



Lifestyle Engineer

Focused on Mission



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THE EDITORIAL

Dr. Centhil Kumar C



Vision
INSPIRING PEOPLE TO EXCEED.
Mission:

MISSION: TO PROVIDE ONE STOP SOLUTION TO EVERY WELLNESS & FITNESS ENTHUSIAST WITH CREATIVE CONTINUAL EDUCATION, FUN SUPPORTIVE ENVIRONMENT AND MAKING A POSITIVE IMPACT IN THE COMMUNITY BY PROVIDING INDEPENDENT OPPORTUNITY IN THE WORLD OF WELLNESS AND FITNESS.

EDITORS TAKE:

Hi Readers, It gives me immense pleasure in bringing this newsletter. Being associates with Herbalife Nutrition has made all the difference. Herbalife Nutrition is the world's number one Nutrition brand and a source of information and inspiration to people looking for health and wealth opportunity. This monthly newsletter is meant for people who wanted to lead a healthy active Lifestyle, any anyone who want to take control over their physical, mental, and emotional lives. We give them support and guidance on health, nutrition, fitness, weight loss, anybody who wish to make their lives better.

Every month, our lifestyle Coaches share their advice on health, fitness, weight loss, relationships, and moreover our customers and their family members share their knowledge, articles, drawings, their experiences and testimonies etc., that inspire our readers in practical, and easy to understand way.

While in school, college and university, I learnt lessons that were taught by others. I always enjoyed learning and sharing knowledge and wisdom that I had gained over the years. Now myself as an Engineer by education and Lifestyle Engineer by profession makes a difference from my past and is immeasurable, and this newsletter brings collection of topics on health, wellbeing, body, mind, soul & lifestyle by committed health- care Professionals, Nutritionists, accomplished & inspiring Humanitarians, academicians and children etc., This newsletter is beautifully designed with mission of reaching millions of people across India and beyond in the years to come. It's been an honour to be, as the Editor of this great Newsletter and I am loving it!

"Find your purpose and work on it, no matter what's going around you."

- Centhil Kumar



Let the Nature Nourish you through the goodness of Ayurveda...

Age-old traditions of Ayurveda blends with modern science at Herbalife Nutrition to give you the perfect nutrition for holistic wellbeing.

Herbalife Nutrition

BRINGS TO YOU

vritilifeTM
Ayurvedic Nutrition

Vritilife is a range of products inspired by traditional Ayurvedic principles and made with Ayurvedic ingredients that have been formulated by experts to suit your modern lifestyle.



vritilife Ayurvedic Nutrition

Ayurveda as an ancient science of life has a long history, and its basic principles are valid even today. vritilife range of products are based on Ayurvedic principles and contains authentic ayurvedic herbs for the specific health benefits as mentioned in ancient ayurvedic texts. While following the age-old principles the product is contemporized to meet modern day lifestyle. The Prakriti in Ayurveda is a basis of individual needs, vritilife ayurvedic nutrition ("vritilife") range of products are personalized in a way to meet life stage needs and lifestyle needs while offering goodness of Ayurveda. The name "vritilife" has been coined by an amalgamation of the word "vriti" which means thought or choice in Sanskrit and the word "life" is derived from the brand name Herbalife. This has a dual interpretation -Thoughts of life leading to mindful living Making better lifestyle choices for balanced, healthy living.

The Uniqueness

vritilife is a perfect amalgamation of Ayurvedic principles and modern science. Carrying the goodness of Ayurveda these products are crafted by Ayurvedic experts. vritilife offers science in every aspect of product design. vritilife range of products contain well studied and scientifically researched key ingredients which are sourced with precision to maintain quality.

THE HAPPIEST MOMENT IN MY LIFE



by Mr. Joy Alex

Dear friends each one of us have our own happiest moment to cherish in our life. No matter where and who we are in life, we should identify it. The happiest moment in our life can be only the result of one's own credibility. The realization for that moment will take us to the peak of self-confidence and peace of mind which will fuel us further in life. To give you an insight on that I wish to share the happiest moment in my life I that cherish on.

First, I define myself as a person of focus and hard-working. I remember since I had been studying in my 11th standard I was involved in a small trading of clothes, watches stationeries etc. in which my school mates and neighbors were my customers. Then one of my classmates and I started a small enterprise business which was similar to a money chain. After that I started poultry business in one of my uncle's small farm house. Even though I don't have vivid memory of earning profit and when I stopped all those businesses, it gave me immense happiness and learning which helped me in future.

