

What is happiness?

I will share the following story to answer this question: one POOR lady and two boys were sitting on the muddy floor of a hut with a bowl of rice and little salt. Three of them were taking one grasp of rice from one bowl and one fingertip of salt as vegetable and their eyes were twinkling in joy and excitement and for the first time I realized what happiness means! When I think of happiness I think of them, their rolling eyes while putting the handful of rice in their mouth. When I get scared of what I might lose in the process - job, money, stuffs, clothes, costly gifts, even near and dear ones, I think of them as my reference point.

If they, without anything, can be happy, why not us?! It's not the outside goodies that can make you and me happy, it's the choice we make on everyday basis about being happy or not being happy. Lots of reasons we can find out if we just try to back our choice, either happiness or unhappiness. But it never depends on others or a circumstance or a tragedy. It's a way of living and a way of life! And the empowering thing is - We can choose it!

VALUE OF SILENCE:

My missing watch:

I had lost my watch once, which is valuable and had sentimental value. After searching high and low among the hay for a long while, I gave up and took the help of a group of children playing outside the field. I promised them that the person who found it would be rewarded.

Hearing this, the children hurried inside the barn, went through and around the entire stack of hay but still could not find the watch. a little boy came to me and asked to be given another chance.

After a while the little boy came out with the watch in his hand! I was surprised and asked the boy how he succeeded where the rest had failed.

The boy replied, "I did nothing but sit on the ground and listen. In the silence, I heard the ticking of the watch and just looked for it in that direction."

Moral: A peaceful mind can think better than a worked up mind.

Allow a few minutes of silence to your mind every day, and see, how sharply it helps you to set your life the way you expect it to be...!

ARE YOU GOD?

Last week on a cold day in Bangalore A little boy, about 10-years-old, was standing before a shoe store on the roadway, barefooted, peering through the window, and shivering with cold.

My daughter approached the young boy and said, 'Hello, why are you in such deep thought staring in that window?'

'I was asking God to give me a pair of shoes, was the boy's reply, and it is his dream that he should wear that shoes.

My daughter took him by the hand, went into the store, and asked the salesman to give him the one he liked. She also gave a shall and She patted him on the head and said, your dream has come true and be happy. As she turned to go, the astonished kid caught her by the hand, and looking up into her face, with tears in his eyes, asked her:

'Are you God's wife?'

She said, 'No'

Then he said, 'You must be God's relative'.

DESTINY:

A 55 year old woman had a heart attack and was taken to the hospital.

While on the operating table she had a near death experience. Seeing God she asked "Is my time up?"

God said, "No, you have another 43 years, 2 months and 8 days to live."

Upon recovery, the woman decided to stay in the hospital and have a face-lift, liposuction, breast implants and a tummy tuck. She even had someone come in and change her hair color and brighten her teeth! Since she had so much more time to live, she figured she might as well make the most of it.

After her last operation, she was released from the hospital. While crossing the street on her way home, she was killed by an ambulance.

Arriving in front of God, she demanded, "I thought you said I had another 43 years? Why didn't you pull me from out of the path of the ambulance?" God replied, I am sorry I did not recognize you!

LOGICAL THINKING:

MORAL OF THE STORY: Most complex problems do have a solution.. It is only that we don't attempt to think. A man is but a product of his thoughts... M. K. Gandhi.

A farmer took money from moneylender. He could not repay back, money lender had an eye on farmer's daughter. So he proposed a bargain.

Both the farmer and his daughter were horrified by the proposal. The cunning moneylender suggested that they let Providence decide the matter. He told them that he would put a black pebble and a white pebble into an empty moneybag. Then the daughter would have to pick one pebble from the bag. If she picked the black pebble, she would become his wife and her father's debt would be forgiven. If she picked the white pebble she need not marry him and debt would still be forgiven. But if she refused to pick a pebble, her father would be thrown into jail.

The moneylender bent over to pick up two pebbles. As he picked them up, the sharp-eyed daughter noticed that he had picked up two black pebbles and put them into the bag. He then asked the girl to pick a pebble from the bag. See how the un educated village girl had a logical thinking -

The girl put her hand into the bag and drew out a pebble. Without looking at it, she fumbled and let it fall onto the pebble-strewn path where it immediately became lost among all the other pebbles. 'Oh, how clumsy of me,' she said. 'But never mind, if you look into the bag for the one that is left, you will be able to tell which pebble I picked.' Since the remaining pebble is black, it must be assumed that she had picked the white one. And since the moneylender dared not admit his dishonesty, the girl changed what seemed an impossible situation into an extremely advantageous one.

Questions asked in UPSC exams and some of the answers of the brilliant IAS/IFS qualified people.

Q. How can you drop a raw egg onto a concrete floor without cracking it?
A. Concrete floors are very hard to crack!

Q. If it took eight men ten hours to build a wall, how long would it take four men to build it?
A. No time at all it is already built.

Q. If you had three apples and four oranges in one hand and four apples and three oranges in the other hand, what would you have?
A. Very large hands. (Good one)

Q. How can you lift an elephant with one hand?
A. you will never find an elephant with one hand.

Q. How can a man go eight days without sleep?
A. No Probs, He sleeps at night.

Q.. If you throw a red stone into the blue sea what it will become?

A. It will Wet or Sink as simple as that.

Q. What looks like half apple?

A: The other half.

Q. What can you never eat for breakfast?

A: Dinner.

Q. Bay of Bengal is in which state?

A: Liquid

Interviewer said "I shall either ask you ten easy questions or one really difficult question. Think well before you make up your mind!"

The boy thought for a while and said, "My choice is one really difficult question."

"Well, good luck to you, you have made your own choice! Now tell me this. What comes first, Day or Night?"

The boy was jolted into reality as his admission depends on the correctness of his answer, but he thought for a while and said, "It's the DAY sir!"

"How" the interviewer asked. "Sorry sir, you promised me that you will not ask me a SECOND difficult question!" He was selected for IAS.

THE ATTITUDE:

Why do we have so many temples, if God is every where?

A: Air is every where but we still need a fan to feel it.

When you Trust somebody, completely trust him at the end you will learn a lesson for life or you will have a good friend.

Life is not about the people who act true to your face, It is all about the people who remain true behind your back.

Souldier said, we are surrounded by enemies, Major said excellent, we can attach in any direction.

Every moment, every situation, every issue and every concern has a positive side, find it and bring it to your life.

IT'S SO TOUCHING:

Conversation between Pencil and Eraser:

Pencil: I'm sorry... Eraser: For what? You didn't do anything wrong.

Pencil: Whenever I made a mistake, you're always there to erase it. But as you make my mistake vanish, you loose a part of yourself. You get smaller and smaller each time.

Eraser: That's true. But I don't really mind. You see, I was made to do this.

Parents are like the eraser and children are like pencil, when ever their children do mistakes, they have to correct them, train them, some times along the way...they get hurt, and become older and eventually pass on. Though their children will eventually find someone new (Spouse), but parents are still happy with what they do for their children.

NOBLE THOUGHTS:

Once a man saw in his dream, that a lion was chasing him. The man ran to a tree, climbed on to it and sat on a branch. He looked down and saw that the lion was still there waiting for him.

The man then looked to his side where the branch he was sitting on was attached to the tree and saw that two rats were circling around and eating the branch. One rat was black and the other one was

white. The branch will fall on the ground very soon.

The man then looked below again with fear and discovered that a big black snake had come and settled directly under him. The snake opened its mouth right under the man so that he will fall into it. The man then looked up to see if there was anything that he could hold on to.

