

“Power is gained by sharing knowledge and not hoarding it”



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**SURESH & CO.**

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Chartered Accountants

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## Foreword

We, at SURESH & CO. are indeed delighted to release the series “EMERGING THOUGHTS”. This publication is a compilation of constructive thoughts and amusing updates of articled assistants (Interns undergoing Chartered Accountancy course).

Our main purpose is to help inculcate the essential habit of reading and update one’s knowledge bank through a continuous series of updates which services to the whole organization every morning giving them a new idea about the happenings in this diverse world.

The response we receive from the readers are always overwhelming and this ongoing enlightening ritual has been a wonderful journey as the learning opportunities have never failed to enlighten us.

As an organization, our main moto is to enable the articled assistants of Suresh & Co. to think out of box and be updated on recent happenings which not only helps them to enhance their knowledge but also gives them the opportunity to explore things which do not fall under the ambit of their studies.

We at SURESH & CO. wanted to share these gems of infant thoughts as conceived by these young minds. It is to be noted that these updates may or may not have been reviewed by any senior or a technical expert and thus these should be used only to kindle thoughts in certain positive direction. Readers are advised to do further research and analysis on the topics which they find interesting. Professional advice should be sought before acting on any of the information contained in it.

***“Learning is not compulsory... neither is survival”***

## Update for the day #751 | National Doctors' Day

*“Doctors are important for Healthy Atmosphere in Society, Chartered Accountants are important for Wealthy Culture in Society”*

*- CA Mitesh Patel*

*..... ‘Happy Chartered Accountants’ Day’ to all the CAs as well as Prospective CAs*

Today's update is on National Doctors' Day:

As we all are aware, the coronavirus pandemic is upending life on a global level. While on one hand people across India and around the globe are largely confined to their homes with businesses and educational institutions all shut down in an attempt to contain the virus, and on the other hand doctors, health-care workers, and medical staff members are leading the battle against COVID-19 from the front. Putting their own lives at risk with selfless determination for the sake of saving lives, they truly are our heroes in these challenging times.

On this note today's a special occasion for paying tribute to these frontline warriors:



National Doctors' Day is celebrated all over India on July 1st in the memory of Dr. Bindhan Chandra Roy who was born on July 1st 1882 and died on the same date in 1962. Dr. B C Roy was a great physician and also the second chief minister of West Bengal, who was honoured with the country's highest civilian award, Bharat Ratna on 4th of February in 1961. National Doctors' Day is a tribute to all the physicians who save thousands of lives each day offering their quality treatments which show the remarkable improvements in the cure and treatment methods today.

It has been marked as the day of respect for the entire professional doctors who are making great efforts in curing the most dreadful diseases with various methods of approach. The celebration of the Doctors' Day is an attempt to emphasise on the value of doctors in our lives and to offer them our respects by commemorating one of their greatest representatives. India has shown remarkable improvements in the medical field and July 1 pays a tribute to all the doctors who have made relentless efforts towards achieving this goal irrespective of the odds.

Needless to say, doctors, nurses and people working in health-care sectors are particularly vulnerable to the highly infectious disease. In response to the global pandemic, the under-resourced

doctors are facing unprecedented challenges. The list of the sleep-deprived heroes includes doctors, nurses, medical cleaners, pathologists, paramedics, ambulance drivers, and health-care administrators. In the fight against coronavirus, the brave medical army stands strong with thermometers, stethoscopes, and ventilators as their weapons. Not to forget, medical researchers are working day in and night out against all odds, hoping to find the antidote to the disease.

Since the coronavirus outbreak, health-care professionals have not only experienced the gratification of healing patients and saving their lives but have also lost many battles along the way. Many doctors have even sacrificed their own lives in the line of duty. Dr. Shatrughan Panjwani from India, Dr. Israel Bactol from the Philippines, Dr. Shirin Rouhani from Iran, Dr. Adil El Tayar from the UK, Dr. Usama Riaz from Pakistan, Dr. Jean-Jacques from France, Dr. Li Wenliang, from China are a few of them.

Doctors and health-care workers are giving it their all-in health-care settings while cutting themselves off from their families and loved ones. The stories of the medical heroes putting themselves on the forefront to fight the virus are inspiring and heartbreaking at the same time. The sacrifice that they are making for the safety and welfare of humanity during these unprecedented times is priceless and deserves lifelong gratitude and support from our end. Most importantly, we must reassess the value health-care workers hold in our lives and the kind of treatment they get from us. The Government of India along with the governments worldwide have decided to allocate more budget for improving the healthcare infrastructure.

Among the several lessons this coronavirus pandemic has been teaching us, the biggest one is to find ways to sufficiently invest in the better and more efficient medical fraternity and give medical professionals the respect, compensation and infrastructure that they truly deserve, along with advancement in medical research and technology. This can be a greater tribute to the health-care workers.

This day is dedicated to all the doctors, it is an opportunity for us to express our heartfelt gratitude to our physicians for their selfless sacrifice and services for the vital role they have in our lives.

### **Chaitrashree G**



## Update for the day #752 | The role of Tariffs and Digital technology in Self Reliant India

The COVID-19 pandemic has added to the woes of the Indian economy, which was already reeling from a pre-lockdown slump, with the exception of the rice milling sector, a survey conducted by the United Nations Industrial Development Organization (UNIDO) to assess the impact of COVID-19 on India's economy. It noted that manufacturing in India has come to a complete standstill. Economic stagnation was already beginning to reflect in data released by India's Central Statistics Office, which indicated that gross domestic product rose only by 3.1 percent in the fourth quarter of financial year 2020 (January to March) — the lowest quarterly GDP growth since the fourth quarter of financial year 2009.

To spur economic growth in India, Prime Minister Narendra Modi recently announced a \$265 billion stimulus package, called the “Atmanirbhar Bharat Abhiyan” (Self-Reliant India Scheme). This scheme amounts to roughly 10 percent of India's GDP. In his address, Modi said: “India's self-reliance will be based on five pillars — economy, infrastructure, technology-driven system, vibrant demography and demand.

The effects of this reorientation toward domestic manufacturing are already visible in India's international trade policy, where it seems determined to protect its domestic policy space. For instance, at the Special Virtual Meeting of the General Council of the World Trade Organization (WTO) on COVID-19 Trade-Related Measures, India's Ambassador and Permanent Representative J.S. Deepak emphatically rejected demands for permanent tariff liberalization and implementing binding commitments on e-commerce. This was in response to calls by some countries to permanently eliminate tariffs on an extensive list of “essential goods.”

Tariffs are likely to play a key role in Modi's agenda with respect to providing a fillip to India's manufacturing sector. For example, while India is a major exporter of the world's APIs (Active Pharmaceutical Ingredients) — which are used in the making of medicines — India does not account for a significant share of medicines exported in their final form. With the singular exception of China, the market of medical products in their final form, which includes medicines, medical supplies, medical equipment and technology, and personal protective products, is dominated largely by developed countries. The top 10 exporters of medical products exercise a clear monopoly and account for almost three-quarters of world exports reflecting a highly concentrated distribution.

Table 3. Top ten exporters of medical products in 2019

| Country            | Total exports     |                                      | Share of world medical exports (%) | Share of total medical exports (%) |                  |           |                              |
|--------------------|-------------------|--------------------------------------|------------------------------------|------------------------------------|------------------|-----------|------------------------------|
|                    | Value (\$billion) | Share of exports of all products (%) |                                    | Medical equipment                  | Medical supplies | Medicines | Personal protective products |
| World              | 995.8             | 6                                    | 100                                | 14                                 | 17               | 55        | 14                           |
| 1. Germany         | 136.2             | 9                                    | 14                                 | 15                                 | 15               | 57        | 13                           |
| 2. United States   | 116.6             | 7                                    | 12                                 | 25                                 | 29               | 35        | 12                           |
| 3. Switzerland     | 89.9              | 29                                   | 9                                  | 5                                  | 5                | 88        | 2                            |
| 4. Netherlands     | 73.1              | 10                                   | 7                                  | 17                                 | 18               | 58        | 7                            |
| 5. Belgium         | 65.8              | 15                                   | 7                                  | 7                                  | 12               | 74        | 6                            |
| 6. Ireland         | 65.3              | 38                                   | 7                                  | 5                                  | 20               | 71        | 4                            |
| 7. China           | 51.6              | 2                                    | 5                                  | 19                                 | 22               | 10        | 49                           |
| 8. France          | 49.9              | 9                                    | 5                                  | 9                                  | 14               | 65        | 13                           |
| 9. Italy           | 42.9              | 8                                    | 4                                  | 6                                  | 7                | 75        | 12                           |
| 10. United Kingdom | 38.2              | 8                                    | 4                                  | 11                                 | 15               | 64        | 10                           |

Source: WTO Secretariat.

Currently, India applies a 10 percent tariff on imported medicines and a 12 percent tariff on personal protective products. Succumbing to the calls of permanent tariff liberalization would have the effect of flooding Indian markets with medical goods from developed countries. Not only would this hinder long-term growth of the domestic industry and prevent local manufacturers from being competitive, it would also create dependencies on developed countries for access to essential

products. Tariffs, therefore, remain an important policy tool for India to aid the growth of the domestic industry and stabilize prices as the country seeks to enhance manufacturing capabilities.

Second, on the e-commerce front — which is defined as the “production, distribution, marketing, sale or delivery of goods and services by electronic means” — India has censured negotiations at the WTO on binding disciplines that could limit India’s ability to regulate in this space, especially with regard to data localization. Data localization is defined as “policies [that] involve restrictions on the ability of firms to transmit data on domestic users to foreign countries.”

A technology driven “Atmanirbhar Bharat” relies heavily on digitizing India, with an emphasis on health and education technologies. As a part of this scheme, the government aims to implement the National Digital Health Blueprint under the National Digital Health Mission. India’s increased use of digital health technology is captured in a recent report titled “Digital Health in the Aftermath of COVID-19” by Invest India. The report highlights the use of digital health technologies in India, including the use of the Aarogya Setu app and the e-Sanjeevani app, and the development of digital frameworks such as National Health Stack (NHS) framework and the National eHealth Authority (NeHA) framework.

Digitization, especially in sensitive sectors such as health, raises concerns regarding the safety and security of data. Health data is particularly sensitive as it allows governments and corporations to access an individual’s private sphere. It thus becomes necessary for countries to limit offshore data storage and implement strong data localization laws. The existing digital divide and asymmetry in digital technology would result in a unilateral flow of data from India to the advanced economies and make such countries the repositories of global data. In the absence of data localization requirements, infant digital platforms and industries would be denied support, resulting in an increase in existing inequalities

### **Anarghya Suvin**



## Update for the day #753 | Ayushman Bharat

Ayushman Bharat, a flagship scheme of Government of India, was launched as recommended by the National Health Policy 2017, to achieve the vision of Universal Health Coverage (UHC). This initiative has been designed to meet Sustainable Development Goals (SDGs) and its underlying commitment, which is to "leave no one behind."

Ayushman Bharat is an attempt to move from sectoral and a segmented approach of health service delivery to a comprehensive need-based health care service. This scheme aims to undertake path breaking interventions to holistically address the healthcare system (covering prevention, promotion and ambulatory care) at the primary, secondary and tertiary level. Ayushman Bharat adopts a continuum of care approach, comprising of two interrelated components, which are -

- Health and Wellness Centres (HWCs)
- Pradhan Mantri Jan Arogya Yojana (PM-JAY)

### **Health and Wellness Centres:**

In February 2018, the Government of India announced the creation of 1,50,000 Health and Wellness Centres (HWCs) by transforming the existing Sub Centres and Primary Health Centres. These centres are to deliver Comprehensive Primary Health Care (CPHC) bringing healthcare closer to the homes of people. They cover both, maternal and child health services and non-communicable diseases, including free essential drugs and diagnostic services.

Health and Wellness Centres are envisaged to deliver an expanded range of services to address the primary health care needs of the entire population in their area, expanding access, universality and equity close to the community. The emphasis of health promotion and prevention is designed to bring focus on keeping people healthy by engaging and empowering individuals and communities to choose healthy behaviours and make changes that reduce the risk of developing chronic diseases and morbidities.

### **Pradhan Mantri Jan Arogya Yojana:**

The second component under Ayushman Bharat is the Pradhan Mantri Jan Arogya Yojana or PM-JAY as it is popularly known. This scheme was launched on 23rd September, 2018 in Ranchi, Jharkhand by the Hon'ble Prime Minister of India, Shri Narendra Modi.

Ayushman Bharat PM-JAY is the largest health assurance scheme in the world which aims at providing a health cover of Rs. 5 lakhs per family per year for secondary and tertiary care hospitalization to over 10.74 crores poor and vulnerable families (approximately 50 crore beneficiaries) that form the bottom 40% of the Indian population. The households included are based on the deprivation and occupational criteria of Socio-Economic Caste Census 2011 (SECC 2011) for rural and urban areas respectively. PM-JAY was earlier known as the National Health Protection Scheme (NHPS) before being rechristened. It subsumed the then existing Rashtriya Swasthya Bima Yojana (RSBY) which had been launched in 2008. The coverage mentioned under PM-JAY, therefore, also includes families that were covered in RSBY but are not present in the SECC 2011 database. PM-JAY is fully funded by the Government and cost of implementation is shared between the Central and State Governments.

### **Key Features:**

- PM-JAY is the world's largest health insurance/ assurance scheme fully financed by the government.