Then again it was at the early half of 1989 while I had been doing my degree course, I began my career as an entrepreneur from scratch. At this point I pay my gratitude to my professors and class mates who supported me in my studies, even though I couldn't attend my classes regularly. My father had an industry which was locked out. But I am proud to say that my dad is my role model of Focus and Hard work. The machineries as well as the infrastructure demanded a complete renovation to make the industry functionable. I hadn't even a single penny with me. After three months of consistent persuasion I found, a lender who demanded 15 % interest for a principle amount of twenty thousand. Because I had no exposure in the society, I succumbed, even though the interest rate was too high. This amount was enough to meet the crucial part of the maintenances as I depended on scrap dealers even for roofing. Except for the technical resetting of the machine, I couldn't heir people for any other works. I did all the works for my own. Even I haven't had the knowledge, skills or courage, I myself climbed on thirty feet height to put up the roof my industry despite of scorching heat, that burnt my thighs which has labeled a life time scar. Machines were rusted, and I used reused oil for even internal usage of the machines.

Any way I could manage to operate the machines. I had been working as a laborer in my own tiny industry for the first six years. Initially I didn't do trading but had been undertaking job work. I was one among the four workers. Now after 30 years, my mind sobers on the demise of one of us, yet another one is working with me now also and the third one is running a shop nearby my industry. I proudly acclaim that I maintain a good relationship with all of them even now. Presently, I have more than hundred people working with me. On the first day when I received the first revenue gracefully in my hands, it was a wow feeling. I honestly say, that was the first and last time I felt that kind of feeling and it is the happiest moment in my life. Till now this moment helps me overcome my hard times to move on further. It was 6pm that day when we finished our work. I was super excited, and I celebrated my happiness quietly by giving my coworkers an extra payment, bought a working dress for myself and the rest was a meagre amount which I saved, because I had to build a financial credibility of my own. Again, with gratitude I bow to my coworkers for their tireless, round the clock hard work and the customers who supported me by which I could settle my first debts within two months. When I evaluate the growth in my business. I have no doubt that it is my focused and hard-working skills which has placed me in my present situation. I love my business as it has been earning me not only money but also reputation.

- To conclude, in my perspective I can say three things:
1. We should identify our happiest moment in life and cherish on that which will help us to overcome the struggles we face time to time and keeps us move forward in life
 2. Focus and Hard work in our activity must go hand in hand for growth in our life. Otherwise we will be drifting like a sail with a single oar.
 3. Always be a person of gratitude which strengthen our relationship which is yet another key of success.

As a conclusion I wish and hope that my experience will motivate you to identify your happiest moment in your life.

TESTIMONIAL

by Mrs. Beley

I am J. Beley. I am 59 years old. Before Herbalife, I was suffering from Wheezing, Thyroid issues, Low Blood pressure, Breathing problems, Nervous problems and has Prolonged Uterine bleeding. My Uterus was removed and my weight was 88 kg (Obese).

Oneday, While I returned from the Hospital, I saw a camp held near me. They checked my height, weight and body fat. Then I came to know about the Herbalife products and decided to take. Within ten days, I got relieved from Breathing problems, Wheezing and so and so. So I continued this and lose 20 kg and my health was also improved.

I do exercise regularly that what I can do. Because of the improvement in my health and weight loss, I should thank my Lifestyle coaches Dr. Centhil Kumar C. and Mrs. Shylaja Mariam from my heart.

Thanks to Herbalife!!! Thanks to Mark Hughes!!!