He saw another branch with a honeycomb. Drops of honey were falling from it. The man wanted to taste one of the drops. So, he put his tongue out and tasted one of the falling drops of honey. The honey was amazing in taste. So, he wanted to taste another drop and then another and as a result, he got lost into the sweetness of the honey. He forgot about the two rats eating his branch away, the lion on the ground and the snake that is sitting right under him. Suddenly when the branch broke he remembered all the dangers woke up from his sleep.

The man couldn't understand the dream, so he went to a scholar to know its meaning.

The scholar said " The lion you saw is your death. It always chases you and goes where ever you go.

The two rats, one black and one white, are the night and the day. Black one is the night and the white one is the day. They circle around, coming one after another, to eat your time as they take you closer to death. The big black snake with a dark mouth is your grave. It's there, just waiting for you to fall into it.

The honeycomb is this world and the sweet drops of honey are the luxuries of this world. We like to taste a little of the luxuries of this world and it's very sweet. Then we want to taste little more and then more. Meanwhile, we get lost into it and we forget about our time, we forget about our death and we forget about our grave."

Moral: Life is full of attractions and distractions. And death will come to us without any notice. So prepare for it well in advance so that you won't have to regret later.

Live,Love..Laugh..Be Content with Life. It's Awesome!

USEFUL INFORMATION:



People who ride on roller coasters have a higher chance of having a blood clot in the brain.



People with blue eyes see better in dark.



Money isn't made out of paper, it is made out of cotton.



A tiny amount of liquor on a scorpion will make it go mad instantly and sting itself to death.



Chewing gum while peeling onions will keep you from crying.



A huge underground river runs underneath the Nile, with six times more water than the river

above.



The USA uses 29% of the world's petrol and 33% of the world's electricity.



Wearing headphones for just an hour will increase the bacteria in your ear By 700 times.



The animal responsible for the most human deaths world-wide is the mosquito.



Right handed people live, on average, nine years longer than left-handed people.



Our nose is our personal air-conditioning system: it warms cold air, cools hot air and filters impurities.



Our brain is more complex than the most powerful computer and has over 100 billion nerve cells.



When a person dies, hearing is usually the first sense to go.



There is a great mushroom in Oregon that is 2,400 years old. It Covers 3.4 square miles of land and is still growing.



German Shepherds bite humans more than any other breed of dog.



The pupil of the eye expands as much as 45 percent when a person looks at something pleasing



Men's shirts have the buttons on the right, but women's shirts have the buttons on the left.



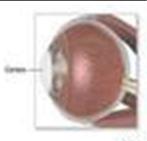
The reason honey is so easy to digest is that it's already been digested by a bee.



It cost 7 million dollars to build the Titanic and 200 million to make a film about it.



The sound you hear when you crack your knuckles is actually the sound of nitrogen gas bubbles bursting.



The only part of the body that has no blood supply is the cornea in the eye. It takes in oxygen directly from the air.

WOMAN IS SUPERIOR TO MAN:



Women - Multiple process

Womens brains designed to concentrate multiple task at a time .
Women can Watch a TV and Talk over phone and cook the new recipe.

Men - Single Process

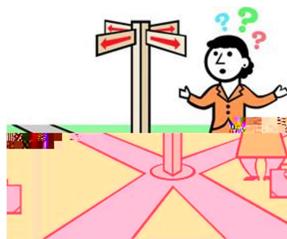
Mens brain designed to concentrate only one work at a time. Men can not watch a TV and talk over the phone at the same time. He stops the TV while Talking. He can either watch TV or talk over the phone or cook.



LANGUAGE.

Women can easily learn many languages. Her brain sets up. But can not find the solutions to problems. Men can not easily learn languages; he can easily solve the problems.

3 year old gal has three times higher vocabulary than 3 year old boy.



ANALYTICAL SKILL

Mens brain has lot of space for handling the analytical process. So easily he can analyze and find the solution for a process.

He can design (blue print) a map of a building easily.

If a complex map is viewed by women, she can not understand it. She can not understand the details of the map easily.

For her it is dump of lines in a paper.



CAR DRIVING.

While driving a car, mens analytical spaces are used in his brain. He can drive a car fastly. If he see an object at long distance, immediately his brain classifies the object (bus or van or car) direction and speed of the object and driving accordingly. Where as women take a long time to recognize the object direction/ speed. His single process mind stops the audio in the car (if any), then concentrating only on the driving.

You can often watch, while men driving the car fastly, the women sit next to him will shout, GO SLOW , CARE FULL, AAHHH, OHH GOD..

..etc..



LIE

Many times, when men lie to women face to face, they get caught easily. Her super natural brain observes the facial expression 70%, and the body language 20% and the words coming from the mouth 10%. So he is easily caught while lieing.

Mens brain does not have this.

Women easily lie to men face to face.

So guys, While lieing to your girls, use phone, or letter or close all the lights or cover your/her face with blanket.

Dont lie face to face. 😊 :P

PROBLEM.

End of day, if men have lot of problems, his brain clearly classifies the problems and puts the



problems in individual rooms in the brain and then finds the solution one by one. You can see many guys looking at the sky for a long time. If you disturb him, he gets irritated.

End of Day, if women have lot of problems, her brain can not classify the problems. she wants some one to hear that. After telling everything to a person she goes happily to bed. She does not worry about the problem being solved or not.

WANTS

Men want status, success, solutions, big process etc Women want relationship, friends, family etc

UNHAPPY

If women are unhappy with their relations, they can not concentrate on work.

If men unhappy with their work, they can not concentrate on the relations.

Different Thinking



SPEECH

Women use indirect languages in speech.

Geeta asked Vijay, vijay do you like to have a cup of coffee?

This means, Geeta wants a cup of coffee.

In the morning.Darling, do you think, it will be good to have an Omllette for breakfast?.

Men use direct language. Geeta, I want to have a cup of coffee, Pls stop the car when you see a coffee shop.

In the morning.Darling, Can you please prepare an omlette for breakfast?. Always men and women think differently!

HANDLING EMOTION

Women talk a lot without thinking.

Men act a lot with out thinking.

Thats why many of prisoners are men all over the world.

LIFE IS CRAZY TAKE IT EASY!!

NATURE:

Nothing in the nature lives for itself:
Rivers don't drink their own water.
Trees do not eat their own fruit.
Sun doesn't give heat for itself.
Moon doesn't ever go on honeymoon.
Flowers don't spread fragrance for themselves.

HABIT

WHAT is it that's hard to break ? HABIT

Diamonds are hard to find but not hard to Break.
What is the hardest thing to break then?
The answer is: **HABIT!**
If you break the **H**, you still have **A BIT**. If you break the **A**, you still have **BIT**. If you break the **B**, you still have **IT**!
Hey, after you break the **T** in **IT**, there is still the '**I**'.
And that (**I**) is the root cause of all the problems. Isn't it right?!
Now you know why HABIT is so hard to break.... Its destiny is in its name!

The 80/20 Rule

Learning to use our time wisely can be one of the most critical habits we develop in order to obtain success and happiness in life. It has been said that 80% of our results in life are attributed to only 20% of what we do. In other words, 80% of our time is essentially wasted or not fully capitalized to achieve success. So what are we doing that is hindering us from producing greater results in life? What do we do with the 80% of our time that is not producing results? Finding this out and

then changing what we do with it will help us achieve much greater results in life.

