

EDUCATE  
YOURSELF  
INSPIRE  
OTHERS and  
CHANGE  
THE WORLD

## PREFACE

IT IS ALLWAY'S SAID THAT INSTEAD OF CONVEYING IN VOLUMES, CONVEY IN BULLOT POINTS, WHICH IS MORE EFFECTIVE.

Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future, think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored.

If you feel strongly about something then do something about it. For too long we have been keeping our thoughts to ourselves and letting them serve no purpose. Even if you are unsuccessful, you will know that you have at least tried and even if your efforts inspire just one other person to try and make a difference, then your efforts will not have been in vain.

Imagine the possibilities if we can get enough people who are well informed and passionate about making the world we live in a better place all striving for the same goal. Education is the most important tool that people can use to change the world, and sadly the world is full of misguided and uneducated people. We need to change this. Remember it only takes the smallest of sparks to light the biggest fire. Start somewhere, *Let's Make a Difference*.

Millions around the world have had seeds of truth planted in them and that this is all part of an awakening. There is a real shift in energy on this planet. I can feel it, I can see it in everyday life when I talk to friends and I see it when I come online and witness new pages, forums and websites popping up every day. Thanks to the internet and social media, people are becoming much more tech savvy. The world is fast becoming one big collective

consciousness and we are all educating and inspiring each other on a daily basis. We are giving each other a real sense of hope.

And Most Importantly Always Remember That ...

Try To Make At Least One Person Happy Every Day ... If You Cannot Do A Kind Deed, Speak A Kind Word ... If You Cannot Speak A Kind Word, Think A Kind Thought ... Count Up, If You Can, The Treasure Of Happiness That You Would Dispense In A Week, In A Year, In A Lifetime ... !!

Whenever we do something good in life, even if no one is watching. We rise a little in our own eyes.

Remember that nobody is superior, nobody is inferior, but nobody is equal either. People are simply unique, incomparable. You are you, I am I. I have to contribute my potential to life; you have to contribute your potential to life.

Educate yourself. Inspire Others. Change the world.

**CA Dr. VISHNU BHARATH ALAMPALLI.**

# INSPIRATION & MOTIVATION

On certain days, it seems as though our inspiration is clouded, and our motivation is lacking. I have found that words really have the power to change the way I see life, which is why I like to share the most special ones with my dear readers. The following positive quotes might just be what your dear ones need to feel inspired today.

Be yourself, everyone else has been taken once.  
Keep your face to sun shine, and the shadow will fall behind you.  
Start where you are, Use what you have and , Do what you can Do.  
Today be thankful, think how rice you are:  
Your family is precious,  
Your Health is Wealth : Your time is gold.

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. GIVE LOVE AND GET LOVE IN RETURN.

Success is nothing more than a few simple disciplines, practiced every day.  
Don't speak unless you can improve the silence.

Better to know the price of success: dedication, hard work and an unremitting devotion to the things you want to see happen.

Think positively sound become music, movement becomes dance, smile becomes laughter, mind becomes meditation and life becomes a celebration.

Living in the favorable and unfavorable situation is called "PART OF LIFE" but smiling in all those situations is called "ART OF LIFE".

Dreams never materialise unless you give shape to your thoughts by putting them into action. Remember you can't hold water, but you can hold Ice.

Always keep the Communication regular, because what disturbs the most is not the "Noise" of the strangers but the "Silence" of dear ones.

Always have a successful exit than a favorable entrance because what matters is not being clapped when we arrive but being remembered when we leave.

If someone corrects you and you feel offended then you have a Ego problem.

Four beautiful thoughts of Life:  
Look back and get experience;  
Look forward and see Hope;  
Look around and find Reality; and  
Look within and find Confidence.

When you are in the light, everything follows you. But when you enter into the dark, even your own shadow doesn't follow you.

Coin always makes sound but the currency notes are always silent. So when your value increases keep quiet.

Life is best for those who are ENJOYING it. Difficult for those who are, COMPARING it. Our own ATTITUDE defines our life.

Never cry for any relationship in life. Because for the one whom you cry doesn't deserve your tears and the one deserves will never let you cry.

Patience and silence are powerful energies. Patience makes you mentally strong. Silence makes you emotionally strong.

A Satisfied life is better than a Successful life because our success is measured by others. But our satisfaction is measured by our own soul, mind & heart.

Ability is a good thing but stability is even better. The only reason why the earth has gravity is to remind us to keep our feet on the ground in all situations of our life.

Be a Player who runs for the Goal, not a Referee who looks for the Faults. The less we Respond to Negative People, the more Peaceful our Life

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Deal with your problems before they deal with your happiness. Most important time to hold our temper is, when the other person has lost.

A fantastic sentence written on every Japanese bus stop: "Only buses will stop here, not your time. So keep walking towards your goal." Time never waits; you have to run, to catch up with time.

Patience is a great quality. We should learn it from the sun and the moon. Both patiently wait for their turn and each one gets its chance to shine fully.

Success is a tasty dish. Patience, Intelligence, Knowledge and Experience are its Ingredients. But Hard Work is that little salt that makes it delicious.

**The audience sees a joker as a joker but the joker sees himself as a performer. No matter what others think about you, it is your life, just go on with confidence.**

DO NOT WORRY IF OTHERS DO NOT UNDERSTAND YOU. WORRY ONLY IF YOU CANNOT UNDERSTAND YOURSELF. LIVE IN YOUR PASSION AND LOVE YOUR LIFE.

NEVER BLAME ANY DAY IN YOUR LIFE, GOOD DAYS GIVE YOU HAPPINESS, BAD DAYS GIVE YOU EXPERIENCE WORST DAYS GIVE YOU A LESSON.

HAPPYNESS IS HIDDEN WITH YOU JUST REMOVE YOUR WORRIES:

**Faith makes all things possible, Hope makes all things work, Love makes all things beautiful, May you have all the three, THEREBY EDUCATE YOURSELF, INSPIRE OTHERS AND CHANGE THE WHOLE WORLD.**

**It is your mistake if you cannot read the eyes which cheat you but it is really your mistake if you cannot read the eyes which loves you.**

Motivation is already lying in us like sticks in matchbox. We need to light it, then we can enlighten the entire universe.