Before
88 KG

After
68.4 KG

Disclaimer: These result are not typical. Individual results may vary

TRIP TO CHITTAR



A fantastic—Unforgettable TRIP. Thanks to Mark Hughes

OBESITY - THE GLOBAL EPIDEMIC

by Mrs. Udaya Deepa

Obesity is a complex, multifactorial, and largely preventable disease affecting, along with overweight, over a third of the world's population today. While growth trends in overall obesity in most developed countries seem to have leveled off morbid obesity in many of these countries continues to climb, including among children. In addition, obesity prevalence in developing countries continues to trend upwards toward US levels. Obesity is typically defined quite simply as excess body weight for height, primarily associated with excess adiposity, or body fatness, that can manifest metabolically and not just in terms of body size. Obesity greatly increases risk of chronic disease morbidity—namely disability, depression, type 2 diabetes, cardiovascular disease, certain cancers—and mortality. Childhood obesity results in the same conditions, with premature onset, or with greater likelihood in adulthood. The current most widely used criteria for classifying obesity is the body mass index (BMI; body weight in kilograms, divided by height in meters squared, which ranges from underweight or wasting (<18.5 kg/m2) to severe or morbid obesity (≥40 kg/m2).

Obesity arises as the result of an energy imbalance between calories consumed and the calories expended, creating an energy surplus and a state of positive energy balance resulting in excess body weight. This energy imbalance is partially a result of profound social and economic changes at levels well beyond the control of any single individual. And yet, not all of us living in obesogenic environments experience the same growth in our waistlines. Hereditary factors—genetics, family history, racial/ethnic differences—and our particular socioeconomic and sociocultural milieus have been shown to affect risk of obesity. Importantly, apart from genetics, every risk factor is modifiable. Excess weight and diabetes are so tightly linked that the American Diabetes Association recommends physicians test for type 2 diabetes and assess risk of future diabetes in asymptomatic people ≥45 years old simply if they are obese. Ischemic heart disease and stroke are the leading causes of death globally. Excess body weight is a well-known risk factor for heart disease and ischemic stroke, including their typical antecedents—dyslipidemia and hypertensionare overweight/obese, and regardless of age if they are severely obese.

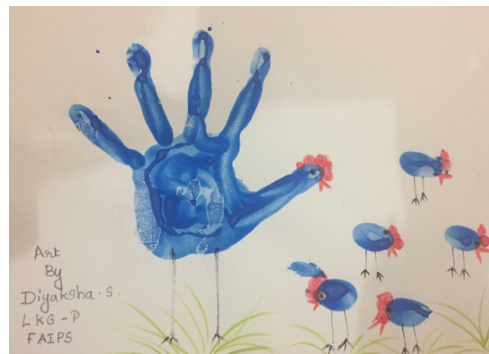
Beyond being a major risk factor for diabetes, which itself is a risk factor for most cancers, obesity has long been understood to be associated with increased risk of esophageal, colon, pancreatic, postmenopausal breast, endometrial, and renal cancers. More recently, evidence has accumulated that overweight and/or obesity raise risk of cancers of the gallbladder ovaries and advanced cancer of the prostate as well as leukemia. Given the chronic diseases and conditions associated with obesity and the fact that obesity is hard to treat, prevention is extremely important. A primary reason that prevention of obesity is so vital in children is because the likelihood of childhood obesity persisting into adulthood increases as the child ages. "Obesity is a choice. It takes work and effort to stay in shape, but it can be fun. You must eat healthy, stay active, and make good life choices. But healthy foods can be delicious, there are plenty of activities to do that are so much fun, and making good life choices can be rewarding in multiple ways.



THE ARTS WORLD



by
R. G. Hemaavati
Grade: 3
Excel Global
School,
Thiruvattar



Art
done
by

Art
By
Diyaksha S
LKG - P
FAIPS



Diyaksha S.
LKG - P
FAIPS



Art done
by
Mrs. Easwari



For more details on Zumba please visit <https://www.centhil.com/zumba-enquiry-website/>

The Recipe World

by Jayasree V.C.

MUSCLE BUILDING MEAL SHAKE

- INGREDIENTS**
 OATS : 60 Gm
 BANANA : 1 No
 HERBALIFE PROTIEN POWDER : 1 SCOOP
 MILK : 300 MI

- METHOD:**
 • Add all ingredients into the Blender and blend it well.
 • Muscle Building Shake is ready.
SERVING SIZE: 1 CUP
CALORIES : 594 KCAL



HERBALIFE NUTRITION FORMULA - 1 BALLS

- INGREDIENTS:**
 ROASTED OATS : 1 Cup
 NUTS (CASHEW NUTS, BADAM) : 20 Gm
 HERBALIFE NUTRITION FORMULA-1
 BANANA FLAVOUR : 2 Scoop
 PEANUT BUTTER : 2 Spoon
 HONEY : 2 Spoon
 MILK : 2 Spoon
- METHOD:**
 Add all ingredients into the blender, and blend it. Then take a bowl, and add the mixture in it. Then create the mixture to ball shape. Then we get Herbalife Nutrition Formula - 1 Balls.
SERVING SIZE : 1 CUP
CALORIES : 386 KCAL



