

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



EMERGING THOUGHTS

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Foreword

We, at SURESH & CO. are indeed ecstatic to release the series “EMERGING THOUGHTS”. This publication is a consolidated treasury of constructive thoughts and amusing updates of articulated assistants (Interns undergoing Chartered Accountancy course) who will be emerging as Chartered Accountants in near future and employees.

Man is a social animal. In order to live peacefully & comfortably in society, he needs to remain updated about what all is going on across the globe while sitting at the corner of his house. This concept of daily updates which services to the whole organization every morning inculcates knowledge, confidence about the subject and invokes one’s interest deeper into the topics by giving them an insight about the happenings in this divergent world.

The response we receive from the readers are always overwhelming and this eternal ritual has been an amazing journey reaching milestones as the learning opportunities have always illuminated our path with the essence of knowledge.

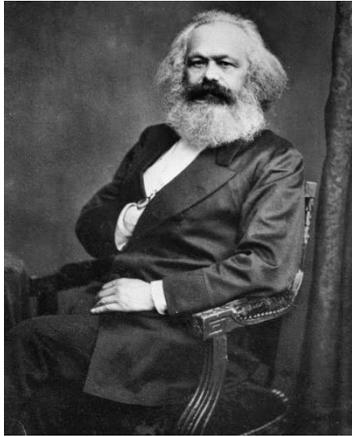
At SURESH & CO., every individual is empowered to be bold in the name of innovation and wisdom and are encouraged to think beyond their capabilities. This not only helps them to purify their thoughts, enriches their vision but also gives them an opportunity to reconnaissance various things that are beyond their study domain.

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.

“An investment in knowledge pays the best interest.”

“The only person who is educated is the one who has learned how to learn and change.”

Update for the day #1051 | Karl Heinrich Marx's 203rd Birthday



Karl Heinrich Marx; 5 May 1818 – 14 March 1883

He was a German philosopher, economist, historian, sociologist, political theorist, journalist and socialist revolutionary. Born in Trier, Germany, Marx studied law and philosophy at university. He married Jenny von Westphalen in 1843. Due to his political publications, Marx became stateless and lived in exile with his wife and children in London for decades, where he continued to develop his thought in collaboration with German thinker Friedrich Engels and publish his writings, researching in the reading room of the British Museum. His best-known titles are the 1848 pamphlet *The Communist Manifesto* and the three-volume *Das Kapital* (1867–1883). Marx's political and philosophical thought had enormous influence on subsequent intellectual, economic and political history. His name has been used as an adjective, a noun, and a school of social theory.

Marx's critical theories about society, economics, and politics, collectively understood as Marxism, hold that human societies develop through class conflict. In the capitalist mode of production, this manifests itself in the conflict between the ruling classes (known as the bourgeoisie) that control the means of production and the working classes (known as the proletariat) that enable these means by selling their labour-power in return for wages. Employing a critical approach known as historical materialism, Marx predicted that capitalism produced internal tensions like previous socioeconomic systems and that those would lead to its self-destruction and replacement by a new system known as the socialist mode of production.

For Marx, class antagonisms under capitalism, owing in part to its instability and crisis-prone nature, would eventuate the working class' development of class consciousness, leading to their conquest of political power and eventually the establishment of a classless, communist society constituted by a free association of producers. Marx actively pressed for its implementation, arguing that the working class should carry out organised proletarian revolutionary action to topple capitalism and bring about socio-economic emancipation.

Marx has been described as one of the most influential figures in human history and his work has been both lauded and criticised. His work in economics laid the basis for some current

theories about labour and its relation to capital.

Many intellectuals, labour unions, artists and political parties worldwide have been influenced by Marx's work, with many modifying or adapting his ideas. Marx is typically cited as one of the principal architects of modern social science.

By Chaithra P



Update for the day #1052 | Mars Explorations – A hunt for life on the Red Planet

How about living on Mars?

Yes, you heard it right!

Studies have found some hints at the possibility for current life in the form of methane gas in the atmosphere. On Earth, a large percentage of methane in the atmosphere is produced by biological processes. This means that methane could be considered a biological signature.

Microbial Life



New research suggests that rocks in the Martian crust could produce the same kind of chemical energy that supports microbial life deep beneath Earth's surface.

A study based on NASA's Perseverance, the six wheeled robot on the Martian Surface, suggests that the Red Planet might be a good place to look for a possible present-day life. A study, published in the **Astrobiology** journal, which examined the composition of the rocks blasted off of the surface of Mars that eventually landed on Earth. The analysis determined that those rocks of Mars, if in consistent contact with water, would produce the chemical energy needed to support microbial life similar to those that survive in the unlit depths of the Earth. Because these meteorites/rocks may be representative of a vast area of the Martian crust, the findings suggest that much of the Mars subsurface could be habitable.

The researchers say the findings help make the case for an exploration program that looks for signs of present-day life in the Martian subsurface. Prior research has found evidence of an active groundwater system on Mars in the past, the researchers say, and there's reason to believe that groundwater exists today.

Oxygen Extractions

Illustration of the MOXIE instrument, depicting the elements within the instrument



Oxygen extraction on the Red Planet is yet another feather to the cap and promising. A recent update from the Martian surface converting some of the Red Planet's thin, carbon dioxide-rich atmosphere into oxygen. Such conversions are accomplished by an experimental instrument called **Mars Oxygen In-Situ Resource Utilization Experiment (MOXIE)**. These devices might someday provide breathable air to the astronauts.

Mars' atmosphere is 96% carbon dioxide. MOXIE works by separating oxygen atoms from carbon dioxide molecules, which are made up of one carbon atom and two oxygen atoms. A waste product, carbon monoxide, is emitted into the Martian atmosphere.

However, any experiments on evidence for life will have to go through a much rigorous scientific process of testing, re-testing and reviews. All the efforts directed into hunting life on Mars may prove its greatest worth in the coming years and now

Reference:

1. <https://mars.nasa.gov/news/8926/nasas-perseverance-mars-rover-extracts-first-oxygen-from-red-planet/>
2. <https://www.sciencedaily.com/releases/2021/04/210422150413.htm>

By Sadhana V Raghavan



Update for the day #1053 | Neuroplasticity Your Brains Greatest Asset

Neuroplasticity Your Brains Greatest Asset

Neuroplasticity is the ability of the brain to form new connections and pathways and change how its circuits are wired; neurogenesis is the even more amazing ability of the brain to grow new neurons.

At some point we will have the experience of encountering someone or coming across someone's work or peers to be much more competent seemingly just a lot smarter than us. It can be a pretty dejected feeling to know that you're not naturally as good as others on the subject or skill or you just don't pick up something as quickly.

In a cases study of taxi drivers and bus drivers in London researchers from the university of London studied and compared their brain structures in 2000 drivers and discovered something notable.

The taxi drivers had measurably larger hippocampi compared to the bus drivers the reason behind the findings was that the taxi drivers had to essentially memorize the entire road map London they needed to know the best short cuts and alternate courses to take and that required in depth knowledge about every street and alley on the other hand bus drivers only had to drive a couple of pre-planned routes every day with little or no variation.

They only needed to memorize a few turns and perhaps not even the street names. Similarly, it's been found in the brains of professional musicians have a higher volume of gray matter in portions of the brain responsible for auditory processing and motor function. Amateur musicians at slightly less gray matter and non-musicians had the least. Just like with the London taxi driver's repetitive usage and exposure increase neuroplasticity.

The Author Peter Hollins in his book (Build a Better Brain) discusses, a few principles as well the foundational place to start which include having a healthy lifestyle getting enough sleep avoiding stress eating a healthy diet.

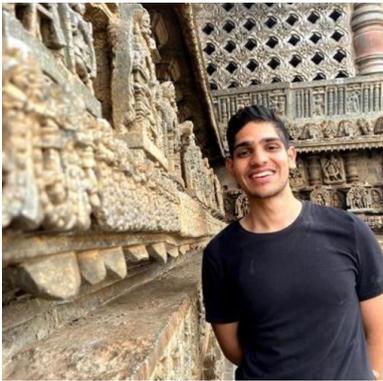
Another very important component of neuroplasticity is this idea of salience. Basically, learning things that will one day be **relevant**. If you learn something which you feel will be of use or relevant you are more likely to remember and recall it at a future date.

The second principle that the author mentions is to enrich your environment and surroundings which play a large role in neural plasticity which involves taking active steps to increase and cultivate neural connections having what's called an **enriched environment** allows you to passively accomplish the same end result it. Setting up your environment in a way that is conducive to getting work done.

The third principal mention in the book is to be **persistent, methodical and repetitive**. Hollins in this book gives the example of how the Grand Canyon was formed at the bottom was a small

river through millions of years this river slowly carving chasm in the earth that is one of the biggest. That's an oversimplification of geography. The point here is pretty clear; making something of your brain forcing new dendritic connections it's a long process and it's something that should be met with patience and consistency.

By Vivek Kamath



Update for the day #1054 | Kannada Gottilla

Try to imagine a world without communication, we cannot even imagine how chaotic it would have been without a proper way to communicate, communication is the key part of daily development. In today's modern world, we use text messages, emails, phone calls, but in ancient times they used drawing which can be seen in the caves and most importantly the sounds which became language, the sounds transformed into the most powerful tool for the communication.

In today's world, we can hear about 6,500 languages. Each one of them makes the world a diverse and beautiful place. About 22 major languages are spoken in India alone which makes India quite special.

As we speak about language let us talk about **Kannada** which is a Dravidian language spoken predominantly by the people of Karnataka in the southwestern region of India.

The Kannada script evolved from the 5th-century Kadamba script. Kannada is influenced to a considerable degree by Sanskrit. Influences of other languages such as Prakrit and Pali can also be found in Kannada. Based on the recommendations of the Committee of Linguistic Experts, appointed by the Ministry of Culture, the Government of India designated Kannada, a classical language of India. In July 2011, a centre for the study of classical Kannada was established as part of the Central Institute of Indian Languages to facilitate research related to the language.