Time is an interesting commodity. Each of us has the same amount of it in a day regardless of our background, wealth, education level, social status, etc. Because of this, time can be a great equalizer. Time can be wasted or invested; it can be savored or squandered. Once time is spent, it can never be taken back or reused. How we spend our time determines our outcomes in life.

HUMANITY:

A real incident of a father and his mentally & physically handicapped son.

"Shay and I had walked past a park where some boys Shay knew were playing Cricket. Shay asked, 'Do you think they'll let me play?' I knew that most of the boys would not want someone like Shay on their team, but as a father I also understood that if my son were allowed to play, it would give him a much-needed sense of belonging and some confidence to be accepted by others in spite of his handicaps.

I approached the Captain on the field and asked (not expecting much) if Shay could play. He looked around for guidance and said, 'We're losing by six runs only one over is left and we are eight wickets down. I will allow him to play last as tenth batsman.

Shay struggled over to the team's bench and, with a broad smile, put on a team shirt. I watched with a small tear in my eye and warmth in my heart. The boys saw my Joy at my son being accepted.

Unfortunately, the ninth batsman was out after scoring two runs in four balls. only two balls left and four runs to score. Shay was given the bat. Everyone knew that a hit was all but impossible because Shay didn't even know how to hold the bat properly, much less connect with the ball..

Shay was put to bat, the opponent side realizing his capacity, put a slow ball but he could not connect the ball. The last ball to come and still four runs to get, people were screaming and encouraging shay to hit four, shay saw my face I gave encouraging signal.

The last ball was also slowly put, he used all his strength and hit the ball it came to fielder, he could have fielded but left to boundary, probably to make my son a hero.

'That day', said the father softly with tears now rolling down his face, 'the boys from both teams helped bring a piece of true love and humanity into this world'. Shay didn't make it to another summer. He died that winter, having never forgotten being the hero and making me so happy and coming home and seeing his Mother tearfully embrace her little hero of the day!

3 Parrots

A man wanted to buy his son a parrot as a birthday present.

The next day he went to the pet shop and saw
three identical parrots in a cage.

He asked the clerk, "how much for the parrot on the right?

The owner said it was Rs. 2500.

"Rs. 2500." the man said. "Well what does he do?

"He knows how to use all of the functions of Microsoft Office
2000, responds the clerk.

"He can do all of your spreadsheets and type all of your letters."

The man then asked what the second parrot cost.

The clerk replied, Rs. 5000, but he not only knows Office 2000,

but is an expert computer programmer.

Finally, the man inquired about the cost of the last parrot.

The clerk replied, "Rs. 10,000."

Curious as to how a bird can cost Rs. 10,000, the man asked what
this bird's specialty was.

The clerk replies, "Well to be honest I haven't seen him do anything.

But the other two call him "BOSS" !

Why shout???****

Why do people shout at each other, when they are upset?

We lose our calm, we shout for that. "But we shout when the other person is just next to him?"

When two people are angry at each other, their hearts psychologically distance themselves. To cover the distance, they must shout to be able to hear each other.
The angrier they are, the stronger they will shout to hear each other through that great distance.

On contrary, What happens when two people fall in love?

*They don't shout at each other but talk softly, why?

Because their hearts are very close. The distance between them is very small. "When they love each other even more, what happens?

They do not speak, only whisper and they even get even closer to each other in their love. Finally they even need not whisper, they only look at each other and that's all....

FEELINGS:

Once upon a time, there was an island where all the feelings lived:

Happiness, Sadness, Knowledge, and all of the others, including Love.

One day it was announced to the feelings that the island would sink, so all constructed boats and left. Except for Love.

Love was the only one who stayed. Love wanted to hold out until the last possible moment.

When the island had almost sunk, Love decided to ask for help.

Richness was passing by Love in a grand boat. Love said, "Richness, can you take me with you?"

Richness answered, "No, I can't. There is a lot of gold and silver in my boat. There is no place here for you."

Love decided to ask Vanity who was also passing by in a beautiful vessel. "Vanity, please help me!"

I can't help you, Love.

You are all wet and might damage my boat," Vanity answered.

Sadness was close by so Love asked, "Sadness, let me go with you."

"Oh . . . Love, I am so sad that I need to be by myself!"

Happiness passed by Love, too, but she was so happy that she did not even hear when Love called her.

Suddenly, there was a voice, "Come, Love, I will take you.

"It was an elder. So blessed and overjoyed,

Love even forgot to ask the elder where they were going.

When they arrived at dry land,

The elder went her own way. Realizing how much was owed the elder,

Love asked Knowledge, another elder, "Who Helped me?"

"It was Time," Knowledge answered.

"Time?" asked Love. "But why did Time help me?"

"Knowledge smiled with deep wisdom and answered,

"Because only Time is capable of understanding how valuable Love is."

PATIENTS:

HEATED GOLD BECOMES ORNAMENTS.

BETTED COPPER BECOMES WIRES.

DEPLETED STONE BECOMES STATUE.

SO THE MORE PAIN YOU GET IN

YOUR LIFE YOU BECOME MORE VALUABLE.

At an Indian temple, when the priest had gone for lunch, the Idol of the Lord and the Stepping Stone were conversing.

Stepping Stone: What a good fate you have. We both were the same lump of rock for millions of years. The sculptor carved an idol out of you and every one is worshipping you. And look at me, I am a stepping stone and every one stands on me and stamps on. What kind of life is this?

Idol replied: But do you remember that when the sculptor set out to carve an idol, it was you he chose, first. You were so impatient. In one strike, you broke into two. But when he tried on me, I grinned and bore all the hammers and chisel strikes with PATIENCE. Here I am the worshipful and happy Idol and you are the Stepping Stone.

The difference between success and failure is patience and persistence.

A man who is a master of patience is master of everything else. Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better take things as they come along with patience.

Patience teaches you not to push but rather to wait and appreciate the game of life instead, knowing that nothing remains the same, and everything will change at some point.

DEAD SEA:

The Dead Sea is really a Lake, not a sea. Its so high in salt content that the human body can float easily. You can almost lie down and read a book! And all that saltiness has meant that there is no life at all in the Dead Sea. No fish. No vegetation. No sea animals. Nothing lives in the Dead sea. And hence the name: Dead Sea.

Sea of Galilee is just north of the Dead Sea. Both the Sea of Galilee and the Dead Sea receive their water from river Jordan. And yet, they are very, very different.

Unlike the Dead Sea, the Sea of Galilee is pretty, resplendent with rich, colourful marine life. There are lots of plants. And lots of fish too. In fact, the sea of Galilee is home to over twenty different types of fishes. Same region, same source of water, and yet while one sea is full of life, the other is dead. How come? But the Dead Sea is so far below the mean sea level, that it has no outlet. The water flows in from the river Jordan, but does not flow out. There are no outlet streams. It is estimated that over a million tons of water evaporate from the Dead Sea every day. Leaving it salty. Too full of minerals.

Think about it. Life is not just about getting. Its about giving. We all need

to be a bit like the Sea of Galilee . We are fortunate to get wealth, knowledge, love and respect. But if we don't learn to give, we could all end up like the Dead Sea . The love and the respect, the wealth and the knowledge could all evaporate. Like the water in the Dead Sea .

If we get the Dead Sea mentality of merely taking in more water, more money, more everything the results can be disastrous. Good idea to make sure that in the sea of your own life, you have outlets. Many outlets. For love and wealth - and everything else that you get in your life. Make sure you don't just get, you give too. Open the taps. And you'll open the floodgates to happiness.