HERBALIFE PROTEIN MODAK

- INGREDIENTS**
 OATS :50 gm
 BADAM :5 No
 PISTA :5 No
 CASHEW NUTS :5 No
 DATES :5 No
 SUGAR :2 Spoon
 CARDAMOM :1 Spoon
 BUTTER :3 Spoon
 HERBALIFE FORMULA-1 KULFI FLAVOUR :2 Spoon
 HERBALIFE PERZONALISED PROTIEN POWDER :1 Spoon

- METHOD:**
 First floured the nuts and oats. Paste the dates. Add dates paste into the oats and nuts mixture. Then add sugar, cardamom, Butter, Herbalife Formula-1 and Herbalife Protein powder to the mixture. All ingredients are mixed very well. Then create modak. Then we got a healthy and tasty Herbalife protein modak.
CALORIES: 461K CAL



For more details on Zumba please visit <https://www.centhil.com/recipes/>

BENEFITS OF RAMBUTAN

by Dr. B.S.Akhila

Rambutan (NEPHELIUM LAPPAUCEUM) is the original Indonesian tropical fruit. Generally people who eat rambutan only eat the flesh. They throw away the rind which is potential to be a waste. This study aims to know the whole nutrition benefits of rambutan.

The rambutan fruit is an exotic fruit indigenous to south East Asia. The fruit resembles lychees with a thin, leather-like skin and multiple spiky structures sticking out of it almost exactly like a sea urchin. This reddish fruit needs to have its skin removed to get its pinkish and whitish flesh. While the fruit is normally sweetish in taste, some are sweet and sour. Rambutan has several health benefits...

This fruit is rich in fructose and sucrose, but has few in calories and high in fiber, it is a great option for those on a diet. Rambutan is also packed with vitamin C and includes potassium, iron, beta carotene or vitamin A, calcium, magnesium, zinc, sodium, niacin, fiber and protein. It has also high water content.

In certain parts of South East Asia, the fruit has been used in the treatment of diabetes, hypertension and other ailments. Studies have found that the rambutan pulp, seeds and skin have strong antioxidants called flavonoids, which are known to reduce cholesterol levels apart from having anti-cancerous as well as anti-inflammatory attributes and even heart disease.

The skin of rambutan has several organic compounds, among which one is gallic acid. And according to research, it behaves like a free radical scavenger so it helps to protect against oxidative damage in the human body. The skin of the rambutan can be used to treat dysentery. Rambutan is one of those fruits with a high antioxidant, which can fight inflammation and protect the cells in the body from affected so that it helps to battling cancer. Rambutans are filled with vitamin C, which prevents body cells from being damaged by free radicals. It also helps in the absorption of iron in the body. The fruit contains copper important for the creation of white and red blood cells and manganese, which is required to produce and activate enzymes. Since the fruit is a good source of iron, and it is especially recommended for women. The iron content has provides increases the correct amount of oxygen inside the body. This in turn helps ease symptoms of dizziness and lethargy caused by a lack of iron or anemia. So that it's very beneficial for pregnant women, will avoid the problem of bowel movements, diarrhea, constipation and prevent the risk of colon cancer. Other its content is vitamin E will help prevent acne, premature aging, itching, and dull skin during pregnancy.

It also containing phosphorus, eating rambutan will help remove unwanted waste from your kidneys. It also plays an important role in the development, repair, rejuvenation and maintenance of tissues and body cells. Another ingredient in the fruit is calcium, which gives one healthy and strong bones and teeth. The fruit is rich in vitamin C which helps to development the sperm quality and quantity and a lack of it in males can result in restricted reproductory abilities. Health benefits of rambutan for immunity is very effective. Vitamin C also has an important role to keep the immune system from viruses, bacteria and free radicals. It possesses an antibacterial property which is helpful for treating dandruff and other scalp problems such as itching.

It can be concluded that the rambutan is an exotic fruit rich in all nutrition values and prevent several diseases and giving glowing skin and strong hair. The rambutan fruit is also known as hairy fruit.