Three regional varieties of Kannada are identifiable. The southern variety is associated with the cities of Mysuru and Bengaluru, the northern with Hubli-Dharwad, and the coastal with Mangalore.

After knowing a bit more about the language, do you feel we should not let it lose its value? How can you do that? Use it to the extent possible and influence more people to learn it. To learn a language is to have one more window from which to look at the world.

You might meet a few people who keep on telling Kannada Gottilla. You better suggest to them about the Academy named "Kannada Gottilla".

Kannada Gottilla Academy teaches Kannada digitally using the innovative methodology. Online classes can be taken at your convenience and time. Kannada Gottilla group has been teaching conversational Kannada in an effective but easier way since last 5 years. It helps people to communicate in Kannada. The classes are designed in such a way that you can access them at your convenience during the day and practice.



WebAddress: <https://kannadagottilla.com/>

The academy has 11 mentors who are truly passionate Kannadigas and has around twenty-two thousand enthusiastic learners. You can choose & sign up for a course that you need. Either beginner or already know a little Kannada, you can choose what suits your needs from the courses available and sign up.

You will be notified about your course and batch details and you can start learning!

Spoken Classes

Level 1

They teach you the basics of Kannada in a noticeably short span of 30 days. This course is smartly designed for a beginner.

Level 2

If you know a little bit of Kannada; you can understand Kannada well but struggle with tenses and other grammar parts. Then this is the level which will help to ease your difficulties. In this course, you will be taught some more grammar and meaningful conversations which will build your confidence more.

Level 3

The advanced course where conversations are at the forefront with grammar and additions to your word bank.

Writing

Level 1

It covers all the letters in Kannada alphabet and enables you to make simple words by the end of the course.

Level 2

It covers Kaagunita and Ottakshara (composite letters and double consonant sounds/letters). By the end of this course, you have mastered 80% of writing/reading Kannada. That means you can read boards and follow bus routes easily without depending on others. Learning another language is not only learning different words for the same things but learning another way to think about things. Be one among us and say 'Kannada Gottu'.

By Hamshashree H S



Update for the day #1055 | History of Karnataka

Early history

Karnataka was the part of the Mauryan Empire, the first Mauryan Emperor Chandragupta Maurya died in Shravanbelgola in Hassan District around 298 BCE where he spent last days of his life as Jain ascetic.

Around 239 BCE, the Satavahana dynasty came to power and its rule lasted nearly four centuries, until the early 3rd century CE. The disintegration of the Satavahana dynasty led to the ascent of The earliest native kingdoms, the Kadamba Dynasty of Banavasi in modern Uttara Kannada district with Mayuravarma, a native of Talagunda in modern Shivamogga district as the founding king, and the Western Ganga Dynasty in southern Karnataka, marking the birth of the region as an independent political entity. These were the first kingdoms to give administrative status to Kannada language as evidenced by the Halmidi inscription of 450, attributed to King Kakusthavarma of the Kadamba Dynasty. Also, recent discovery of a 5th-century copper coin in Banavasi, ancient capital of the Kadambas, with Kannada script inscription on it, further proves the usage of Kannada at an official level.

Unification of Karnataka

After Indian independence, the Wodeyar Maharaja acceded to India. In 1950, Mysore became an Indian state, and the former Maharaja became its rajpramukh, or governor, until 1975. The Ekikarana movement which started in the later half of the 20th century, culminated in the States Reorganisation Act of 1956 which provided for parts of Coorg, Madras, Hyderabad, and Bombay states to be incorporated into the state of Mysore. Mysore state was renamed Karnataka in 1973. The state of Mysore was formed on 1 November 1956 and since then 1 November of every year is celebrated as Kannada Rajyotsava / Karnataka Rajyotsava.

Post-unification

The 1957 elections saw the Indian National Congress win 150 seats out of 208, and S. Nijalingappa was retained as Chief Minister.

The Congress retained its power in Karnataka till 1983, when the Janata Party formed the first non-Congress government in Karnataka with the support of other smaller parties. Subsequent elections have seen power switch between the Congress, Bharatiya Janata Party, and other parties.

By Nagarjuna A M



Update for the day #1056 | Positive impacts of COVID 19

With sickness, death and unemployment rates soaring almost everywhere on our planet Notwithstanding the gruesomeness of this situation, there are some outcomes that could have a long-term positive impact on the planet and humanity.

Positive outcomes of COVID 19

1. Sea turtles were spotted laying eggs on beaches they once avoided such as the coast of the Bay of Bengal,
2. In the United States, fatal vehicle collisions with animals such as deer, elk, moose, bears, mountain lions fell by 58% during the year.
3. Unemployment caused by the COVID-19 pandemic facilitated the recruitment of laborer's for Pakistan's 10 billion tree Tsunami campaign to plant 10 billion trees over the span of 5 years
4. the COVID-19 pandemic may have pushed the fossil fuel industry into "terminal decline" as demand for oil and gas decreases while governments aim to accelerate the clean energy transition. An assessment by [Ernst & Young](#) finds that a stimulus program that focuses on renewable energy and climate-friendly projects could create more than 100,000 direct jobs across Australia
5. Central banks all around the world have cut interest rates and launched Reserve Bank of India came out with a plan in March to supply Rs 3.74 lakh crore of liquidity to the financial markets. This means that individuals and small businesses will be afforded a huge breadth in borrowing
6. In Delhi, the country's most polluted city, transport contributes to pollution by 41 percent, industry contributes 18.61 percent, power 4.92 percent and residential emissions 2.96 percent. The capital city has witnessed 87.9 percent decline in nitrogen oxide, whose main contributor is transport
7. If consumers continue avoiding public places, they're likely to look for digital services that fulfill everyday needs beyond retail, including delivery of food and on-demand goods, which in turn could lead to an increase in business for delivery organizations.

By Tejas Chandra



Update for the day #1057 | Causes of hyperinflation in Venezuela.

What caused hyperinflation in Venezuela: a rare blend of public ineptitude and private enterprise

The government headed by Nicolas Maduro, who has presided over Venezuela since 2013, declared a state of emergency in 2016. That year the inflation rate hit 800%. Things have gone from bad to worse.

By 2018 inflation was an estimated 80,000%. It's difficult to say what the rate is now, but Bloomberg's Venezuelan Cafe Con Leche Index, based on the price of a cup of coffee, suggests it is now about 380,000%.

About 3 million Venezuelans – a tenth of the population – have fled the country. This is the largest human displacement in Latin American history, driven by shortages of everything including food as well as the Maduro regime's oppressive treatment of dissent.

No wonder, then, that Maduro, who has just begun his second term as president, is now under considerable domestic and international pressure to call new elections.

So how did things get so bad? How did inflation become hyperinflation in Venezuela? And how do Venezuelans deal with it?



The cost of goods and the value of currency

What we pay for goods and services reflects not only their cost of production but also of the value of the currency we buy them in. If that currency loses value against the currency the goods are sold in, the price of those goods goes up. By 2014 the value of Venezuela's currency, the bolivar, and the prosperity of the Venezuelan economy, was highly dependent on oil exports. More than 90% of the country's export earnings came from oil.

These export earnings had enabled the government headed by Hugo Chavez from 1999 to 2013 to pay for social programs intended to combat poverty and inequality. From subsidies for those on low incomes to health services, the government's spending obligations were high.

Then the global price of oil dropped. Foreign demand for the bolivar to buy Venezuelan oil crashed. As the currency's value fell, the cost of imported goods rose. The Venezuelan economy went into crisis.

The Venezuelan crisis, however, just got worse as the oil price continued to fall, compounded by other factors that reduced Venezuelan oil output. International investors began looking elsewhere, driving the value of the bolivar even lower.

In these conditions, printing more money simply made the problem worse. It added to the supply of currency, pushing the value down even further. As prices rose, the government printed more money to pay its bills. This cycle is what causes hyperinflation.

Playing the currency market

Circumstances like these quickly make saving money in the local currency nonsensical. To protect themselves, Venezuelans started to convert their savings into a more stable currency, like the US dollar. This lowered the value of the bolivar even further.

The government responded by issuing currency controls. It set a fixed exchange rate, to stop the official value of the bolivar dropping against the US dollar and made it difficult to actually get permission to exchange bolivars into US dollars. The idea was to stabilize the currency by effectively shutting down all currency transactions.

US dollars were still available on the black market, however. This meant going to any number of operators on the streets of downtown Caracas or asking some friend or to hook you up. As the crisis deepened, more and more Venezuelans looked to switch their bolivars into US dollars.



By mid-2018 the official foreign exchange rate was about 250,000 bolivars to one US dollar. This increasing demand meant the black-market price for greenbacks rose, creating a difference between the official exchange rate (set by the government) and the unofficial going rate. With this came new opportunities. In 2014 reports emerged that groups of middle-aged women were crossing the border to use ATMs in Colombia. They could withdraw funds from their Venezuelan accounts as US dollars at the official rate. They could then cross back into Venezuela and exchange the dollars for bolivars at the unofficial rate, making a tidy profit. Government officials able to exchange bolivars for US dollars within Venezuela had their own version of this practice.

By Smitha R



Update for the day #1058 | Akshaya Tritiya

Akshaya Tritiya is a very popular festival that the Hindus and Jains celebrate every year. The Hindu community considers this day as a lucky day and believes that any venture such as a business or the construction of a building started on that day will follow betterment and prosperity. Akshaya Tritiya is a one day event celebrated in late April or early May.

Why is Akshaya Tritiya celebrated?

Hindus celebrate this day because, according to them, Akshaya Tritiya is the day when the great God of Wisdom, God Ganesha, started writing the epic work called "Mahabharata". It is believed that when the Pandavas were in exile the Lord Surya presented them a bowl which was named Akshaya Tritiya. That bowl was never empty and produces an unlimited amount of food on demand.

Akshaya Tritiya is considered as the most golden day of the year because the word Akshaya means the most "Eternal" that which never diminishes. Any initiative made on that day or anything bought on that day is considered to be good fortune. The most popular activity is the buying of gold and it is believed it will be a sign of good fortune for the buyer. In the Indian culture people typically starts a new business or begins a new venture on Akshaya Tritiya.