VALUE OF UNIVERSE:

Cow gives us milk; Plants give us grains, fruits and vegetables. This is a universally accepted fact. But under what condition does this happen? Cow produces milk only because it has the capacity to convert grass into milk and same applies with the plants as they get water and nutrients from the earth and then converts these into vegetables and fruits.

The same applies to the life of man. A process of conversion has to take place, if results are to be produced. He has even to take his failures and extract from them such experience as will set him on a better and more successful course for the future. Such is the law of the world, both for mankind and for other living things, whoever has the capacity to seize opportunities and convert adverse into favorable circumstances will achieve success, while those who show themselves incapable of this feat will be doomed to failure.

The cow has been created by God as a sign of His will. It indeed shows us what God requires of us in this world. We may take in 'grass'; but we must give out 'milk.' Even when people wrong us, we are required to convert that wrong into a right. Even when we are beset by adversity, we are required to turn it to good account.

TAX STRUCTURE IN INDIA

Interesting questions, by a Chartered Accountant and suitable replies of a Business man and it results in some or other Tax:

1) Qus. : What are you doing?

Ans. : Business.

Tax : PAY PROFESSIONAL TAX!

2) Qus.. : What are you doing in Business?

Ans. : Selling the Goods.

Tax : PAY SALES TAX!!

3) Qus. : From where are you getting Goods?

Ans. : From other State/Abroad

Tax : PAY CENTRAL SALES TAX, CUSTOM DUTY & OCTROI!

4) Qus. : What are you getting in Selling Goods?

Ans. : Profit.

Tax : PAY INCOME TAX!

Qus. : How do you distribute profit ?

Ans : By way of dividend

Tax : Pay dividend distribution Tax

5) Qus. : Where you Manufacturing the Goods?

Ans. : Factory.

Tax : PAY EXCISE DUTY!

6) Qus. : Do you have Office / Warehouse/ Factory?

Ans. : Yes

Tax : PAY MUNICIPAL & FIRE TAX!

7) Qus. : Do you have Staff?

Ans. : Yes

Tax : PAY STAFF PROFESSIONAL TAX!

8) Qus. : Doing business in Millions?

Ans. : Yes

Tax : PAY TURNOVER TAX!

Ans : No

Tax : Then pay Minimum Alternate Tax

9) Qus.: Where are you taking your client for Lunch & Dinner?

Ans. : Hotel

Tax : PAY FOOD & ENTERTAINMENT TAX!

10) Qus.: Have you taken or given any Service/s?

Ans. : Yes

Tax : PAY SERVICE TAX!

11) Qus.: How come you got such a Big Amount?

Ans. : Gift on birthday.

Tax : PAY GIFT TAX!

12) Qus.: Do you have any Wealth?

Ans. : Yes

Tax : PAY WEALTH TAX!

13) Qus.: To reduce Tension, for entertainment, where are you going?

Ans. : Cinema or Resort.

Tax : PAY ENTERTAINMENT TAX!

14) Qus.: Have you purchased House?

Ans. : Yes

Tax : PAY STAMP DUTY & REGISTRATION FEE !

15) Qus.: How you Travel?

Ans. : Bus

Tax : PAY SURCHARGE!

16) Qus.: Any Additional Tax?

Ans. : Yes

Tax : PAY EDUCATIONAL, ADDITIONAL EDUCATIONAL & SURCHARGE ON ALL THE CENTRAL GOVT.'s TAX !!!

17) Qus.: Delayed any time Paying Any Tax?

Ans. : Yes

Tax : PAY INTEREST & PENALTY!

20) INDIAN :: can i die now??

Ans :: wait Government is launching the ----- tax!!!

OPINION CHANGES AS TIME GOES:

HOW A SON/DAUGHTER THINKS OF HIS/HER DADDY AT DIFFERENT AGES:

At 4 Years My daddy is great.

At 6 Years My daddy knows everybody.

At 10 Years My daddy is good but is short tempered

At 12 Years My daddy was very nice to me when I was young.

At 14 Years My daddy is getting fastidious.

At 16 Years My daddy is not in line with the current times.

At 18 Years My daddy is becoming increasingly cranky.

At 20 Years Oh! Its becoming difficult to tolerate daddy. Wonder how Mother puts up with him.

At 25 Years Daddy is objecting to everything.

At 30 Years It's becoming difficult to manage my son. I was so scared of my father when I was young.

At 40 Years Daddy brought me up with so much discipline. Even I should do the same.

At 45 Years I am baffled as to how my daddy brought us up.

At 50 Years My daddy faced so many hardships to bring us up. I am unable to manage a single son

At 55 Years My daddy was so far sighted and planned so many things for us. He is one of his kind and unique.

At 60 Years My daddy is great.

Thus, it took 56 years to complete the cycle and come back to the 1st. stage. Realize the true value of your parents before its too late.

VALUE OF PEANUTS:

Nature's wonder for human beings !!

Take care of the health.

Safe Protein Source

Groundnuts are an important source of protein. Those who have to avoid meat for health reasons often turn to soybean for their protein needs.

The misconception of groundnut is it's a fatty food because of its oil content.

Research has shown that its oil is actually nutritious.

Groundnuts are packed with mono-unsaturated fats. They are also not lacking in antioxidants which help reduce the risk of cancer and heart disease. It should also be mentioned that they have anti-aging properties which could contribute to a younger look.

The humble groundnut may just be peanuts, but they contain more protein than meat and two and half times more protein than you can obtain from eggs.

Nutritional Value of Groundnut - It has Calcium, Carbohydrate, Copper, Fat, Fiber, Iron, Magnesium, Manganese, Phosphorus, Protein, Sodium, Water, Zinc.

Nutrition Benefits of Eating Groundnuts

- Groundnuts and groundnut products are very beneficial in the treatment of hemophilia and other such inherited blood disorders. People suffering from nose bleeding also benefit from eating groundnuts and it is also helpful in reducing excessive menstruation bleeding in women.

- Five main nutrients required by the body to maintain and repair the tissues namely food energy, protein, phosphorous, thiamin and niacin. These five nutrients are found in good quantity in groundnuts.
- Groundnuts are rich vitamins and contain at least 13 different types of vitamins that include Vitamin A, B, C and E. along with this, groundnuts are also rich in 26 essential minerals like calcium, iron, zinc, boron, etc. these help in brain function and development and also help to maintain strong bones.
- It is recommended that growing children, expecting women and nursing mothers consume roasted groundnuts with jaggery and goat's milk. It is said to provide resistance and immunity against dangerous infections like Hepatitis and also Tuberculosis.
- Groundnuts are rich in anti-oxidants and a chemical called resveratrol. These help in reducing the risk of contracting cardiovascular diseases, cancer risk and also help in anti-ageing, thus keeping the body young and fit.

20 Painkillers in Your Kitchen

Make muscle pain a memory with ginger

When Danish researchers asked achy people to jazz up their diets with ginger, it eased muscle and joint pain, swelling and stiffness for

up to 63 percent of them within two months. Experts credit ginger's potent compounds called gingerols, which prevent the production of pain-triggering hormones. The study-recommended dose: Add at least 1 teaspoon of dried ginger or 2 teaspoons of chopped ginger to meals daily.