- It provides a cover of Rs. 5 lakhs per family per year for secondary and tertiary care hospitalization across public and private empanelled hospitals in India.
- Over 10.74 crore poor and vulnerable entitled families (approximately 50 crore beneficiaries) are eligible for these benefits.
- PM-JAY provides cashless access to health care services for the beneficiary at the point of service, that is, the hospital.
- PM-JAY envisions to help mitigate catastrophic expenditure on medical treatment which pushes nearly 6 crore Indians into poverty each year.
- It covers up to 3 days of pre-hospitalization and 15 days post-hospitalization expenses such as diagnostics and medicines.
- There is no restriction on the family size, age or gender.
- All pre-existing conditions are covered from day one.
- Benefits of the scheme are portable across the country i.e. a beneficiary can visit any empanelled public or private hospital in India to avail cashless treatment.
- Services include approximately 1,393 procedures covering all the costs related to treatment, including but not limited to drugs, supplies, diagnostic services, physician's fees, room charges, surgeon charges, OT and ICU charges etc.
- Public hospitals are reimbursed for the healthcare services at par with the private hospitals.



### Benefit Cover Under PM-JAY:

Benefit cover under various Government-funded health insurance schemes in India have always been structured on an upper ceiling limit ranging from an annual cover of INR 30,000 to INR 3,00,000 per family across various States which created a fragmented system. PM-JAY provides cashless cover of up to INR 5,00,000 to each eligible family per annum for listed secondary and tertiary care conditions. The cover under the scheme includes all expenses incurred on the following components of the treatment.

- Medical examination, treatment and consultation
- Pre-hospitalization
- Medicine and medical consumables
- Non-intensive and intensive care services
- Diagnostic and laboratory investigations
- Medical implantation services (where necessary)
- Accommodation benefits
- Food services

- Complications arising during treatment
- Post-hospitalization follow-up care up to 15 days

The benefits of INR 5,00,000 are on a family floater basis which means that it can be used by one or all members of the family. The RSBY had a family cap of five members. However, based on learnings from those schemes, PM-JAY has been designed in such a way that there is no cap on family size or age of members. In addition, pre-existing diseases are covered from the very first day. This means that any eligible person suffering from any medical condition before being covered by PM-JAY will now be able to get treatment for all those medical conditions as well under this scheme right from the day they are enrolled.

### **What has been Ayushman Bharat's role during the coronavirus outbreak in India?**

“We are managing the call centre for the 1075 helpline of the health ministry. We field about 30,000 to 40,000 calls every day in terms of providing information. Secondly, we now have a big database of citizens. This database also shows us who are the high-risk people, the elderly, those who have comorbid conditions, etc. We have made 700,000 calls to such high-risk people. Of those, we follow up with anyone who has Covid-19-like symptoms. We ask doctors to call them to ensure they get the right information and treatment. If they need testing, treatment, or isolation, we manage that” says Indu Bhushan, CEO of the National Health Authority.

### **Raghuram S Mallya**



## Update for the day #754 | Laughter - The best Medicine

It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh.

Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. **Best of all, this priceless medicine is fun, free, and easy to use.**

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

**Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

**Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

**Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

**Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

**Laughter burns calories.** OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

**Laughter lightens anger's heavy load.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter makes you feel good. And this positive feeling remains with you even after the laughter subsides. humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.

So, Keep Laughing, Stay Healthy!!

**Yash M Chhajer**



## Update for the day #755 | The Spiritual Nature of Hair

“Our hair fashions might be just a trend, but if we investigate, we may find that we have been depriving ourselves of one of the most valuable sources of energy for human vitality.” -Yogi Bhajan

Harbhajan Singh Khalsa, also known as Yogi Bhajan and Siri Singh Sahib to his followers, was an Indian-born-American yoga teacher, spiritual teacher, and entrepreneur. He introduced his version of Kundalini Yoga to the United States. The science of hair was one of the first technologies given by Yogi Bhajan when he travelled to America.

Consider the possibility that the hair on your head is there to do more than just look good. Man is the only creature who grows longer hair on his head as he grows into adulthood. Left uncut, your hair will grow to a particular length and then stop all by itself at the correct length for you. From a yogic perspective, hair is an amazing gift of nature that can actually help raise the Kundalini energy (creative life force), which increases vitality, intuition, and tranquility.

### **CUT HAIR**

Long ago people in many cultures didn't cut their hair, because it was a part of who they were. There were no salons. Often, when people were conquered or enslaved, their hair was cut as a recognized sign of slavery. It was also understood that this would serve as punishment and decrease the power of those enslaved. As whole tribes or societies were conquered, cut hair became so prevalent that the importance of hair was lost after a few generations, and hairstyles and fashion grew to be the focus.

When the hair on your head is allowed to attain its full, mature length, then phosphorus, calcium, and vitamin D are all produced, and enter the lymphatic fluid, and eventually the spinal fluid through the two ducts on the top of the brain. This ionic change creates more efficient memory and leads to greater physical energy, improved stamina, and patience.

Yogi Bhajan explained that if you choose to cut your hair, you not only lose this extra energy and nourishment, but your body must then provide a great amount of vital energy and nutrients to continually re-grow the missing hair.

In addition, hairs are the antennas that gather and channel the sun energy or prana to the frontal lobes, the part of the brain you use for meditation and visualization. These antennas act as conduits to bring you greater quantities of subtle, cosmic energy. It takes approximately three years from the last time your hair was cut for new antennas to form at the tips of the hair.

### **TRIED AND TRUE**

The natural intelligence of the body is to maintain its hairs. If you allow the hair on the head to grow undisturbed; it will grow to a certain length required by your body and then it will stop. Perhaps, among kings and sadhus who did not cut their hair that hair length is different for each person. Each body has its own requirement. The hair also reflects the health of the individual.

It has been proven scientifically that people who have long hair tend to be less tired, more energetic and less likely to become depressed. People who have long hair also conserve energy and don't feel the cold of winter the same as people with short hair. A person who has short hair wastes his body's energy. A person who cuts his hair over his lifetime forces the body to grow 22 meters of replacement hair. A person who keeps his hair only produces 1.5 meters of hair over his lifetime.

**Manoj Kumar Y**



## Update for the day #756 | Look attractive in 5 minutes

It's easy to call you fat and then sell you how to be slim!

Insecurities are designed in such a way to make you feel less worthy of something, if you are insecure about your looks maybe first thing every day you would spend half an hour in front of the mirror just trying to gaze and find an opportunity or a "product" to make you feel less insecure!

Anyway, the reason why skin lightening companies manage to sell their products, is because of your insecurity or inability to accept the way you are.

This we come across dozens of ads, right to becoming thin or waxing your hair right or just trying to impress someone by wearing vests or inner wear!

In reality maybe your significant other is not worried about dandruff on your shirt, that might look odd, but come on! those tiny bits can't decide why he /she must like you.

A bar of chocolate with heart designed on it is sold on immensely high price and marked "limited edition " because you are already sold to the notion that gifting this chocolate might work your marriage well! Valentine's day is celebrated throughout the month and that's the whole irony of it.

Talking about the endorsements, we have often come across celebrities selling the products which might get you the brand-new job, the products which might make your clothes look brighter or your skin look fairer,

On a lighter note, years of academic education comes down to what soap you use to wash your clothes, which is the perhaps primary factor to decide whether you get into their payroll or not, I don't know about the reality but this happens in their lucrative imaginative world at least.

The entire revenue model of perfume or toiletries industry apparently depends on how other women get attracted when you have their product on. Well, we all know the reality though! the mighty long-lasting perfume with no gas and "20% extra" introductory offer fades away when you climb up the office stairs unless you empty half a bottle every day (that must cost a lot).

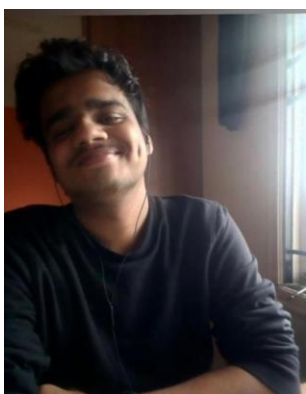
Ads which call you fat /dark /slim/hairy/stinky are the ones which make you believe that it is a bad thing and then you keep trying products again and again just to realize they are no good! This loop of dissatisfaction is found so common among the teenagers, and in future, these signs lead to social anxiety and other mental disorders and we need to stop that!

Well on other note, few products are essentials to keep you civilized and maintain personal hygiene but that doesn't mean you dump your body with unnecessary chemicals just because your favorite movie star says so.

Just by beginning to believe that going beyond nature is harmful always, accepting yourself the way you are and improving to be a better person emotionally and mentally is required. Spreading positivity honesty and moral principles make you more attractive and connected with other humans rather than these tiny tools as mentioned,

Next time you think of having that extra fair Instagram profile picture, just give it a second thought, is that really worth it? It's one's personal choice but I feel responsible here to tell you, **the way you are naturally, is the best you!**

**Naren M Pai**





## Update for the day #757 | Importance of a sound mind and body

*“Dhoni is the best captain I have played under” – Sachin Tendulkar*

A leader is the one who makes an impact and provides inspiration. M.S. Dhoni exemplified these qualities.

His tact and calmness made a significant impact on the entire team in tense situations resulting in victories. He stood by his players and gave individual attention and influenced them in a positive way. One can only lead by example and Dhoni's journey as a cricketer and captain is an inspiration.



Among the new generation cricketers, there are some names which have earned most popularity such as Mahendra Singh Dhoni, Virat Kohli, Rohit Sharma, K L Rahul etc. Among these latest generation players, Mahendra Singh Dhoni is incredibly famous because of his “Coolness”.

“Captain Cool”, “Mahi”, “MSD” are some of the fan made names to him. He rose to fame slowly and his story of success is inspiring to read.

### **Accidental adventure:**

When he was in his school football team, he was contributing as a goalkeeper. Once his football coach sent him to fill in as a wicket keeper of the cricket team, he impressed everyone with his wicket keeping skills. This secured him a permanent spot as the regular wicketkeeper in the commando cricket club team for three years during the period 1995-98. He continued to do his wicket keeping job well and got the attention of everyone and finally selected for Vinoo Mankad trophy under 16 championship team during the period 1997-98.

### **Selection in Bihar Cricket Team:**

Initially, in 1998, Dhoni was selected by Deval Sahay to play for the Central CoalFields Limited (CCL) team. Deval Sahay was one who tried pushing Dhoni into the Bihar cricket team. Dhoni was selected in the Bihar U -19 squad for 1998-99 season and later was included in the East Zone U -19 squad for the CK Nayudu trophy.

### **Ranji Trophy and Jharkhand Cricket Team:**

Dhoni made a debut in Ranji trophy for Bihar in the year 1999-2000. He played for Bihar team for 3 years continuously for the period 1999/2000, 2000/2001, 2001/2002. Later Dhoni contributed three half -centuries in Ranji trophy and couple of half centuries in Deodhar trophy for the season 2002-2003. TRDO officer Prakash Poddar was attracted towards Dhoni's performance when MSD was playing for Jharkhand team in Jamshedpur in 2003.

**Entry in Indian A team:**

In the 2003/2004 season, Dhoni got selected for the Indian A squad for a tour of Zimbabwe and Kenya because of his continuous efforts. He scored back to back centuries and got the attention of the then Indian captain – Sourav Ganguly.

**Rise as a captain:**

Dhoni, who earlier received a 'B' grade contract in 2005, because of his excellent performance was later awarded an 'A' grade contract in 2007. He was also elected as the captain of the Indian squad for the world Twenty20 in September 2007.

**2011 World cup:**

Unlike the 2007 world cup, India had a good start to the 2011 world cup tournament beating Bangladesh, Netherlands, Ireland, and West Indies in the group stage under Dhoni's captaincy. Even though they have lost to South Africa they tied with England. India beat Australia in the quarterfinals and Pakistan in the semi-final. In the final match with Sri Lanka which took place at Mumbai, Dhoni played a knock of 91\* to help India win the cup. He was awarded as Man of the Match.

**T-20 World cup:**

Dhoni was chosen to lead the Indian team in World T20 in 2007. His first match as captain against Scotland was washed off. Later he led India to the ICC world Twenty20 trophy in South Africa, with a victory over Pakistan in finals which happened on 24<sup>th</sup> September 2007, and became the second Indian captain to have won a world cup In any form of cricket, after Kapil Dev.

**IPL:**

For Indian Premier League, MSD was contracted by the Chennai Super Kings (CSK) for 1.5 million USD, which made him the most expensive player in IPL during the first season. Under his captaincy, CSK had won two Indian Premier League titles and the 2010 champions League Twenty20.

Dhoni has always made well thought-out decisions with the best interest of Indian cricket in his mind. When it comes to 'Captain Cool', we need to read between the lines and understand the implications. Dhoni indicated that he would not want to be a liability to the team by blocking the position of wicketkeeping for a promising youngster.

He is the icon for India. Dhoni is a role model and an extra class player. He is always a player of dedication and stature. He is a hero of India. Even in intense situations he always remains calm and does not feel pressure. He is a world-class player.

*Wishing the best captain, a happy birthday!*

**Mounisha Ramesh**

## Update for the day #758 | Dopamine Detox

Dopamine is a neurotransmitter which creates motivation in the brain for various activities such as exercise, talking and TV. It rewards us for behaviours which we find enjoyable and so tells us that they are worth repeating. Dopamine fasting is a new trend which took off at the end of the last decade to avoid all of those behaviours in order to ‘reset’ your brain. Dopamine is a natural chemical so why don’t we just manage our dopamine the way our grandparents did?

### How is the tech world affecting our dopamine?

The tech CEOs make their products ‘sticky’.

This is how they get us to stay on their apps for so long- we’re waiting for a dopamine hit from a ‘like’, ‘comment’, ‘share’ or even a ‘streak’ on Snapchat. Each time we get one, they reinforce our brain to stay on screens and then come back time and again, in the same way slot machines work at a casino.

This wouldn’t be a problem if we didn’t already know about the negative impact of screens on our mental and physical health, with sleep, concentration and creativity being the worst hit. So, if we want to take back control of our brains and redirect our attention to a more fruitful place then we need to rebalance our reactions to screens – maybe by going on an occasional dopamine fast.