BALANCING WORK AND LIFE: WHOSE RESPONSIBILITY?

by **Armel Gael Karubu, Ph.d research scholar**
St Joseph's College, Trichy-02



Rajesh, in his middle 40s, medical doctor, owner of a small private hospital inherited from his parents, acting as CEO. Rajesh works with his wife, her too medical doctor acting as head human resource manager. He once told me, tear in his eyes: "I only know my children sleeping". I was totally confused. I asked: "what do you mean?" He told me: "I am the owner of this clinic. Whatever happens is on my head. From abiding to government rules and regulations, code of ethic, providing care to patients, making sure we are making profit... name it all. It lies on my head. When you're in position like mine, it's just fatigue which obliges you to blink. You wake up as early as possible and go back home as late as possible. The time I reach home, my children will be asleep."

The case of Rajesh is one in millions. Are you experiencing stress at work? Do you experience getting enough time to finish your work and find yourself in obligation to continue your work at home? Do you keep a look on your mail, messages or calls expecting employers, colleagues or business partners to request or give you some work related information? The flipside of the coin is also possible. Do you think your family, friends, and leisure sometimes cross their borders and refrain you from achieving your potential at work? If the answer to any of these questions was yes, then let me introduce you to the concept of work life balance.

Work life balance, which may for some called work family balance seems to be an underling cause to many personal, family and work related issues. Unfortunately, it's not usually taped on. Employers need the job to be done, shareholders need positive result on the last page of the balance sheet and all lies on the shoulders of the last on the chain of command, depending on the field of work and the type of task requested. The heavy competition existing in different industries makes people stop thinking about different spheres of life as different entities, they study ways to make them work together or even sometimes sacrifice some in favour of others. If you want to stand for long in the field, you need to keep the wheel running.

Unbalanced work (understood as time used is paid or revenue generated activities) and life (understood as time used for family, friends, community... self) is source of many psychological issues faced by overloaded working population, families issues escalating in different forms and also affect companies success. I have good and bad news for you. The bad is that none one think about it for you, just for you. The good is: You can do it for you, just for you. Think about it.

TESTIMONIAL

by **Mr. Abhilash**

Hi my name is Abhilash. I am 35 year old before Herbalife My weight was 104kg (obesity), after Herbalife my weight is 84 kg with in 9 months.

My weight was 104 kg due to an accident before 10 ys. Long ten years, I took allopathic and ayurvedic medicines and took rest for curing my wound that's all increasing my weight. Using these all but my wound was not cure and it leads varicose veins. I suffer more those days with my injury and I can't reduce my weight also.

Now I really happy because my wound is more than 80% cure and I reduced my weight also. For that I really want to thank my wellness trainer Dr. Centhil Kumar sir for giving an effective guidance to take this food, exercise etc. I also thank our Mark Hughes sir for giving such wonderful food. Thank you all.



Disclaimer: These Results are not typical. Individual results may vary!!!

For more details on Testimonials please visit <https://www.centhil.com/testimonials/>

CONSUMER AWARENESS

by **Arthy.R**
8C, Sacred Heart International School.



We buy and use number of things from the market. So we are the consumers. Consumer awareness means making the consumer aware of his/her rights and duties. Advertisements in newspapers and magazines, on radio and television spread consumer awareness.

The first and most important thing we should keep in mind is the "expiry date". Always check the expiry date and do not buy if it is very close to the expiry date. This is important for all items, especially medicines and food items. In some food items, the best before date is also printed. do not buy the items that has passed the best before date.

The next is Check the quality of the product before buying it. If you are buying an electrical appliance, ensure that it is approved by the Bureau of Indian Standards (BIS and it has the ISI stamp on it .The AGMARK stamp is for agricultural products.de

Always ask for a bill for the product that you buy .This will serve as a proof of our purchase. Make sure that the details of the product is mentioned in the bill. If you have bought medicines, the batch number given at the back of the strip should be written in the bill. If the product offers a guarantee or a warrant, get the guarantee or the warrant card signed by the dealer. Also ensure that he stamps it.