Self confidence is a small Lamp in a dark tunnel. It does not show everything at once but gives enough light for the next step.

# TREASURES OF LIFE:

Some things in life are even more precious than we think they are. There are material things in nature that go beyond our wonderment, such as the sea, the mountains and the limitless sky. Then there are the things that shape our lives and our being which are less tangible than nature and its matter, but are all the more profound and meaningful. Some may be positive and others negative, but ultimately, they all form part of the reality of our existence and this is what makes them worth cherishing.

The most satisfying work:	HELPING OTHERS.
The most endangered species:	DEDICATED LEADERS.
The greatest natural resource:	OUR YOUTH
The greatest shot in the arm:	ENCOURAGEMENT.
The greatest problem to overcome:	FEAR
The most effective sleeping pill:	PEACE OF MIND.
The most powerful force in life:	LOVE
The most crippling failure disease:	EXCUSES.
The world's most incredible computer:	THE MIND.
The most powerful relationship tool:	THE TONGUE.
The two most power filled words:	I CAN.
The most powerful communication:	PRAYER.
The greatest asset:	FAITH
The most worthless emotion:	SELF-PITY.
The most prized possession:	SELF-ESTEEM.
The most contagious spirit:	ENTHUSIASM.
The most beautiful attire:	A SMILE.

## **CHANCE TO LEARN**

Don't miss the chance to LEARN –

Learning empowers and enlarges you.

Don't miss the chance to THINK –

Thinking yields understanding and wisdom.

Don't miss the chance to TRY -

Trying is the first step for every achievement.

Don't miss the chance to DREAM –

Dreams give your imagination wings.

Don't miss the chance to FEEL –

Feeling paints your hours and days in vibrant colors.

Don't miss the chance to CHANGE –

Change in challenge.

Don't miss the chance to REMEMBER –

Memories are the museums of your past.

Don't miss the chance to LAUGH –

Laughter is the music that makes your troubles dance.

Don't miss the chance to LOVE –

Love opens your heart and fills it with JOY.

## **LOVE and BE LOVE'D**

Take the time to LOVE - LOVE is the greatest GIFT you have to offer.

Take the time to be FRIENDLY - Friendliness is the path of happiness.

Take the time to LAUGH - Laughing is the music of the heart.

Take the time to PRAY - Prayer is most powerful.

Take the time to CRY - Crying indicates a big heart.

Take the time to GIVE - Life is too short to be selfish.

Take the time to READ - Reading is the true portal to knowledge.

Take the time to LISTEN - Listening is truly the intelligent thing to do.

Take the time to do CHARITY WORK - Charity work is the key to Heaven.

Take the time to THINK - Thinking is the secret of success.

Take the time to PLAY - Playing is the essence of youth.

Take the time to DREAM - Dreams are the indicators that will lead happiness.

Take the time to LOVE - Time passes by quickly and can never be replaced.

## **ONE DAY AT A TIME**

Our lives are made up a million moments, spent in a million different ways. Some are spent searching for LOVE, PEACE and HARMONY. Others are spent surviving day by day.

But there is no great moment than when we find that life, with all its joys and sorrows is meant to be lived one day at a time.

It is this knowledge that we discover the most wonderful truth of all.

Whether we live in forty room mansions, surrounded by servants and wealth or find it a struggle to manage the rent month to month, we have it within our power to be fully satisfied and live a life with true meaning.

One day at a time, we have that ability, through clearing each moment and rejoicing in each dream. We can experience each day a new and with this fresh start we have what it takes to make all our dreams come true.

You've got to take the good with the bad, smile with the sad, love what you've got, and remember what you had. Always forgive, but never forget. Learn from mistakes, but never regret. LIFE doesn't allow for us to go back and fix what we have done wrong in the past, but it does allow for us to live each day better than our last. Each day is a new and living one day at a time enables us to truly enjoy life and live it to the fullest.

## **SEVEN SPECIAL GIFTS:**

**These GIFTS may be simple, mind you that cannot be bought:**

**THE GIFT OF LOVE... Love is a special gift that you can give over and over again and is completely within your power. May you find love in your family and your friends. And may you share the love you have to give. When you share your love, it comes back to you in many forms. "Love is a fruit in season at all times, and within the reach of every hand."**

**THE GIFT OF LAUGHTER: give you The Gift of Laughter.. Laughter is infectious and the more you laugh, the more other people will join in with you. May laughter fill your home, relieve your stress, and strengthen your friendships. Do not let a day go by without laughing; it is good for your health. "Laughter is a tranquilizer with no side effects."**

**.THE GIFT OF LIVING DAYS TO THE FULL: give you The Gift of Living Each Day to the Fullest... Every day is a gift, and may you use this gift by living life to the fullest. You will never have this day again. What will you do with it? It is a day that you can squander, or a day that will be marked as unique. You have within you the ability to make each day worthy of note; a day that will form a significant contribution in your best-selling book of living. "Yesterday is history. Tomorrow is a mystery. And today? Today is a gift. That's why we call it the present.**

**" THE GIFT OF NO WORRY: give you The Gift of No Worry...Worries are wasted emotions, and remember that circumstances have no emotional component unless you give it to them. May your days be worry-free. If you find yourself worrying about something then fix it. If it is beyond your control, then there is no sense in worrying about it. Ninety percent of what you worry about will never happen, so why worry!**

**"I've seen many troubles in my time, only half of which ever came true.**

**" GIFT OF POSSITIVE THINKING: give you The Gift of Positive Thinking...May you find the good in all situations, even if you have to look for it - look because it is there. No matter what happens in your life, find the good. Your life will be a happier one. "Every problem has a gift for you in its hands.**

**" GIFT OF BALANCE: give you The Gift of Balance...Too much of one thing can end up creating stress; this is something that no one needs in their life. May you find the balance of life: time for work, but also time for play. "Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some**

**." GIFT OF DREAM FULFILLMENT: give you The Gift of Dream Fulfillment...Goals will help you accomplish things you may have thought impossible. May all your dreams turn into goals. "If you have a goal in life that takes a lot of energy, that requires a lot of work, that incurs a great deal of interest and that is a challenge to you, you will always look forward to waking up to see what the new day brings."**

## **RATAN TATA'S MESSAGE**

1. Don't educate your children to be rich. Educate them to be Happy. So when they grow up they will know the value of things not the price.