Cure a toothache with cloves

Got a toothache and can't get to the dentist? Gently chewing on a clove can ease tooth pain and gum inflammation for two hours straight, say UCLA researchers. Experts point to a natural compound in cloves called eugenol, a powerful, natural anesthetic. Bonus: Sprinkling a $\frac{1}{4}$ teaspoon of ground cloves on meals daily may also protect your ticker. Scientists say this simple action helps stabilize blood sugar, plus dampen production of artery-clogging cholesterol in as little as three weeks.

Heal heartburn with cider vinegar

Sip 1 tablespoon of apple cider vinegar mixed with 8 ounces of water before every meal, and experts say you could shut down painful bouts of heartburn in as little as 24 hours. "Cider vinegar is rich in malic and tartaric acids, powerful digestive aids that speed the breakdown of fats and proteins so your stomach can empty quickly, before food washes up into the esophagus, triggering heartburn pain.,

Erase ear aches with garlic

Painful ear infections drive millions of Americans to doctors' offices every year. To cure one fast, just place two drops of warm garlic oil into your aching ear twice daily for five days. This simple treatment can clear up ear infections faster than prescription meds, say experts at the University of New Mexico School of Medicine. Scientists say garlic's active ingredients (germanium, selenium, and sulfur compounds) are naturally toxic to dozens of different pain-causing bacteria.

Chase away joint and headache pain with cherries

Latest studies show that at least one in four women is struggling with arthritis, gout or chronic headaches. If you're one of them, a daily bowl of cherries could ease your ache, without the stomach upset so often triggered by today's painkillers, say researchers at East Lansing 's Michigan State University . Their research reveals that anthocyanins, the compounds that give cherries their brilliant red color, are anti-inflammatories 10 times stronger than ibuprofen and aspirin. "Anthocyanins help shut down the powerful enzymes that kick-start tissue inflammation, so they can prevent, as well as treat, many different kinds of pain,

Fight tummy troubles with fish

Indigestion, irritable bowel syndrome, inflammatory bowel diseases...if your belly always seems to be in an uproar, try munching 18 ounces of fish weekly to ease your misery. Repeated studies show that the fatty acids in fish, called EPA and DHA, can significantly reduce intestinal inflammation, cramping and belly pain and, in some cases, provide as much relief as corticosteroids and other prescription meds. "EPA and DHA are powerful, natural, side effect-free anti-inflammatories, that can dramatically improve the function of the entire gastrointestinal tract.

Prevent PMS with yogurt

Up to 80 percent of women will struggle with premenstrual syndrome and its uncomfortable symptoms, report Yale researchers. The reason: Their nervous systems are sensitive to the ups and downs in estrogen and progesterone that occur naturally every month. But

snacking on 2 cups of yogurt a day can slash these symptoms by 48 percent. "Yogurt is rich in calcium, a mineral that naturally calms the nervous system, preventing painful symptoms even when hormones are in flux.

Tame chronic pain with turmeric

Studies show turmeric, a popular East Indian spice, is actually three times more effective at easing pain than aspirin, ibuprofen or naproxen, plus it can help relieve chronic pain for 50 percent of people struggling with arthritis and even fibromyalgia, according to Cornell researchers. That's because turmeric's active ingredient, curcumin, naturally shuts down cyclooxygenase 2, an enzyme that churns out a stream of pain-producing hormones.

End endometrial pain with oats

The ticket to soothing endometriosis pain could be a daily bowl of oatmeal. Endometriosis occurs when little bits of the uterine lining detach and grow outside of the uterus. Experts say these migrating cells can turn menstruation into a misery, causing so much inflammation that they trigger severe cramping during your period, plus a heavy ache that drags on all month long. Fortunately, scientists say opting for a diet rich in oats can help reduce endometrial pain for up to 60 percent of women within six months. That's because oats don't contain gluten, a trouble-making protein that triggers inflammation in many women, making endometriosis difficult to bear.

Soothe foot pain with salt

Experts say at least six million Americans develop painful ingrown toenails each year. But regularly soaking ingrown nails in warm salt water baths can cure these painful infections within four days, say scientists at California 's Stanford University . The salt in the mix

naturally nixes inflammation, plus it's anti-bacterial, so it quickly destroys the germs that cause swelling and pain. Just mix 1 teaspoon of salt into each cup of water, heat to the warmest temperature that you can comfortably stand, and then soak the affected foot area for 20 minutes twice daily, until your infection subsides.

Prevent digestive upsets with pineapple

Got gas? One cup of fresh pineapple daily can cut painful bloating within 72 hours, say researchers at California's Stanford University. That's because pineapple is naturally packed with proteolytic enzymes, digestive aids that help speed the breakdown of pain-causing proteins in the stomach and small intestine.

Relax painful muscles with peppermint

Suffering from tight, sore muscles? Stubborn knots can hang around for months if they aren't properly treated, says naturopath Mark Stengler, N.D., author of the book, *The Natural Physician's Healing Therapies*. His advice: Three times each week, soak in a warm tub scented with 10 drops of peppermint oil. The warm water will relax your muscles, while the peppermint oil will naturally soothe your nerves -- a combo that can ease muscle cramping 25 percent more effectively than over-the-counter painkillers, and cut the frequency of future flare-ups in half.

Give your back some TLC with grapes

Got an achy back? Grapes could be the ticket to a speedy recovery. Recent studies at Ohio State University suggest eating a heaping cup of grapes daily can relax tight blood vessels, significantly improving blood flow to damaged back tissues (and often within three hours of enjoying the first bowl). That's great news because your back's vertebrae and shock-absorbing discs are completely dependent on nearby blood vessels to bring them healing nutrients and oxygen, so improving blood flow is

essential for healing damaged back tissue.

Wash away pain injuries with water

Whether it's your feet, your knees or your shoulders that are throbbing, experts at New York's Manhattan College, say you could kick-start your recovery in one week just by drinking eight 8-ounce glasses of water daily. Why? Experts say water dilutes, and then helps flush out, histamine, a pain-triggering compound produced by injured tissues. "Plus water is a key building block of the cartilage that cushions the ends of your bones, your joints' lubricating fluid, and the soft discs in your spine.

Heal sinus problems with horseradish

Latest studies show sinusitis is the nation's number one chronic health problem. And this condition doesn't just spur congestion and facial pain, it also makes sufferers six times more likely to feel achy all-over. Horseradish to the rescue! According to German researchers, this eye-watering condiment naturally revs up blood flow to the sinus cavities, helping to open and drain clogged sinuses and heal sinus infections more quickly than decongestant sprays do.

Beat bladder infections with blueberries

Eating 1 cup of blueberries daily, whether you opt for them fresh, frozen or in juice form, can cut your risk of a urinary tract infection (UTIs) by 60 percent, according to researchers at New Jersey's Rutgers University. That's because blueberries are loaded with tannins, plant compounds that wrap around problem-causing bacteria in the bladder, so they can't get a toehold and create an infection.

Heal mouth sores with honey

Dab painful canker and cold sores with unpasteurized honey four times

daily until these skin woes disappear, and they'll heal 43 percent faster than if you use a prescription cream, say researchers at the Dubai Specialized Medical Center in the United Arab Emirates. Raw honey's natural enzymes zap inflammation, destroy invading viruses and speed the healing of damaged tissues.

Fight breast pain with flax

In one recent study, adding 3 tablespoons of ground flax to their daily diet eased breast soreness for one in three women within 12 weeks. Scientists credit flax's phytoestrogens, natural plant compounds that prevent the estrogen spikes that can trigger breast pain. More good news: You don't have to be a master baker to sneak this healthy seed into your diet. Just sprinkle ground flax on oatmeal, yogurt, applesauce or add it to smoothies and veggie dips.

