has been proven through countless medical studies. And now, in *The AFib Cure: Get Off Your Medications, Take Control of Your Health, and Add Years to Your Life*, they share that plan with you. If you're looking for a drug-free solution to your atrial fibrillation, or have a family history of atrial fibrillation and don't want to suffer the same fate, *The AFib Cure* is for you. Let *The AFib Cure* show you how to live longer, healthier, free from medications, and free from the fear of atrial fibrillation overshadowing your life.

The Yellow Emperor's Internal Canon is the earliest extant TCM (Traditional Chinese Medicine) theory book, which has far-reaching influence on the establishment of the later Chinese medical theory. According to the book, it is the account of the Yellow Emperor and Qi Bo, Lei Gong, Bo Gao, Shao Shi, Shao Yu and many other ministers discussing medicine. *The Yellow Emperor's Internal Canon* has accumulated rich medical experience obtained by the ancestors, sublimated into rational understanding, formed a systematic medical theory, and further controlled medical practice, established a clinical standard of Chinese medicine, and became a system for exploring the laws of life and its medical applications in traditional Chinese health science. China / Medizin.

Jami is the Gigolo King of Kalkatta. Smuggled into India from Bangladesh and given refuge by his uncle, a leader of the ruling Communist Party, he grows up in Zakaria Street—a Little Baghdad of the old-dreaming of becoming a pukka Kalkatta-wallah. When friendship with a local gang disqualifies him from school, he ends up as assistant to a passport forger, and then a masseur. Soon enough, innocent massage leads to 'plus plus treatments', and Kalkatta opens its doors, drawing Jami into the world of the rich and famous, housewives, tourists and travelling executives, and occasionally to high-paying and dangerous 'parties'. Danger looms, too, from rivals and the police, and the ever-present risk of losing his cover. Jami's shadowy double life takes a turn for the unexpected when he meets Pablo, a young boy who suffers from leukemia, and his single mother Mandira. Made to oscillate between his refugee family, the neighbourhood gang, his massage-parlour clients, even the cultured world of Bengali intellectuals inhabited by Mandira, he succeeds in becoming a true Kalkatta-wallah, but a stranger to himself. Until his love for Pablo

threatens to destroy everything, and even drive him away from his beloved city. The Neijing is one of the most important classics of Taoism, as well as the highest authority on traditional Chinese medicine. Its authorship is attributed to the great Huang Di, the Yellow Emperor, who reigned during the third millennium BCE. This new translation consists of the eighty-one chapters of the section of the Neijing known as the Suwen, or "Questions of Organic and Fundamental Nature." (The other section, called the Lingshu, is a technical book on acupuncture and is not included here.) Written in the form of a discourse between Huang Di and his ministers, The Yellow Emperor's Classic of Medicine contains a wealth of knowledge, including etiology, physiology, diagnosis, therapy, and prevention of disease, as well as in-depth investigation of such diverse subjects as ethics, psychology, and cosmology. All of these subjects are discussed in a holistic context that says life is not fragmented, as in the model provided by modern science, but rather that all the pieces make up an interconnected whole. By revealing the natural laws of this holistic universe, the book offers much practical advice on how to promote a long, happy, and healthy life. The original text of the Neijing presents broad concepts and is often brief with details. The translator's elucidations and interpretations, incorporated into the translation, help not only to clarify the meaning of the text but also to make it a highly readable narrative for students—as well as for everyone curious about the underlying principles of Chinese medicine. Huangdi Neijing, also known as Yellow Emperor's Inner Classic, has played a pivotal role in traditional Chinese medical education for about two thousand years. The first part of Neijing which is called Suwen – Basic Questions or Essential Questions – covers the theoretical foundation of Chinese medicine as well as disease diagnosis and treatment. There are 81 chapters in a question-and-answer format between the mythical Yellow Emperor and his ministers. This translated book is based on the Chinese version annotated and edited by Jinghua Fu and his team, published by China Renmin University Press in 2010. In a breakout novel that transports the reader to a brilliantly imagined, sensuously portrayed, dangerous point in history, Kunal Basu has written the tale of a man's journey that spans continents--and the limits of his faith in science. Instant New York Times No.1 Bestseller Science fiction and East Asian myth combine in this dazzling retelling of the rise of Wu Zetian, the only female emperor in Chinese history. 'This is the historical-inspired, futuristic sci-fi mash-up of my wildest dreams.' Chloe Gong 'Raging against the patriarchy in spectacular style.' Observer, best books of the year 'Think The Handmaid's Tale meets Pacific Rim and buckle up.' Shelley Parker-Chan 'Like its ferocious heroine, Iron Widow is brutal, bloodthirsty and full of rage.' Julie C. Dao I have no faith in love. Love cannot save me. I choose vengeance. The boys

of Huaxia dream of pairing up with girls to pilot Chrysalises – giant transforming robots that battle aliens beyond the Great Wall. It doesn't matter that their female co-pilots are expected to serve as concubines and often die from the mental strain. When 18-year-old Zetian offers herself up as a concubine-pilot, her plan is to assassinate the ace male pilot responsible for her sister's death. But after miraculously surviving her first battle, Zetian sets her sights on a mightier goal. The time has come to stop more girls from being sacrificed.