On the auspicious occasion of Akshaya Tritiya, many investors wish to invest in gold. But keeping in view of present situation it is not possible to go out to purchase gold so we can even start investing in paper gold, than buying the physical form. Gold bonds or mutual funds are easier to handle and there is no problem when it comes to valuation.

Sovereign gold bonds (SGBs) are probably the best way to invest in the yellow metal via the paper form. These are issued by the government of India through the Reserve bank of India (RBI). Apart from passively-tracking the price of gold, these bonds also pay 2.5 percent interest a year, semi-annually. Buying existing listed tranches, issued previously, from the stock exchanges is one way out. But a systematic investment plan (SIP) in SGB isn't possible.

What are gold mutual funds?

These are fund of funds. They invest predominantly in gold Exchange Traded Funds (ETFs), which in turn invest in the physical gold of 99.5 or higher purity. A gold fund's net asset value (NAV) is linked to gold's price in the local market. Currently, there are 10 gold funds available, with collective assets under management of over Rs 5,400 crore. These gold funds invest in their own gold ETFs. Since they are passively managed, the returns are close to those the gold ETFs. The one-year return is 0.2 percent. The return over a five-year period is 8.3 percent.

How do gold mutual funds enable SIP?

The good part about gold MFs is that they allow systematic investment plan (SIP). SGBs don't allow SIPs.

“SIPs in gold funds are convenient for the retail investors. Gold ETFs and SGBs are more suited for DIY (do-it-yourself) investors”. SIP can help you ride out the volatility in gold prices without taking on the risk of bad timing. To be sure, you can hold gold mutual funds in demat mode too. You can start your SIP in a gold fund with as little as Rs 500 a month. It’s easier also to sell your gold mutual fund, as opposed to SGBs and gold ETFs. SGBs and ETFs suffer from lack of liquidity. But you can buy and sell gold MFs at the prevailing NAV at any time.

By Sai Manjush Y



Update for the day #1059 | Ayahuasca

Ayahuasca is a brew made from the leaves of the Psychotria Viridis shrub along with the stalks of the Banisteriopsis Caapi vine, though other plants and ingredients can be added as well. This drink was used for spiritual and religious purposes by ancient Amazonian tribes and is still used as a sacred beverage by some religious communities in Brazil and North America. Taking Ayahuasca leads to an altered level of consciousness due to psychoactive substances in the ingredients, especially DMT (N-dimethyltryptamine), a powerful hallucinogenic chemical.



Ayahuasca ceremony and experience:

Ayahuasca ceremonies are typically led by an experienced shaman. Ayahuasca takes 20–60 minutes to kick in, and its effects can last up to 6 hours. Typical effects include visual hallucinations, euphoria, paranoia, and vomiting. People react to Ayahuasca differently. Some experience euphoria and a feeling of enlightenment, while others go through severe anxiety and panic. It's not uncommon for those taking Ayahuasca to experience both positive and negative effects from the brew.



Potential benefits:

According to current research, Ayahuasca may protect brain cells and stimulate neural cell growth. It may also boost mood, improve mindfulness, and treat depression and addiction disorders, though more research is needed to confirm these effects. A study in 57 people demonstrated that ratings of depression and stress were significantly decreased immediately after the participants consumed Ayahuasca.

Considerations and Potential side effects:

Taking Ayahuasca can result in serious side effects too as it can interact with many medications and may worsen some medical conditions. Those with medical conditions should not seek symptom relief by participating in an Ayahuasca ceremony. There have been several reported deaths due to Ayahuasca consumption, but they may be due to the addition of other ingredients or dosing issues. Aside from these dangers, participating in an Ayahuasca ceremony means putting your life in the shaman's hands, as they're in charge of the ingredients added to the brew, as well as determining proper dosing and monitoring you for potentially life-threatening side effects. There have been reports of Ayahuasca retreats being offered by untrained individuals, who are not well-versed in the preparation, dosing, or side effects of Ayahuasca, putting participants in danger. Overall, more research is needed to determine whether Ayahuasca can be used as a potential treatment for certain medical conditions by doctors in the future.

Below attached is the link of a podcast of a person who has experienced an Ayahuasca journey:
<https://youtu.be/GWHAQPmdMgM>

By Sahana Shree Herle



Update for the day #1060 | Light up a life, you just have 6 hrs

Eye Donation – A Gift of Beauty, A Return for Eternity.



Eyes are one of the most important sensory organs in the human body because it renders vision and the power to see. Visually impaired people feel that their life is incomplete as they can just touch, feel and smell things but can't see it.

Though all organs of the body are equally significant, eyes can somehow be considered a little more special. It renders us vision and lets us enjoy the aesthetics that the world has to offer. However, due to several kinds of visual impairments, many people lose their vision and the world turns dark to them. We can give them the gift of light by a simple step of eye donation.

Statistics show that there are 15 million blind people in India and out of this, 6.8 million people are suffering from corneal blindness. Eyes can be donated only after death. Eyes must be removed within 4 - 6 hours after death.

Donated eyes can be used to restore vision in people who are suffering from corneal blindness. The front, clear and transparent tissue of the eye called as cornea can be used to restore vision in a corneal blind person. The other portions of the eye are also used for research and training purposes to develop cures for some of the common eye diseases.

From each pair of donated eyes, two blind people will get vision and light into their life, thus making it more divine.

Eye donation is an act of donating one's eyes after his/her death. It is an act of charity, purely for the benefit of society, and is totally voluntary. The eye donation of the deceased can be authorized by the next of kith & kin even if the deceased did not pledge to donate his / her eyes before death. Age or systemic illness such as diabetes or hypertension, heart disease, kidney disease is not barriers for eye donations. The corneas of a person are unaffected even if they have undergone any eye surgeries in the past and hence will be useful can be transplanted in others.

There are widespread social awareness programs and activities conducted across the country to impart the significance of eye donation and its usefulness to the visually impaired people. Till date, medical researchers and scientists are working on developing artificial cornea, but till that time, donating the eyes would be the best gift ever for a blind person suffering from corneal blindness.

Why do you need to donate your eyes?

1. Donate because you can.
2. Let others see the world as you did.
3. Give the gift of vision.
4. No greater gift.
5. Be the reason for someone to see the sunshine.
6. Be someone's second chance.

Needless to say, eye donation is truly a divine deed. What can be more noble than giving someone the gift of light and let them see the world in colours? However, many misunderstandings and misbeliefs come in the way of this noble deed. Let us all pledge to eliminate the misbeliefs surrounding eye donation and raise awareness on the issue. Be a symbol of hope for those who are waiting.

It's easy not to donate but hard to be blind. So spread a little love even after you are gone. Don't just leave a will, leave a vision.

By Sushmitha S



Update for the day #1061 | Top 10 Coffee Producers in Karnataka

When the rest of India runs on chai, the people in Karnataka are in love with coffee. Here is a list of top 10 coffee producers in Karnataka. Though our country has been growing and exporting coffee since the 1600s, the beverage gained popularity in recent times, owing to the evolving café culture.

Today, India is one of the biggest coffee producers in the world, with Karnataka contributing a whopping 71% of the overall production. You will find some of the most beautiful coffee plantations sprawling across Chikkamagaluru, Kodagu, and Hassan.



A List of coffee producers in Karnataka:

1. Levista Coffee

1. Levista Coffee is one of the subsidiaries of the reputable conglomerate, SLN Group. The coffee is specially grown in local estates in Coorg and is made into three types of blends – classic, premium, and strong.
2. In order to ensure the coffee is of impeccable quality, the company uses Israeli drip irrigation technology and organic fertilizers for the cultivation process.
3. Levista Coffee is available online starting from Rs 69/ for a 50gm can and Rs 110/ for a 50gm pouch. They are also exported to several countries abroad.

2. Coffee Day Enterprises Limited

1. Coffee Day Enterprises Limited is undoubtedly one of the most prominent coffee producers in Karnataka. Their coffee is cultivated locally in large estates of about 20,000 acres in Chikkamagaluru.

3. Chik Coffee

1. Chik Coffee is another amazing product from the estates of Chikkamagaluru. Since 1903, this family-run business has been cultivating coffee in their impeccably maintained estates. They offer high-quality coffee blends with a tinge of fruity flavors and floral aromatics.
2. You can check out Chik Coffee products online or in local stores starting from Rs 160 for a 150 g pouch. What is more, if you visit their estates you can participate in their coffee-making workshop and understand the process from the connoisseurs themselves.

4. Adavi Coffee

1. Adavi Coffee is the team effort of Karnataka's Social Welfare Department and the Coffee Board to give a new lease of life to the Soliga tribal community from Biligiriranga Hills. Currently, MG Plantation in Chikkamagaluru procures about 90% of the coffee cultivated by the tribal farmers.
2. The coffee is then packaged and sold under the brand name 'Adavi'. You can buy this coffee for Rs 142 per kg in many local stores across the state. You'll also find the brand's stalls in public places such as Mysuru Zoo.
3. The government is also thinking about giving the brand a 'premium' status to improve the community's welfare.

5. Cothas Coffee

1. When the Cotha family started their coffee business in Shivajinagar, Bangalore in 1949, little did they know that their coffee will set to become one of the most popular filter coffee brands in the state. Today, the company is operated from a huge plant at Jigani by the father-son duo, CK Sreenathan and CS Nitin.
2. The roasted and ground filter coffee products are sold locally and internationally. In fact, it is one of the most affordable brands you can find in the state. A 100gm pouch costs just Rs 38. Cothas Coffee is also very popular amongst filter coffee lovers in Tamil Nadu.

6. Panduranga Coffee Works

1. Established in 1938, Panduranga Coffee Works is one of the oldest and most prominent names in the coffee business. The coffee is grown in beautiful, lush estates in Chikkamagaluru using innovative techniques, such as cupping.
2. The whole process is undertaken with great precision so that the consumers can enjoy an amazing cup of coffee full of flavors and aroma. Their products are available online and at their local retail store at Chikkamagaluru in MG Road. The prices are highly affordable, starting from Rs 200 (for a 200ml pouch) onwards

7. Bayar's Coffee

1. Most homes in Bengaluru have been enjoying Bayar's Coffee for decades. Being ISO and UTZ certified, the company has gained a reputation for providing excellent quality products at reasonable prices for over 48 years. As a 4-time Best Roaster Award recipient, the company has carved a niche for themselves in the coffee production business.