Cure migraines with coffee

Prone to migraines? Try muscling-up your painkiller with a coffee chaser. Whatever over-the-counter pain med you prefer, researchers at the National Headache Foundation say washing it down with a strong 12-ounce cup of coffee will boost the effectiveness of your medication by 40 percent or more. Experts say caffeine stimulates the stomach lining to absorb painkillers more quickly and more effectively.

Tame leg cramps with tomato juice

At least one in five people regularly struggle with leg cramps. The culprit? Potassium deficiencies, which occur when this mineral is flushed out by diuretics, caffeinated beverages or heavy perspiration during exercise. But sip 10 ounces of potassium-rich tomato juice daily and you'll not only speed your recovery, you'll reduce your risk of painful cramp flare-ups in as little as 10 days.

USE FULL INFORMATION –HEALTH IS WEALTH:

Human Life is very precious. It is said that after many births, one is born as human. If not utilized/enjoyed, the very purpose itself is defeated. So enjoy every moment of life with a smile on face. To have a smile, you have to keep yourself fit, please go through this fully to keep you fit.

INTERACTION WITH (Heart Specialist)

Useful for everyone.

Q: What are the thumb rules for a layman to take care of his heart?

Ans:

1. Diet - Less of carbohydrate, more of protein, less oil
2. Exercise - Half an hour's walk, at least five days a week; avoid lifts and avoid sitting for a longtime
3. Quit smoking
4. Control weight
5. Control blood pressure and sugar

Q: Is eating non-veg food (fish) good for the heart? Ans: No

Q: It's still a grave shock to hear that some apparently healthy person gets a cardiac arrest. How do we understand it in perspective?

Ans: This is called silent attack; that is why we recommend everyone past the age of 30 to undergo routine health checkups.

Q: Are heart diseases hereditary? Ans: Yes

Q: What are the ways in which the heart is stressed? What practices do you suggest to de-stress?

Ans: Change your attitude towards life. Do not look for perfection in everything in life.

Q: Is walking better than jogging or is more intensive exercise required

to keep a healthy heart?

Ans: Walking is better than jogging since jogging leads to early fatigue and injury to joints

Q: Can people with low blood pressure suffer heart diseases?

Ans: Extremely rare.

Q: Does cholesterol accumulates right from an early age (I'm currently only 22) or do you have to worry about it only after you are above 30 years of age?

Ans: Cholesterol accumulates from childhood.

Q: How do irregular eating habits affect the heart ?

Ans: You tend to eat junk food when the habits are irregular and your body's enzyme release for digestion gets confused.

Q: How can I control cholesterol content without using medicines?

Ans: Control diet, walk and eat walnut.

Q: Which is the best and worst food for the heart?

Ans: Fruits and vegetables are the best and the worst is oil.

Q: Which oil is better - groundnut, sunflower, olive? A: All oils are bad

.

Q: What is the routine checkup one should go through? Is there any specific test?

Ans: Routine blood test to ensure sugar, cholesterol is ok. Check BP, Treadmill test after an echo.

Q: What are the first aid steps to be taken on a heart attack?

Ans: Help the person into a sleeping position , place an aspirin tablet under the tongue with a sorbitrate tablet if available, and rush him to a coronary care unit since the maximum casualty takes place within the first hour.

Q: How do you differentiate between pain caused by a heart attack and that caused due to gastric trouble?

Ans: Extremely difficult without ECG.

Q: What is the main cause of a steep increase in heart problems amongst youngsters? I see people of about 30-40 yrs of age having heart attacks and serious heart problems.

Ans: Increased awareness has increased incidents. Also, sedentary lifestyles, smoking, junk food, lack of exercise in a country where people are genetically three times more vulnerable for heart attacks than Europeans and Americans.

Q: Is it possible for a person to have BP outside the normal range of 120/80 and yet be perfectly healthy? **Ans: Yes.**

Q: Marriages within close relatives can lead to heart problems for the child. Is it true?

Ans : Yes, co-sanguinity leads to congenital abnormalities and you may not have a software engineer as a child

Q: Many of us have an irregular daily routine and many a times we have to stay late nights in office. Does this affect our heart ? What precautions would you recommend?

Ans : When you are young, nature protects you against all these

irregularities. However, as you grow older, respect the biological clock.

Q: Will taking anti-hypertensive drugs cause some other complications (short / long term)?

Ans : Yes, most drugs have some side effects. However, modern anti-hypertensive drugs are extremely safe.

Q: Will consuming more coffee/tea lead to heart attacks? **Ans :** No.

Q: Are asthma patients more prone to heart disease? **Ans :** No.

Q: How would you define junk food?

Ans : Fried food like Kentucky , McDonalds , samosas, and even masala dosas.

Q: You mentioned that Indians are three times more vulnerable. What is the reason for this, as Europeans and Americans also eat a lot of junk food?

Ans: Every race is vulnerable to some disease and unfortunately, Indians are vulnerable for the most expensive disease.

Q: Does consuming bananas help reduce hypertension? **Ans :** No.

Q: Can a person help himself during a heart attack (Because we see a lot of forwarded emails on this)?

Ans : Yes. Lie down comfortably and put an aspirin tablet of any description under the tongue and ask someone to take you to the nearest coronary care unit without any delay and do not wait for the ambulance since most of the time, the ambulance does not turn up.

Q: Do, in any way, low white blood cells and low hemoglobin count lead to heart problems?

Ans : No. But it is ideal to have normal hemoglobin level to increase your exercise capacity.

Q: Sometimes, due to the hectic schedule we are not able to exercise. So, does walking while doing daily chores at home or climbing the stairs in the house, work as a substitute for exercise?

Ans : Certainly. Avoid sitting continuously for more than half an hour and even the act of getting out of the chair and going to another chair and sitting helps a lot.

Q: Is there a relation between heart problems and blood sugar?

Ans: Yes. A strong relationship since diabetics are more vulnerable to heart attacks than non-diabetics.

Qn: What are the things one needs to take care of after a heart operation?

Ans : Diet, exercise, drugs on time , Control cholesterol, BP, weight.

Q: Are people working on night shifts more vulnerable to heart disease when compared to day shift workers? Ans : No.

Q: What are the modern anti-hypertensive drugs?

Ans : There are hundreds of drugs and your doctor will chose the right combination for your problem, but my suggestion is to avoid the drugs and go for natural ways of controlling blood pressure by walk, diet to reduce weight and changing attitudes towards lifestyles.

Q: Does Dispirin or similar headache pills increase the risk of heart attacks? Ans : No.

Q: Why is the rate of heart attacks more in men than in women?

Ans : Nature protects women till the age of 45. (Present Global census show that the Percentage of heart disease in women has increased than in men)

Qn: How can one keep the heart in a good condition?

Ans : Eat a healthy diet, avoid junk food, exercise everyday, do not smoke and, go for health checkup s if you are past the age of 30 (once in six months recommended)

WHAT GOES CAN NEVER COME BACK:

A young lady was waiting for her flight in the boarding room of a big Airport.

As she would need to wait many hours, she decided to buy a book and packet of cookies.

She sat down in the arm chair, in VIP room of the Airport, to rest and read in peace.

Besides the arm chair where she sat, a man sat down in the next seat and reading magazine.

When she took out first cookie, the man took one. She felt irritated but said nothing.

But she felt, what sort of a man he is and felt like punching him.

For each cookie she took, the man took one too.

