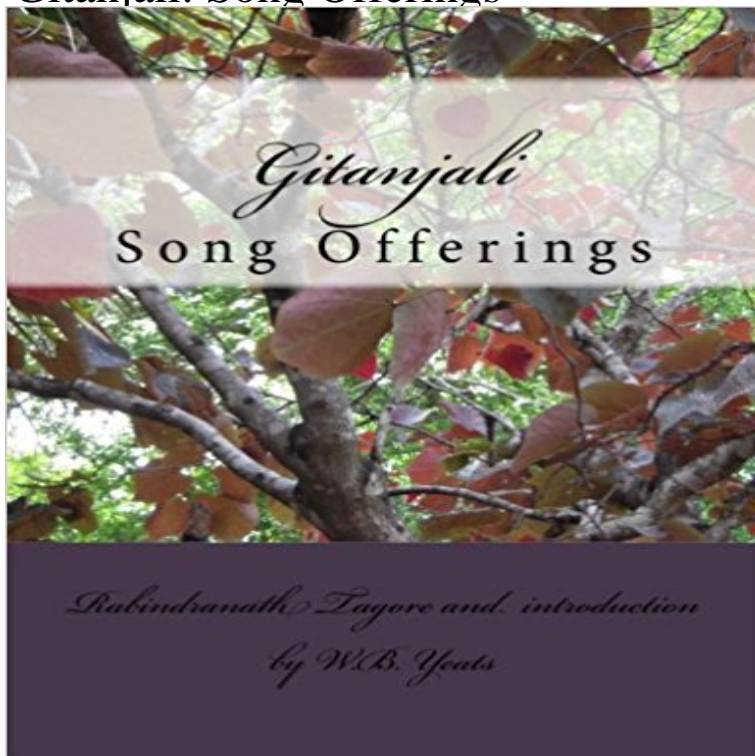


Gitanjali: Song Offerings



Gitanjali is a collection of 103 English poems, largely translations, of the Bengali poet Rabindranath Tagore. This volume became very famous in the West, and was widely translated. Gitanjali is also the title of an earlier Bengali volume (1910) of 157 mostly devotional songs. The word gitanjali is composed from git, song, and anjali, offering, and thus means - An offering of songs; but the word for offering, anjali, has a strong devotional connotation, so the title may also be interpreted as prayer offering of song. The English collection is not a translation of poems from the Bengali volume of the same name. While half the poems (52 out of 103) in the English text were selected from the Bengali volume, others were taken from these works (given with year and number of songs selected for the English text): Gitimallo (1914,17), Noibeddo (1901,15), Khea (1906,11) and a handful from other works. The translations were often radical, leaving out or altering large chunks of the poem and in one instance even fusing two separate poems (song 95, which unifies songs 89,90 of naivedya). The translations were undertaken prior to a visit to England in 1912, where the poems were extremely well received. A slender volume was published in 1913, with an exhilarating preface by W. B. Yeats. In the same year, based on a corpus of three thin translations, Tagore became the first non-European to win the Nobel Prize, specifically the Nobel Prize for Literature.

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you motivated. She or he will push you beyond your comfort level — something tough to do by yourself. A trainer additionally provides: 1. Guidance on achieving your goals 2. Instruction about fundamental nutrition, cardio and bodybuilding 3. Each week a reason to appear at the gym 4. Accountability 5. Methods to assist monitor your improvement What is a Program Like? Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises. What to try to find In a Personal Trainer 1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial. 2. CPR: your coach should have an updated qualification in CPR and/or firstaid. 3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area. 4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor. 5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say. 6. Attention: A good trainer should be targeted only during your sessions on you. 7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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