2. Eat your food as your medicines. Otherwise you have to eat medicines as your food.

3. The One who loves you will never leave you because even if there are 100 reasons to give up he will find one reason to hold on.

4. There is a lot of difference between human being and being human. A Few understand it.

5. You are loved when you are born. You will be loved when you die. In between you have to manage.

6. If you want to Walk Fast, Walk Alone. But if you want to Walk Far, Walk Together.

## **UNIVERSAL TRUTHS**

Pain helps you grow, it does not kill you – makes you stronger. To be able to overtake pain, you must embrace it and allow it to pass over you. If you ignore the pain, you'll end up losing a part of yourself, a part that is very difficult to reconnect with later. Accept the hardship, explore your pain, and once the waves of sadness die down, you will be given a new lease of life.

**FEAR IS AN ILLUSION:** Fear will only get stronger if you let it, you are always in control of your fear. So don't let it control you. Fear can serve you, by keeping you alert in dangerous situations. But unless physical harm may come to you or your loved ones you must let fear know who's boss.

**NOTHING LOST FOR EVER:** Love, Pain, Trouble, Success – it is all transitory. Take joy in the good times, and accept the bad times, for they, too shall pass.

**STRUGGLE IS NOTHING MORE THAN STEPS ON THE WAY TO SUCCESS:** When you are pursuing your dreams, remember that patience does not mean inaction.

**PATIENCE** means staying on the track and using each struggle on a stepping stone towards your dream, it's not going to be easy but it will always be educating.

**TREAT YOURSELF WITH KINDNESS:** Accepting yourself and knowing you're doing your best is good enough. If you have a tendency for self-deprecation, consider how you'd feel if someone else told you these things.

**BE GOOD TO YOURSELF:** You start to feel a difference. Remember to forgive yourself.

**NOTHING TRULY GREAT IS INSTANT:** If you could have everything you wanted instantly, you'd lose your drive to grow,

and things that don't grow end up decaying and dying away.  
Practice, Patience, and enjoy the ride.

**REMEMBER LIFE IS AN ADVENTURE:** Take risks it'll make you more creative and give yourself confidence, even if you fall a couple of times, get up and try again, get out of your comfort zone you just might find true happiness.

**HAVE HUMANITY:** Humanity can bring the understanding that problems are not as difficult as you perceive them to be. Being over confident is as bad as being paralyzed with fear.

But knowing yourself and what it is that you're capable of will give you a sense of ownership over your accomplishments; you keep you humble and provide you with clarity.

The water content in our body is said to be 75% and when you get hurt/injure, blood comes out and not water. Our Heart is full of blood, when you are extremely sad or happy, you don't get blood but water, how interesting our body is designed by God.

## **LEARN FROM BIRDS**

Life is tough, and if you thought that the lives of animals were any easier, you're wrong. Nature itself brings a lot of challenges we all have to face - whether you're human or not. But essentially, life is created in such a way so as to enable us to withstand the challenges and overcome the hardships they bring. If there's one creature in nature that's a perfect example of this, it's undoubtedly the bird, with all its patience and perseverance.

Have you ever watched a bird facing challenging circumstances and obstacles? They spend day after day, time weaving their nests, collecting building material, sometimes brought from distant places. They build the nests with so much care, effort and love.

When it is almost ready and they're prepared to lay eggs, their nests are sometimes destroyed by the elements, by humans, or by other creatures. In these circumstances, the bird does not stop and give up. Instead, it patiently starts all over again, until the first eggs are finally laid in the nest. Sometimes, before the chicks are born, the nests are destroyed once again, due to storm or a predator but this time, with its precious contents. It starts to start things from scratch. But in spite of it all, the bird never gives up. It carries on singing and building and on and on.

Have you ever felt that in life, your efforts are sometimes rendered futile? That your family and friends are not what you may have idealized? Have you ever lost hope and told yourself: "That's enough", it's not worth the effort, that's too much do all again? Are you tired of going through the struggle of everyday life over and over again? The betrayed trust, the failed dreams, the broken promises, the unreached goals – when you were almost there? If yes, do not give up – even if life hurts you again and again. Pray, put your hopes in front of you and go forward.

Do not worry if you get scarred along the way, it is something you can expect. Collect all the bits and pieces of your broken hopes and dreams and go forward again. It doesn't matter how many obstacles you have to overcome. Do not lose hope and courage. Remember to keep your faith. Life is constant challenge, but it is worth accepting. And above all, do not forget to like the bird.

KEEP ON SINGING

## **'WEAKNESS OF ATTITUDE BECOMES WEAKNESS OF CHARACTER'**

Japanese have always loved fresh fish. But the water close to Japan has not held many fish for decades. So to feed the Japanese population, fishing boats got bigger and went further than ever. The further the fishermen went, the longer it took to bring the fish. If the return trip took more time, the fish were not fresh.

To solve this problem, fish companies installed freezers on their boats. They would catch the fish and freeze them at sea. Freezers allowed the boats to go further and stay longer. However, the Japanese could taste the difference between fresh and frozen fish.

And they did not like the taste of frozen fish. The frozen fish brought a lower price. So, fishing companies installed fish tanks.. They would catch the fish and stuff them in the tanks, fin to fin. After a little thrashing around, they were tired, dull, and lost their fresh-fish taste. The fishing industry faced an impending crisis!

But today, they get fresh-tasting fish to Japan . How did they manage? To keep the fish tasting fresh, the Japanese fishing companies still put the fish in the tanks but with a small shark. The fish are challenged and hence are constantly on the move. The challenge they face keeps them alive and fresh!

Have you realized that some of us are also living in a pond but most of the time tired and dull ? Basically in our lives, sharks are new challenges to keep us active. If you are steadily conquering challenges, you are happy. Your challenges keep you energized. Don't create success and revel in it in a state of inertia.

You have the resources, skills and abilities to make a difference. Put a shark in your tank and see how far you can really go!