This was disturbing her, but never wanted to cause a scene and kept quite.

When only one cookie remained, she took half; the man took the other half.

As boarding was announced, she took her luggage, cursing the man who eat cookies.

She sat down in her seat in plane; she looked into her purse to find her cookie packet in tact.

She felt so ashamed, she realized that she eat his packet of cookies and want to apologize,

But she could not find that man; she felt very bad much more then what she felt earlier!

LIFE IS REFLECTION OF YOU:

"A son and his father were walking on the mountains.

Suddenly, his son falls, hurts himself and screams:
"AAAhhhh!!!"

To his surprise, he hears the voice repeating, somewhere in the mountain: "AAAhhhh!!!"

Curious, he yells: "Who are you?"

He receives the answer: "Who are you?"

And then he screams to the mountain: "I admire you!"

The voice answers: "I admire you!"

Angered at the response, he screams: "Coward!"

He receives the answer: "Coward!"

He looks to his father and asks: "What's going on?"

The father smiles and says: "My son, pay attention."

Again the man screams: "You are a champion!"

The voice answers: "You are a champion!"

The boy is surprised, but does not understand.

Then the father explains: "People call this ECHO, but really this is LIFE.

It gives you back everything you say or do. Our life is simply a reflection of our actions.

If you want more love in the world, create more love in your heart.

If you want more competence in your team, improve your competence.

This relationship applies to everything, in all aspects of life;

Life will give you back everything you have given to it."

YOUR LIFE IS NOT A COINCIDENCE. IT'S A REFLECTION OF YOU!"

GOD ONE WE ARE ALL ONE:

Do you agree that we have 26 alphabets in English, as given below

		B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R
A	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
S	19	T	U	V	W	X	Y	Z										
		20	21	22	23	24	25	26										

With each alphabet getting a number, in chronological order, as above, study the following, and bring down the total to a single digit and see the result yourself

Hindu
S h r e e K r i s h n a
 $19+8+18+5+5+11+18+9+19+8+14+1=135=9$

M u s l i m
M o h a m m e d

$$13+15+8+1+13+13+5+4=72=9$$

Jain
M a h a v i r
13+1+8+1+22+9+18=72=9

Sikh
G u r u N a n a k
7+21+18+21+14+1+14+1+11=108=9

Parsi
Z a r a t h u s t r a
26+1+18+1+20+8+21+19+20+18+1=153=9

Buddhist
G a u t a m
7+1+21+20+1+13=63=9

Christian
E s a M e s s i a h
5+19+1+13+5+19+19+9+1+8=99=18=9

Each one ends with number 9

**THAT IS NATURE'S CREATION TO SHOW THAT GOD IS ONE & WE ARE
ALL ONE.**

***GAYATRI MANTRA ***
Scientific Meaning of Gaytri Manthra

***Gayatri mantra has been bestowed the greatest importance in Vedic dharma. This mantra has also been termed as Savitri and Ved-Mata, the mother of the Vedas. ***

***Ombhur bhuvah swah **
Tat savitur varenyam
Bhargo devasya dheemahi
Dhiyo yo nah prachodayat ***

***The literal meaning of the mantra is: ** ***

***O God! You are Omnipresent, Omnipotent and Almighty. You are all Light.**

You are all Knowledge and Bliss. You are Destroyer of fear, You are Creator of this Universe, You are the Greatest of all. We bow and meditate upon

Your light. You guide our intellect in the right direction. The mantra, however, has a great scientific import too, which somehow got lost in the literary tradition. The modern astrophysics and astronomy tell us that our Galaxy called Milky Way or Akash-Ganga contains approximately 100,000 million of stars. Each star is like our sun having its own planet system.

We know that the moon moves round the earth and the earth moves round the sun along with the moon. All planets round the sun. Each of the above bodies revolves round at its own axis as well. Our sun along with its family takes one round of the galactic center in 22.5 crore years. All galaxies including ours are moving away at a terrific velocity of 20,000 miles s per second. *

***And now the alternative scientific meaning of the mantra step by step: ***

(A) OM BHUR BHUVAH SWAH: *****

***Bhur the earth, bhuvah the planets (solar family), swah the Galaxy. We observe that when an ordinary fan with a speed of 900 RPM (rotations Per minute) moves, it makes noise. Then, one can imagine, what great noise would be created when the galaxies move with a speed of 20,000 miles per second. This is what this portion of the mantra explains that the sound produced due to the fast-moving earth, planets and galaxies is Om. The sound was heard during meditation by Rishi Vishvamitra, who mentioned it to other colleagues. All of them, then unanimously decided to call this sound Om.**

B) TAT SAVITUR VARENYAM: **

***Tat that (God), savitur the sun (star), varenyam worthy of bowing or respect. Once the form of a person along with the name is known to us, we may locate the specific person. Hence the two titles (upadhi) provide the solid ground to identify the formless God, Vishvamitra suggested. He told us that we could know (realize) the unknowable formless God through the known factors, viz., sound Om and light of suns (stars).**

C) BHARGO DEVASYA DHEEMahi: **

***Bhargo the light, devasya of the deity, dheemahi we should meditate. The rishi instructs us to meditate upon the available form (light of suns) to discover the formless Creator (God). Also he wants us to do japa of the word Om (this is understood in the Mantra). This is how the sage wants us to proceed, but there is a great problem to realize it, as the human mind is so shaky and restless that without the grace of the Supreme (Brahma) it**

cannot be controlled. Hence Vishvamitra suggests the way to pray Him as under: *

***D) DHIYO YO NAH PRACHODAYAT: ** ***

***Dhiyo (intellect), yo (who), nah (we all), prachodayat (guide to right Direction). O God! Deploy our intellect on the right path. Full scientific interpretation of the Mantra: The earth (bhur), the planets (bhuvah), and the galaxies (swah) are moving at a very great velocity, the sound produced is Om, (the name of formless God.) That God (tat), who manifests Himself in the form of light of suns (savitur) is worthy of bowing/respect (varenyam).**

We all, therefore, should meditate (dheemahi) upon the light (bhargo) of that deity (devasya) and also do chanting of Om. May He (yo) guide in right direction (prachodayat) our(nah) intellect dhiyo. So we notice that the important points hinted in the mantra are:- ** *

***1) The total kinetic energy generated by the movement of galaxies acts as an umbrella and balances the total energy consumption of the cosmos. Hence it was named as the Pranavah (body of energy). This is equal to $1/2 mv^2$ (Mass of galaxies x velocity²). ** ***

* *

***2) Realizing the great importance of the syllable OM, the other later date religions adopted this word with a slight change in accent, viz., amen and Ameen.** ***

S U N: 10 interesting facts about the Sun,

1. The Sun is the Solar System.

We live on the planet, so we think it's an equal member of the Solar System. But that couldn't be further from the truth. The reality is that the mass of the Sun accounts for 99.8% of the mass of the Solar System. And most of that final 0.2% comes from Jupiter. So the mass of the Earth is a fraction of a fraction of the mass of the Solar System. Really, we barely exist.

2. And the Sun is mostly hydrogen and helium.

If you could take apart the Sun and pile up its different elements, you'd find that 74% of its mass comes from hydrogen. With 24% helium. The remaining 2% is includes trace amounts of iron, nickel, oxygen, and all the other elements we have in the Solar System. In other words, the Solar System is mostly made of hydrogen.