The price of ever product is printed as MRP. It stands for Maximum Retail Price .the shop keeper cannot charge more than this listed price. However, you can negotiate with the shop keeper and can pay less than the MRP. If you purchase something on instalment. Firstly read the terms and conditions carefully. Do not sign any bank form blindly. Retain a photocopy of filled up from dual signed by the shopkeeper, dealer or manufacturer.

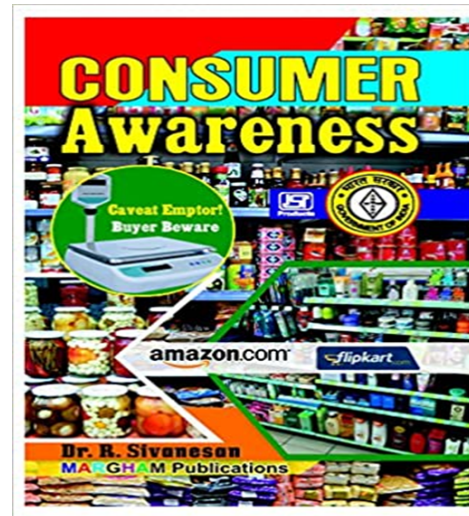
Always obtain receipt for any payment made. If you buy an electrical goods, check it at the shop itself before making purchase, as no replacement or assurance is generally given for electrical goods like tube light, bulbs etc... Newer use any medicine without the prescription of the doctor. If our baggage is missing, don't forget to take property investigation report as a destination point to get compensation.

THE CONSUMER PROTECTION ACT 1986 has made provision for such courts throughout the country a consumer can file a complaint with the nearest to his/her house. The consumer court protect the rights of the consumer.

As consumers we also have some duties .we should avoid plastic bags and should carry cloth bags.

FACT TO KNOW:

A guarantee assures that a defective product will be replaced, where as a warranty assures only the repair of the defective product. Usually guarantee is offered for a short term than a warranty.



FITHOUR SESSION - A REVIEW

by **Mr. Abhilash**

Hi my name is B.S. Abhilash. I am 35years old. I am attending on exercise session (Fithour session) conducted by Lifestyle Engineer Dr.C.Centhil Kumar. It is very effective to my body.

My weight was 104 kg . At that time, I can't do simple exercise and walk for sometimes. Because of this fithour session, I can walk 5km without getting tired. Now my weight is 84kg and I can do any exercise fastly and get improvement in my health. It support weight loss and muscle building. So it is very helpful for me to be fit and healthy. Thanks to my Trainer.



For more details on exercise please visit <https://www.centhil.com/exercise-enquiry-website/>

THE STORY BEHIND AMERICAN FLAG

by R. G. Gayathri

9th Grade, Excel Central School, Thiruvattar.



When we hear a word called "foreign", America comes to our mind first. Hope I'm right. It's the fact that United States of America is one of the dominant and evolved nations in this world.

"One flag, one land, one heart, one hand, one nation evermore."

A flag is the most important symbol of a country. When we honor our flag we honor what we stand for as a Nation i.e. freedom, equality, justice and hope. But do you know American flag was made by a school student? Here's a short and enthralling tale of American flag.

American flag has endured in its many forms. According to history, the original American flag from 1776 was seen by a lady named Betsy Ross. It had 13 stars in a circle representing America's original 13 states. As more states join the union, people kept adding more stars to the flag. So at 1958 the US flag had a total of 48 stars for the 48 States of that time which brings us to our high school student, Robert Heft. Robert's history facilitator gave his students an open ended assignment. "Make a project illustrating your interest in American history". So, Robert, who was jazzed about hearing that Alaska and Hawaii were going to become the states of America. This he designed a flag with 50 stars. When he turned in his assignment, Robert's teacher was furious about the wrong number of stars in flag and gave Robert B- grade. When he tried to explain his idea to his teacher, the teacher said, "I'll change your grade when your flag is accepted by the US Congress". Robert wrote 21 letters and called the White House 18 times until one day in 1960,

Robert's phone rang. It was President Eisenhower with the news that Robert's 50 stars flag design had actually been chosen as the new official flag of United States. Robert was invited to Washington where he saw his American flag fly for the first time on July 4th, 1960. Robert felt elated and his History teacher changed his grade to A. Since then Robert's 50 stars flag has remained unmatched as the quintessential symbol of America.

And thus the story ends. Hope you enjoyed this story.

