

# DR HARSH K GUPTA

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**Who is Harsh Gupta?** He has served as the president of many scientific societies such as International Union of Geodesy and Geophysics (IUGG), Asia Oceania Geosciences Society, and Geological Society of India. He is the founder president of the Asian Seismological Commission and presided over the commission from 1996 to 2000.

**Who received the 100 Years of International Geophysics Memorial Medal of the USSR Academy of Sciences in 1985?** Awards and Honours: Dr Gupta received the SS Bhatnagar Prize (1983), USSR Academy of Sciences' "100 Years of International Geophysics" Memorial Medal (1985), National Mineral Award (1991), the Indian Geophysical Union Millennium Award (2000), Indian Society of Applied Geochemists Millennium Award (2000), Jawaharlal ...

**What is the height of Harsh Gupta?**

**What does Prerna Malhan's husband do for a living?** Read all my travel stories and exciting travel tips at Wanderers Hub. Learn how I manage to travel- most of the days of the year - with my husband who works as an IT consultant.

**Who is Nikita Gupta?** Nikita Gupta is an entrepreneur with a degree in Computer Science and Engineering from Cornell University. At Cornell, she launched Girls Who Code in Ithaca, NY and was heavily involved with Women in Computing.

**What is the highest ranking Soviet medal?** The title Hero of the Soviet Union (Russian: ????? ????????????? ?????, romanized: Geroy Sovetskogo Soyuza) was the highest distinction in the Soviet Union, awarded together with the Order of Lenin personally or collectively for heroic feats in service to the Soviet state and society.

**Who was the most honored Soviet military commander of the war?** Georgy Zhukov (born December 1 [November 19, Old Style], 1896, Kaluga province, Russia—died June 18, 1974, Moscow) was a marshal of the Soviet Union, and the most important Soviet military commander during World War II.

**Who had the most Hero of the Soviet Union medals?** The only individuals to receive the title four times were Marshal Georgy Zhukov and Leonid Brezhnev. The original statute of the Hero of the Soviet Union, however, did not provide for a fourth title; its provisions allowed for a maximum of three awards regardless of later deeds.

**Who is Prerna Malhan?** Prerna Malhan's Inspiring Travel Odyssey. Prerna Malhan's journey into the realm of YouTube reflects a profound connection between her passion for exploration and her dedication to storytelling. Born in Delhi on April 7th, 1990, she found her true calling after completing her Mass Communication studies.

**What is the education of Harsh Malhan?** Harsh Malhan is a Dentist by training and has completed their MDS - Paedodontics And Preventive Dentistry from D.A.V Centenary Dental College, Yamuna Nagar in 2014, BDS from Govt Dental College, P.G.I.M.S in 2008.

**Who is Harsh Malhan's wife?** Prerna Malhan (@prernamalhan)

**What is the education of Harsh Gupta?** Harsh attended the Dr. A.P.J. Abdul Kalam Technical University, where he earned his Bachelor's in Mechanical Engineering. He also holds an MBA in Strategy, Leadership, and Marketing from the Indian School of Business.

**Who is Harsh Gupta director?** Harsh Gupta is an actor, writer, director and entrepreneur based in New York City. Born and raised in the cultural hub of New Delhi, he is in constant search for truth and honesty in his work.

**Does Prerna Malhan have a child?** Prerna Malhan was born on April 7, 1990 in Delhi, India. She is an actress, known for Gajendra Verma, Jonita Gandhi: Tera Ishq (2021). She is married to Harsh Gupta. They have one child.

**Who is the owner of Symba group?** Ahva Sadeghi is a passionate social entrepreneur and co-founder & CEO of Symba, an...

**Who is Nikita's sister?**

**Who is the CEO of Gupta Media?** The VentureFizz Podcast: Gogi Gupta - Founder of Gupta Media.

**What are KGB agents?** The KGB classified its spies as: agents (a person who provides intelligence) and controllers (a person who relays intelligence).