3. The Sun is pretty bright.

We know of some amazingly large and bright stars, like Eta Carina and Betelgeuse. But they're incredibly far away. Our own Sun is a relatively bright star. If you could take the 50 closest stars within 17 light-years of the Earth, the Sun would be the 4th brightest star in absolute terms. Not bad at all.

4. The Sun is huge, but tiny.

With a diameter of 109 times the size the Earth, the Sun makes a really big sphere. You could fit 1.3 million Earths inside the Sun. Or you could flatten out 11,990 Earths to cover the surface of the Sun. That's big, but there are some much bigger stars out there. For example, the biggest star that we know of would almost reach Saturn if it were placed inside the Solar System.

5. The Sun is middle aged.

Astronomers think that the Sun (and the planets) formed from the solar nebula about 4.59 billion years ago. The Sun is in the main sequence stage right now, slowly using up its hydrogen fuel. But at some point, in about 5 billion years from now, the Sun will enter the red giant phase, where it swells up to consume the inner planets - including Earth (probably). It will slough off its outer layers, and then shrink back down to a relatively tiny white dwarf.

6. The Sun has layers.

The Sun looks like a burning ball of fire, but it actually has an internal structure. The visible surface we can see is called the photosphere, and heats up to a temperature of about 6,000 degrees Kelvin. Beneath that is the convective zone, where heat moves slowly from the inner Sun to the surface, and cooled material falls back down in columns. This region starts at 70% of the radius of the Sun. Beneath the convection zone is the radiative zone. In this zone, heat can only travel through radiation. The core of the Sun extends from the center of the Sun

to a distance of 0.2 solar radii. This is where temperatures reach 13.6 million degrees Kelvin, and molecules of hydrogen are fused into helium.

7. The Sun is heating up, and will kill all life on Earth.

It feels like the Sun has been around forever, unchanging, but that's not true. The Sun is actually slowly heating up. It's becoming 10% more luminous every billion years. In fact, within just a billion years, the heat from the Sun will be so intense that liquid water won't exist on the surface of the Earth. Life on Earth as we know it will be gone forever. Bacteria might still live on underground, but the surface of the planet will be scorched and uninhabited. It'll take another 7 billion years for the Sun to reach its red giant phase before it actually expands to the point that it engulfs the Earth and destroys the entire planet.

8. Different parts of the Sun rotate at different speeds.

Unlike the planets, the Sun is great big sphere of hydrogen gas. Because of this, different parts of the Sun rotate at different speeds. You can see how fast the surface is rotating by tracking the movement of sunspots across the surface. Regions at the equator take 25 days to complete one rotation, while features at the poles can take 36 days. And the inside of the Sun seems to take about 27 days.

9. The outer atmosphere is hotter than the surface.

The surface of the Sun reaches temperatures of 6,000 Kelvin. But this is actually much less than the Sun's atmosphere. Above the surface of the Sun is a region of the atmosphere called the chromosphere, where temperatures can reach 100,000 K. But that's nothing. There's an even more distant region called the corona, which extends to a volume even larger than the Sun itself. Temperatures in the corona can reach 1 million K.

10. There are spacecraft observing the Sun right now.

The most famous spacecraft sent to observe the Sun is the Solar and Heliospheric Observatory, built by NASA and ESA, and launched in December, 1995. SOHO has been continuously observing the Sun since then, and sent back countless images. A more recent mission is NASA's STEREO spacecraft. This was actually two spacecraft, launched in October 2006. These twin spacecraft were designed to watch the same activity on the Sun from two different vantage points, to give a 3-

D perspective of the Sun's activity, and allow astronomers to better predict space weather.

100 Benefits of Meditation

Physiological benefits:

1. It lowers oxygen consumption.
2. It decreases respiratory rate.
3. It increases blood flow and slows the heart rate.
4. Increases exercise tolerance.
5. Leads to a deeper level of physical relaxation.
6. Good for people with high blood pressure.
7. Reduces anxiety attacks by lowering the levels of blood lactate.
8. Decreases muscle tension
9. Helps in chronic diseases like allergies, arthritis etc.
10. Reduces Pre-menstrual Syndrome symptoms.
11. Helps in post-operative healing.
12. Enhances the immune system.
13. Reduces activity of viruses and emotional distress
14. Enhances energy, strength and vigour.
15. Helps with weight loss
16. Reduction of free radicals, less tissue damage
17. Higher skin resistance
18. Drop in cholesterol levels, lowers risk of cardiovascular disease.
19. Improved flow of air to the lungs resulting in easier breathing.
20. Decreases the aging process.
21. Higher levels of DHEAS (Dehydroepiandrosterone)
22. Prevented, slowed or controlled pain of chronic diseases
23. Makes you sweat less
24. Cure headaches & migraines
25. Greater Orderliness of Brain Functioning
26. Reduced Need for Medical Care

27. Less energy wasted
28. More inclined to sports, activities
29. Significant relief from asthma
30. Improved performance in athletic events
31. Normalizes to your ideal weight
32. Harmonizes our endocrine system
33. Relaxes our nervous system
34. Produce lasting beneficial changes in brain electrical activity
35. Helps cure infertility (the stresses of infertility can interfere with the release of hormones that regulate ovulation).

Psychological benefits:

36. Builds self-confidence.
37. Increases serotonin level, influences mood and behaviour.
38. Resolve phobias & fears
39. Helps control own thoughts
40. Helps with focus & concentration
41. Increase creativity
42. Increased brain wave coherence.
43. Improved learning ability and memory.
44. Increased feelings of vitality and rejuvenation.
45. Increased emotional stability.
46. improved relationships
47. Mind ages at slower rate
48. Easier to remove bad habits
49. Develops intuition
50. Increased Productivity
51. Improved relations at home & at work
52. Able to see the larger picture in a given situation
53. Helps ignore petty issues
54. Increased ability to solve complex problems
55. Purifies your character
56. Develop will power
57. Greater communication between the two brain hemispheres

58. Respond more quickly and more effectively to a stressful event.
59. increases ones perceptual ability and motor performance
60. Higher intelligence growth rate
61. Increased job satisfaction
62. Increase in the capacity for intimate contact with loved ones
63. Decrease in potential mental illness
64. Better, more sociable behaviour
65. Less aggressiveness
66. Helps in quitting smoking, alcohol addiction
67. Reduces need and dependency on drugs, pills & pharmaceuticals
68. Need less sleep to recover from sleep deprivation
69. Require less time to fall asleep, helps cure insomnia
70. Increases sense of responsibility
71. Reduces road rage
72. Decrease in restless thinking
73. Decreased tendency to worry
74. Increases listening skills and empathy
75. Helps make more accurate judgments
76. Greater tolerance
77. Gives composure to act in considered & constructive ways
78. Grows a stable, more balanced personality
79. Develops emotional maturity

Spiritual benefits:

80. Helps keep things in perspective
81. Provides peace of mind, happiness
82. Helps you discover your purpose in life
83. Increased self-actualization.
84. Increased compassion
85. Growing wisdom
86. Deeper understanding of yourself and others
87. Brings body, mind, and spirit in harmony
88. Deeper Level of spiritual relaxation
89. Increased acceptance of one self

90. Helps learn forgiveness
91. Changes attitude toward life
92. Creates a deeper relationship with your God
93. Increases the synchronicity in your life
94. Greater inner-directedness
95. Helps living in the present moment
96. Creates a widening, deepening capacity for love
97. Discovery of the power and consciousness beyond the ego
98. Experience an inner sense of Assurance or Knowingness
99. Experience a sense of Oneness
100. Leads to enlightenment

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