2. They source their coffee beans not just from Karnataka and other Southern states, but also from abroad. You can find their products online and at retail outlets from Rs 85 onwards. Currently, Bayar's Coffee has 24 stores in Bengaluru, 1 in Tumkur and 1 in Mysuru.

8. Black Baza Coffee Company

1. Black Baza Coffee Company was established keeping in mind biodiversity-friendly farming principles to produce exceptional coffee blends. Their entire coffee cultivation process involves selective picking, roasting, hulling, blending, grading, grinding, and packaging.
2. This meticulous process doesn't involve the usage of pesticides or chemicals, which ensures that the end-product is highly organic. Currently, the establishment has about 48 stores in India and abroad.

9. WoodiPeck's Coffee

1. Established in 1935, WoodiPeck's Coffee is one of the popular brands from Sakleshpura in Hassan District. With decades of experience, the company has been producing a variety of coffee products, including, green coffee beans, roasted beans, pure coffee, coffee with chicory, and instant coffee.
2. They are quite affordable and are available for wholesalers as well. WoodiPeck's Coffee has a store in Basavanagudi, Bengaluru, where coffee enthusiasts can choose and blend coffee beans to make a personalized cup of coffee.

10. Halli Berri

1. Halli Berri is another artisan coffee producer in Karnataka that has become a hot favorite amongst coffee lovers. The coffee is grown at Kambihalli estates in Chikkamagaluru by an all-women team. The coffee is handpicked, sun-dried, and roasted in small batches for the perfect brew.

By Vidya Shree



Update for the day #1062 | What are some of the life lessons one can learn by listening to the songs of Linkin Park?



For me, Linkin Park is one of the greatest musical band ever, because their songs have a way of making you a fan even if you are not into rock music, pop music, etc. Here are a few life lessons I've learned through their music:

1. **No matter how successful you are, you will always face challenges/problems:**

If you listen to even a few of their songs, you'll understand how much pain has been packed into those songs. If you listen to their song "*Breaking the habit*" and read those lyrics, one can easily see how much pain that song has. This song released in early 2000's was completely about Chester Bennington's fight against addiction and problems faced by Chester. No matter how hard he tried he faced problems, no matter how much he cared he still couldn't find peace within. It was such a bad thing what happened to Chester. Only if we could've been able to do something to show how much his voice helped so many people all over the world.

2. **Sometimes goodbye's the only way:**

This title is a small part from their song "*Shadow of the day*". Yes, Linkin Park had many emotional songs about various life issues. If you listen to their songs "*Numb*" and "*In the end*", the lyrics showed how sometimes some relations in our life become a predicament.

3. **We should always try to be the better version of ourselves:**

"*What I've done*" song makes us ask ourselves that really what have I done!? You might do things which you never wished or even thought of, but you end up doing it. Now it's your turn to make sure you try to right the wrong and never repeat such mistake again.

4. Everyone is broken on the inside:

No one says that “*I’m completely fine on the inside*”. Songs such as “*Crawling*” and “*Somewhere I belong*” will make you go like “yes!”, “*oh my god! Exactly!*”, “*This is completely about me!*”, “*I understand these lyrics!!!*”. No one is ever calm inside and that is completely fine because everyone is meant to fight their inner demons.

5. We are just a small part in this Castle of Glass:

“Castle of Glass” is one of my favorite song by Linkin Park. I always considered that by castle of glass they meant our world is a castle of glass, fragile, just a wrong step and now you are a crack in this castle. Now we wish to turn ourselves back into a clean, crackles part of this castle but no matter how hard we try to mend ourselves; we will stay as that crack and we have to live with it.

6. Music has power:

Every Linkin Park fan is a person who has gone through a certain phase of life, where he/she couldn't really help themselves. At such a phase they come across Linkin Park and many songs of Linkin Park will make them cry their heart out because finally there is someone out, who knows how it feels and somehow taking away the loneliness.

Just a few life lessons among many that Linkin Park has given. True to emotions, real in many aspects and helpful in difficult situations.

By Shreemanth B



Update for the day #1063 | ಕನ್ನಡ ಉಳಿಸಿ ಕನ್ನಡ ಬಳಿಸಿ | save Kannada, use Kannada



Percentage of people speaking the regional language in the respective states (as per 2011 census)

1. Kerala (Malayalam) - 97.03%
2. Tamil Nadu (Tamil) - 88.43%
3. Andhra Pradesh & Telangana(Telugu) – 83.88%
4. Karnataka (Kannada) - 66.54%

The problem,

By looking at the above percentage we can notice that Kannada the language which has history over more than 1500 years is slowly getting vanished or losing its existence.

Comparing to the neighboring states Karnataka has the least number of people communicating in its regional language which is Kannada.

If the same continues the language which has history of over 1500 years will only be in history and books.

The main reason for the above problem is,

1. People are not getting time or opportunity to speak Kannada, because English is dominating and demanding people to speak English.
2. People are feeling ashamed or embarrassed to speak in their language which is Kannada, because they think, it brings down their dignity or it's a matter of their reputation.
3. People forget or replace Kannada with other languages.

The solution,

This is not at all an issue to a lot of people out there, but this is a problem which has to be taken seriously, and the solution to such a big problem is just simple, start using Kannada in your daily life.

And the people who know Kannada should teach people who wants to learn Kannada, and those who don't know Kannada should try to learn Kannada.

By Chandra Shekar S



Update for the day #1064 | Pratfall Effect

Imagine that you have a soft corner for someone or are in awe of somebody and they err in some way. Many of us would believe that it is the end of the story. But is it, really? On the contrary, the moment they take a step down from being in the starry world of perfection to the humble earthly imperfections, and you happen to witness that, psychology says that you would in fact feel happy because the story has just begun.

The **pratfall effect** explains that when we see somebody that we hold in high esteem make a mistake or error, they appear even more likeable.

Before committing a blunder, however it's essential to keep certain facts in mind. The findings of the study support the hypothesis that a blunder on the part of a superior person (perceived as such in any domain) removes the onus of being "too good" on the person; it increases the person's approachability and makes them seem less austere, more human. A blunder, though, on the part of a mediocre person makes them seem that much more mediocre.

Any blunder made by President Obama made him more likable. "When I meet with world leaders, what's striking -- whether it's in Europe or here in Asia..." -mistakenly referring to Hawaii as Asia while holding a press conference outside Honolulu. No matter what President Obama said or did made him more likable. Any blunder made by President Bush ended up helping comedians during the late-night shows. It didn't necessarily make him more likable.

The **Pratfall Effect** maybe sheds some light on why [Jennifer Lawrence](#) - a star Hollywood Actress, one of Time Magazine's 100 most influential people of 2013, and an Academy Award and Golden Globe's winner- is perceived as down to earth, modest and relatable. She is famously known for making blunders such as slips of tongue in interviews and tripping on the red-carpet multiple times.



The researchers looked at the effect of admitting to past mistakes in a selection interview. The research team found that those individuals who were doing well in the selection process, for example those who had reached the second round of the interview, were likely to be considered more likeable if they admitted to their past mistakes in the initial interview stages than if they covered them up. Here the reasoning seems to be that when you take ownership for pratfalls, even

if others contributed to them, you are regarded as more responsible and reliable in an employment setting.

Closer home, remember the Tanishq advertisement on timeless jewellery on Mother's Day featuring Deepika Padukone? It serves as a good example for the same. In a world full of jewellery advertisements that are all glamour and glitter, an act of humility, sincerity and love shown by a popular figure in their advertisement got the brand noticed and appreciated.

Charlie Chaplin and Mr.Bean exploited pratfall effect to the fullest.

Thus, it's seen that the Pratfall Effect has an impact on many domains of human life - relationships, job opportunities, brand choice, favourite movies, etc. The next time you see anyone literally falling, or notice someone figuratively falling for someone, or a person or brand flaunting their flaws way too much; do give it a thought as to whether the Pratfall Effect is at play.

By Chandana C



Update for the day #1065 | Mind-Blowing Psychology Facts

The human psyche is infinitely complex, which means new research comes out every day that helps illuminate why we are the way we are. Here are some of interesting facts to read about the human psychology;

1. It takes five positive things to outweigh a single negative thing.
Our brains have something called a "negativity bias" that makes us remember bad news more than good, which is why you quickly forget that your coworker complimented your presentation but keep dwelling on the fact that a kid at the bus stop insulted your shoes. To feel balanced, we need at least a five to one ration of good to bad in our lives.
2. Food tastes better when someone else makes it.
Ever wonder why that sandwich from the takeout place down the street tastes better than the ones you make at home, even if you use the same ingredients? One study published in the journal *Science* found that when you make yourself a meal, you're around it so long that it feels less exciting by the time you actually dig in—and that, subsequently, decreases your enjoyment.
3. We always try to return a favour. It's not just good manners—the "rule of reciprocity" suggests that we're programmed to want to help someone who's helped us. It probably developed because, to keep society working smoothly, people need to help each other out. Stores (and some frenemies) like to use this against you, offering freebies in hopes that you'll spend some cash.
4. When one rule seems too strict, we want to break more.
Psychologists have studied a phenomenon called reactance: When people perceive certain freedoms being taken away, they not only break that rule, but they break even more than they otherwise would have in an effort to regain their freedom. This could be one of the best psychology facts to explain why a teenager who can't use his phone in class will chew gum while stealthily sending a text.
5. Our favourite subject is ourselves.
Don't blame your self-absorbed brother for talking about himself—it's just the way his brain is wired. The reward centres of our brains light up more when we're talking about ourselves than when we're talking about other people, according to a Harvard study.
6. There's a reason we want to squeeze cute things.
"It's so cute, I just was to smoosh it until it pops!" That's called cuteness aggression, and people who feel it don't really want to crush that adorable puppy. Research published in *Frontiers in Behavioural Neuroscience* found that when we're feeling overwhelmed by positive emotions—like we do when looking at an impossibly cute baby animal—a little bit of aggression helps us balance out that high.