### How should we do a dopamine detox the right way?

The kind of hits we get from social media and technology are fast and repetitive, so it’s recommended that for the ideal dopamine fast, you do a digital detox and try to replace the time you would be on your phone with slow-release enjoyable activities. But, just taking away your phone may not necessarily limit your dopamine if you spend your time watching TV or playing video games – so try and go properly analogue.

Think what a bored teenager in the 80's would do! You could go for a swim, read a book or cook a long dinner. Anything away from quick gratification will give you the satisfaction of dopamine but in a far healthier and more productive way than simply a 'like'. You could even use this time to reset your morning routine or incorporate more elements of reflection and exercise to an already busy life, perhaps a dopamine fast will even help you find time for a new resolution.

**Jahnavi R S**



## Update for the day #759 | Business Exit Strategies

We all are aware of different modes of starting a business or making an investment. It is also very important to strategically plan the point and mode of exit once an investment is made/venture is started.

### What Is a Business Exit Strategy?

- A business exit strategy is an entrepreneur's strategic plan to sell his or her ownership in a company to investors or another company.
- An exit strategy gives a business owner a way to reduce or liquidate his stake in a business and, if the business is successful, make a substantial profit.
- If the business is not successful, an exit strategy (or "exit plan") enables the entrepreneur to limit
- An exit strategy may also be used by an investor such as a venture capitalist in order to plan for a cash out of an investment.

### Understanding Business Exit Strategy

- Ideally, an entrepreneur will develop an exit strategy in her initial business plan before actually going into business. The choice of an exit plan can influence business development decisions
- Common types of exit strategies include initial public offerings(IPO), strategic acquisitions and management buyouts(MBO)
- Which exit strategy an entrepreneur chooses depends on many factors, such as how much control or involvement (if any) he wants to retain in the business and whether he wants the company to continue to run in the same way or is willing to see it change going forward as long as he is paid a fair price for his ownership share.
- IPOs are often seen as the best of exit strategies since they often bring with it the greatest prestige and highest payoff. On the other hand, a bankruptcy is seen as the least desirable way to exit a business.

### Valuation's Role In Framing An Effective Business Exit Strategy

A key aspect of an exit strategy is business valuation, and there are specialists that can help business owners (and buyers) examine a company's financials to determine a fair value. There are also transition managers whose role is to assist sellers with their business exit strategies.

### Business Exit Strategy and Liquidity

- Different business exit strategies also offer business owners different levels of liquidity.
- Selling ownership through a strategic acquisition, for example, can offer the greatest amount of liquidity in the shortest time frame, depending on how the acquisition is structured.

- The appeal of a given exit strategy will depend on market conditions, as well; for example, an IPO may not be the best exit strategy during a recession, and a management buyout may not be attractive to a buyer when interest rates are high.

**Business Exit Strategy: Which Is Best?**

- The best type of exit strategy also depends on business type and size.
- A partner in a medical office might benefit by selling to one of the other existing partners, while a sole proprietor's ideal exit strategy might simply be to make as much money as possible, then close down the business.
- If the company has multiple founders, or if there are substantial shareholders in addition to the founders, these other parties' interests must be factored into the choice of exit strategy as well.

**Ashweeja A Bhat**

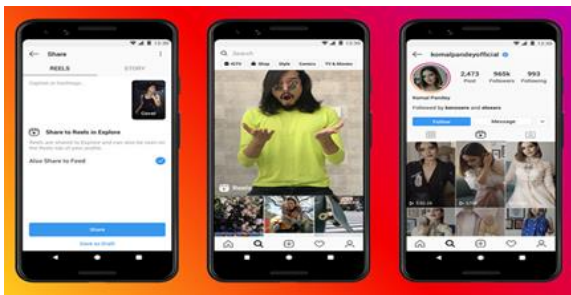
## Update for the day #760 | Instagram Reels

Instagram has launched its own short video feature called **Reels** in India. The new feature lets users create videos on the app, add creative filters and music and share it beyond their regular followers.

**Reels is similar to TikTok** and allows users to create 15 seconds videos with popular songs, trends, or challenges.

The new feature lets users shoot video, add filters and music from Instagram's catalogue and share it beyond the platform. Users will be able to share Reels in Explore, and also on Feed with followers. There will be no monetisation avenues for now.

The product comes from the realisation that 45 per cent of videos on Instagram are 15 seconds or less. They also realised that stories are not the only place where they wanted to share these videos as they wanted them to stick on for longer and be distributed beyond their followers.



India is the fourth country, after Brazil, Germany, and France, where this new Instagram video format is being tested.

For Reels, Instagram has partnered with prominent music labels to provide a vast collection of songs to users to create interesting Reels and share with everyone.

### Instagram Reels: How to get started

- Reels option is added to the Instagram camera similar to Boomerang, among others.
- To start users will first need to open the Instagram camera and select Reels to start creating 15 second's videos. Similar to TikTok, Reels provide options like audio from Instagram Music library, speed, effects, and timer.
- After recording a Reel, users can simply choose the audience they wish to share their Reel with. Unlike usual Instagram Stories, Reels can be shared in the Explore section and viewed by everyone on the platform.
- Reels also provide various AR effects to help users add a unique touch to their videos. To add AR effects users can open Reels camera, click on effects and then AR effects.
- Multiple 15 seconds Reels can also be recorded at once and different effects can be added to each clip. Reels can also be reviewed, deleted, and re-recorded if required.
- Similar to **TikTok**, Reels come with a 'Use Audio' option which will let others use your original audio to create their Reels.



This may also allude to the massive content migration happening from TikTok to Instagram, post the Central Government's ban of the Chinese app along with 58 others. Ultimately, Reels has a TikTok-esque look and feel, and the unveiling of such a feature is timely given the aforementioned ban.

Existing Instagram users with a large number of following will have an edge over, say users creating a fresh profile while coming over from TikTok, on Reels. While TikTok's algorithm was fine-tuned to resurface good content no matter how many followers a user has, there's no clear word on whether Instagram will follow a similar path. In this madness, fresh users' content may simply remain buried.

What Instagram really lacks, especially with Reels, is TikTok's powerful content creation tools and the simple idea of creating and consuming short videos in a loop. On Instagram, things are about to get a lot noisier unless Reels decides to become a standalone app in the near future.

According to Instagram, sharing to Reels in Explore gives people the opportunity to access a larger audience, especially since more than 50% of accounts on Instagram globally visit Explore every month. Explore can showcase an entertaining selection of reels made by public accounts on Instagram, which may inspire people to create their next Reel.

For Instagram Reels or a random Indian TikTok clone to replace TikTok in India, it's going to be an uphill task. But it's not entirely impossible either. The longer TikTok stays offline in India, the better it is for the clones. As for now, grab some popcorn and watch the TikTok clones woo new audiences in India

Instagram concludes that while this is a test, they are committed to getting the experience right and will continue to learn and build as India creates and shares reels. To see reels from India on the day of launch, do follow **#FeelitReelit**.

### Pratham Sakaria V





## Update for the day #761 | Ikigai : The Japanese Secret to a Long and Happy Life

Ever wondered about Japanese secret of longevity, in addition to a healthful diet, a simple life in the outdoors, green tea, and the subtropical climate, it is something known as Ikigai that shapes their lives. Research claims that those who discover their Ikigai have everything they need for a long and joyful journey through life. This Japanese concept, which translates roughly as “the happiness of always being busy” Will definitely put you in thoughts. Hope this update will help you find your Ikigai, happy reading!!

In Japan, millions of people have *ikigai* (pronounced **Ick-ee-guy**)— a reason to jump out of bed each morning.

What’s your reason for getting up in the morning?

The Japanese island of Okinawa, where *ikigai* has its origins, is said to be home to the largest population of centenarians in the world. Could the concept of *ikigai* contribute to longevity? Studies show that losing one’s purpose can have a detrimental effect.

“Your *ikigai* is at the intersection of what you are good at and what you love doing,” says **Hector Garcia** He writes, “Just as humans have lusted after objects and money since the dawn of time, other humans have felt dissatisfaction at the relentless pursuit of money and fame and have instead focused on something bigger than their own material wealth. This has over the years been described using many different words and practices, but always hearkening back to the central core of meaningfulness in life.”

***ikigai* is seen as the convergence of four primary elements:**

- What you love (your passion)
- What the world needs (your mission)
- What you are good at (your vocation)
- What you can get paid for (your profession)

Discovering your own *ikigai* is said to bring fulfilment, happiness and make you live longer.

**Want to find your Ikigai? Ask yourself the following four questions:**

- What do I love?
- What am I good at?
- What can I be paid for now — or something that could transform into my future hustle?
- What does the world need?

**Hector Garcia and Francesc Miralles break down the ten rules that can help anyone find their own *ikigai*.**

- Stay active and don’t retire
- Leave urgency behind and adopt a slower pace of life
- Only eat until you are 80 per cent full
- Surround yourself with good friends
- Get in shape through daily, gentle exercise
- Smile and acknowledge people around you

- Reconnect with nature
- Give thanks to anything that brightens our day and makes us feel alive.
- Live in the moment
- Follow your ikigai

### **What you deeply care about can unlock your ikigai**

Follow your curiosity.

Philosopher and civil rights leader **Howard W Thurman** said, “Ask what makes you come alive and go do it.” ... “Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.”

The problem for millions of people is that they stop being curious about new experiences as they assume responsibilities and build routines. Their sense of wonder starts to escape them.

But you can change that, especially if you are still looking for meaning and fulfilment in what you do daily.

Albert Einstein encourages us to pursue our curiosities. He once said:

“Don’t think about why you question, simply don’t stop questioning. Don’t worry about what you can’t answer, and don’t try to explain what you can’t know. Curiosity is its own reason. Aren’t you in awe when you contemplate the mysteries of eternity, of life, of the marvelous structure behind reality? And this is the miracle of the human mind — to use its constructions, concepts, and formulas as tools to explain what man sees, feels and touches. Try to comprehend a little more each day. Have holy curiosity.”

A classic example is Steve Jobs’ curiosity for typefaces which led him to attend a seemingly useless class on typography and to develop his design sensibility.

Later, this sensibility became an essential part of Apple computers and Apple’s core differentiator in the market. We are born curious. Our insatiable drive to learn, invent, explore, and study deserves to have the same status as every other drive in our lives.

Fulfilment is fast becoming the main priority for most of us. Millions of people still struggle to find what they are meant to do. What excites them. What makes them lose the sense of time. What brings out the best in them.

“Our intuition and curiosity are very powerful internal compasses to help us connect with our ikigai,” Hector Garcia and Francesc Miralles write.

### **Never Stop Learning.**

“You may grow old and trembling in your anatomies, you may lie awake at night listening to the disorder of your veins, you may miss your only love, you may see the world about you devastated by evil lunatics, or know your honour trampled in the sewers of baser minds. There is only one thing for it then – to learn. Learn why the world wags and what wags it. That is the only thing which the mind can never exhaust, never alienate, never be tortured by, never fear distrust, and never dream of regretting.”

### **Whatever you do, don’t retire!!**

Having a clearly defined ikigai brings satisfaction, happiness and meaning to our lives. One surprising thing you notice, living in Japan, is how active people remain after they retire. In fact, people in Japan never really retire, they keep doing what they love for as long as their health permits.

There is, in fact, no word in Japanese that means retire in the sense of “leaving the workforce for good” as in English. Having a purpose in life is so important in Japanese culture that our idea of retirement simply doesn’t exist there.

*What is the one simple thing you could do or be today that would be an expression of your ikigai?*

Find it and pursue it with all you have, anything less is not worth your limited time on planet earth  
**Let me just put the entire thing in a line, “Only staying active and knowing what exactly you want in your life will make you want to live a hundred years.”**

**Impana H M**



## Update for the day #762 | Brands which changed their names for local market

“Leader is one who let goes his short-term benefit for the long-term benefit of his people”

A successful global strategy includes brand localization. They use the same logo and colors and, whenever possible, even the same slogan, but different names depending on the country they target. This involves localizing the company website, product information, services, and marketing strategies to adapt them to local cultures. The process of rebranding is no less than walking on a thin layer of ice where one small mistake can lead to an imminent downfall. As a business grows and ventures into new markets, its target audience also diversifies.

So, Let us see some of the companies which changed their brand names for acquiring the local markets.

- **Burger King:**

Yes, the giant fast food company is called “Hungry Jack’s” in Australia. The brand looks precisely the same as the U.S. version, except for the name.

In this case, the change was necessary to enter the market, as back in the ‘70s, the original name had been already trademarked by a restaurant in Adelaide. The company’s Australian name is derived from a pre-existing trademark that Burger King had already registered.

When the name “Burger King” became available in Australia, the food chain tried to use it for some restaurants, but people were already used to “Hungry Jack’s.” The brand had to stick with the Australian name for marketing reasons.

- **Sprite and Coca-Cola:**

Sprite is called “Xuebi” in Chinese because the original name wasn’t a good fit for this particular market. The two words that form the Chinese version are Xue that means “snow” and “bi”, blue-green.

The name is easier to remember for Chinese audiences, which increases the brand’s chances of selling. Coca-Cola has a different Chinese name as well. The soft beverage is called “Kekoukele,” which translates to “tasty fun.”

- **Domestos:**

Domestos is a household cleaning solution produced by Unilever. While the product goes by its original name in most countries, the brand had to reinvent itself to survive in some specific countries.

Domestos has received the name “Domex” in the Philippines and India, while in Japan is sold as “Domesuto.” You can also buy it as “Glorix” in countries like the Netherlands, Russia, and Bulgaria, or “Vim” in Argentina, Brazil, and Vietnam.

- **Degree:**

Another product by Unilever that has multiple localized names is Degree. The antiperspirants and deodorants originally from Australia are called “Rexona” in most of Europe (being the original brand name).