## **LEARN TO BE HAPPY**

Happiness is comprised of many different elements, most of which we are still trying to discover. I may not know all the secrets yet, but what I am certain of is that comparison is the one thing that has the ability to take away our happiness. Comparing ourselves to others not only makes us continuously jealous and greedy, but it also makes us less satisfied with who we are and what we do. Here's an eye-opening story that explains this.

A Crow lived in the forest and was absolutely satisfied.

One day CROW saw the SWAN is so white, he thought SWAN is white and superior and expressed his thoughts to the swan. Actually, the Swan replied I was feeling the same but I saw the Parrot it has two colors and I feel the Parrot is the best of creation. The crow then approached the parrot, the parrot said I lived very happily until I saw a peacock, I have only two colors, but the peacock has multi color, the crow then visited the pea cock in the zoo and saw that hundreds of people had gathered to see him. After the people had left, the crow approached the peacock and complimented for its beauty. Peacock expressed that he was the happiest and most beautiful bird on the planet, when examined the Zoo very carefully, realized that the crow is the only bird not kept in a cage. So for the past few days I have been thinking that if I were a crow, I could happily roam everywhere. This is often our problem too. Sometimes we let comparison bring us down, instead of valuing what God has given us. Learn to be happy with what you have instead of looking what you don't have. There will be always someone who will have more or less than you have.

## 50 MOST POSITIVE ONE LINERS

1. Have a firm handshake.
2. Look people in the eye.
3. Sing in the shower.
4. Own a great stereo system.
5. In a fight, hit first and hit hard.
6. Keep secrets.
7. Never give up, Miracles happen every day.
8. Always accept an outstretched hand.
9. Be brave. Even if you're not, pretend to be. No one can tell the difference.
10. Whistle.
11. Avoid sarcastic remarks.
12. Choose your life's mate carefully. From this one decision will come 90 per cent of all your happiness or misery.
13. Make it a habit to do nice things for people who will never find out.
14. Lend only those books you never care to see again.
15. Never deprive someone of hope; it might be all that they have.
16. When playing games with children, let them win.
17. Give people a second chance, always.
18. Be romantic.
19. Become the most positive and enthusiastic person you know.
20. Loosen up. Relax. Except for rare life-and-death matters, nothing is as important as it first seems.
21. Don't allow the phone to interrupt important moments. It's there for our convenience, not the caller's.
22. Be a good loser for your loved ones.
23. Be a good winner of Hearts.
24. Think twice before burdening a friend with a secret.
25. When someone hugs you, let them be the first to let go.
26. Be modest. A lot was accomplished before you were born.

27. Keep it simple.
28. Beware of the person who has nothing to lose.
29. Don't burn bridges.  
You'll be surprised how many times you have to cross the same river.
30. Live your life so that your epitaph could read, No Regrets
31. Be bold and courageous. When you look back on life, you'll regret the things you didn't do more than the ones you did.
32. Never waste an opportunity to tell someone you love them.
33. Remember no one makes it alone. Have a grateful heart and be quick to acknowledge those who helped you.
34. Take charge of your attitude. Don't let someone else choose it for you.
35. Visit friends and relatives when they are in hospital; you need only stay a few minutes.
36. Begin each day with some of your favorite music.
37. Once in a while, take the scenic route.
38. Forgive quickly. Life is short.
39. Answer the phone with enthusiasm and energy in your voice.
40. Keep a note pad and pencil on your bed-side table. Million-dollar ideas sometimes strike at 3 a.m.
41. Show respect for everyone who works for a living, regardless of how trivial their job.
42. Send your loved ones flowers. Think of a reason later.
43. Make someone's day by encouraging them.
44. Become someone's hero.
45. Marry only for love.
46. Count your blessings.
47. Compliment the meal when you're a guest in someone's home.
48. Wave at the children on a school bus.
49. Remember that 80 per cent of the success in any job is based on your ability to deal with people.
50. Don't expect life to be fair.

## WORKSHOP

Mr. Masai of Japan took a Workshop for staff of reputed Hotel. I am told this is a workshop; but I see neither work nor shop. So let's proceed where work is happening, first to visit was laundry, it had beautiful view "A room with such a beautiful view is being wasted as a laundry room. Shift the laundry to the basement and convert this into a guest room." Masai insisted to be shifted immediately so that the room starts earning and it was done as per his wish.

The next destination was the pantry. The group entered. At the entrance were two huge sinks full of plates to be washed. Mr. Masai removed his jacket and started washing the plates. Looking at him, the staff came forward to clean it and keep it in stand. All the officials wondered - did they require a consultant to tell them this? He said that lesson to be learned is to avoid waste and unnecessary spending and in Japan it is called Muda, removed all extra plates.

Throughout the workshop now we will find out where all we find 'muda'hidden." He narrated one story: "Japanese and an American, both fond of hunting, met at a jungle. In the pursuit of game they entered deep jungle and suddenly realized that they had run out of bullets. Just then they heard a lion roaring. Both started running. But the Japanese took a short break to put on his sports shoes. The American said, "What are you doing? We must first get to the car." The Japanese said, "No. I only have to ensure that I remain ahead of you." All the participants engrossed in listening to the story realized suddenly that the lion would stop after getting his victim."The lesson is competition in today's world is so fierce, that it is important to stay ahead of other even by just a couple of steps. And you have such a huge and naturally well endowed country. If you remember to curtail your production expenditure and give the best quality always, you will be miles ahead as compared to so many other countries in the world."