7. Our brains try to make boring speeches more interesting. University of Glasgow researchers found that in the same way that we hear voices in our heads when we read aloud, our brains also "talk" over boring speeches. If someone is speaking monotonously, we'll subconsciously make it more vivid in our heads.
8. We automatically second-guess ourselves when other people disagree.
In a famous 1950s experiment, college students were asked to point out which of three lines was the same length as a fourth. When they heard others (who were in on the experiment) choose an answer that was clearly wrong, the participants followed their lead and gave that same wrong answer.
9. We (unintentionally) believe what we want to believe.
Humans are victim to something called confirmation bias: the tendency to interpret facts in a way that confirms what we already believe. So no matter how many facts you throw at your uncle trying to sway his political opinions, there's a good chance he isn't going to budge. It's one of the psychology facts you'll just have to accept that you can't change.
10. You're programmed to love the music you listened to in high school the most.
The music we like gives us a hit of dopamine and other feel-good chemicals, and that's even stronger when we're young because our brains are developing. From around age 12 to 22, everything feels more important, so we tend to emphasize those years the most and hang on to those musical memories. Researchers have uncovered evidence that suggests our brains bind us to the music we heard as teenagers more tightly than anything we'll hear as adults—a connection that doesn't weaken as we age.
11. Putting information in bite-sized pieces helps us remember.
Your short-term memory can only hold on to so much information at a time (unless you try one of the simple ways to improve your memory), which is why you use "chunking" to remember long numbers. For instance, if you try to memorize this number: 90655372, you probably naturally thought something like 906-553-72.

By Sahana Shree Herle



Update for the day #1066 | NLP - Legal Summarization

This update throws some light on my research work currently funded by Open AI, to examine the potential of machine learning in legal, finance, and other sectors. The efforts are meant to decentralize the legal and finance sectors in order to make them accessible and affordable. This entire work is to improve the use of Artificial Intelligence in the day to day work and restricting human interference to a mere review before approval. In the current update, I share one such use case which I have identified and tested for development purposes.

Problem:

There is a huge vacuum created by the legal terminology which distances the general public from understanding judgments. The problem I intend to solve is to make the judgments and observations of the court understandable for non-professionals by using machine learning.

Category of ML used: Natural Language Processing (NLP) - Model by OpenAI

Model Name: Generative Pre-trained Transformer - 3 (A closely held model)

Input:

Judgment of Rajasthan High Court in a recent case - **Risha Lodha Vs. ICAI**

Here is the link for the readers to access the original judgment: <https://taxguru.in/chartered-accountant/withholding-ca-student-result-criticism-icai-hc-grants-relief.html>

Output:

Summary for the Common Man:

The institute, which has the authority to grant the degree, has decided to cancel the result of the student, who has sent an email to a teacher. This decision was taken by the committee without giving any opportunity to the student. By canceling the result, she will not be able to get the degree, which she is entitled to. She has been punished without giving her any chance to defend her case. This teacher is a member of the committee who took this decision. In court's opinion, it is clear that there was a conspiracy between the teacher and other committee members to punish the student. The student has not been given any opportunity to defend herself. Even though she wrote a 3-page reply, nobody took any notice of it and still decided to cancel her result. It is clear that there was no examination held in which she can be found guilty. She is entitled to get a degree because she has been passing all her examinations till then and had even appeared for her final examination. But because of this college's decision she cannot get her degree. She has been punished because she sent an email to one of her teachers suggesting reforms in their examination process. In court's opinion this punishment is illegal because the institute has not given her any chance to defend herself.

Important Process Metrics used for the above:

Engine: da vinci
Response Length: 617
Temperature: 0.7
Top P: 1

Frequency Penalty: 0.2
Presence Penalty: 0
Best of - NA

Summary for the Professionals:

The Institute is a very powerful organization. It has the power to make or break the career of a student. It has the power to elevate or destroy the life of a student. It has the power to uplift or destroy the life of a student. The Institute is required to practice greater restraint in invoking its powers especially against the students. Instant case called for not just restraint but absolute abstinence from initiating any action against the petitioner, particularly when she had submitted a beseeching response. But for the reasons best known to the Examination Committee, instead of burying the hatchet, it literally opened a battle-front and issued a notice to the petitioner on 7.3.2021 and summoned her to Jaipur to defend her cause in furtherance of the notice dated 22.2.2021 (vide which, the Institute had called upon the petitioner to explain why disciplinary proceedings not be initiated against her for derogatory remarks she had made).

The impugned decision cancelling petitioner's result is nothing short of colourable exercise of powers. It also showcases vindictiveness of respondent Committee. The petitioner had sent the contentious e-mail on 20.11.2020 whereafter on 22.11.2020 the respondent's counsel sent a notice to the petitioner on her email. A perusal of the substance of the notice leaves no manner of doubt that respondent-Institute had warned petitioner of dire consequences, if she further indulged in addressing any such communication to ICAI or any other organization concerning examinations. Indisputably, petitioner has not written even a single letter to Institute or to any other authority after 20.11.2020.

The above two summaries are the direct processing of the observations made by the court in the judgment. The difference can clearly visible for the readers in generated text with different metrics meant for different sets of people.

By Ashrith AK



Update for the day #1067 | Anti Terrorism Day 2021



The official announcement of National Anti Terrorism Day was made after the assassination of India's seventh Prime Minister **Rajiv Gandhi** on **21 May, 1991**. He was killed in Tamil Nadu in a campaign by terrorists. Then, under V.P. Singh government the centre has decided to observe 21st May as Anti Terrorism Day.

On 21 May, every year Anti Terrorism Day is observed to provide knowledge to the youth about terrorism, its impact on human suffering and lives. This day also makes people aware of an anti-social act of terrorism. Every day we come to know about one terrorist act or another via newspaper or TV. Basically, the terrorists want to create fear in the minds of the common people. Without any remorse, they kill thousands of people because they don't have any conscience.

It is necessary to propagate the message of humanity and peace. Indian Government has taken the step by celebrating Anti-Terrorism every year to highlight the importance of fighting with the activities of terrorism.

The history behind it.

Former Prime Minister Rajiv Gandhi went to Sriperumbudur a place in Tamil Nadu, to attend a rally. A woman came in front of him who was the member of Liberation of Tamil Tigers Eelam (LTTE) a terrorist group. She had explosives under her clothes and approached the PM and bent down as if she wanted to touch his feet. Suddenly a bomb explosion took place which killed the PM and approx. 25 people. This is the inland terrorism that had created fear and our country loss PM.

What are the objectives behind celebrating Anti-Terrorism Day?

1. To spread the message of peace and humanity.
2. To increase awareness among people about these terrorist groups and how they plan to strike the terror.
3. To promote unity among the people by planting a seed of unity among the people.

4. Also, to provide education and training to the youngsters this will prevent them from joining different terrorist groups.
5. To generate awareness in the country about the danger of terrorism, violence and its dangerous effect on the people, society and whole country.

We can't forget the famous World Trade Centre attack which was a terrorist attack. The 26/11 attack on Mumbai is also no exception in this regard. Terrorism is an act of causing loss of life and fear of death among people by the dreadful acts of terrorists. No doubt it is an attack on the rights of human beings. Therefore, we should come together and eliminate it by spreading love, care etc.

By Aarathi B



Update for the day #1068 | Iconic Celebrations

“Most people tell you there are certain moments you should celebrate in life: for example, the weekend coming, so you should party on a Friday. Or your birthday or New Year's Eve. But what if you're excited about being alive every day? Can't you be in that celebratory state every moment you're not dead?” - Andrew W.K.

Here are few iconic celebrations that are recognised across the planet:

Conor McGregor - Billionaire Strut

Conor McGregor did his now-famous 'Billionaire Strut' for the first time entering the octagon at UFC 205. The then featherweight champion Conor McGregor had faced Eddie Alvarez for the lightweight title and knocked the champion out in the second round to make history..

Cristiano Ronaldo - The Si!

Cristiano Ronaldo's signature celebration is one of the most iconic celebrations in football history – “Si”. It first came on to the scene when he was playing for Real Madrid back in 2014. Ronaldo performs a mid-air pirouette before shouting "Si" - which is Spanish for "yes!" - upon landing.



Ravindra Jadeja – Sword Celebration

Indian cricketer Ravindra Jadeja is widely regarded as one of the finest all-rounders in world cricket. It has been noted that whenever the all-rounder achieves a batting milestone of scoring a 50 or a 100, he waves his bat like a sword much to the delight of Indian supporters. Ravindra Jadeja's “sword celebration” is a trademark Rajputana style, which he has been following.

He mentioned at a press conference as he cannot bring a sword to the ground, he waves his bat like a sword.

Interestingly the all-rounder also hails from a Rajputana family in Gujarat.



Tiger Woods - The Arm Raise

The greatest golf player of all time also has one of the most iconic celebrations in the game. Not only does it feature on the majority of golf advertising and commercials, but it also includes everything we love about Tiger. 'Red Sunday' is a phrase associated with Woods, as he wears red attire on finals day.

**Usain Bolt – Bolting**

The world's fastest man and Jamaica's most well-known son debuted his signature pose "To Di World" (To The World) at the Beijing Olympics in 2008 after finishing the 100 meters event with a then new world record of 9.69 seconds. Across the world it is known as "Lighting Bolt", or "Bolting."



By Manoj Kumar Y



Update for the day #1069 | Some Amazing Facts You Probably Haven't Heard Of

With unlimited access to information at our fingertips at any given moment, it can be hard to keep up. The good news—which we could all use right about now— is that some things are worth knowing a lot more than others. Here are some facts everyone should know.