Lisbon, 1898: Antonio Maria, surgeon and notorious playboy, returns home after a long absence to learn his beloved father has syphilis, the scourge of both rich and poor. Determined to find a cure, Antonio sets sail for Peking, to study under the evasive but renowned Dr. Xu. But Dr. Xu does not intend to give away his knowledge, and Antonio suddenly falls in love with his assistant, the elusive Fumi. The threat of the advancing Boxer rebellion hangs over the Summer Palace, and Antonio and Fumi must decide whether to flee together or remain in China. Kunal Basu's lush, haunting tale invites comparisons to Michael Ondaatje's best work. This superb novel conjures a man discovering the love that will force him to question everything. Describes the healthful properties of spices, herbs, fruits, nuts, vegetables, grains, beans, seeds, meat, poultry, milk, and eggs, and explains how to prevent and cure certain ailments. An indefatigable discoverer and preserver of lost traditions in the field of classical Chinese medicine, Liu Lihong has done it again—The Yellow Emperor's Inner Transmission of Acupuncture features a passionate and clinically relevant synthesis of his discipleship with Yang Zhenhai, one of the last remaining master practitioners of Daoist acupuncture in mainland China. At the forefront of an international discourse on the definition and clinical significance of classical Chinese medicine, Yang and Liu promote yet another holistic medical system that radically contrasts the current penchant for symptom-oriented procedures. This English edition of their book lifts an important esoteric acupuncture lineage out of obscurity and presents it to us in complete and accessible form. The holistic approach has also defined Liu's relentless search for the heart of Chinese medicine during the last three decades, driving his commitment to become the promoter of a diverse spectrum of healing traditions that exemplify the classical standards of Chinese medicine. This book addresses the evident but unexplored intertwining of visibility and invisibility in the discourses around syphilis. A rethinking of the disease with reference to its ambiguous status, and the ways of seeing that it generated, helps reconsider the network of socio-cultural and political interrelations which were negotiated through syphilis, thereby also raising larger questions about its function in the construction of individual, national and imperial identities. This book is the first large-scale interdisciplinary

study of syphilis in late Victorian Britain whose significance lies in its unprecedented attention to the multimedia and multi-discursive evocations of syphilis. An examination of the heterogeneous sources that it offers, many of which have up to this point escaped critical attention, makes it possible to reveal the complex and poly-ideological reasons for the activation of syphilis imagery and its symbolic function in late Victorian culture. Discover how you can heal yourself and others and achieve optimum health, when you practice the techniques in Chinese Health Care Secrets by Henry B. Lin. Grounded in Taoist principles (Nature's Way), the age-old wisdom of China teaches that by living your daily activities in accordance with the laws of nature you can achieve and maintain ultimate health and wellness. Chinese Health Care Secrets is a comprehensive reference to the history and practices of Chinese health care. It offers highly effective techniques that are completely natural and easy to use. Many have never before been published and are considered secrets even in China. Easy to read and fully illustrated, Chinese Health Care Secrets explains: --Secrets of sexual vitality --Qigong: breathing, meditation, and energy exercises --Dharma: massage and gentle physical movements --Secrets of rejuvenation and longevity --Over sixty of nature's most potent healers --Acupressure: learn techniques and the locations of over 100 acupoints (with full illustrations) so you can perform this powerful healing system --A handy, A to Z reference guide to common ailments, with their treatments and therapies Never before has so much information about Chinese healing been available in one location. Learn about nutrition? Yes. Learn the secrets of exercise? Of course. Walk the road to immortality? Naturally. Discover the inner health secrets of sleep and rest? Correct. It's all presented in a way that is clear and easy to understand, in Chinese Health Care Secrets. This book explains how acupuncture can help in preventing as well as treating a host of physical, emotional and psychological problems, including several that modern medicines has failed to treat. It describes how acupuncture works, its techniques and how the use of modern scientific methods has made it amongst the best and most effective drugless techniques. The Yellow Emperor's Classic has become a landmark in the history of Chinese civilization. Since 1949, when this first translation of the oldest known document in Chinese medicine was published, traditional medical practice has seen a dynamic revival in China and throughout many countries in the Western world. Elements of this time-honored therapy, including acupuncture and the harmony of human spirit with the natural world, have become part of mainstream medical practice; The Yellow Emperor's Classic provides the historical and philosophical foundation of this practice. Ilza Veith provides an extensive introduction to her monumental translation of this classic work, which is written in the