# **KNOW YOUR BODY**

## Some Facts About Human Body

Number of bones - 206

Number of muscles - 639

Number of kidneys - 2

Number of milk teeth - 20

Number of ribs - 24 (12 pairs)

Number of chambers in the heart - 4

Largest artery - Aorta

Normal Blood pressure - 120 - 80

PH of blood - 7.4

Number of bones in New born body - 300

Number of vertebrae in the spine - 33

Number of vertebrae in the Neck - 7

Number of bones in Face - 14

Number of bones in Skull - 22

Number of bones in Chest - 25

Number of bones in Arms - 6

Number of bones in human foot - 33

Number of bones in each wrist - 8

Number of bones in hand - 27

Number of bones in each human ear - 3

Number of muscles in the human arm - 72

Largest organ - Skin

Largest gland - Liver

Smallest cell - Blood cell

Biggest cell - Egg cell (ovum)

Smallest bone - Stapes

First transplanted organ - Heart

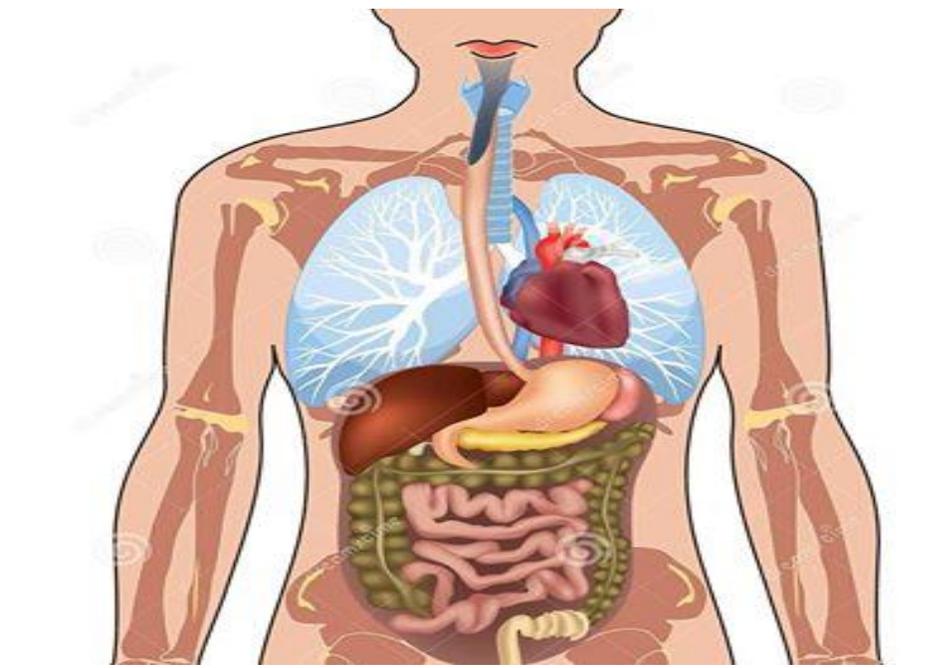
Average length of small intestine - 7 m

Average length of large intestine - 1.5 m

Average weight of new born baby - 2.6 kg.

Pulse rate in one minute - 72 times

Body Temperature - 36.90 C (98.40 F)  
Average blood volume - 4 - 5 liters  
Average life of RBC - 120 days  
Pregnancy period - 280 days  
Largest endocrine gland - Thyroid  
Largest lymphatic organ - Spleen  
Largest cell - Nerve cell  
Largest part of brain - Cerebrum  
Largest andamp; strongest bone - Femur  
Smallest muscle - Stapedius (Middle ear )  
Number of chromosomes in human cell - 46 (23pairs)  
Largest muscle - Buttock (Gluteus Maximus)



## KEY WORDS

Do we know actual full form of some words

News paper =North East West South past and present events report.

Chess =Chariot, Horse, Elephant, Soldiers.

Cold =Chronic Obstructive Lung Disease.

Joke =Joy of Kids Entertainment.

Aim =Ambition in Mind.

Date =Day and Time Evolution.

Eat =Energy and Taste.

Tea =Taste and Energy Admitted.

Pen =Power Enriched in Nib.

Smile =Sweet Memories in Lips Expression.

SIM =Subscriber Identity Module

etc =End of Thinking Capacity

OK =Objection Killed

Or =OrlKorec (Greek Word)

## ATTITUDE

- How you see the world first determines your Attitude, and then your Attitude determines how the world sees you.
- Never calculate a person on his present position because time has the power to change an invaluable carbon into a valuable diamond.
- Your wealth, beauty and status are to be remembered for some time but your good attitude will rule over the hearts forever.
  
- I am only responsible for what I say not for what you understand.
- A pessimist is one who makes difficulties of his opportunities; an optimist is one who makes opportunities of his difficulties.
- Whenever you are in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is ATTITUDE.
- A positive attitude may not solve every problem but it makes solving any problem a more pleasant experience.
- The size of your audience doesn't matter, keep up the Good work.
- Deep conversations with the right people are priceless.
- How others see you are not important, how you see yourself is everything.
- Sometimes you have get away to come back stronger.
- The problem is not the real problem; the problem is your attitude about the problem.
- Best thing that I ever did was believe in me.
- The devil whispered in my ear "You are not strong enough to withstand the storm" Today I whispered in the devils ear that "I am the Storm, myself"
- The struggle you're in today is developing the strength you need for tomorrow.

- Make your parents proud, your enemies jealous and yourself happy.
- The act of getting strong doesn't start in the GYM; it starts in your head.
- It is very easy to say busy when someone needs you. But it's very painful to hear busy when you need someone.
- Raise the level of your words but not the voice. For it is the rain that grows flowers and not the thunder.
- There are two reasons why people change - they either feel the heat or see the light.
- Feeling the heat forces us to change. Seeing the light inspires us to change
- Two words that can change the way we approach our life:
- 'CAN I?' or 'I CAN' Think and choose the right option and create a difference in your life, I am sure you will choose the second option.
- The greatest pollution problem we face today is negativity, eliminate the negative attitude and believe you can do anything.
- We must not only strike the iron while it is hot, we must strike it until it is hot.
- If you have the spirit of understanding everything in a positive way you will enjoy each and every moment of your life whether it's pressure or pleasure.
- Life is best for those who are enjoying it. Difficult for those who are comparing it. Our own attitude defines our life.
- The audience sees a joker as a joker but the joker sees himself as a performer. No matter what others think about you, it is your life, just go on with confidence.