1. **You feel tallest first thing in the morning.**

According to Jamaica Hospital Medical Centre, this phenomenon may be due to gravity compressing cartilage in our spine and in other parts of our bodies, such as our knees when we stand up or sit down throughout the day. "While we are lying down in a resting position, the spine is said to "spread out" or decompress, so when we wake in the morning, we are taller after lying in bed all night."

2. **Sleeping in a cold room can help you slim down.**

Just a single month of sleeping in a 66-degree room helped increase subjects' fat-burning ability by as much as 10 percent, according to research from Commonwealth University.

3. **You can't breathe and swallow simultaneously.**

"This is because the food and fluids we swallow and the air we breathe in both travel down the same part of our throat," according to registered psychiatric nurse James Steinmetz.

4. **The color you see in pitch darkness has a name.**

If you close your eyes in a completely dark room and when you open them, the colour you see is called *Eigengrau*, which means intrinsic Gray. It's the shade of dark Gray people see when there's no light.

5. **Sharp knives are safer than dull knives.**

Sharp knives aren't actually as likely to cut you as dull ones. Because a sharp knife easily slices through food, you only have to apply a small amount of pressure when using them. This means that you're more likely to cut the item you're intending to cut, and not your hand.

6. **High heels were first designed for men.**

Though closely identified as a female fashion staple today, high heels were first designed for men. At the end of the 16th century, Persian-inspired style was all the rage in Europe, according to the J. Paul Getty Museum, and heels were seen as being masculine.

7. **Nearly 30,000 rubber ducks were lost a sea in 1992 and are still being discovered today.**

Over 25 years ago, a cargo ship traveling from Hong Kong to the United States accidentally lost a shipping crate in the Pacific Ocean. Inside that crate were 28,000 rubber ducks about to embark on many long journeys across the globe. As rubber ducks continue to pop up on shores from Australia to Alaska, some have made it all the way to the Atlantic Ocean while others have been found frozen in Arctic ice.

8. The IKEA catalogue is the most widely printed book in history.

With more than 200 million copies in circulation every year, the IKEA catalogue surpasses the Bible, the Quran, and the Harry Potter series to earn the title of the world's most printed book. The annual catalogues are usually around 350 pages and vary in each of the 72 regions in which it's distributed.

9. The cracking sound your joints make is the sound of gases being released.

When joints are stretched, the pockets of gas that get trapped between them are released. When these bubbles of oxygen, nitrogen, and carbon dioxide escape, they might make a popping or cracking noise. Whether or not intentional joint cracking is bad for your health has yet to be decided. Some scientists say it is harmless, while others say it may lead to osteoarthritis.

McDonald's once tried to sell bubblegum-flavored broccoli to encourage kids to eat healthier.

It failed, obviously. The fast-food chain experimented with a bunch of fruits and vegetables, notably, broccoli. But not just any broccoli. Aware that kids traditionally despise the waxy green veggie, McDonald's engineered it to taste like bubble-gum.

By Hiral Songara



Update for the day #1070 | The story of Serum Institute of India



Serum Institute of India (SII) is an Indian biotechnology and biopharmaceuticals company. It is the world's largest vaccine manufacturer. It is located in the city of Pune, Maharashtra, India, and was founded by Cyrus Poonawalla.

The company is a subsidiary of the holding company Poonawalla Investment and Industries. Started in 1966, the Serum Institute of India is now the biggest vaccine manufacturer in the world. Over the span of 5 and a half decades, the Serum Institute has mastered the technique of producing vaccines in a cost effective and scaled manner.

Cyrus Poonawalla comes from a rich Parsi family. The Poonawalla family were into breeding racehorses. The Poonawalla house farm is currently spread over a massive 500 acres of land. During one of his regular conversations with a veterinarian, Cyrus Poonawalla got the inspiration to start the Serum Institute of India.

The Anti Toxin derived from the retired racehorses is here used to produce vaccines. Since there was no world-class vaccine manufacturing facility in India before 1966, most of the vaccines were imported from abroad by the Indian Government at an astronomical price.

Cyrus Poonawalla and his brother Zaveri Poonawalla raised a sum of \$12,000 by selling horses.

Poonawalla then used this money to hire scientists, doctors and technicians from all over India to build the Serum Institute. In the next 5 decades, Cyrus Poonawalla scaled up the Serum Institute to make it the biggest Vaccine maker in the world.

By Akshit K



Update for the day #1071 | Recycling Floral Waste from Ganges

RECYCLING FLORAL WASTE FROM GANGES

In India, people like to show their religious devotion with flowers. Lots and lots of flowers. Every year, some 800 million tons of blossoms are deposited at the Nation's Temples, Mosques and Sikh Gurudwaras, creating a colorful, but tricky waste problem..

Flowers are thrown into the River Ganges, a venerated waterway. This is contributing to the pollution of the River Ganges, which provides drinking water for over 420 million people. **PHOOL** is doing its part to clean up the River Ganges by recycling flowers from temples and mosques. Phool has come up with flowercycling. Women working with Phool collect floral-waste daily from temples. The waste is up-cycled to produce organic fertilizers, natural incense, and biodegradable packaging material.



KEY FACTS

1. Entrepreneur Ankit Agarwal's Phool.co (flower) is a company of 100 people working to remove floral waste from the Ganges in Kanpur and recycle it.
2. The flowers are repurposed and used to create paper, incense and water colours.
3. As well as helping tackle pollution in the Ganges, it also creates jobs for the local people.
4. 11,060 metric tonnes of temple-waste has been flowercycled to date;
5. 110 metric tonnes of chemical pesticides that enter the river through temple waste have been offset;
6. The income of 73 manual scavenger families has increased at least six-fold;

7. 365 families have been impacted by Phool through increased living standards and stable incomes;
8. 1,260 women have been supported through Phool to date;
9. 19 children whose mothers used to work as manual scavengers have started going to school.

The Problem

<p>As the flowers rot, they fill the rivers with waste, dumping toxins like arsenic, lead, and cadmium from pesticides, thus causing pollution and enormous levels of water-borne diseases.</p>	<p>Flowers, incense, and other religious items come in plastic packaging adorned with images of the gods. Devotees do not want to throw away this packaging, so they either leave the packaging under trees or immerse it into bodies of water.</p>
<p>Phool is solving the problem of flower and packaging waste. They have created a compostable packaging using seed paper infused with Tulsi, or holy basil, seeds, and ink made from vegetable dyes. After using the incense or flowers, all the user must do is unfold the paper, bury it in a pot with dirt, water it regularly, and watch the seeds sprout into a Tulsi plant. A QR code on the pack sends users to a microsite, where they can share photos of their plant and get discounts on products.</p>	<p>Phool is dealing with flower waste by providing clean, safe jobs for manual workers. Because the flowers have been used for worship, they are seen as sacred and cannot be sent to a landfill. Phool works with local women to collect the flowers from the rivers and then upcycles them into compost and useful products such as incense sticks, soap, and vegan leather goods.</p>

HELPING THE PLANET AND PEOPLE



Phool collects flowers directly from the rivers to create vermicompost called “Mitti”. From its source to the end, ‘Mitti’ is made using natural processes, has zero carbon footprint, and remains free from all forms of chemicals and carcinogens. Soon after launching Mitti, Phool expanded the product range to include incense sticks and cones made of flowers instead of the traditional coal.

SU



Phool's products are handcrafted by women who used to be manual scavengers. Now, these women are employed with Phool, earning over INR 7,000 per month. These women now have secure bank accounts, access to health insurance, clean drinking water, and toilets. By 2021, Phool aims to provide livelihoods to 5,100 women and recycle 51 tonnes of temple waste daily.

By Alekhya Tejaswini



Update for the day #1072 | The Story of Netflix

The Story of Netflix

1997-Reed Hastings and Marc Randolph had an idea to rent DVDs by mail. They tested the concept by mailing themselves a DVD. The DVD arrived intact, and the idea for Netflix was born.



1998-Netflix.com, the first DVD rental and sales site, is launched.



1999-The Netflix subscription service debuts, offering members unlimited DVD rentals without due dates, late fees, or monthly rental limits.



2000-A personalized movie recommendation system is introduced, using members' ratings on past titles to accurately predict future choices.



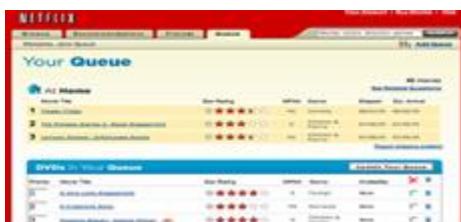
2002-Netflix makes its initial public offering (IPO), at a selling price of \$1 a share under the NASDAQ ticker NFLX.



2003-Netflix is issued a patent by the U.S. Patent & Trademark Office to cover its subscription rental services as membership surpasses 1 million.



2005-The Profiles feature launches, allowing members to create different lists for different users and/or different moods.



2006-Membership grows to 5 million.

2007-Streaming is introduced, allowing members to instantly watch series and films.



2008-Netflix partners with consumer electronics brands to allow streaming on Xbox 360, Blu-ray players and TV set-top boxes.

2009-After nearly three years and 40,000 submissions, the \$1 million Netflix Prize is awarded to the team Bellkor's Pragmatic Chaos for improving the accuracy of recommendations by 10%. Streaming partnerships expand to internet connected TVs as membership surpasses 10 million. The Netflix Culture Deck is published.

Netflix Culture:
Freedom & Responsibility



2010-Netflix arrives in Canada and streaming launches on mobile devices. The first dedicated kids experience debuts on streaming.



2011-Netflix launches in Latin America and the Caribbean. The first Netflix button appears on remote controls.



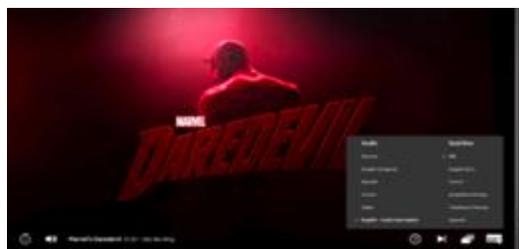
2012-Membership reaches 25 million members, and expands into the United Kingdom, Ireland and the Nordic Countries. Netflix ventures into stand-up specials with 'Bill Burr: You People Are All the Same.'