**What Medal did Stalin wear?**

**Did the KGB have ranks?** Why do Soviet State Security officers (KGB, MGB/MVD, NKVD, OGPU/GPU, Cheka) have military ranks (i.e., Captain, Major, Lieutenant) if they are not a military force? They do not have military ranks - they have ranks with the same names as military ranks, but these ranks aren't interchangeable.

**Who was the deadliest Soviet soldier?**

**Who succeeded Stalin?** After Stalin died in March 1953, he was succeeded by Nikita Khrushchev as First Secretary of the Central Committee of the Communist Party of the Soviet Union (CPSU) and Georgy Malenkov as Premier of the Soviet Union.

**Who is the Hero of Moscow?** Efim Dyskin - one of the first artilleryman, who awarded the title of Hero of the Soviet Union for a feat accomplished in the Battle of Moscow.

**What is the rarest Soviet medal?** The Order of Victory was the highest military decoration in the Soviet Armed Forces for World War II service, and one of the rarest in the world due to the small number of recipients.

**Who was the greatest Soviet soldier?** Zhukov is remembered as one of the greatest Russian and Soviet military leaders of all time, along with Alexander Suvorov, Mikhail Barclay de Tolly, and Mikhail Kutuzov.

**Who was the most decorated Soviet soldier?** Well did he earn the five stars of a Marshal of the Soviet Union, and he was arguably the most successful soldier in the annals of recorded military history. In his book The Great Commanders, author Phil Grabsky notes, “Alexander [the Great] commanded an army of 35,000; Zhukov a force of millions.

**What does Harsh Malhan do?** Harsh Malhan is a specialized pediatric dental surgeon, with proficient hand in dealing every aspect of dental problems and preventive dental aspect and treating/ preventing irregular teeth....

**Who is harsh daga?** Harsh Daga - Director - Daga Group | LinkedIn.

**Who is Harsh Parmar?** Harsh Parmar is an Indian creative producer.

**Who is DK Gupta?** D. K. Gupta has emerged as one of the most successful entrepreneurs in the healthcare services sector in Delhi - NCR. In a very short time, he is known for providing quality health care facility to the patients. Today he is respected as a Young Enterprising Doctor and Promoter of Felix Healthcare Pvt.

**Who is Harsh Malhan's wife?** Prerna Malhan (@prernamalhan)

**Is Nischay Malhan an engineer?** Nischay has done his engineering at Indraprastha Institute of Information Technology, Delhi after that started doing a job but left the job and pursue his career as a YouTuber.

**Does Prerna Malhan have a child?** Prerna Malhan was born on April 7, 1990 in Delhi, India. She is an actress, known for Gajendra Verma, Jonita Gandhi: Tera Ishq (2021). She is married to Harsh Gupta. They have one child.

**Who is Maigon Daga?** Daga pottery is not the work of a studio but of a Latvian man named Maigonis Daga. Daga was born in 1923 in Latvia and immigrated to Australia in 1948 after war broke out in his home country.

**Who won the battle of Wayna Daga?** Led by the Emperor Galawdewos, the combined army of Ethiopian and Portuguese troops defeated the Adal-Ottoman army led by Imam Ahmad ibn Ibrahim al-Ghazi. Imam Ahmad was killed in the battle and his followers were utterly routed.

**Who is Harsh Naik?** Harsh Naik is known for Mr. Misunderstanding (2020), Cutting (2021) and Ramanujan (2014).

**Who is Anjali Parmar?** Anjali Parmar is Mumbai based Casting Director. She has started her career as an actress in Mumbai. She has done Pavitra bandhan for Balaji telefilms as parallel lead !! Suryaputra kari as negative lead and many more !!

**Who is Shweta Parmar?** Indian Skydiver, Skier, and Entrepreneur. Extreme Sport Athlete. India's 4th Civilian Woman Skydiver.

**Who is Deepika Parmar?** Deepika Parmar is a Gastroenterologist, Hepatologist and Endoscopist (Gastro) and has an experience of 14 years in these fields. ...