The product is called “Sure” in the UK, and “Rexena” in Japan and South Korea. In South Africa, the same product is sold under the name “Shields.”

- **Lay's:**

One of the most loved products among brands that have changed their names for local markets, Lay's is hard to find outside the U.S. under its original name. That's because the brand decided to use the local names every time it acquired a local business in its industry.

In the UK, the brand is called "Walkers", while in Australia it uses the "Smith's" brand for marketing purposes. Also, Mexicans eat "Sabritas" and, if you're in Israel, you need to order a bag of "Tapuchips" to get your favorite Lay's.

Changing a brand's name for a local market can be a challenge even for the best marketers. Sometimes, translating the original name is enough to create a local identity for your product. In other cases, you need an entirely new approach to attract and keep the attention of the local buyers. Like all the brands listed above, you'll need local insights and accurate market research before coming up with an appealing name that keeps the essence of your brand.

### **Nikhil Habib**



## Update for the day #763 | Internet of Things

The Internet of Things is simply "A network of Internet connected objects able to collect and exchange data." It is commonly abbreviated as IoT. In a simple way to put it, you have "things" that sense and collect data and send it to the internet.

### How does it work?

When talking about how does IoT work, the process begins with devices that have built-in sensors. These devices are connected to IoT platforms which stores data from all the connected devices. The important data is then used to perform tasks that fulfil the needs of people.

When we say the data is stored in the IoT platforms, it doesn't mean that all the data is useful. Devices carefully select only particular data that is relevant to execute an action. These pieces of information can detect patterns, recommendations and problems before they occur. In this way, IoT application works with smart systems that automate tasks to address specific needs.

### Major Components of IoT:

- Sensors/ Devices:

The foremost component to consider in Internet of Things technology is sensor/devices. A sensor picks up all the minute details from an environment. The environment can have many complexities. What makes IoT security so great is these sensors that pick up even the most sensitive changes. These sensors are built in the devices which collects all the data to be used later. For instance, our phone is a device with built-in sensors like GPS, camera, etc.

- Connectivity:

Once the data is collected it is transferred to the cloud infrastructure (also known as IoT platforms). But to transfer the data, the devices will need a medium. That's when connections like Bluetooth, Wi-Fi, WAN, cellular networks, etc come into play. These mediums are all different and must be chosen wisely for best results.

- Data Processing:

After reaching the cloud infrastructure the data has to be analyzed so that the right action can be taken. This process is however considered one of the most crucial obstacles in front of IoT app development. The analysis can be as simple as checking the temperature of the AC or a complex one such as a situation where an intruder comes in and the device has to identify it through cameras. The IoT application is made such that it can process all the data at a fast rate to take immediate actions.

### What IoT means to Business World?

- Healthcare:

IoT in Healthcare has opened new doors of opportunity for medical specialists and patients. The technology enables doctors to get a real-time access to patient medical data, store them on cloud, and share with others. It also cut down the waiting time, helps to check for the availability of hardware and equipment, and simplifies the process to identify chronic diseases and take the right actions to mitigate the risk.

- Education:

Internet of Things technology is also revolutionizing the education sector. It is connecting people worldwide to ease the process of sharing knowledge, reduce the barrier in gaining access to any data, introduce security in education system.

- Real Estate:

IoT technology is also reshaping the real estate economy by speeding up decision making process, offering more energy-efficient options, making space smart, and more.

- Travel:

Here, IoT is empowering travel agencies to deliver real-time information, automate most of the processes, and send electronic key cards on guests' smartphone. And in this way, adding convenience, ease and security to their experience.

### **Advantages of IoT:**

- Increase Business Opportunities:

IoT opens the door for new business opportunities and helps companies benefit from new revenue streams developed by advanced business models and services. IoT-driven innovations build strong business cases, reduce time to market and increase return on investments. IoT has the potential to transform the way consumers and businesses approach the world by leveraging the scope of the IoT beyond connectivity.

- Efficient Processes:

Being connected with a maximum number of devices to the internet, IoT allow businesses to be smarter with real-time operational insights while reducing operating costs. The data collected from logistics network, factory floor, and supply chain will help reduce inventory, time to market and downtime due to maintenance.

- Improved Safety and Security:

IoT services integrated with sensors and video cameras help monitor workplace to ensure equipment safety and protect against physical threats. The IoT connectivity coordinates multiple teams to resolve issues promptly.

- Increase Productivity:

Productivity plays a key role in the profitability of any business. IoT offers just-in-time training for employees, improve labor efficiency, and reduce mismatch of skills while increasing organizational productivity.

### **Harshith Mehta**



## Update for the day #764 | Pulse Oximeter

Pulse oximetry is a noninvasive and painless test that measures your oxygen saturation level, or the oxygen levels in your blood. It can rapidly detect even small changes in how efficiently oxygen is being carried to the extremities furthest from the heart, including the legs and the arms.

The pulse oximeter is a small, clip-like device that attaches to a body part, like toes or an earlobe. It's most commonly put on a finger, and it's often used in a critical care setting like emergency rooms or hospitals. Some doctors, such as pulmonologists, may use it in office. An average pulse oximeter cost's from Rs. 800/- per piece to Rs. 1400/- per piece. And it is widely advisable to have one at home during this crucial situation.



### Purpose and uses

The purpose of pulse oximetry is to check how well your heart is pumping oxygen through your body.

It may be used to monitor the health of individuals with any type of condition that can affect blood oxygen levels, especially while they're in the hospital. These conditions include:

- chronic obstructive pulmonary disease (COPD)
- asthma
- pneumonia
- lung cancer
- anemia
- heart attack or heart failure
- congenital heart defects

There are a number of different common use cases for pulse oximetry, including:

- To assess how well a new lung medication is working
- To evaluate whether someone needs help breathing
- To evaluate how helpful a ventilator is
- To monitor oxygen levels during or after surgical procedures that require sedation
- To determine how effective supplemental oxygen therapy is, especially when treatment is new
- To assess someone's ability to tolerate increased physical activity
- To evaluate whether someone momentarily stops breathing while sleeping — like in cases of sleep apnea — during a sleep study



**How does it work?**

During a pulse oximetry reading, a small clamp-like device is placed on a finger, earlobe, or toe. Small beams of light pass through the blood in the finger, measuring the amount of oxygen. It does this by measuring changes of light absorption in oxygenated or deoxygenated blood. This is a painless process.

The pulse oximeter will thus be able to tell you your oxygen saturation levels along with your heart rate.

**Pulse oximetry readings**

Pulse oximetry is typically a fairly accurate test. This is especially true when using high-quality equipment found in most medical offices or hospital settings. It consistently provides results within a 2-percent difference either way of what it truly is. If your reading was 82 percent, for example, your true oxygen saturation level may be anywhere from 80 to 84 percent. However, the quality of the waveform and assessment of the individual must be considered. Factors such as movement, temperature, or nail polish can impact the accuracy.

Typically, more than 89 percent of your blood should be carrying oxygen. This is the oxygen saturation level needed to keep your cells — and your body — healthy. While having an oxygen saturation below this temporarily is not believed to cause damage, repeat or consistent instances of lowered oxygen saturation levels may be damaging.

An oxygen saturation level of 95 percent is considered normal for most healthy individuals. A level of 92 percent indicates potential hypoxemia, or deficiency in oxygen reaching tissues in the body.

**How it is becoming a tool against Covid 19 ?**

Pulse oximeter in Covid-19 is a decision-making tool to help clinicians during the COVID-19 pandemic. It uses oxygen saturation measurements from a pulse oximeter to determine when oxygen support is needed. The tool was created as guidance for frontline providers in low-resource settings working with patients with respiratory compromise and suspected or confirmed Covid-19. This tool is meant to be downloaded and shared widely.

**Akshit Jain**

## Update for the day #765 | Magentic Hill in Ladakh

*“All journeys have secret destinations of which the traveller is unaware.”*



Located at a distance of 30 km from Leh city on the **Leh-Kargil Highway** is a small stretch of road that defies the phenomenon of gravity. The reason is the magnetic hill that pulls stationary vehicles upwards. Famous as the **Magnetic Hill in Ladakh**, it is a major tourist attraction in the valley and a perfect pit-stop for tired riders moving on the highway.

Sitting pretty at an altitude of 14,000 feet, Magnetic Hill is located on the Leh-Kargil-Baltic National Highway in the Trans-Himalayan region. Sindhu river flows to the east of Magnetic Hill and makes the surrounding a picture-perfect frame. Blessed with amazing natural beauty and mysterious magnetic abilities, the magnetic road in Ladakh is where travellers stop by to experience the strange, gravity-defying phenomenon. A yellow box marked on the magnetic road, few meters away from the **Magnetic Hill road, Ladakh** indicates that the vehicle must be parked in neutral gear. It is from here that the vehicle starts to move at a speed close to 20 kmph.

The strange world that we live in, there are plenty of theories backing this strange wonder of nature. All of them propose a different logic and are backed by strong reasoning, barring superstitions like ‘the magnetic road is a straightaway to heaven’. Here’s a look at what each of these beliefs and theories have to say.



### **The Myth**

Villagers residing in Ladakh believe that there once existed a road that led people to heaven. Those who rightly deserved were pulled to the path directly while those who didn't deserve could never make it there.

### ***The Magnetic Force Theory***

Next comes a sensible theory, which is also the most widespread. It states that there is a strong magnetic force emanating from the hill that pulls vehicles that are within its range. The strange occurrence on the Leh-Kargil highway has been experienced and testified by travellers from across the world. As a matter of fact, the notorious hill has caused planes of Indian Air Force to divert their route in the past to avoid magnetic interference on them.

### ***The Optical Illusion Theory***

Another widely accepted theory says that the hill is no source of magnetic force, rather it's just an optical illusion that makes the downslope of the road leading to the **Magnetic Hill Ladakh, India** look like an upslope. So, when you see the vehicle going uphill, it is actually going downhill.

### ***Other Similar Phenomenon***

There are people who believe Magnetic Hills to be characterized as Gravity Hills that can be seen all across the world. Some of the popular examples of Gravity Hills are Tulsishyam in Gujarat, Electric Brae, and Gansu in Scotland and China respectively.

So, wondering which are the best months to head on your enthralling journey to this mystical hill? The best time to visit the **Ladakh Magnetic Hill** is from July to September. The roads are clear at this time of the year and the weather is just right to explore Ladakh and its beauty. And do not forget to click picture with the yellow board.

### **Yesh R Solanki**



## Update for the day #766 | MasturDating: Reasons Why It Isn't Always A Bad Thing

**MasturDating** is defined as “going out alone.”



Haven't we all been there at one point or another? We went out to see the latest movie **alone**, ate at that new restaurant a few miles down the road **alone** or bought that new outfit and shoes **alone**.

Whether we like to admit it or not, we have all been there — some more than others — but masturdating is not always a bad thing.

In fact, masturdating can have its benefits, which leads me to believe everyone, including those in relationships or just living the single life, should at least try masturdating. **Here's why:**

**You have time for personal reflection.**

Life means working countless hours (at a place you most likely hate) for a check that has 10 percent (but most likely more) going toward taxes and 70 percent going toward bills.

Yeah, life can be a beautiful butterfly, carelessly fluttering through green pastures alongside an instance of beautiful spring elegance.

But life can also be a pestering gnat terrorizing your summer family picnic, crawling on your food and in your drink, accompanied by a million others solely intended to disrupt your peace.

More than often, while journeying this one-time affair, we are familiar with the latter.

So, as life throws Randy-Johnson-esque curveballs, fastballs and change-ups, we should always find an escape from reality, and a moment for deep, solo pondering.

Is there a better way to do this than to pick up the car keys, leave the house and drive to a predetermined destination for some well-deserved solitude?



Find somewhere to think about everything from family drama to ultimately deciding whether real mayonnaise or Miracle Whip tastes better. Let out some leftover stress that hinders your ability from joining the gym. Or, go see a comedy movie, actually join a gym and get in shape, or even journal thoughts at the nearest park.

Do anything to personally reflect on this God-given curse and blessing called **“LIFE.”** You’ll discover a certain peace that surpasses always having someone around.

### **You save money.**

This may sound selfish at first, but, trust me, it makes sense. Whether you are committed to someone or looking to be committed soon, riding solo does save you some extra cash. In a time when everyone is desperately trying to save money and use coupons galore, you can’t go wrong by paying for one rather than two.

I suppose this may be more from a guy’s perspective. Many people believe paying for the woman when going out to the movies, eating out or adventuring is the chivalrous thing to do.

But ladies ditching their group of friends who are looking for “night out” won’t spend unnecessary money on those overpriced lime-cherry mojitos. Save some green, and go out alone sometimes.

### **You're awarded some much-needed rest.**

Let’s face it: You’re tired — really tired. According to a Gallup poll, nearly 40 percent of Americans get less than the recommended amount of sleep (8 hours), and adults under the age of 50 are most likely sleep-deprived. That means many young Americans struggle with fatigue, an inability to focus and concentrate, low amounts of energy and more due to lack of sleep.

We all know sleep is important, and in an environment where “more work, less sleep” is required, it is difficult to experience a good night’s rest.

Having a night to yourself with Netflix playing in the background as you lay your head on a comfy pillow and catch up on some z’s would be greatly beneficial. Take a Friday evening off just to rest your body — and only your body. You will be thankful you did.

I acknowledge being a hermit and socially inactive can be harmful to someone’s mental state. However, there are instances when you just need to be alone from it all. Masturdating provides just that.