EAT THAT FROG - BOOK REVIEW

by - Thivya.J

Grade 9

Most of the people in today's world has too much to do and too little time. Brian Tracy, the author of the book "eat that frog", gives 21 tips and ways to overcome procrastination. The title of this book originates from an idiom which means 'to do the hardest task first'. Succeeding this, I've listed out the points that I have learned while reading this book.

The 21 ways to overcome procrastination according to the book:

1. Think on paper: instead of running your to do list through your mind and trying to control all of your future plans and strategies in your mind, take a note of everything on paper. Not only it helps to clear your mind, it also makes your goals clear and concise
 2. Plan in advance: make a list of all the tasks and the time in which you expect to complete them the night before. This helps to increase your productivity.
 3. Apply the 80/20 rule: it is said that 20% of your activities account for 80% of the results. So, pick the most effective task first, complete it and get it out of the way
 4. Consider the results: while starting with an activity, ask yourself if the results are worth the effort
 5. Stop multitasking: every time you switch between tasks, you need to develop focus from scratch. Giving your full attention to a certain task can help to save 50% of the time.
 6. Finish the task that you start: do not abandon a task once you start it. When it comes to productivity, self-discipline is very important.
 7. Break down your tasks: Thinking of doing a totally big task can be over whelming, but when you break it down into smaller tasks, it will be a lot easier to do.
 8. Focus on your health and energy levels: you cannot get more time but you can get more energy. Focusing on your health can give you more energy. Incorporate self-care and healthy habits into your daily.
 9. Do not waste your time: all the successful people in this world has the same 24 hours in a day. The success rate totally depends on how you spend your 24 hours. So, use it wisely
 10. Every action has a reaction: each and every effort you put gives results. Moreover, success comes at a price. So do not give up on working hard.
 11. Develop your skills: as you develop your skills on doing a certain task, you get faster and better at doing it.
 12. Use your strengths: find out the things that you are too good in doing and use those skills to do other tasks faster. For example, if you're good at taking notes, you can study by taking notes which makes the process easier.
 13. Determine the why: whenever you fail to achieve a certain goal within the time you set for it, ask yourself, "why haven't I achieved this goal yet?". By knowing this, you will be aware of the factors that stops you from getting things done.
 14. Find ways to motivate yourself: it is easier to complete tasks with a deadline rather than the tasks that you want to complete. Find ways to motivate yourself to complete your tasks.
 15. Make the most out of your energy levels: find out the time in which you are most productive and adjust your schedule according to it.
 16. Be optimistic: have a positive mindset and believe in yourself. Be a cheerleader for yourself
 17. Don't let technology distract you: technology can be an enemy if you decide to productive. Put your phones away while working or just use do not disturb mode.
 18. Use technology as your servant: technology can be really use full if you use it the right amount. There are a lot of apps out there that can help you to keep track of your to dos, plans and information.
 19. Use time blocking: time blocking is a method to schedule the hours of your life to do the tasks.
 20. Find your flow: be the person who tackles all the tasks really fast and gets a lot done in a day.
 21. Work on a task until its complete: do not leave a task incomplete. When you switch between tasks, the time needed to complete the original task increases.
- This book is totally a block buster. It helps each and every person struggling with productivity. The principles in this book are deeply analyzed. The words in the book are very simple to read and understand which makes it accessible for literally everyone. If you follow these principles, you can surely increase your productivity very much, I betcha.

HEALTH TIPS AND THE HEART-BRAIN CONNECTION

by Dhana Laxmi N.

Nutritionist



Learn something new everyday by reading a book



Do more exercises everyday



Eat an Anti-oxidant rich diet



Connect with Family, Friends and loved ones



Aim for 8 hours of sleep



Do Exercise



Eat Healthier



Quit Smoking



THE HEART-BRAIN CONNECTION

The silent, often subconscious conversation that is taking place inside us is one of the most vital communications we will ever find ourselves engaged in. It's the dialogue of emotion-based signals between our hearts and our brains, also known as the heart-brain connection. I read this from an article published by the author Micheal Miller, M. D. while searching about Heart-Brain connection. He reveals some of the keys to a longer, healthier life.