2013-'House of Cards,' 'Hemlock Grove,' 'Arrested Development' and 'Orange Is the New Black' usher in the first slate of original series programming. 'House of Cards' goes on to win three Primetime Emmy awards - the first for an internet streaming service.



2014-Membership surpasses 50 million and extends to Austria, Belgium, France, Germany, Luxembourg and Switzerland. Netflix begins streaming in 4K Ultra HD.



2015-Our first original feature film ('Beasts of No Nation'), our first non-English original series ('Club de Cuervos') and our first Asian original ('Terrace House') debut. Membership extends to Australia, Cuba, Italy, Japan, Spain and New Zealand. Audio descriptions for the visually impaired launch with 'Daredevil.'



2016-Netflix expands to 130 new countries, bringing the service to members in more than 190 countries and 21 languages around the world. The Download feature is added for offline and on-the-go viewing.



2017-Membership hits 100 million members globally. Netflix wins its first Academy Award, for 'The White Helmets.' The introduction of interactive storytelling and the Skip Intro button gives members more choices to tailor their viewing experience.



2018-Netflix is the most-nominated studio at the Emmys, winning 23 for series including 'GLOW,' 'Godless' and 'Queer Eye.' PIN protection is rolled out as part of several parental control enhancements.

2019-Netflix wins four Academy Awards, for 'ROMA' and 'Period. End of Sentence,' and debuts its first original animated film with 'Klaus.' New production hubs open in London, Madrid, New York and Toronto. 'Bandersnatch' wins the first major Emmy for an interactive title.



2020-Top 10 lists debut, allowing members to see what's popular for the first time. Netflix is the most-nominated studio at the Academy Awards and Emmys. The Hardship Fund launches to aid creative community workers impacted by COVID-19, and two percent of our cash holdings move to financial institutions supporting Black communities.

2021-Membership surpasses 200 million. Netflix releases its first-ever film and series diversity study, in conjunction with the USC Annenberg Inclusion Initiative, and announces plans to reach net zero greenhouse gas emissions by the end of 2022.

By Kiran Kumar



Update for the day #1073 | Area 51 The Mysterious Site

Area 51 refers to a map location and is the popular name for a United States Air Force base. It is at Groom Lake, a dry lake bed in the Nevada Desert, 85 miles (135km) north of Las Vegas.

What goes on inside is extremely secret. Members of the public are kept away by warning signs, electronic surveillance and armed guards.

It is also illegal to fly over Area 51, although the site is now visible on satellite images. The base has runways up to 12,000ft (2.3 miles/3.7km) long.

The facility is next to two other restricted military areas: the Nevada Test Site, where US nuclear weapons were tested from the 1950s to the 1990s, and the Nevada Test and Training Range.

The entire range covers more than 2.9 million acres of land.

According to the US military, it represents "a flexible, realistic and multidimensional battle-space to conduct testing tactics development, and advanced training".

Although it opened in 1955, its existence was only officially acknowledged by the CIA in August 2013. Four months after the CIA's disclosure, President Obama became the first US president to mention Area 51 publicly.

Although official information is sparse, it is believed that the US military continues to use Area 51 to develop cutting-edge aircraft. About 1,500 people are believed to work there, many commuting on charter flights from Las Vegas

Annie Jacobsen, who has written about the history of Area 51, told the BBC that some of the world's most advanced espionage programmes are at the site.

"As early as 1950 the CIA developed a UFO office to deal with the sightings of unidentified flying objects over Nevada. When people first saw the U-2 spy plane flying, no one knew what they were seeing," says Ms Jacobsen.

"The CIA used that disinformation to their benefit by fostering an alien mythology."

By Punith B



Update for the day #1074 | Staying connected during lockdown

Humans are social animals. We crave connection.

As we spend more time in our homes, cut off from friends and family in a bid to stop the spread of the virus, the lack of physical touch can be mentally challenging.

For people who live alone especially, this extended lack of contact may be particularly tough.

But just because we're physically distant from each other doesn't mean we can't still be emotionally close.

Maintaining regular human connection is more important than ever as we navigate these difficult times.

Psychologist Sabina Read said that while we spend time at home in self-isolation, it's vital that we schedule in regular catch-ups online or on the phone.

To counter the loss of comfort that comes from hugs and physical closeness, she recommends putting time in your diary every day to speak to someone you care about.

"Touch is such a rich source of affirmation, security, safety and being seen for a lot of us. But there are other ways to manifest and nurture that without physical touch in light of the crisis that we're in," she said.

"We under-estimate sometimes the comfort that phone contact can bring, you can still feel a sense of connection and closeness even if it's not face-to-face."

For those that have access to them, a range of technologies including Skype, Zoom, FaceTime and apps such as House Party allow people to connect in groups via video chat.

Consider scheduling your regular social catch-ups – whether it's book club, trivia night, family dinners, dance parties or just evening chats with friends – in these virtual spaces.

"Think about what physical contact represents to you. What does conversation represent? What does eyeballing represent? All these things that are important to you, we can still have that intimacy, we just need to be creative and find other ways to connect," Ms Read said.

For people living alone, the thought of not being able to hug another person for an indefinite period may be daunting but Ms Read said it was important to remember this physical separation is temporary.

Checking in with other people who may be feeling lonely, particularly the elderly, can be a good way to feel more connected and create a sense of community.

“When we think about how we can serve others in a positive way, it’s a good place to put our fearful energies. Can I call a neighbour? What can I do to help? There’s a lot we can do to help soothe each other and stay connected.

Think of this time not as social distancing but as physical distancing. We may be physically apart but we need to stay socially and emotionally connected.

Ways of staying connected:

Video calls

Though this is a pretty obvious one, for older family members who may struggle to understand technology, this is a good way for them to be able to communicate – especially elderly relatives who may be isolated alone. It enables you to talk face-to-face which can feel more natural. Don’t forget: your loved ones probably want to see your faces as well.

Doing activities together online

I’ve started doing a weekly quiz with my friends over Zoom – this helps to boost my mood, keep me distracted and stay connected. It’s just an hour a week but it is something to look forward to in such difficult times. There are so many other creative ways you can use video-calls. For example, how about watching Netflix with someone – not together in person but together by screen? I have done this a few times now and it works really well. Or how about a virtual dinner date? All you need is one of these platforms to make a live call. You then simply cook together via video, following the same steps, and you can enjoy your meal with someone!

Social media

Social media is a controversial one, as of course many people say being exposed to negativity on social media platforms can harm our mental health, self-esteem and confidence. However, in the current situation, I have personally found social media to be surprisingly beneficial. When having a ‘down’ moment, picking up my phone and scrolling through Twitter or Instagram, seeing a meme or a funny joke about what people are getting up to while stuck at home – it helps pass time, stay distracted and have a little giggle

Above all, let’s be there for each other

Remember to look out for your friends who might be finding this time difficult and do your best to make sure they’re safe. We must try to lift each other up at the moment to ensure that we all get through this together – which we will.

By Anjali Baghel



Update for the day #1075 | Oxygen Therapy in COVID-19

During the second wave of COVID-19, an increase in oxygen requirement has been reported in patients. Dr. Ravichandra, Chief Medical Officer, National Tuberculosis Institute, Bangalore explains: “80% of COVID-19 cases reported are mild. Only 15% COVID patients may have moderate disease where one’s oxygen saturation level may go less than 94%. And the remaining 5% COVID infected people may end up having severe disease which shows respiratory rate higher than 30/minute and oxygen saturation level less than 90%.”

Let us take a look at some important aspects involved in restoring oxygen levels in the body, for the benefit of the small proportion of patients who end up needing supplemental oxygen.

Be alert to the Symptoms of Low Oxygen Level

Warning signs of low oxygen level include difficulty in breathing, confusion, difficulty in waking up and bluish lips or face. Adults may develop chest pain that doesn’t go away. Children may experience flaring up of nostrils, grunting while breathing or inability to drink or eat.

Why we should be concerned

According to WHO, Hypoxemia (low oxygen levels in blood) may eventually result in loss of life. When oxygen levels become low because of a sickness such as COVID-19, the cells in the body don’t get enough oxygen to perform their normal functions. If the level remains low for long, maybe due to lack of treatment, organs start to malfunction; in severe cases, it may cause death.

Know How to Measure Oxygen Level

There are two easy ways to measure the oxygen level.

Pulse Oximeter: You can measure the oxygen level of a patient using a pulse oximeter which you can place on their finger, toe or earlobe. It’s a painless test, taking less than two minutes.

Pulse oximeters measure the oxygen saturation or percentage of oxygen in the patient’s blood. According to a WHO training manual on pulse oximetry, if the oxygen saturation is 93% or lower, the patient needs to be treated quickly. A saturation of less than 90% is a clinical emergency.

Respiratory Rate: Respiratory rate is the number of breaths a person takes per minute. Dr. Somashekara, Director, National Tuberculosis Institute, Bangalore explains a simple method to measure the respiratory rate without any device. Keep your palm on your chest, measure your respiratory rate for 1 minute. If the respiratory rate is less than 24 per minute, your oxygen level is safe. If a patient has more than 30 breaths per minute, the oxygen level is low.

What to do when you face low oxygen level?

Proning

Patients undergoing home care are advised to lie prone on their stomachs. This will improve breathing and increase oxygen saturation. Please check out more details in the Union Health Ministry's "Proning for Self Care" advisory here.

According to Clinical Management Protocol for COVID-19 (in Adults), released by the Union Health Ministry on May 24, 2021 awake proning should be encouraged in all patients who require supplemental oxygen therapy.

The advisory by the Ministry of Health and Family Welfare also underlines important considerations while proning in non-intubated patients

1. Any COVID-19 patient with respiratory embarrassment severe enough to be admitted to the hospital may be considered for rotation and early self proning.
2. Care must be taken to not disrupt the flow of oxygen during patient rotation
3. Typical protocols include 30–120 minutes in prone position, followed by 30–120 minutes in left lateral decubitus (lying on left side), right lateral decubitus (lying on right side), and upright sitting position.