***Treat yourself — by yourself, for yourself and with yourself.***

### **Priyanshi Jain**



## Update for the day #767 | Time Management

*“If you want to be more Productive, you need to become the Master of your Minutes” – Crystal Paine*

*“Time Management is the key. Although it seems hectic, as long as you manage your time properly you can get everything done” – John Cena*



**Time Management** is the process of planning and exercising control of the time spent on specific activities to work smarter than working harder. It is an act of balancing various things that help you increase efficiency and achieve a better work-life balance. Improving your time management at work allows you to enhance your performance and achieve your desired goals with less effort and more effective strategies.



### Benefits of Time Management

- **Deliver work on Time**

Allocating a finite time to tasks help you complete them on time. It also helps you to manage your workload in the most effective way. When you have time-barred tasks, your brain gets set to follow the structure and accomplish those activities within that desired time-frame. Thus, you can easily deliver work on time if you have managed your time well.

- **Provide a better quality of work**

You are expected to provide work of certain quality and standards. With the proper utilization of time and prioritization of activities, one can easily provide a better quality of work. Prioritization helps you focus on important tasks by keeping them in the highest priority which enables you to work on them with full attention and focus. Hence, the quality of the work is improved.

- **More productivity and efficiency**

Effective time management skills make you more productive and efficient as a working professional. These help you finish tasks as early as possible without compromising on the quality of work. Effective time management skills help you complete tasks that are both important and urgent on time.

- **Less stress and anxiety**

Knowing that you don't have to finish all tasks at once or in a single day will give you a more flexible time to focus on the most important things first.

- **More time for leisure and recreation**

With good time management, you get more free time in your day to do the leisure and recreational activities that make you happy. This helps you to create the perfect balance by working smart all day and having a reward of your choice in return.



### How to attain better Time Management?

Time management can be learnt by anyone with a little practice and learning. Here are a few things which we can do on a daily basis to attain time management.

- **Plan** - Planning plays an important role in time management as both go hand-in-hand with each other.
- **Prioritize** - Prioritizing your daily tasks is the key to successful time management.
- **Don't Multitask** - Multitasking is one of the biggest time-wasting activities. The best way to utilize your time is to take one thing at a time and accomplish it before jumping to the next thing.
- **Cut off Distractions** - Distractions cost us many valuable hours in a day. Take a moment to learn about the things that distract you and avoid them.



Effective time management skills can have a positive impact on your work and life in general. When you learn to take control of your time on a daily basis, you improve your ability to get things done, make better decisions and most importantly, gain ultimate control of your key priorities.

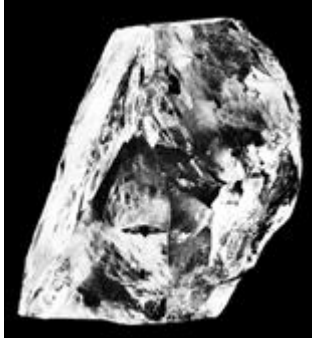
### Yash Jain



## Update for the day #768 | The Cullinan Diamond

### The Cullinan Diamond

#### History:



On January 25, 1905, at the Premier Mine in Pretoria, South Africa, a 3,106-carat diamond is discovered during a routine inspection by the mine's superintendent. Weighing 1.33 pounds, and christened the "Cullinan," it was the largest diamond ever found.

Frederick Wells, surface manager at the mine was 18 feet below the earth's surface when he spotted a flash of starlight embedded in the wall just above him. His discovery was presented that same afternoon to the owner of the mine. Tests proved it to be the largest gem-quality diamond ever discovered. It was approximately 10.1 centimetres (4.0 in) long, 6.35 centimetres (2.50 in) wide, 5.9 centimeters (2.3 in) deep. Newspapers called it the "Cullinan Diamond", a reference to Sir Thomas Cullinan, who opened the mine in 1902.

In April 1905, it was put on sale in London, but despite considerable interest, it was still unsold after two years. In 1907, Cullinan then sold the diamond to the Transvaal provincial government for \$800,000.00, which presented the stone to Britain's King Edward VII as a birthday gift.

#### How the 3,106 Carat Diamond was sent by Post!

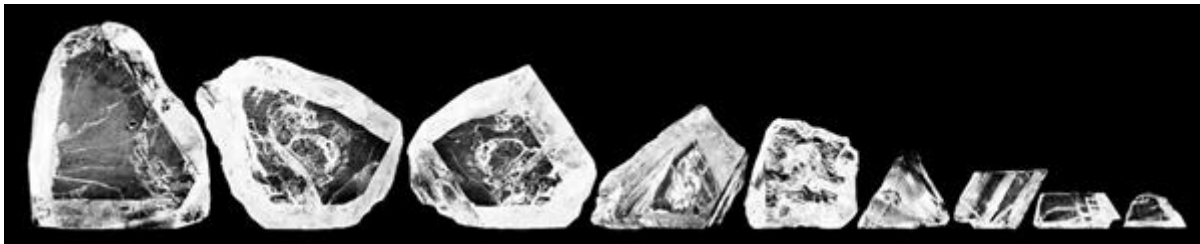
If you're thinking of sending a huge diamond around the world without worrying that it might get stolen, you might not consider the post your first choice. Due to the immense value of the diamond, the authorities in charge of the transportation were posed with a huge security problem. But this is how the world's largest diamond was transported from South Africa to England.

Worried that the diamond might be stolen in transit from Africa to London, Edward arranged to send detectives from London who were placed on a steamboat that was rumored to carry the stone, where a parcel was placed in the captain's safe and guarded throughout the journey. However, this was a diversionary tactic. While the decoy slowly made its way from Africa on the ship, the Cullinan was sent to England in a plain box via parcel post.

First of all, do you know what 3,106 carats mean? Let's put it this way: the carat weight measures the mass of a diamond. One carat is defined as 200 milligrams (about 0.007-ounce avoirdupois). If you already calculated this, you must be impressed. If not, I'll tell you the result: **621 grams**.

That's how much the largest diamond in the world weighed before it was cut. It was transported by mail, in an ordinary box, to avoid attracting the attention of possible thieves. This stunt was orchestrated by British Intelligence. Now I'm not sure anyone would attempt repeating this trick today, but on the other hand, no one can say for sure they didn't.



**Diamonds Cut from the Cullinan:**

The King entrusted the cutting of the stone to the famous Asscher's Diamond Co. in Amsterdam. The huge diamond was studied inside out for months. Mr. Asscher placed the steel cleaver's blade in a previously prepared V-shaped groove and tapped it once with a heavy steel rod. The blade broke, but the diamond remained intact! The second time, it fell apart exactly as planned, and an employee at the factory reported that Mr. Asscher had fainted.

Cullinan produced stones of various cuts and sizes, the largest of which is named Cullinan I or the Great Star of Africa, and at 530.4 carats (106.08 g) it is the largest clear-cut diamond in the world. The stone is mounted in the head of the Sovereign's Sceptre with Cross. The second-largest is Cullinan II or the Second Star of Africa, weighing 317.4 carats (63.48 g), mounted in the Imperial State Crown. Both are part of the Crown Jewels. Seven other major diamonds, weighing a total of 208.29 carats (41.66 g), are privately owned by Elizabeth II, who inherited them from her grandmother, Queen Mary, in 1953.

**Akshit K Jain**

## Update for the day #769 | Key announcements from Reliance Industries 43rd annual general meeting

*Let us see the brief about the key takeaways of the 43<sup>rd</sup> AGM of Reliance Industries –*

- 1. Google stake buy in Jio** | Google will invest Rs 33,737 crore for a 7.7 percent stake in Jio Platforms, becoming the latest A-list investor in the digital unit of RIL. The investment by Google — the 14th such deal in less than 13 weeks — takes the total stake that RIL has sold in Jio Platforms to a little over 33 percent.
- 2. Debt-free ahead of schedule** | The company had a target of becoming net debt free by March 2021. However, it achieved the goal ahead of the schedule. Cumulatively, the company has raised Rs 2,12,809 crore through the rights issue, the combined investments in Jio Platforms and investment by BP.
- 3. Jio is ready with a world-class 5G solution** | Field deployment can happen next year. This 5G product will be available for trials as soon as the spectrum is available. Jio Platforms will be positioned for 5G solutions to other telecom operators.
- 4. Consumer, technology business gaining scale** | The company's consumer business continued to deliver 49 percent EBITDA growth this year. Consumer and tech businesses have rapidly achieved scale by their exponential growth.
- 5. New smartphone OS** | Google and Jio are partnering to build a new smartphone operating system in India. RIL Chairman Mukesh Ambani said, "Have sold 100 million Jio Phones till date. But there are many feature phone users waiting to upgrade to a conventional smartphone. We believe we can design an entry-level 4G or even a 5G smartphone. We believe that we can design such a phone at a fraction of its current cost. To power such a value-engineered smartphone, we also need an equally value-engineered smartphone operating system. And, such an operating system must be designed from ground-up.
- 6. Jio Glass** | Ambani announced the launch of Jio Glass, which is a new mixed reality headset. The device will enable holographic video calling. Jio Glass weighs only 75 grams, offers best in class, immersive mixed reality services. It remains connected by a single-cable and already has 25 apps that allow augmented reality video meetings and more.
- 7. Jio TV** | Jio TV+ will curate OTT platforms such as Netflix, Amazon Prime Video and Hotstar, among others, into one app. It will be voice-search enabled.

- 8. Consolidation of media and distribution businesses** | The company plans to consolidate its media and distribution business. Network18's 72 channel-strong TV broadcast network across news and entertainment reaches more than 80 crore Indians.

**Sai Rahul R**



## Update for the day #770 | Four Decades in UAE

‘It is society which nurtures you. It is your duty to give back to society. Only when you share your success, does it multiply, I have strongly believed in this and it worked for me’

- Dr. B R Shetty

**The journey of Dr. Bavaguthu Raghuram Shetty an Indian-born businessman.**

### **Beginnings**

Dr. Bavaguthu Raghuram Shetty (“Dr. B R Shetty”) was born in Kaup, Udupi in the state of Karnataka, India in 1942.



He served as the Vice Chairman of the Municipal Council in Udupi, where he worked towards the cause of providing proper sanitary facilities, building concrete roads, schools, underground drainage, and septic tanks for people to lead a better and healthier life.

### **Stepping on to the Arabian Soil**



In 1973 he set foot in the desert land of the United Arab Emirates to pursue his ambitions. Armed with nothing more than a clinical degree in pharmacy, Dr. B R Shetty commenced his entrepreneurial career in the UAE at a time when the nation was in its formative years.

With his commitment, hard work, vigour and dynamic personality, he was able to start, build and succeed at multiple businesses over the years and today, his business empire is spread across the globe.



### Establishing NMC

Realizing that healthcare facilities in the UAE were rudimentary at that time and foreseeing tremendous potential, he ventured into the field of healthcare by establishing New Medical Centre (NMC) in 1975 which expanded significantly over the years and is today UAE's largest private healthcare provider. It is the first healthcare company from the region to list on the London Stock Exchange and is part of the FTSE100 index. Recently, NMC got inducted to an exquisite club of MSCI Global Index.

Owing to the reputation and popularity of NMC Healthcare, its hospitals and medical centers cater to over 8.5 million patients annually across more than 200 facilities in 17 countries. NMC Healthcare is also the first UAE Company to be awarded a 5 – year contract by the Ministry of Presidential Affairs, Govt. of UAE, in 2012 to manage and operate the over 200 – bed Sheikh Khalifa General Hospital, Umm al Quwain.



### UAE Exchange, Neo Pharma, and others

With his legendary foresight and vision, Dr. B. R. Shetty identified expatriate aspirations to contribute back to the loved ones left behind in their home countries. This led to the birth of UAE Exchange.

### NMC Trading



In 1975, when Dr. B. R. Shetty took to exploring opportunities in store with nothing more than a few dirhams jingling in his pocket, the UAE had just emerged as a fledgling nation.

In the 1970s and 1980s, with the rapid expansion and growth of the UAE, Dr. B. R. Shetty was busy spawning new lines across distribution of pharmaceuticals, medical and scientific equipment, fast moving consumer goods, educational and veterinary products. Established in 1981, NMC Trading is the only distribution business to have a pan- UAE presence across all its distribution categories.

### **Community service**

By no stretch of imagination is business the exclusive preoccupation of Dr. B. R. Shetty. His abiding interest in education has put him at the forefront of the largest community school in the region, Abu Dhabi Indian School, where he serves as the Honorary Chairman.

### **Recognition**



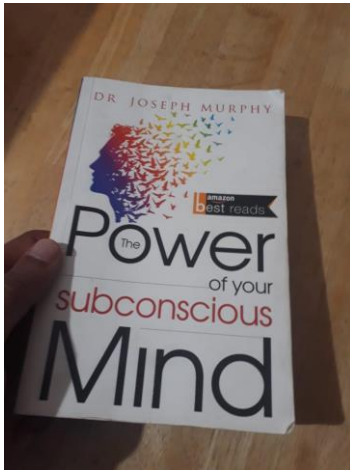
Awards and accolades have been heaped on him in recognition of his services. He was the first recipient of the ‘Order of Abu Dhabi’ by the Govt. of Abu Dhabi in 2005, the highest civilian award for contribution to the development of the community and the cause of the Emirate. He was also conferred the prestigious civilian award ‘Padma Shri’ by the Government of India, in 2009 for his outstanding achievements in Trade and Business. He received the First-Ever Swiss Ambassador’s Award 2008 from H. E. Wolfgang Amadeus Bruelhart, Ambassador of Switzerland, Abu Dhabi, Pravasi Bhartiya Samman Award by Dr. A. P. J. Abdul Kalam on behalf of the Govt. of India (2007) and the Forbes Middle East Top Indian Leaders in the UAE Award, among many others.

### **Dhanush B S**



## Update for the day #771 | The Power of Your Subconscious Mind

*The Power of Your Subconscious Mind* by Dr Joseph Murphy



Have you ever thought of not thinking for once and keeping your mind free of any other thoughts? But you fail doing that. Yet these thoughts have a funny way of framing your future without your knowledge.