**Who is the CEO of DK?** The worldwide CEO of DK is Paul Kelly. DK has offices in New York, Melbourne, London, Munich, New Delhi, Toronto, Madrid, Beijing, and Jiangmen.

**Who is the CEO of Gupta Media?** The VentureFizz Podcast: Gogi Gupta - Founder of Gupta Media.

**Who is the owner of DK architects?** Introduction to DK Architects The practice was established in 1990 by David Kemp. We are an RIBA Chartered practice set in the middle of Hove near the Rail Station in a converted Wine Merchants premises. You can be assured of a warm welcome.

**How to practice the Jhanas?** All you can do is set up the conditions for the jhana to arise by cultivating a calm and quiet mind focused on pleasantness. And then just let go—be that calm, quiet mind focused on pleasantness and enjoy it—and the jhana will appear. Any attempt to do anything more does not work.

**What are the 4 jhanas in Buddhism?** Four stages, called (in Sanskrit) dhyanas or (in Pali) jhanas, are distinguished in the shift of attention from the outward sensory world: (1) detachment from the external world and a consciousness of joy and ease, (2) concentration, with suppression of reasoning and investigation, (3) the passing away of joy, with the ...

**What is the meaning of jhana in meditation?** In the oldest texts of Buddhism, dhy?na (Sanskrit: ?????) or jh?na (Pali: ???) is a component of the training of the mind (bhavana), commonly translated as meditation, to withdraw the mind from the automatic responses to sense-impressions, "burn up" the defilements, and leading to a "state of perfect equanimity and ...

**What did Buddha say about the Jhanas?** The Noble Path has eight parts that need to developed together, one of which is jhana (Right Concentration). In the Dhammapada, the Buddha said, "There's no jhana for one with no discernment, no discernment for one with no jhana. But whoever has both jhana and discernment, is on the verge of awakening."

**How do you practice concentration meditation?**

**What are the 5 jhana factors?**

**What does jhana feel like?** It's that satisfied feeling of happiness, which feels like a relief after the intensity of all of that rapture and ecstasy. Eventually, second Jhana makes way for third, where even the sensation of happiness goes away and straight up equanimity occurs.

**Do jhanas lead to enlightenment?** The essence of Buddhism is the enlightenment of the Buddha. Many centuries ago in India, the wandering monk Gautama remembered a childhood experience of jhana, mental or meditative absorption, and realized that jhana is the way to awakening.

**What are the 5 masteries of jhana?**

**Can you skip jhanas?** Some teachers say the jhanas are unnecessary and are rather like playthings for advanced meditators. It may be technically true that some can attain final release from craving, delusion, and suffering without jhanic meditation, but there are many benefits to achieving the jhanas.

**What are the benefits of jhana?** The jhanas are a set of extraordinarily pleasurable and non-addictive altered states you can learn to enter on command with meditation practice. They're sometimes described as the opposite of an anxiety loop.

**What are the hindrances of jhana factors?** To attain the jhanas, the meditator must begin by eliminating the unwholesome mental states obstructing inner collectedness, generally grouped together as the five hindrances (pañcanivarana): sensual desire, ill will, sloth and torpor, restlessness and worry and doubt.

**What does access concentration feel like?** Whatever method you use to generate access concentration, the sign that you've gotten to access concentration is that you are fully present with the object of meditation. So if you are doing mettā [lovingkindness meditation], you're just fully there with the feelings of mettā; you're not getting distracted.

**What did Buddha say about concentration?** Buddha says that the mind is luminous, but that uninstructed people do not know this. They do not know it, in short, because they do not practice concentration, and they do not practice concentration because they do not know that there is a pure and luminous mind to be experienced.

**What is the jhana absorption?** The jhanas are states of deep concentrative absorption (Anālayo, 2020; Arbel, 2017; Yang et al., 2023b) arising from meditation (Sparby & Sacchet, 2022; Wright et al., 2023) that have been practiced by contemplatives for at least 2500 years.