## ACHIEVEMENT

- Mistakes, failures, Insult, frustration and rejections are part of progress and growth. Nobody ever achieved anything worthwhile without facing these five Things.
- Look at the mistake as just a mistake, not as my or his mistake. Because “my” brings guilt and “his” brings anger, only acceptance brings improvement.
- Do not go through life, grow through life. Life never leaves you empty; it always replaces everything you lost. If it asks you to put something down, it is because it wants you to pick up something better.
- Heavy rains remind us of challenges in life. Never ask for a lighter rain, just pray to God for a better umbrella. - That is the attitude!
- Do not be like a parrot in life, Be like an eagle. A parrot speaks but cannot fly high whereas an eagle is silent and has the willpower to touch the sky.
- It is a wonderful law of nature that the three things which we wish most in life happiness, freedom and peace are always attained by giving them to others.
- Clarity in the mind and purity in the heart are the signs of happiness.
- Richest wealth is wisdom, strongest weapon is patience, best security is faith, most effective tonic laughter and surprisingly all are free.
- Do not worry if others do not understand you, worry only if you cannot understand yourself. Live in your passion and love your life.
- Mathematics may not teach us how to add love or how to minus hate. But, it gives us every reason to hope that, every problem has a solution.

- When you are in light everything will follow you. But when you enter dark even your own shadow will not follow you.
- You can count the number of seeds in the apple, but no one can count the number of apples in a seed. Future is unseen.
- Speak sweetly so that, if ever you have to eat your words, they don't taste bad. Smooth roads never make good drivers. Clear sky never makes good pilots. Problem free life never makes strong person. So don't ask life, why me? Say try me.
- As cold water and warm iron take away the wrinkles of clothes. Mind and warm heart takes out the worries of life
- Acceptance is a great quality that we need to possess because life never accepts how we are but we need to accept how life is.
- Black color is sentimentally bad but every black board makes the student life bright. It's not about the color, it's only about the way of thinking.
- The only reason why the earth has gravity is to remind us to keep our feet on the ground in all situations of our life.
- Difficult doesn't mean impossible, it simply means what you have to work hard.
- Every man needs a woman when his life is in a mess, because just like the game of chess, the queen protects the king.
- Excuses come to those who look for them and the Results come to those who work for them.
- One who wins without problem it is just a Victory. But one who wins with a lot of troubles that is History. Do efforts to win and make a history.

## BLESSINGS

- What is blessed is sure to happen, accept what comes in with mind kept open. What is blocked will not at all happen, worry not and enjoy with life kept open.
- Richest wealth is wisdom, strongest weapon is patience, best security is faith, most effective tonic laughter and surprisingly all are free.
- I don't ask you to make my life easier. But I ask you to give me strength to face all my problems.
  
- When my arms can't reach people who are close to my heart, I always hug them with my prayers.
- Kindness is a language that the blind can see and the deaf can hear.
- When a person is devoted to something with complete faith, God unify his faith in that. When his faith his completely unified, he gains the object of his devotion.
- Always pray to have eyes that see the best, a heart that forgive the worst, a mind that forget the bad and a soul that never loses faith.
- There are only two people who can tell you the truth about yourself - an enemy who has lost his temper and a friend who loves you dearly.
  
- Faith makes all things possible, Hope makes all things work, Love makes all things beautiful, May you have all the three for this Christmas.
- Six Best Doctors in the World-
  - 1.Sunlight
  - 2.Rest
  - 3.Exercise
  4. Diet
  - 5.Self Confidence and
  - 6.Friends,maintain them in all stages of Life and enjoy healthy life
- Once the seed of faith takes root, it cannot be blown away, even by the strongest wind- Now that's a blessing.

## CHANGE

- Change will not come if we wait for some other person or some other time. We are the ones we have been waiting for. We are the change that we seek.
- Be an optimist. Everyone thinks of changing the world but no one thinks of changing himself.
- "People don't change when you give them the better option" But, "They change only when there is no other option" Always keep hoping for good, as the famous Japanese's thought says that, "Keep a green tree in your heart, the birds will automatically come"
- "The Sun causes the lotus to bloom. The Moon on its own makes the lily bloom. The Cloud too, without being asked, gives water. Great Souls are always taking the initiative to do good for others." The secret of CHANGE is to focus all of your energy not on fighting the old, but on building the NEW.
  
- No one in this world is pure and perfect. If you avoid people for their mistakes, you'll always be alone in this world. So judge less and love more.
- Don't complain about others. Change yourself if you want love and peace. Because it is easier to protect your feet, with slippers than to cover the earth with carpet.
- If you can't figure out where you stand with someone, it may be time to stop standing and start walking.
- Everything happens for a reason, live it, love it, learn from it. Make your smile change the world, but don't let the world change your smile.

## CELEBRATION

- When you move your focus from competition to contribution, life becomes celebration. Never try to defeat people, just win them.
- If you think positively sound become music, movement becomes dance, smile becomes laughter, mind becomes meditation and life becomes a celebration.

## COMPANY

- Adjustment with right people is always better than argument with wrong people. A meaningful silence is always better than meaningless talk.
- You cannot add milk in a glass full of milk, but you can add sugar in it. It proves that a sweet person can make space in a filled heart also.
- Comparison is the best way to judge your progress. But don't compare with others, just compare your yesterday with your today.
- Loneliness is a nice feeling beyond words when we choose it for ourselves, but it is horrible when others make us to choose besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials.
- In the company of wind, even dust achieves great heights. But, when mixed with water, it becomes mud. Choose the right company to enhance your value.
- Everybody says, find good person and leave bad ones. A wise person says, find the good in person and ignore the bad in them. No one is perfect.
- Never argue with idiots, because first they bring you to their level and then they beat you with their experience

- In the company of wind, even dust achieves great heights. But, when mixed with water, it becomes mud. Choose the right company to enhance your value.
- Never keep a fixed image for anyone because people act differently with different people at different times.

## DREAM

- Whenever you have a dream inside your heart, never let it go because dreams are the tiny seeds from which beautiful tomorrow grows.
- Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world.
- Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world.
- Our hopes and dreams should be like hair and nail, no matter how many times they get cut, but they never stop growing.
- Whenever you have a dream inside your heart, never let it go because dreams are the tiny seeds from which beautiful tomorrow grows.
- If your action inspires to dream more, learn more do more and become more, you are a leader, and there is no better leader than yours.
- There is only one thing that makes a dream impossible to achieve: the fear of failure.
- Inside every boss is a poor employee who followed his dream.
- A dream is not that which you see while sleeping. It is something that does not let you sleep.
- If you want to know where your heart is, look to where your mind goes when it wanders.