"As a man thinketh in his heart, so is he".

Chapter 23, verse 7, The Bible.

Greeting everyone,

I would like to introduce a self-building book, *The Power of Your Subconscious Mind* by Dr Joseph Murphy.

In this book Dr Murphy methodology in unlocking the truly staggering powers of our subconscious minds. He combines spiritual wisdom and scientific research to explain how our subconscious mind influences every single aspect of your life.

By understanding and harnessing its powers, we can control and improve the quality of our daily life. From clearing the examinations for which we are studying for, to overcoming phobias and bad habits, strengthening relationships, and increasing our wealth. This book can open a world of happiness, prosperity, health and peace that we all pray for.

I would like to share a few things I have learnt from this book.

- **You Receive Answers to Prayer Because Of Mental Acceptance About What You Pray**

Murphy proposes that your religious affiliation is not what makes prayer effective

. Rather, it is based on your ability and willingness to accept what you pray.

It makes sense that whatever you can and do accept on a conscious level has to be accepted by your subconscious as well.

Another statement that expands on this idea is this one: "the subconscious mind is subject to the conscious mind." What Murphy is saying is that you can train your subconscious mind to believe what you can accept on a conscious level.

- **Your Subconscious Mind Has the Answer to All Your Problems**

This statement makes perfect sense if you don't have any problems with the idea that your subconscious mind = God.

Even if not for that, though, it speaks to the power of the subconscious mind. You don't need to go looking outside for the answers you seek – Murphy is saying – you can look inside, and pose questions to your subconscious.

The answers may not come immediately, but your mind is always working on problems you submit to it even when you're doing other things, and it will eventually present to you a workable solution.

- **The World You Live in Is Determined by What Goes in Your Mind**

Regardless of whether you subscribe to Murphy's theology, I think this is something we can all agree on. **What goes into your mind is hugely important.** If you choose poorly, you'll assimilate bad attitudes, behaviors, and thoughts. If you choose well, you'll begin to see positive changes within yourself.

What world do you want to live in? Have you thought about it? If you aren't sure what you want to achieve in your lifetime, it makes it much harder to select input that will assist you on your journey. If you are fully in alignment with your objectives, choosing the right input becomes much easier.

- **Faith Is the Only Universal Healing Principle Operating Through Everybody**

I believe the implication here is that faith is created by accessing and harnessing the power of our subconscious minds. Illness, physical ailments, and even traumatic experiences can be healed by repeatedly submitting thoughts of healing to our subconscious minds.

Can we be healed by any other means? According to Murphy, no. Faith is the **universal healing principle**. Of course, I don't think he would discount the importance of medicine and other orthodox cures, but I have to guess that in this case he is referring to instances of healing that have occurred in so-called "healing services", churches, or religious gatherings.

These were conclusions I noted in my reading and I believe it to be true and genuine for many reasons and life changing events. Do read this book which is available in e-book format and also in paperbacks. Kindly keep a note of suitable methods which Dr Murphy will explain and practice the same to have a life changing experience in your coming endeavors.

"Busy your **mind** with the concepts of harmony, health, peace, and good will, and wonders will happen in your life." ...

**Mithun H S**





## Update for the day #772 | The story of Pokhran: Tests that established India as nuclear power

### The story of Pokhran: Tests that established India as nuclear power



In 1996, Atal Bihari Vajpayee came to power and tried to fulfil his long-standing dream of converting India into a nuclear state. Vajpayee asked his private secretary Shakti Sinha to locate chief scientific adviser Dr APJ Abdul Kalam, who was also the secretary of the Defence Research Development Organisation (DRDO).

Two years after handing over India a major defeat, the People's Republic of China detonated a 16-kiloton bomb, its first nuclear test, on 16 October 1964 and became the fifth nation to enter the exclusive nuclear-armed State club. As other leaders pondered for a solution, one man knew what had to be done. "The answer to an atom bomb is an atom bomb, nothing else," the then Rajya Sabha MP and Bharatiya Jana Sangh (later Bharatiya Janata Party) leader Atal Bihari Vajpayee said in the Parliament days after China had conducted the tests.

Even as others saw this as a vague statement, Vajpayee's commitment to nuclear research was so immense that in 1969, economist and party member Subramanian Swamy published a comprehensive study on Indian nuclear strategy titled 'Systems Analysis of Strategic Defence Needs' in the Economic and Political Weekly.

The study mentioned that India may face a nuclear threat from China, other superpowers or nuclear nations who don't want the nation to acquire this arsenal as it will diminish their power.

"We may be faced with a nuclear threat from China and be without help because a direct confrontation among the superpowers which have nuclear capability is impossible and has been made remote by mutual agreements among them. Also, it is in the superpowers' interest to keep other countries like India from acquiring nuclear defence capability as it would reduce their own manoeuvrability and power," Swamy had written in the report.

### The initial attempts:

India flirted with nuclear power for the first time in 1974 with Indira Gandhi as the Prime Minister. Gandhi conducted the Pokhran-I test in 1974 on Buddha Purnima. The test was called a "peaceful nuclear explosion" to pacify the western powers and avoid the threat of sanctions from them (it didn't work).

However, this wasn't enough to place India on the same page with other nuclear states. For the next two decades, many prime ministers tried to revive nuclear research – most notably PV Narasimha Rao – only to surrender to American surveillance satellites and the threat of sanctions.

In 1995, Rao approved a nuclear test but it was aborted after the CIA detected suspicious movement at Pokhran. A report in New York Times on December 15, 1995 forced the US Ambassador to New Delhi Frank Wisner to return to India with photographs of the hole being dug at the test site and caveats of impending sanctions if India went ahead with it.

A year later, Rao tried to conduct the tests again but it was put on hold because of a call from CIA officials.

### **Vajpayee's involvement:**

In 1996, Atal Bihari Vajpayee came to power and tried to fulfil his long-standing dream of converting India into a nuclear state. Vajpayee asked his private secretary Shakti Sinha to locate chief scientific adviser Dr APJ Abdul Kalam, who was also the secretary of the Defence Research Development Organisation (DRDO).

However, before the plans could have shaped, his government fell in just 13 days. The two leaders who followed Vajpayee – HD Deve Gowda and IK Gujral – did not bother with the nuclear programme, and the plans were put in cold storage.

Bhabha Atomic Research Centre director Anil Kakodar, who was involved in the 1974 and 1998 nuclear tests, later said in an interview that there was a need for these tests as post-1974, China had begun sharing technology and materials with Pakistan.

### **The beginning of Pokhran – II:**

The Bharatiya Janata Party came back to power in March 1998 and Atal Bihari Vajpayee once again became the Prime Minister of India. On April 8, Department of Atomic Energy (DAE) chief R Chidambaram and DRDO chief APJ Abdul Kalam were summoned and given thumbs up for the tests. Vajpayee and his principal secretary Brajesh Mishra controlled the entire operation from the Prime Minister's Office. The operation was conducted in such high secrecy that nobody except the then Home minister LK Advani knew about it.

Even Defence minister George Fernandes was told about the tests on May 9 and the three service chiefs and foreign secretary were informed over the next three days. The information was shared by the Cabinet Committee on Security on May 11.

### **The success of Pokhran:**

The team which included director of test sites preparation Dr K Santhanam, some nuclear scientists and engineers started arriving in Pokhran in May 1998 along with Kalam and Chidambaram. The team operated at night to avoid the US spy satellites and drilled a tunnel only when these satellites turned the other way. They wore army uniforms to disguise themselves and bomb shafts were dug under camouflage. The nuclear devices were also flown from different parts of the country to avoid suspicion.

On May 11, 1998, at around 3:45 PM, India tested three devices – thermonuclear device (Shakti I), the fission device (Shakti II), and a sub-kiloton device (Shakti III).

“Measurements have confirmed that there was no release of radioactivity into the atmosphere. These contained explosions like in the experiment conducted in May 1974. I warmly congratulate the scientists and engineers who have carried out the successful tests. Thank you very much indeed,” Vajpayee said on the same day while announcing that the tests were conducted successfully. On May 13, India detonated two more sub-kiloton devices – Shakti IV and V.

### **International Outrage:**

The tests were conducted so efficiently that US deputy secretary of state, Strobe Talbott found out about them only from CNN. The Clinton Administration was left furious. It condemned the tests

and said it was “deeply disappointed” and subsequently slapped sanctions against India. Britain conveyed its “dismay” and Germany called it “a slap in the face” for the countries that ratified CTBT and the then-UN secretary general Kofi Annan issued a statement expressing his “deep regret”.

The US imposed economic sanctions, while some European nations and Japan halted aid. Pakistan responded with its own atomic blasts two weeks later, ignoring appeals from world leaders to show restraint.

Vajpayee wrote a letter to Clinton and without mentioning China said, “We have an overt nuclear weapon state on our borders, a state which committed armed aggression against India in 1962. Although our relations with that country have improved in the last decade or so, an atmosphere of distrust persists mainly due to the unresolved border problem.”

### **Glory at Home:**

The BJP government celebrated the win even as the opposition criticised the tests. Congress president Sonia Gandhi issued a statement 10 days after the test and said real strength lay in restraint and “not in the display of shakti”. The Left also accused the government of “trying to equate the bomb with patriotism and whip up a jingoistic fervour”.

However, Vajpayee had an answer for everyone and while addressing the Lok Sabha later, asked why the country shouldn't be self-sufficient in matters of national security.

“I was in the House in 1974, when under Indira Gandhi's leadership, nuclear tests were conducted. We had welcomed it, despite being the Opposition, because it was done for national security. What danger was there at that time? Should we begin to prepare ourselves only when we are posed with danger? If we are well-prepared, any danger in future can be taken care of,” he said in one of his best speeches.

Over the years, other countries have also acknowledged India's success in conducting the tests.

“The nuclear tests in 1998 were a watershed moment in India's history,” said Michael Kugelman, a senior associate for South Asia at the Woodrow Wilson Center in Washington.

Source:

<https://www.financialexpress.com/india-news/the-story-of-pokhran-tests-that-established-india-as-nuclear-power-became-cornerstone-of-atal-bihari-vajpayees-tenure-as-pm/1283660/>

An amazing bollywood movie is also made on the same story called 'Parmanu : The story of Pokhran' starring John Abraham which is available on Netflix and Zee 5

**Vishal P**



## Update for the day #773 | Nostalgia - Ahead of India's 72nd Independence

Ahead of India's 72nd Independence Day, a look at some of the proudest moments in independent India's history where we all are pleased with our beloved country and its amazing journey to be the next superpower.

### **Success of India's Space Program - 1980**

Successful indigenous launch of SLV-3 satellite in 1980, announcing India joining the world's elite govt space agencies was a moment of triumph. India has since achieved tremendous success in its space program

### **India wins First Cricket World Cup – June 1983**

The Lord's ground in England on June 25, 1983, that India defeated reigning champions West Indies to lift the third edition of Prudential World Cup.

### **India becomes trillion-dollar economy – April 2007**

The economy was liberalised in 1991, by April 2007 the developing economy of post-Independence India had catapulted into the trillion-dollar economy club. India's GDP at market prices was valued at Rs.41,00,000 crore for 2006-07 on exchange rate basis for the day translated into more than 1 trillion dollars. In 2000-01 the country's GDP was estimated to be below \$500 billion.

### **Right to Education Act approved- 2009**

One of the major achievements of the decade was the approval of the RTE bill by the Cabinet on July 2, 2009. Later, Rajya Sabha and Lok Sabha passed the bill on July 20 and August 4, 2009, respectively. It finally received the president's assent and was notified as a law on August 26, 2009. It was the first time in the history of India that a law was brought into force by a speech by the Prime Minister.

### **India won 101 medals in Common Wealth Games- 2010**

It is also important to take note that we won 101 medals, including 38 gold, and acknowledge the hard work put in by the athletes. For the first time in the history of the Games, India won over 100 medals in total and stood in second position, after Australia.

### **India becomes polio free nation – January 2011**

After January 13, 2011, no polio case has been reported in India.

### **2011 World Cup**

M S Dhoni's last-ball six at Wankhede in 2011, cricket has given us moments that will last a lifetime.

### **June 21 declared as World Yoga Day - 2014**

June 21 was declared as International Yoga Day by the United Nations. The idea was proposed by Prime Minister Modi. This is mainly to recognize "holistic approach to health and well-being." As an honour of celebration massive yoga demonstration happened at the Rajpath and Modi described the event as 'Yogpath'.

### **Mangalyaan reached Mars - Sept 2014**

With this success, India makes a history by becoming the first country to enter Mars in its very first attempt. ISRO bagged the fourth position in becoming the space agency to reach Mars after US, ESA, and Russia. It was launched on November 5, 2013 from Sriharikota in Andhra Pradesh with

the powerful Polar Satellite Launch Vehicle (PSLV) The mission was approved by the Indian government in August 2012 and was executed in 15 months at a cost of Rs. 450 crores (\$74 million).

### **IAF women pilots can fly fighters - 2016**

The government gave a green signal for lady pilots to fly fighter planes. Bhawana Kanth is one of the first female fighter pilots of India. She was declared as the first combat pilot along with two of her cohort, Mohana Singh, and Avani Chaturvedi. The trio was inducted into the Indian Air Force fighter squadron in June 2016.

### **Prarthana Bohra**



## Update for the day #774 | Some unique cultures around the world

With 195 different countries in the world and thousands of different cultures, the opportunities to lose yourself in a different culture are limitless. Some of them have captured the world's imagination in films and books, while others are mysterious and completely isolated from the modern world. Owing to the continuous flow of contemporary global populations including migrants and refugees, cities all over the world have become much more heterogeneous and multicultural. People from different cultural, ethnic and religious backgrounds now live together. Here are some interesting cultures from around the world that have remained unchanged with the waves of modernization.