**Is concentration meditation the same as mindfulness meditation?** When we learn to meditate, concentration and mindfulness go hand in hand, although it is mindfulness that directs the concentration. While concentration may shine a light on what is happening in our inner environment it doesn't bring any understanding or wisdom to what is there; that is the job of mindfulness.

**Why I Cannot concentrate in meditation?** Our suggestions for improving focus during meditation are: eliminating physical tension, relaxing the body, prayer, achieving perfect stillness, expanding your meditation period, keeping your eyes raised, focusing on breath, consciously withdrawing your energy, doing one thing at a time and asking for concentration ad ...

**Which meditation is good for concentration?** Walking meditation is also an effective focused meditation approach that can improve concentration and focus. As

you walk, pay attention to your feet and legs' movement and sensations as they touch the ground. Mindful walking is as possible as mindful breathing.

**What is the jhana method of meditation?** Jhana is a deep stage of meditation where sensual pleasures have been suppressed temporarily (before awakening). The meditation here refers to right concentration. Right concentration means concentration on positive objects/using positive mind.

**What is the difference between Dhyana and jhana?** Jhana is the same term as the Sanskrit dhyana, the Chinese word ch'an, and the Japanese zen. All these words refer to the same meditative absorption the Buddha described, and the jhanas appear in the teachings of the Mahayanist schools of Buddhism, such as Rinzai Zen and Vajrayana.

**Is jhana a trance?** The jhanas have been roughly translated as "states of absorption" or even "trance." The Christian mystics, like Teresa of Avila, called these altered states of consciousness religious ecstasies. Every contemplative tradition has some context for these states.

**What is the Bodhisattva way of practice?** The practice of all the bodhisattvas is to cherish spiritual friends, By regarding them as even more precious than one's own body, Since they are the ones who will help to rid us of all our faults, And make our virtues grow ever greater just like the waxing moon.

**How to practice Dharma Buddhism?**

**How to get 1st jhana?** And, if you remain one-pointed on this experience of piti and sukha—that is the first jhana. So to summarize the method for entering the first jhana: You sit in a nice comfortable upright position, and generate access concentration by putting and maintaining your attention on a single meditation object.

**How can I practice meditation effectively?** Start your meditation With your eyes closed, simply breathe in while saying "breathe in" in your head as you do. Then breathe out and say "breathe out". For the next 20 minutes or so, your aim is to focus on this circular breath and the simple words in your head as much as possible.

**Tiger Tales 1: Exploring the World of Tigers**



## **What is Tiger Tales 1?**

Tiger Tales 1 is an educational and entertaining book series that introduces young readers to the fascinating world of tigers. Through captivating stories, stunning photographs, and fun facts, children can learn about tiger habitats, behavior, and conservation.

## **What animals are featured in the series?**

The Tiger Tales 1 series focuses primarily on tigers, both in the wild and in captivity. Readers will encounter different tiger species, including Bengal tigers, Siberian tigers, and Sumatran tigers. The books also introduce other animals that live in tiger habitats, such as elephants, leopards, and monkeys.

## **What topics are covered in the series?**

The Tiger Tales 1 series covers a wide range of topics related to tigers, including:

- Tiger anatomy and physiology
- Tiger behavior and communication
- Tiger habitats and hunting techniques
- Tiger conservation and threats facing the species
- The importance of protecting tigers and their ecosystems

## **What makes the series unique?**

Tiger Tales 1 stands out from other children's books about tigers thanks to its:

- Stunning photography that captures the beauty and majesty of tigers
- Engaging stories that bring tiger facts and concepts to life
- Comprehensive coverage of tiger-related topics
- Interactive activities that encourage further exploration and learning

## **How can I use the series for children?**

The Tiger Tales 1 series is a valuable resource for educators, parents, and anyone looking to teach children about tigers. The books can be used for:

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DR HARSH K GUPTA

- Classroom lessons on endangered species or animal habitats
- Story time at home or in libraries
- Independent reading for curious young minds
- Sparking conversations about conservation and wildlife protection

**What is the book Red Sparrow about?** Synopsis. Dominika Egorova, or "Red Sparrow", is a former Russian ballerina who is forced by her uncle (Colonel Egorov) to undergo espionage training for the Russian government at the Sparrow School, where people are trained to seduce their targets.