- There is no chance, no destiny, no fate, that can hinder or control the firm resolve of a determined soul.
- If you want your life to be a magnificent story, then begin by realizing that you are the author and everyday you have the opportunity to write a new page
- All of your dreams cannot be translated into Reality. But they can act as a foundation stone of your Glorious Future. Build your Future as you like. For every positive step you take, you are building a strong future.
- Dreams never materialize unless you give shape to your thoughts by putting them into action. Remember you can't hold water, but you can hold Ice.
- Dream gives rise to Hope, Hope inspires Effort, Efforts result in Success. So, dream is the root of success.

## EXPERIENCE

- Sometimes, people won't understand how you feel until it happens to them, until they experience the pain.
- Four beautiful thoughts of Life Look back and get experience, Look forward and see hope, Look around and find reality and look within and find yourself.
- Maturity comes with experience and not by age.
- Once, you develop an attitude to learn from your mistakes, you no more pay the price but just enjoy the payoffs.
- There is a great difference between worry and concern. Be concerned but never be worried. A worried person sees a problem in everything and a concerned person finds solution for every problem.
- Before you speak, listen. Before you write, think. Before you spend, earn. Before you retire, save. Before you invest, investigate. Before you criticize, wait. Before you pray, forgive. Before you quit, try. Before you die, give everything you have.

- If we have the Spirit of Understanding Everything in a Positive way, we'll enjoy each and every Moment of Life- whether it's Pressure or Pleasure.
- Everyone is good for you until you expect nothing from them and you are too good to them until you fulfill their expectations.
- Always hope for the best. Every day starts with an expectation and ends with an experience. So praise every moment of your life. There is always a hidden lesson in it.
- Mistakes are painful when they happen. But years later a collection of mistakes are called experiences which lead us to success.
- We learn something from everyone who passes through our Lives. Some lessons are painful, some are painless but all are priceless.
- Forget what hurt you, but never forget what it taught you. For everything you missed, you have gained something else, and for everything you gain, you lose something else. It is about your outlook towards life. You can either regret or rejoice.
- Be thankful for hard times in your life, try not to look at them as bad things but as opportunities to grow and learn.

## FEELINGS

- Never play with the feelings of others because you may win the game but the risk is that you will surely lose the person for a life time.
- In spite of listening to the outside world - Voice from inside you is eternal.

- A Relationship should have the determination of Sandalwood, which never loses its fragrance even if broken up into a thousand pieces.
- A mother can take care of 10 children, but sometimes ten children can't take care of a mother.
- A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail.
- Follow your heart but take your brain with you.
- "Deepest feeling is always felt in silence". "There is no true love without jealousy". "A thing lost is always valued the most".
- Care and love is not a business where you give when you get. It is a beautiful feeling for someone where you love to give even if you do not get.
- Just because you miss someone, doesn't mean you need them back in your life. Missing is just a part of moving on.
- Being kind is more important than being right. Most of times people need a loving heart to listen, not a brilliant mind to speak.
- Feelings are important in our life as they come from heart. If you respond back, they grow if you ignore, they die and if you respect, they stay forever.

### FUTURE / PAST

- Every King was once a crying baby, every great building was once a map. It's not important where you are today: the most important thing is where you will reach tomorrow.
- "No amount of guilt can change the PAST and no amount of worrying can change the FUTURE"
- Pain makes you stronger, tears make you braver, and heartbreaks make you wiser, so thank the past for a better future.

- Learn to live in the present because no amount of guilt can change the past and no amount of worry can change the future.
- It's never too late to start over. If you weren't happy with yesterday, try something different today. Don't stay stuck. Do better.
- Enjoy Life today, yesterday is gone and tomorrow may never come.
- New day new blessings don't let yesterday's failures ruin the beauty of today, because each day has its own promise of love, joy, forgiveness.
- Accept your past without regret, handle your present with confidence, and face your future without fear.
- Past is a Waste Paper, Present is a News Paper, Future is a Question Paper, So, read and write carefully otherwise Life will be Tissue Paper.
- Never show excess affection and care to anyone in this world, because it's human tendency to underestimate anything given free of cost.
- When thinking about the life, remember that an amount of guilt can change the past and no amount of anxiety can change the future.
- One day you will look back and realize that you worried too much about the things that don't really matter and this should be your lesson for future.
- "When you talk, you are only repeating what you already know. But if you listen you may learn something new "
- Never try to go back and repair the Past, which is IMPOSSIBLE. But, be prepared to construct the Future, which is POSSIBLE".

## FRIENDSHIP

- The single finger of friend which wipes out your tears during your failure is much better than the ten fingers which come together to clap for your victory.
- Fake friends are no different from shadows; they stick around during your brightest moments, but disappear during your darkest hours.
- A strong friendship doesn't need daily conversation or being together. As long as the relationship lives in the heart, the friends never part.
- A Friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allow you to grow.
- Sometimes in life we think we don't need anyone. But sometimes we don't have anyone when we need. So don't let your best buddies go ever.
- Friendship is like a relation between the hand and eyes, it's like when the hand gets hurt the eyes cries and when the eyes cries the hand wipes its tears.
- Intelligent people tend to have fewer friends than the average person. The smarter you are, the more selective you become.
- Always love your friends from your heart not from your mood or need.
- We always ignore the ones who adore us, and adore the ones you ignore us.
- An open enemy is better than a false friend.

## GOD

- Everybody knows that Man is a God's creation, but who is the first born that nobody knows.
- Tree is God's gift that everybody knows, but which is the first seed that nobody knows.
- Restless HEART with lifetime guarantee is the divine product without any royalty.
- Matchless EYES with everlasting beauty is the divine gift without any duty.
- A blind man went to Temple. Someone asked "You cannot see God then why are you here?" The blind man said "So what at least God can see me".
- A man prayed to God: "I Want Happiness" God said: First remove "I " that's ego, then remove "Want" that's desire, and see you are left with only "Happiness".
- The key to happiness is not that you never get angry, upset, frustrated, irritated or depressed it is actually, how fast you get out of it.
- Life can be happier and stress free, if we remember one simple thought: "We can't have all that we desire, but time will give us all that we deserve".
  - God has planned happiness for each one of us at the right time in our life. The only thing is that he does not share his calendar with us.
- We make a living by what we get, but we make a life by what we give.
- Every little smile can touch somebody's heart. No one is born happy, but all of us are born with the ability to create happiness.
  - Being happy doesn't mean that everything is perfect. It means that you have decided to look beyond the imperfections.