We've known for decades that smoking, hypertension, high cholesterol, and diabetes account for most cardiovascular problems. But emotional stress was identified as another key risk factor, accounting for about one-third of heart attacks and strokes. Previously, in the 1970s, when volunteers were asked to begin to count to 100 and then to serially subtract seven's in quick succession (in a test of "mental stress"), blood vessels constricted as if they had taken and failed a cardiac stress test. Except in these cases, testing occurred at rest.

If we are to understand how to improve emotional health, it would be useful to probe the brain's emotional coding center, the amygdala. The association between high levels of social connectivity and favorable cardiovascular effects, including better outcomes after stroke, raises the possibility that a larger amygdala may afford cardioprotection. Large left amygdala volumes were not only associated with a high level of emotional health, but also correlated with familial longevity. Amygdala activity has also been suggested to play a role in cardiovascular disease risk prediction.

Beyond single, severely stressful events, living day-to-day with stress is clearly associated with increased risk of heart attack and stroke.

He recommends that his patients employ these five strategies to reduce day-to-day stressors:

- Meditation (serotonin activated relaxation practices)
- Yoga (GABA induced mood stabilization)
- Laughter (endorphin mediated visual effects)
- Music (dopamine regulated auditory effects)
- Massages, hugging (oxytocin activated tactile responses)

Beyond good nutrition and regular physical activity, then, consider practicing meditation or yoga on a routine basis. Laugh, listen to music, and hug your favorite people and pets. Such are the keys to a longer, happier life.

I really impressed by reading this and decided to be STRESS-FREE and i wish everyone to stay Long, Happy and Healthy life 🙌

The Sports World

HAND BALL

by Saravana S.S.



Handball is a team sport in which two teams of seven players each pass a ball using their hands with the aim of throwing it into the goal of the other team. A standard match consists of two periods of 30 minutes, and the team that scores more goals wins.

The game was codified at the end of the 19th century in Denmark. The modern set of rules was published on 29 October 1917 in Berlin, which is seen as the date of birth of the sport, and had several revisions since. The first official handball match was played in the same year in Germany. The first international games were played under these rules for men in 1925 and for women in 1930. Men's handball was first played at the 1936 Summer Olympics in Berlin as outdoors, and the next time at the 1972 Summer Olympics in Munich as indoors, and has been an Olympic sport since. Women's team handball was added at the 1976 Summer Olympics.

Modern handball is played on a court of 40 by 20 meters, with a goal in the middle of each end. The goals are surrounded by a 6-meter zone where only the defending goalkeeper is allowed; goals must be scored by throwing the ball from outside the zone or while "diving" into it. The sport is usually played indoors, but outdoor variants exist in the forms of field handball, Czech handball and beach handball.

The game is fast and high-scoring: professional teams now typically score between 20 and 35 goals each, though lower scores were not uncommon until a few decades ago. Players may score hat tricks. Body contact is permitted for the defenders trying to stop the attackers from approaching the goal. No protective equipment is mandated, but players may wear soft protective bands, pads and mouth guards.

I am SARAVANA S S. I have studied Bsc Maths in Lexmipuram College of Arts & Science Neyyoor. During that period, I heard about these sport from and joined as a player. Soon after I became the Captain of our team. We played many matches, but we won't won. Again and again we played. Many opponent team players discouraged us. But we never give up. One day our dream comes true and our teamwork reached success. We won all the competitive matches and step to semifinals. We tried a lot and won 4th place in the University level. That was an exciting and proudful moment for us. Three players in our team were selected for the University team. Thanks for my team players.



Lexmipuram College Handball Team with Trophy

Finally I realized that "HARD WORK NEVER FAILS" and "CONSISTENT PRACTICE LEAD TO SUCCESS".

TREKKING TO MARUNTHUVAZH MALAI



Amazing Trekking Experience with our Team @ Marunthuvazh Malai... 2000 feet above sea level. Thanks to Mark Hughes!!!

TCS MARATHON ACHIEVERS



TCS WORLD 10K BENGALURU
I ran the Open 10K in this run that unites us!



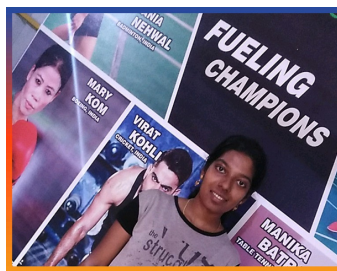
TCS WORLD 10K BENGALURU
I ran the Open 5K in this run that unites us!



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