**Is Red Sparrow worth reading?** tl;dr — The Red Sparrow Trilogy by Jason Matthews is an excellent spy thriller series that keeps getting better with every book.

**Is Red Sparrow part of a trilogy?** The electrifying New York Times bestselling trilogy—Red Sparrow, Palace of Treason, and The Kremlin's Candidate—featuring Russian counterintelligence agent Dominika Egorova and CIA agent Nate Nash is “a primer in twenty-first-century spying...

**What is the plot of the Red Sparrow?** The film stars Jennifer Lawrence, Joel Edgerton, Matthias Schoenaerts, Charlotte Rampling, Mary-Louise Parker, Jeremy Irons, and Ciarán Hinds. It tells the story of a former ballerina turned Russian intelligence officer, who is sent to make contact with a CIA officer in the hope of discovering the identity of a mole.

**Is The Red Sparrow based on a true story?** Comparing Fiction and Reality The real-world incident of Russian spies employing sparrow tradecraft serves as a stark reminder that the strategies portrayed in the film are not mere fiction but real tactics employed in the shadowy world of intelligence.

**What is the summary of the book The Sparrow?** The Sparrow is the tale of Earth's first, ill-fated, interstellar mission. It is told in flashback form through the eyes of Father Emilio Sandoz, a Jesuit priest whose hands, mind and soul were shattered by what befell him on the planet Rakhat.

**Is there any Romance in Red Sparrow?** She's then assigned to an American agent, Nate Nash (Joel Edgerton), who's been working with an unknown Russian

mole. As things get more complicated and deadly, Nate and Dominika could be falling in love.

**Why is Red Sparrow an 18?** The UK version is cut for "strong sadistic violence" to earn a 15 certificate instead of an 18, which was done based on BBFC advice. As both countries make up the same distribution region, Ireland also received the same cut version (rated 16 for cinema and 18 on video).

**What should I read after Red Sparrow?**

**Is Red Sparrow worth watching?** [Red Sparrow] looks good, has a strong lead performance, and it never becomes boring. But, it also lacks a lot of what audiences will probably want out of a movie like this. Rotten score. There are better examples of this kind of movie out there.

**Who calls at the end of Red Sparrow?** The final shot of the film shows Dominika answering a phone call. Presumably, it's the CIA, possibly Nash himself, prompting underlying questions. Does Dominika truly have romantic feelings for Agent Nash? Or were her affections just a ruse to use him and his resources to carry out her revenge on evil Uncle Ivan?

**Is Red Sparrow connected to Black Widow?** "There's people who think it's very similar to the Black Widow story. This is not pulled from BW, this is pulled from Red Sparrow, you know, it's just like written by a guy who was in the CIA. It's like, his references are coming from a very very different place from that.

**Did Jennifer Lawrence learn ballet for Red Sparrow?** "It was something that was on my mind constantly throughout the entire script. The actress, 27, spent months working with a dance instructor to nail the movement and body image. "I worked with Jen six days a week, three hours a day," says associate choreographer Kurt Froman in the clip.

**Who is the villain in Red Sparrow?** Sergey Anatolyevich Matorin (Russian: ?????? ????????????? ????????) was a former staff officer and executioner for SVR, he also worked for the KGB and for Spetsnaz at Afghanistan. He was the one who assassinated Dimitri Ustinov and Marta Yelenova.

**Who is the real mole in Red Sparrow?** She wakes in the hospital where General Vladimir Korchnoi, a high-ranking official who works with Ivan, reveals himself as the mole. He explained to her that he was initially patriotic but became disillusioned later after witnessing Russia's corruption.

[practicing the jhanas traditional concentration meditation as presented by the venerable pa auk sayadaw, tiger tales 1, red sparrow by jason matthews](#)

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