

## **A Manual of Biological Anthropology**

By

Indera P. Singh & M.K.Bhasin

**Pages:** 538

**Binding :** Hard

**Published By** Kamla-Raj Enterprises, Delhi

This book entitled “*A Manual of Biological Anthropology*” provides professionals with the most current biological anthropology data, guidelines and procedures needed to not only to study microevolutionary adaptation process which determine the survival value of a population, but also help in deciding the pathogenic characters of a population. Based on this, practicable and tangible programmes for their alleviation can be prepared. All possible important aspects have been incorporated to bring up to date the first edition of the book to accommodate the rapidly growing scope of physical or biological anthropology.

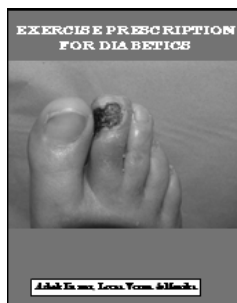
As stated in the preface, the manual is intended to be a comprehensive book for the use of students and research scholars of biological anthropology as well as allied disciplines. In my opinion it is meeting the aim very well. The manual provides a ready source for the students and research scholars to consult when professionals need to identify the necessary tools for addressing issues related to health and sports. To this end, the contributing authors have accomplished the purpose set forth in the preface.

People for whom the manual will be useful include graduate and post graduate students of anthropology and medical sciences, and current professionals employed in health sector as well as medical professionals practicing in clinical settings. Based on my educational experiences and involvement in the area of exercise, fitness and health, this practical manual should be made an integral part in preparing professionals for the health fitness and sports sector.

**Features:** The manual is a valuable source of guidelines, procedures, and illustrated anthropometric, dermatoglyphics, osteometry and somatometry techniques for anthropologists, physiologists and clinical facilities personnel who work with clients and patients. It does not contain superfluous information. Each chapter is written in a brief, clear, concise style and provides only the most pertinent information to prepare professionals to successfully complete their degree examinations. Extensive contemporary reference lists at the end of the book offer readers the opportunity to pursue a topic more deeply to develop a better understanding of the material covered. There are no shortcomings. Periodic reviews and updates of each chapter of the manual by eminent persons in the field during the preparation of the book have led to the clarity of writing and presenting style. In addition current and new trends in anthropometric techniques are appropriately dealt with in the manual to prepare professionals for conducting research.

This manual is going to be an invaluable companion to the any anthropologist. There are no other competitor manuals or textbooks, because the manual has been created specifically to address knowledge, skills, and activity objectives that must be mastered by any one who takes up the anthropology course. It is mandatory that a book like the resource manual undergo major revision processes at least every four years.

**Reviewer:** Prof. S.K. Verma, Ph.D., Department of Physiotherapy & Sports Science, Punjabi University Patiala (Punjab) India



## Exercise Prescription For Diabetics

By

Ashok Kumar, Leena Verma & Monika

**Pages:** 182,

**Price:** Rs. 400/-

**Binding:** Soft

**Published by** P.K. Publications New Delhi

**Description:** The book covers all aspects of diabetes related complications and highlights the strengths as well as weaknesses of an exercise programmes for various diabetes related complications. In this book you will find a clear explanation of what diabetes mellitus is, diagnosis of diabetes mellitus, complications of diabetes, management of diabetes mellitus via medicines & exercises, essentials on tailoring an exercise programme to your capabilities, guidelines for safe exercises during complications of diabetes & in addition to this you will get more useful information like desired body weight with percent fat, commonly used drugs for diabetes mellitus, normal human blood serum values, & constituents of normal human urine.

**Purpose:** Diabetes like modern 'ailments' is essentially a byproduct of unhealthy lifestyle including bad food habits and physical inactivity. A severe case of diabetes can result in staggering medical complications especially the scourge of mankind i.e. Coronary Artery Disease (Heart Attacks).

One of the most terrible things about diabetes is its negative effect on quality of life. Even a moderate case of diabetes can devastate a person's ability to be productive & fully functional. Moreover it is a huge burden on national economy directly or indirectly. The authors have chosen very noble objective of writing the book entitled "*Exercise Prescription for Diabetics*". The book is a guide not only for

the diabetes patients who can keep good control over the disease by following the steps described in the book but also for the non diabetics to lead a healthy lifestyle and keep this disease away. Diabetes management has come a long way over the years. Today diabetes patients can be rehabilitated and given the tools, one of which is safe exercise, to exert more control over this problem than ever before. After reading 'Exercise Prescription for Diabetics' most of you will discover that you can partially-or almost fully- reverse many of the disabilities that diabetes has caused & thus, go back to a healthier lifestyle. Cheer up and get ready for exercise!

**Audience:** The book will be valuable for the diabetes patients and the graduate and post graduate students of physiotherapy and medical sciences and professionals working in health fitness sectors as well as medical professionals involved in clinical settings. This practical guide possesses the required qualities for its inclusion in the curriculum of health related courses.

Every section of the book is printed in a brief, understandable style.

**Reviewer:** Dr. N.K. Multani, M.S.P.T., Ph.D.,  
Principal, College of Physiotherapy, Mullana,  
District Ambala [Haryana] India

Anthropology: its definition; definition of biological anthropology --- its areas and applications, history of development, Relationship of biological anthropology with other sciences and allied fields: medical and health sciences, environmental sciences, earth sciences and life sciences, Bio-cultural Approach. UNIT III: The biological basis of inheritance (I) Cell " the unit of life." Anthropometry: A Laboratory Manual on Biological Anthropology. Kamla-Raj Enterprises, Chawri Bazar, Delhi. 2. Rastogi S and Shukla B. R. K. (2003). Biological anthropology is the study of human biological variation and evolution. Biological anthropologists seek to document and explain the patterning of biological variation among contemporary human populations, trace the evolution of our lineage through time in the fossil record, and provide a comparative perspective on human uniqueness by placing our species in the context of other living primates. Students concentrating in biological anthropology are advised to take a course in statistics, as well as one or more advanced courses in biological sciences. Under special circumstances, studen