Professor and Head of Department, Anaesthesia, B. J. Medical College, Pune, Prof. Sanyogita Naik advises: "Oxygen concentrators can be used only in moderate cases of COVID-19, when the patient experiences a drop in oxygen levels, where the oxygen requirement is a maximum of 5 litres per minute.

In both the above cases, the goal of oxygen therapy is to achieve a saturation level of 94%; once the patient has 93% to 94% oxygen level, the oxygen therapy may be discontinued. Excess of oxygen may lead to increase in the level of Carbon Dioxide, leading to complications.

By Rajesh S



Update for the day #1076 | Cricket – A gentlemen`s game

Cricket also has shown its competitive nature among all the different formats and some interesting variety of cases where the tension has broken the roof.

1. New Zealand lost the World cup 2019 to England despite having scored equal runs in both the final and Super over as a boundary count tie breaker rule helped the ICC crown the home team as champions.
2. Steve Smith was stripped of the captaincy and banned from leading Australia for the next 2 years due to a ball tampering instance in South Africa which lead to a public display of his affection to the game and accepting the decision.
3. Mark Boucher was forced to retire after suffering a deadly eye injury while wicket keeping for his team South Africa.
4. Graeme Smith broke his hand while opening and chasing 445 runs, retired hurt for the test match, only to return back at 10down and survive for 10 overs and his partner lost his wicket with 3 overs remaining.
5. Mahela Jayawardene was sent off the field with a god of honor in his last test match by 100 students from a charity school funded by him.
6. Yuvaraj singh fighting lung cancer diagnosed (November) after the ODI world Cup 2011 and being back to the playing 11 for the 2012 T20 world cup (August).
7. Phil Hughes on 63* batting a ball of 135Kmph bouncer on a late pull he was hit on the side of his neck standing still collapsed on to the ground, airlifted to a hospital 2 days passed Phillip Hughes died on 27/ November.

By Tejas Chandra



Update for the day #1077 | World No Tobacco Day 2021



World No Tobacco Day 2021 which is celebrated around the **world** every year on May 31, was created by the Member States of WHO in 1987 to draw **global** attention to the **tobacco** epidemic and the preventable death and disease it causes.

The association of smoking with the [COVID-19](#) infection has been controversial. Initial studies from China and Europe seemed to suggest a lower prevalence of COVID infection among smokers and protective effects of smoking against the effects of COVID. However, subsequent analysis showed serious methodological flaws in those studies. And later studies showed that smokers in fact fare poorly after a [coronavirus](#) infection.

COVID infection and lung complications in smokers

COVID predominantly affects the lungs and smoking too damages the lungs. Worldwide research suggests that there is a higher incidence of severe lung complications following COVID in smokers as compared to non-smokers. They are also susceptible to weakened immune system and increased risk of transmission.

The World Health Organisation released a scientific brief earlier this year showing that smokers are at higher risk of developing severe disease and death from [COVID-19](#).

These findings of a negative impact of smoking should not be surprising given the fact that smokers have been traditionally known to be more susceptible to infections, especially respiratory infections like flu, pneumonia and tuberculosis. Moreover, chewing tobacco products is associated with usually spitting in public places which also accelerates the risk of transmission of COVID through saliva droplets.

Also, smokers are more likely to have heart disease, stroke, cancer, chronic lung disease and diabetes, all of which are important comorbidities for developing severe illness and adversely affecting the clinical outcome in COVID affected patients.

Therefore, it is vital that smokers quit the habit. And the COVID pandemic couldn't be a better time to quit smoking. However, it can be a challenge given the economic and social stress prevailing during the pandemic. Smokers will need help to quit. And the WHO World No Tobacco Day 2021 campaign aims to empower and support tobacco users on their journey to quit.

World Health Organisation (WHO) has awarded Union Health Minister Dr Harsh Vardhan with 'WHO Director-General Special Recognition Award' for his accomplishments in the area of tobacco control. He expressed his satisfaction that with the persistent efforts of the Centre and

State governments, the prevalence of tobacco use has decreased by six percentage points from 34.6 per cent in 2009-10 to 28.6 per cent in 2016-17.

Tips to effectively quit smoking

There is no single and easy way to quit tobacco. Some of the following tips could help you in kicking this habit:

1. Make a quit plan and stick to it. Doesn't matter if you fail a couple of times. Keep trying and don't give up.
2. Modify your diet. There are some food items which make cigarette taste better like meat, alcohol, tea, coffee, aerated beverages. Avoid them and instead have fruits, vegetables, cheese, water, fresh fruit juices. Also, if you have a habit of post-meals cigarette, then change your routine and do some activity to divert your mind.
3. Have a support group in place to help you through this --- family, friends, doctor, counsellor Nicotine-replacement therapy like chewing-gum or skin-patches can be very helpful to tide over your withdrawal symptoms.
4. Try to avoid stressful situations during the first few weeks after you stop smoking.
5. Exercise, even a 5-minute walk or stretch, has been shown to reduce your cravings and ease some of your withdrawal symptoms.
6. Try to be around your non-smoker friends and avoid your smoker companions for a while.
7. Clean your house, your surroundings, clothes and belongings so that you do not get the familiar scent of cigarette smoke which will remind you of smoking.

By Smitha R



Update for the day #1078 | Global Parents Day

Global Day of Parents seeks to raise awareness about the responsibilities of families. This day aims to recognize and appreciate the efforts of parents. It acknowledges that they are important in nurturing and protecting their children. This day encourages societies to offer supportive environments where children can grow up in happy, loving, and understanding atmospheres.

Global Day of Parents was established in 2012 by the UN General Assembly. It is observed annually on June 1st.

When was Global Day of Parents first celebrated?

Since the 1980's, the United Nations began "focusing on the issues related to the family." A resolution was adopted by the UN General Assembly on September 17, 2012 deciding to proclaim June 1 as the Global Day of Parents. The resolution said: "The General Assembly invites Member States to celebrate the Global Day of Parents in full partnership with civil society, particularly involving young people and children."

Importance of Global Day of Parents amid COVID-19

The special day recognizes parents as "vital in providing protection and positive development for their children" and the "primary caregivers and teachers of their children." As the main supporters of families, parents have had to face the brunt of the pandemic - economic, physical and psychological. Many men and women have had to support families including children and elderly parents, amid job losses. According to experts, caring for both the young and the old who are constantly homebound have been an extremely tough task. Taking care of out-of-school children and simultaneously continuing their work from home have taken a toll on parents globally.

By Sai Majunsh Y



Update for the day #1079 | Pranic Healing

The Magical Energy!



It is an undeniable fact that all the matter in the universe is fundamentally made up of ENERGY. We are all energies. We connect to many energies around us day in and day out. Energies can be used to heal.

Our thoughts and feelings are nothing but energy waves that can actually be measured. Even our relationships and the amount of money we earn for instance are all fundamentally energy 'patterns'. Science explains to us that energy can neither be created nor destroyed, but can definitely be transformed from one form to another. Think about what this could mean? If we can understand how to work with energy, it can help transform many things in our lives.

There are three major sources of energy,

Sun: Energy that invigorates.

Air: Most effective when acquired through deep slow rhythmic breathing and through the energy centres (chakras).

Earth: The ground prana that enters though the souls of our feet.

Trees and plants absorb energies from sun, air, and ground and exude a lot of excess energies. It is observed that tired or sick people benefit much by lying down under trees.

Healing in ancient times was more considered as an art, rather than a science; and a healing technology with well-established principles, techniques and protocols is often difficult to find among ancient healing methods.

There are many wonders what energies can do and many more ways to make the best use of the energies around us, one being **Pranic Healing**.



Pranic healing is a science and art of healing that treats the energy body, which interpenetrates and controls the physical body, mind and emotions. When Pranic healing is applied the molecular structure of liquid and dense states of matter can be altered significantly to create positive outcomes, as revealed through research.

It is a revolutionary and comprehensive using of the energies around us, Pranic Healing can prevent, alleviate, and heal a whole spectrum of physical, emotional, and mental issues. Pranic Healing has been described as a simple and yet very powerful technology that can be employed with immediate benefits.

This might merely be a speck of a knowledge we all have explored of all what energies can do. The universe has left us with a lot more in store, waiting for further explorations!

Reference: <https://www.worldpranichealing.com/>

By Sadhana V Raghavan



Update for the day #1080 | UNIVERSE 25

UNIVERSE 25

One of the most terrifying Experiment in the History of Science.



The idea of “UNIVERSE 25” came from an American scientist John Calhoun, who created an “ideal world” in which hundreds of mice will be able to live and reproduce. More specifically, Calhoun built the so called “Paradise of Mice”

A specially designed space where rodents had abundance of food and water, as well as a large living space.

In the beginning, he placed 4 pairs of mice inside the “ideal world” and in a short time they began to reproduce, resulting in their population growing rapidly.

However, after 315 days the reproduction started to decrease significantly. When the number of rodents reached 600, a hierarchy was formed between them and the so called ‘wretches’ appeared. The larger rodents began to attack the group, with the result that many males began to collapse psychologically.

As a result, the female did not protect themselves and in turn became aggressive towards their young. As time went on the females showed more aggressive behavior, isolation elements and lack of reproductive mood.

There was a slow birth rate and at the same time an increase in mortality in the younger rodents. As there was a slow birth rate and at the same time an increase in the mortality in younger rodents let to a new class of male rodents appear, the so called “Beautiful mice”.

They refused to mate with the females or to fight for their space.

All they cared was about food and sleep.

At one-point, beautiful mice and isolated females made up the majority of the population. As time went on juvenile mortality reached 100% and reproduction reached to zero.

Among the endangered mice, homosexuality was observed, at the same time cannibalism increased, despite the fact that the food was in abundant.

Two years after the start of this experiment the last baby of the colony was born. And within a very short period, he had the last mouse killed.

And the most interesting part of this experiment is, the same experiment was conducted 25 times and the result was exactly the same all the time. And this experiment is also called as “[The Behavioral sink](#)”.



By Tejus D



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