### **Rabari – India**

India is a land of mystery, magic, and incredible culture. And one tribe that manages to capture the exotic magic of this great country is the Rabari (also called the Rewari or Desai). The Rabari, who are believed to have migrated from Iran more than a millennium ago, have roamed Western India for almost 1,000 years. Their intricate embroidery, magnificent brass jewellery, and tattoos are legendary. For hundreds of years, the women have adorned their bodies with magical symbols that are considered both decorative and religious. The men often wear white with elaborate jewellery and turbans.



### **Loba – Nepal**

The ancient “Forbidden Kingdom” of Mustang, which was a lost kingdom of Tibet, is a remote and isolated region of the dramatic Himalayas in Nepal. It is a place shrouded in mystery and mysticism and home to the Loba people (or Lowa). They practice an early form of Buddhism and are known for their flamboyant religious festivals. The Tiji Festival is a three-day festival consisting of rituals known as the “chasing of the demons”. Many of the Loba still believe the world is flat.



### ***Gaúchos – South America***

Galloping across the wild prairies of Argentina, Paraguay, Uruguay, Southeastern Bolivia, Southern Chile, and Southern Brazil are the gaúchos. These bombacha wearing free spirits are the cowboys of South America. They are bound to their horses and devoted to chasing the call of the wild (and wild cattle). They are famously brave, notoriously unruly, and renowned in legends and folklore. Gaúchos have existed for thousands of years and are one of the most romanticised cultures in the world.



### ***Huli – Papua New Guinea***

The Huli are one of the most famous tribes in Papua New Guinea, an island in Oceania that is home to hundreds of unique traditional tribes. The Huli are proud and fearless warriors who are known for their ornate headdresses and unique way of painting their faces and bodies with bright yellow Ambua (a sacred clay) and red ochre. The men also put cassowary quills through their noses, snakeskin across their foreheads, a hornbill beak on their backs, kina shells around their necks, and a belt of pigtailed to attract the ladies.



***Kazakhs – Kazakhstan***

The Kazakhs are a semi-nomadic tribe who have been travelling through the mountains and valleys of Kazakhstan since the 15th century. They are descendants of Mongols and other nomadic tribes of Central Asia and still hold onto traditions that are centuries old. Along with taming wild horses, one of their most famous ancient traditions is hunting with eagles. It is seen as the highest form of art and dedication. The annual Golden Eagle Festival sees wolf-skin clad Kazakhs take to the mountains on horseback and golden eagles soar into the skies in celebration of this unique heritage.

**Keerthana Umesh**



## Update for the day #775 | Keto vs Vegan Diet: What's the Difference?

Today's update is about the difference between two popular approaches to food consumption, which are on two ends of the spectrum in terms of food selection/ choices.

### **Keto vs Vegan: What's the Difference?**

The keto diet is a high-fat, low-carbohydrate diet that emphasizes plentiful fat intake from sources like coconut oil, avocado, olive oil, butter, cheese, wild fish, and meat. On keto, you eat moderate protein (usually animal protein) and very few carbs. Veganism is exclusively plant-based. It usually favors green veggies, whole grains, nuts, seeds, and starchy vegetables like sweet potatoes and squashes. There are only a few similarities between keto and vegan diets. Both emphasize whole foods and encourage you to get the highest-quality ingredients you can find. In addition, both diets can improve your overall health, as long as you approach them properly.

However, keto and veganism work very differently. Here's a look at each one.

### **How Does the Ketogenic Diet Work?**

The ketogenic diet works by shifting your metabolism into a fat-burning state called ketosis. On a standard diet, your body uses carbs as its main fuel source. Your digestive system breaks carbs down into sugar, which passes through your small intestine and into your bloodstream. Your blood then carries sugar to hungry cells, providing them with the fuel to keep your body running. But if you stop eating carbs — or reduce your carb intake to a bare minimum — your cells can no longer use sugar as fuel. After a few days (called the keto adaptation period), your body will stop trying to burn carbs, and will instead begin using fat as its primary source of energy. When you're burning fat for fuel, you're in ketosis. Ketosis is the goal of the keto diet, and it's responsible for most of keto's health benefits. You'll read more about the benefits of keto below.

### **How Does the Vegan Diet Work?**

Vegans eat only plant foods, many of which are nutrient-dense and low in calories. Vegan diets are usually low-fat and higher-carb and contain a diverse variety of vegetables, legumes, and whole grains. It's possible to eat poorly as a vegan. Breads, cakes, sugary drinks, and other unhealthy fare can be made without animal products. However, most vegans focus on high-quality whole foods that are packed with micronutrients. And because veggies and other plant foods are often low in calories, vegans can eat a lot of food while still meeting their weight loss goals — one of the benefits of veganism.

### **Keto Diet Health Benefits**

In the last few years, studies have found quite a few benefits to following a ketogenic diet.

- Weight Loss

Several studies have found that the keto diet is an excellent choice for weight loss. Obese people lost an average of 33 lbs. while following keto for six months

Soldiers who followed a keto diet lost an average of 16 lbs. in 3 months. They also showed high adherence, meaning they didn't give up on the diet. That's a big deal — the hardest part of weight loss is keeping the weight off long-term. A meta-analysis of 13 studies found that a keto diet was better than a low-fat diet when it came to long-term weight loss. Ketosis suppresses hunger and makes you feel full on less food. Keto dieters often report that they can lose weight without feeling hungry, which may explain why keto has better long-term weight loss results than many other diets.

- Blood Sugar Control and Type 2 Diabetes

Keto is an excellent choice for managing blood sugar and type 2 diabetes. Because keto cuts out almost all carbs, keto dieters tend to have stable blood sugar levels, which leads to stable energy throughout the day. In several studies, keto stabilized blood sugar so well that patients with type 2 diabetes could get off their insulin medication entirely

- Mental Clarity and Brain Function

Research on keto and mental performance is still fairly new, but several studies have found promising results. Keto may improve brain function and slow the progression of Alzheimer's, Parkinson's, and other neurodegenerative diseases. Many neurodegenerative diseases impair glucose (sugar) metabolism, cutting off brain cells' sources of fuel and causing them to die. Keto offers an alternative fuel source (ketones), which can improve brain function in glucose-impaired cells. Ketones are also neuroprotective. In rats, keto strengthens mitochondria — the power plants that produce energy to fuel your brain cells. In rats, keto also increases antioxidant production, which protects the brain from inflammation and aging.

### **Vegan Diet Health Benefits**

Veganism also comes with several potential health benefits.

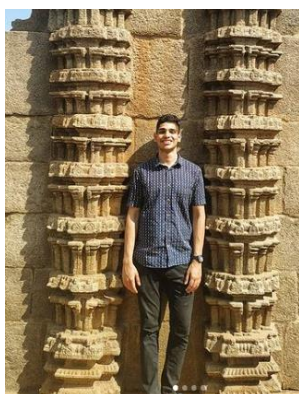
- Weight Loss

Vegans are typically thinner than omnivores, and several studies have found that plant-based diets help obese people lose weight. One possible reason is that many staple vegan foods — veggies, fruits, legumes, and so on — are low in calories, so you can eat a lot of them and still lose weight. If you're a volume eater trying to lose weight, veganism may be a good choice.

- Heart Disease and Cardiovascular Disease

Observational studies have found that vegans have a lower-than-average incidence of cardiovascular disease. Vegan diets are also linked to a decreased risk of clogged arteries, heart attack, and stroke. Case studies (studies of single people) have also found that veganism may reverse blocked arteries — although there needs to be more research before dietitians and researchers can make a definitive statement about veganism and arterial blockage.

### **Vivek Kamath**



## Update for the day #776 | Financial independence

Today, I would like to share with you the concept of financial independence! This looks like it is a more of a Finance concept, but it also counts in for Peace of Mind.

Wikipedia Says "Financial Independence is a status of having enough income (from Investment, passive Businesses, real-estate, etc.) to pay for one's reasonable living expenses for the rest of the life without having to rely on formal employment." So basically for people who are looking for early retirement with life long financial comfort, this might be an important concept.

To break it down in a much simpler form, Financial independence would imply that the income generated from passive sources such as investments, would be enough to sustain your daily living expenses without having to spend money from your primary(active) source of income.

Let's think about it, any billionaire entrepreneur living at present has earned his fortune more by the passive source of income/investment than compared with primary livelihoods sources, such as salary or paycheck. They have earned financial independence in their life now that they no longer need to worry about their financial conditions and can focus on innovation and achieving better results in their business every day.

Advantages of Financial Independence -

- Peace of mind - the biggest relief from figuring out about which source the next food would come from, living a tension-free life.
- More time to spend with family and friends.
- More time to invest in learning & upgrading new skills.
- Uplift your self-image, and boost your self-confidence.
- Focusing upon your primary livelihood and achieving higher scales of success.
- Many more incidental benefits.

Achieving financial independence requires a set of discipline and meticulous planning. You sow the seeds today to enjoy the fruits in the future. Plan out the cost of the basic requirement to lead a decent life, and identify investment streams to achieve this. Set a target to start financial planning. It is always the perseverance, consistency, and looking at the big picture which keeps you motivated and dedicated to achieving massive in life.

There are various sources available on the Internet today to guide you in planning for Financial independence.

So, wish you all the best! and see you on the other side of the riches club. !

**Chirag Solanki**



## Update for the day #777 | 12 Common Things Whose True Purpose You Didn't Know

When people first started developing tools to make life easier, every single little detail of a tool had a specific purpose. Nothing they did was by accident or simply for flare. In our daily lives, we are surrounded by lots of objects that seem so common we do not even stop to think why they are really needed and how they appeared. But if we did stop to think about it, we would probably realize that we do not have an answer for that. Those little buttons on your jeans, those marks on your tires, and the tab at the end of your measuring tape. You know what we are talking about. But you do not know exactly what they do.

Here are a few everyday items you did not know had a purpose.

- ***Bumps on the “F” and “J” keys of the keyboard.***

When your fingers are in proper typing form the index fingers should be positioned on the “F” and “J” keys. If you know your fingers are there you can type without looking at the keyboard. You would know that if you went to typing school. These little design hacks make things a bit easier!



- ***Arrow on your Gas Gauge.***

Forget what side the gas tank is on? You do not have to get out of the car to check. The arrow on your gas gauge points to it.



- ***The tiny buttons on your jeans***

They are called rivets. They were used to protect the weak points in the structure of the pants when they were made from canvas. Now they are made from heavyweight denim.



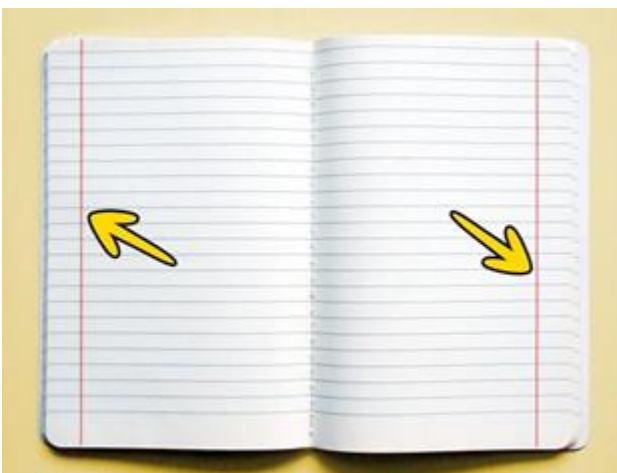
- ***Stickers on fruit***

Stickers on fruit mark the country and the producer, but few know what the numbers on the stickers mean. If there are 4 digits and the first is 4, it means that the fruit has been sprayed with pesticides. If there are 5 digits and the first is 9, the fruit has been grown organically. If there are 5 digits and the first is 8, the fruit has been genetically modified.



- ***Notebook margins***

Originally, margins were not made to provide space for teachers' outraged notes. The truth is that books in the past often fell victim to mice and rats who liked to gnaw on paper. In order not to let the rodents eat parts of information along with the paper, people started to leave empty spaces at the edges, where damage was most likely to occur.



- ***Stripes on headphone jacks***

You surely have noticed that all headphone jacks have 2 or 3 stripes on them. They are not made just for decoration: there are wires going to both headphones from every stripe, and if they were not there, you would only hear the sound coming from one of the headphones.



- ***Toothpick holder***

Some toothpick tops have ridges in them. You are supposed to break that off. Prop your toothpick up on it so it does not touch anything. It is more hygienic.



- ***Holes in padlocks***

Padlocks are often used to lock doors and gates outside, so they quickly get out of order because of rain.

When that happens, some simply buy a new lock. Few people know the purpose of the small hole in the bottom. The first is that it lets water drain out of the lock if you are using it outdoors, so it will not rust in the rain or freeze and break in the winter. The hole can also be used to oil the lock to keep it working well.



- ***Dimples on golf balls***

The first golf balls were smooth. With time, however, golf players realized by trial and error that the balls with the best properties were old, scuffed, and cracked ones. So, they kept using the same old balls for years.

Manufacturers noticed this tendency and started producing artificially aged dimpled balls.



- ***Holes in aeroplane windows***

These things have two purposes. One is to compensate for the difference in air pressure as the altitude changes. It also prevents the window from fogging up. So, if you were worried about why there was a hole in your airplane window, now you know why!