form of a dialogue in which the emperor seeks information from his minister Ch-I Po on all questions of health and the art of healing. From reflexology and rolfing to shiatsu and dream work, we are confronted today by a welter of alternative medical therapies. But as James Whorton shows in *Nature Cures*, the recent explosion in alternative medicine actually reflects two centuries of competition and conflict between mainstream medicine and numerous unorthodox systems. This is the first comprehensive history of alternative medicine in America, examining the major systems that have emerged from 1800 to the present. Writing with wit and with fairness to all sides, Whorton offers a fascinating look at alternative health systems such as homeopathy, water cures, Mesmerism, Christian Science, osteopathy, chiropractic, naturopathy, and acupuncture. He highlights the birth and growth of each system (including European roots where appropriate) and vividly describes both the theories and the therapies developed within each system, including such dubious practices as hour-long walks barefoot in snow or Samuel Thompson's "puking and steaming" regimen. In particular, Whorton illuminates the philosophy of "natural healing" that has been espoused by alternative practitioners throughout history and the distinctive interpretations of "nature cure" developed by the different systems. Though he doesn't hesitate to point out the failings of these systems, he also shows that some "cult medicines" have eventually won recognition from practitioners of mainstream medicine. Throughout, Whorton writes with a light touch and quotes from contemporary humorists such as Mark Twain. His book is an engaging and authoritative history that highlights the course of alternative medicine in the U.S., providing valuable background to the wide range of therapies available today.

Annotation A historical and philosophical foundation to traditional medical practice in China. Ilza Veith provides an extensive introduction to this classic work in which the Yellow Emperor seeks information from his minister Ch'I-Po on all questions of health and the art of healing. The eight chapters in this book on tui na provide ample discussion and instruction in the methods of Chinese therapeutic massage. Covered first are the basic concepts of Chinese medicine diagnosis, pattern differentiation and treatment, followed by the essential tui na manipulations for treatment. Also outlined here are specific exercises that a tui na therapist should practice in order to possess the level of physical fitness required for the clinical practice of tui na. Self-massage techniques for patients also provided here. The chapter on pediatric tui na therapy is an especially valuable addition for clinicians. The book is fully illustrated with both pictures and text, and the attached DVD disc is a practical learning tool for the tui na student or therapist. We are sorry that the DVD content are not included. Celebrating Craze For Cuisines From Home & Away Food is the elixir of life, literally. A

culinary revolution is fermenting in the state with Bhubaneswar leading the trend. Our Cover Story takes a look at how foodies in the state capital are opening up to new dishes and exotic delicacies from other parts of the country and beyond. The growing demand has proved a boon for the hotel industry too with new restaurants, cafes and food malls coming up to rake in the moolah. What's more, big national and international chains are also opening shop, adding spice to the food scene. Cuttack and Puri, on the other hand, still strike a traditional note with their servings of age-old favourites like Dahibara-Aloodum, Ghugni, Khaja, Cha, Chops and the ilk. Recently, however, they are also catching up with changing food tastes and adding new varieties to their menus for locals and tourists alike. Food streets have also witnessed a sea change with foreign entrants like Pizzas, Burgers and Lasagne jostling for space with traditional fares like Biryani, Chowmein and Dosa. And the catering is also changing with new concepts like food trucks and Khau Gallis making an appearance. But all said and done, Odisha continues its romance with cherished 'home cooked' food. This is most evident during Odia festivals and the unique dishes and savouries associated with each of them. In City Lights, we talk about the first Corporate Icon Awards organised by My City Links which was a grand success and witnessed Odia entrepreneurs come together to celebrate excellence. The third edition of Bhubaneswar Runway Week was also organised on the occasion with Mr. World Rohit Khandelwal and Ollywood actress Anu Choudhary being the show stoppers. The section also throws light on India's first sports and innovation festival organised in Bhubaneswar by Xavier Emylon Business School and Sports Department, Government of Odisha which witnessed participation of 12 sports start-ups from all across India. In Transit Lounge, we catch up with veteran actor and filmmaker Amol Palekar who was in the city for his play, 'Kasur'. Palekar, who is back on stage after 25 years, shares about his eventful journey. We also interact with eminent writer Kunal Basu and get an insight into his love for literature and future plans. The essays gathered here alternately adjust the focal length of the critical lens brought to bear upon texts and contexts in the area of Indian writing in English. They bring into view both intense engagements with major voices in this literary scene and the wider socio-historical perspectives in which they have thrived. Three clearly defined sections on the genres of poetry, prose, and drama are augmented by three incisive interviews with the diasporic Indian English poet Bashabi Fraser, the renowned Indian English fiction writer Kunal Basu, and the premier Indian English playwright Mahesh Dattani. The volume will appeal to students and teachers of postcolonial and comparative literatures. It raises crucial and timely questions about the state of culture in India and the world, the crisis of intolerance, and the loss of memory and diversity. It

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