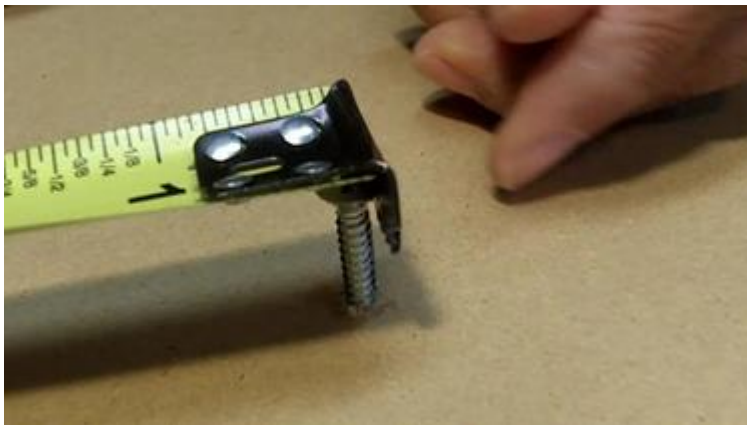
- ***Marks between your tire threads***

This marks is also a safety feature. It represents the minimum height of your tread. If it gets lower than this, then your tire is no longer safe to drive on



- ***Metal bit at the end of measuring tape***

That metal bit usually has a serrated edge. The edge is used to score softer surfaces, like drywall, so you can mark it without a pencil. The hook also has a hole in it which can be used to help hold a screw or nail in place.



**Shreya R Mahendrakar**





## Update for the day #778 | The World Seed Vault - Safeguarding seeds for future

“Inside this building is 13,000 years of agricultural history” - Brian Lainoff, coordinator of the Crop Trust



Deep in the bowels of an icy mountain on an island above the Arctic Circle between Norway and the North Pole lies a resource of vital importance for the future of humankind. It's not coal, oil or precious minerals, but seeds.

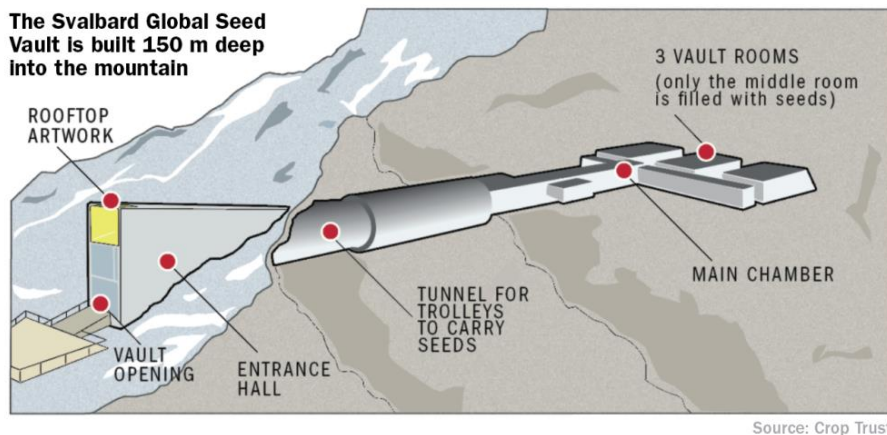
Millions of these tiny brown specks, from more than 9,30,000 varieties of food crops, are stored in the Global Seed Vault on Spitsbergen, part of Norway's Svalbard archipelago. It is essentially a huge safety deposit box, holding the world's largest collection of agricultural biodiversity. It would be difficult to find a place more remote than the icy wilderness of Svalbard. It is the farthest north you can fly on a commercial airline, and apart from the nearby town of Longyearbyen, it is a vast white expanse of frozen emptiness.

The Seed Vault was opened 26 February 2008 in the presence of the Prime Minister of Norway, Jens Stoltenberg, the President of the European Union. The seed vault is completely established and funded by the Government of Norway. The overall responsibility for the Seed Vault rests with the government, under the Norwegian Ministry of Agriculture and Food. Daily operations are overseen by the Nordic Genetic Resource Centre under an agreement between the Ministry, Nordic Genetic Resource Centre and the Crop Trust (formerly the Global Crop Diversity Trust) which partly provide funding for the Seed Vault's management.

The mountain mass has permafrost, with a stable temperature of between minus 3°C and 4°C. The seed storage area has an additional cooling system, to bring the seed storing temperature to minus 18°C and ensure that it remains constant. Electricity for the Seed Vault is provided by the public power plant in Longyearbyen. In addition, the Seed Vault is equipped with generators that provide electricity in the case of a power outage.

The seed store facility consists of three halls, each with a base measuring about 9.5 x 27 meters. Each hall can accommodate about 1.5 million seed samples, thus giving the Seed Vault a total capacity to store 4.5 million seed accessions. To date, the holdings in the Seed Vault are close to 9,00,000 seed samples. Only one of the three halls are in use, cooled to minus 18°C and equipped

with shelves for seed boxes. When this hall reaches capacity, the second storage hall will be prepared and cooled to the level needed for seed conservation.



The Global Seed Vault is called the “doomsday” vault among people. The structure of the doomsday is where the entrance leads to a small tunnel-like room filled with the loud whirring noise of electricity and cooling systems required to keep the temperature within the vault consistent. Through one door is a wide concrete tunnel illuminated by strip lighting leading 430 ft. down into the mountain. At the end of this corridor is a chamber, an added layer of security to protect the vaults containing the seeds.

There are three vaults leading off from the chamber, only one is currently in use, and its door is covered in a thick layer of ice, hinting at the sub-zero temperatures inside. In here, the seeds are stored in vacuum-packed silver packets and test tubes in large boxes that are neatly stacked on floor-to-ceiling shelves. They have very little monetary value, but the boxes potentially hold the keys to the future of global food security.



The seeds lying in the deep freeze of the vault include wild and old varieties, many of which are not in general use anymore. But the genetic diversity contained in the vault could provide the DNA traits needed to develop new strains for whatever challenges the world or a particular region will face in the future. One of the 200,000 varieties of rice within the vault could have the trait needed to adapt rice to higher temperatures, for example, or to find resistance to a new pest or disease. This is particularly important with the challenges of climate change.

In the last century, researchers began collecting seeds from farmers' fields and from the wild, not to plant but to conserve, to catalogue, to study – in order to facilitate their use as the raw material for breeding improved varieties. Today, some 1,750 gene banks in more than 100 countries house collections that contain more than 7.4 million seed samples. This is especially important considering that in the last century, with intensification of agricultural production and its focus on monocropping of market-friendly varieties, most of these varieties disappeared from farmers' fields and markets, and now exist only as seeds in gene bank collections.

**Nikitha M A**



## Update for the day #779 | Parkinson's Law

### What is Parkinson's Law exactly?

*“Work expands to fill the time available for its completion”* – means that if you give yourself a week to complete a two hour task, then (psychologically speaking) the task will increase in complexity and become more daunting so as to fill that week. It may not even fill the extra time with more work, but just stress and tension about having to get it done. By assigning the right amount of time to a task, we gain back more time and the task will reduce in complexity to its natural state.

Parkinson's Law should not be considered carte blanche to set unreasonable deadlines. All projects take time-you certainly can't build a skyscraper in a day, or a factory in a week. The more complex the project, the more time it typically takes-to a point.

Parkinson's law is attributed to British naval historian Cyril Northcote Parkinson who wrote about it in a satirical article published in *The Economist* in 1955. It was later reprinted in the 1958 book *Parkinson's Law or the Pursuit of Progress*.

### How does better time management work according to Parkinson's Law?

#### ***Tip 1: Work with stage goals***

To ensure that the project team does not run out of breath in long-term projects, it is important to celebrate intermediate goals - i.e. to work with several milestones. As a result, project team members in complex projects with numerous activities and tasks do not lose sight of important stages.

#### ***Tip 2: Efficient resource planning***

Plan only as many employees as necessary for a project and choose the right people. That is, only those with the skills needed for the project.

#### ***Tip 3: Reduce or eliminate buffers***

In general, plan less time for meetings. Because tight schedules not only motivate you, but also your team. In this way, the most important points are processed efficiently and unnecessary excursion to irrelevant topics is reduced.

Eliminate buffer times for individual tasks and avoid multitasking. Buffers are helpful margins for unscheduled changes, but they also have their downsides, as just described. According to Parkinson's law, there is no buffer left in the end and only delays in the project are passed on, but not earliness. This is why, for example, there are no single buffers in the critical chain method. Instead, there is an overall buffer for the project, while the individual tasks and processes are tightly synchronized to avoid procrastination.

**Prathiksha J Shetty**



## Update for the day #780 | The Dahi Handi Way!

Mumbai celebrates Janmashtami, the festival to commemorate the birth of Lord Krishna, in the ‘dahi handi way’!

Janmashtami sees a re-enactment of Krishna’s attempt to form a pyramid and get to the pot of yogurt—the dahi handi. All over town, pots filled with yogurt are suspended about twenty to thirty feet off the ground. Teams of enthusiasts—popularly known as Govindas—go around the city and form human pyramids to get to the pots. There are prizes to be won—and some of the tougher dahi handis offer cash prizes going up to lakhs!

Adding to the fun—and the challenge—is the fact that residents in the neighbouring apartments throw buckets of water on the group trying to form a pyramid, making it a wee bit more slippery—and tougher to get to the prize. Accidents happen too, and some falling pyramids are known to have resulted in broken bones.

If you ever drive around watching the festivities and imbibing the competitive spirit amidst the strains of *Govinda ala re*, you will realise that the dahi handi is not just a celebration of Krishna’s childhood antics but actually a celebration of teamwork! Mumbai’s streets and the Govindas’ pyramids offer several valuable life lessons they don’t teach you in any B-school.

Here are some lessons from the Dahi Handi School!

### 1. It takes all sorts to make a team.

Not all members of a team of Govindas are alike. There are some supremely athletic types who can climb on to other people’s shoulders in a jiffy. Then there are the overweight types, who too play a solid role in creating a strong base for the pyramid. A team made up of lean athletic types alone might look good on paper but would probably not be as strong as a team with a mix of different body types—to play different roles.

*Complementary skills make for winning teams. Diversity helps!*

### 2. The higher the pot, the bigger the prize.

There are some easy-to-get pots, where a two-level pyramid (with perhaps a child perched atop a shoulder) can get the team a few thousand rupees. Then there is the almost six-storey-high dahi handi, which takes a nine-layer pyramid—and then some—to crack the pot. And the prize: Rs 1,111,011!

*The difference mirrors a reality of life: The tougher the challenge, the greater the payoff.*

### 3. **It's the challenge that drives the spirit of achievement.**

When we saw a bunch of people falling off one particular pyramid, my wife instantly remarked in anguish, 'Why don't they spread mattresses on the ground to ensure that people don't get hurt when they fall?' Well, one of the drivers of top performance is the fear factor. What if I fail? What if I fall? It's this edge, or this feeling of walking on the edge, that often inspires us to do the extra bit, to take on the odds and deliver. Take away the fear, the challenge, and you take away the desire to achieve.

*Truth is, life's tough. If you fall, you get hurt. No mattresses cushion your fall. Success lies in ensuring that when you fall, you quickly pick yourself up, dust your elbows and get right back to work. Just like the Govindas.*

### 4. **What you achieve is determined by how high you set your sights.**

Teams train and practise to reach a predetermined height. Some teams plan to make a three-level pyramid, for instance. If the pot is suspended beyond that height and requires an extra level, they just walk away to the next pot. They've set their sights on pots that can be reached with three levels of the pyramid. Anything above that is out of bounds.

*Our lives are like that too. What we achieve is determined largely by what we plan to achieve. Some goals may look more attractive but it helps to know your limitations, and play to a plan.*

### 5. **Others will try to spoil your plans and make the road seem difficult.**

It is symbolic that people watching from the comfort of their homes throw buckets of water on the Govindas. The trick in the pyramid—and in life, indeed—is to stay focused, not get fazed by detractors.

*Be prepared for critics, for spoilers, for roadblocks.*

### 6. **You should be proud to be part of a team!**

The Govindas are regular men who labour through the rest of the year on mundane, often physically taxing jobs. But on the dahi handi day, they use some old-fashioned team-building tricks to create the winning magic. They all wear team colours (no fancy attire, just red vests for instance). They give their team a name, an identity, and make sure it is emblazoned across their chests, preferably over their hearts. They travel together. They eat together. There are no hierarchies. The man at the top of the pyramid is no different—and no more important—than the several men at the bottom. And they all have fun while they are at it!

*Passion and teamwork can turn a bunch of ordinary folks into an unbeatable, winning team!*

### 7. **You may be higher up but don't forget the shoulders you stand on.**

The pyramid becomes possible because there are people who are willing to stay on the ground and allow others to climb on to their shoulders. They carry the load. They are the enablers. While all eyes are fixed on the man at the top, to see if he can reach the pot, spare a thought for the guys at the bottom who make it happen. And remember, if they all clamoured to be the man at the top, there would be no pyramid, no team, no reward.

*Never forget the frontliners and the foot soldiers. They make the real difference!*

**8. You gotta get your target.**

When a team manages to break a pot, it wins the prize. But if it fails to break the pot, it gets nothing. Zilch. Whether you fall short by a whisker or by a mile, it makes no difference. Not getting to the target equals failure, never mind whether you came close or gave up without trying. That's the kind of target consciousness any leader would like to infuse in his or her team. Often, far too often, teams confuse effort with achievement, and expect rewards for coming close to achieving their targets.

*Break pot, get prize. No pot, no prize! You have to demonstrate results.*

**9. If you only go where others have gone, the pot is already taken.**

The interesting bit about each dahi handi is that there is only one pot at any location. Once it's broken, it's all over. So if your team is following another winning team's tracks, you will get nothing. Wherever you go, you'll find that the prize is already taken!

*Learn to go where no one else has been. Chart your own course. As Bob Dylan wrote, 'Don't be afraid not to follow the herd/ Because where the herd's gone, the food is already eaten!'*

**10. Finally, never mind how high the pot is, you just can't get there alone.**

The dahi handi symbolizes your life goals—money, relationships, projects, happiness, fame, whatever. But the message is clear: Never mind what your goal, you need a team to achieve it. You need other people. You need support.

*Lone rangers may make good film heroes. In real life, teams win. If you can't work with a team, your goals will probably remain elusive. Think about it!*

**Brinda Rameswaran**





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