- It doesn't matter if the glass is half empty or half full. Be thankful that you have a glass and grateful that there's something in it.
- God has no phone, but I talk to him. He has no Facebook, but he is still my friend. He does not have a twitter, but I still follow him.
- Disappointments are just God's way of saying I have got something better, be patient, live life, and have faith.
- Sorrow looks back, worry looks around, Faith looks up. Pray as if it's up to god and work as if it's up to you.
- We all are tourists and God is our travel agent who already fixed all our Routes Reservations and Destinations  
So Trust him and Enjoy the "Trip" called LIFE.
- If you see the moon you see the beauty of god , if you see the sun you see the power of god and if you see the mirror you see the best creation of god so believe in yourself.

### GOOD / BAD

- Always be good with the good but never be bad with the bad because you cannot wash mud with mud.
- No one is perfect, find the good in people and ignore the bad in them.
- Be careful who you trust, the devil was once an angel.
- We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.
- Everyone may not be nice but there is something nice in everyone.
- If you find yourself with a negative person, focus on your own energy and don't let them drop your energy. "Light is always stronger than darkness."

- We swallow bitter medicines quickly and keep sweet candies in our mouth for longer time.
- Keep the good times in heart for ever and swallow bitter memories instantly.
- Truth is like surgery, it hurts but it cures and lie is like a pain killer, it gives relief but has side effects later.

## GOAL

- If you want to reach a goal, you must "see the reaching" in your own mind before you actually arrive at your goal.
  - Nothing can add more power to your life than concentrating all your energies on a limited set of targets.
  - Even the greatest was once a beginner; don't be afraid to take the first step of your goal.
  - You should aim that your haters will be your fans and work for that.
  - Never give up, everyone has bad days. Pick yourself up and keep going, you are sure to achieve the goal.
  - Review your goals twice every day in order to be focused on achieving them.
  - If you have the choices, choose the best, but when there is no choice then do the best.
- 
- Be a Player who runs for the Goal, not a Referee who looks for the Faults. The less we respond to Negative People, the more peaceful our Life become.

## HUNGER

- No teacher, no professor nor a mentor can teach the important lessons in life better than a hungry stomach and an empty pocket.
- SORROW: Laughing faces do not mean that there is absence of sorrow, but it means that they have the ability to deal with it.
- Happiness keeps you Sweet! Trials keep you Strong! Sorrows keep you Human!;; Failure keeps you Humble!;; Success keeps you Glowing!;; But only, Faith keeps you going! Live Simply, Walk Humbly and Love Genuinely.

## HAPPINESS

- The key to happiness is not that we never get angry, upset, frustrated, irritated or depressed. It is actually, how fast we decide to get out of it.
- Some people sell happiness while they don't taste any of it.
- Every minute you are angry, you lose sixty seconds of happiness.
- Having a sharp memory is a good quality of the brain....but the ability to forget the unwanted things is a far better quality of the Heart.
- It's not important how big the house is, it's how HAPPY the home is.
- Five steps to Happiness are: Smile more, Think less, Be present, Give more and Expect less.
- Do good to everyone without expecting much, as an old proverb says "Some fragrance always remains in the hands of those who distribute roses".
- A good heart and a good nature are two different issues. A good heart can win many relationships, but a good nature can win many good hearts.

- When you are happy you enjoy the music, but when you are sad, you understand the lyrics
- Smile is electricity and life is battery. Whenever you smile the battery gets charged and a beautiful day is activated.
- Happiness is not something you postpone for the future; it is something you design for the present.
- Deal with your problems before they deal with your happiness. Most important time to hold our temper is, when the other person has lost.
- Happiness is hidden with you just remove your worries.

### HURTING

- Hurting someone who really cares for is as easy as throwing stone in the lake, but you do not know how deep that stone goes.
- Hurting someone is as easy as cutting the tree but making someone happy is like a growing tree. It takes lot of time.
- Don't be much close to anybody, because a small change in their behavior hurts a lot.

### KNOWLEDGE AND WISDOM

- If you need knowledge keep adding something new to your mind every day. If you need wisdom keep deleting few unwanted things from your mind every day.
- Sword and words have the same letters. Strange fact is that they have the same effect too but depends on how we use them.
- KARMA what goes around comes round. Keep your circle positive. Say good words. Think good thoughts. Do good deeds.

# LOVE

## WHAT IS LOVE?

Love - is there an emotion or word more powerful? Think of love between lovers, friends, siblings, parents and their children, and many others. We may all have relationships with which we associate this word, but if we give them a good thought, how many of them are we putting our all into? What are we giving for love and what are we forgetting? Let's revisit some of the most indispensable principles about love, and celebrate this wonderful feeling in the light of this reminder.

- Love isn't something you find. Love is something that finds you.
- We accept the love, we think we deserve.
- You need power, only when you want to do something harmful, otherwise love is enough to get everything done.
- Love is other person's happiness is more important than your own.
- Love is never lost, If not reciprocated, it will flow back and soften and purify the heart. Life is the flower for which Love is the noney.
- Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.
- Love is anterior to life, posterior to death, initial of creation, and the exponent of breath. I saw that you were perfect, so I loved you.
- Than I saw that you were not perfect, and I loved even more. Love is love's reward.
- To love is nothing. To be loved is something. But to love and be loved, that's everything.
- If you live to be a hundred, I want to live to be a hundred minus one day so I never have to live without you.

- Best medicine for the human creature is love. Someone asked god, what to do if it doesn't work? He smiled and answered, increase the dose.
- You don't love someone for their looks, or their clothes, or for their fancy car, but because they sing a song only you can hear.
- Love is life. And it, you miss love, you miss life.
- Love needs someone. Love is putting up with someone's bad qualities because they somehow complete you.
- The most useful asset of a person is not a head full of knowledge but a heart full of love with ears open to listen and hands willing to help.
- The world is full of nice people. If you can't find one, be one yourself.
- Give only love and care as a loan to everyone that is the only thing which comes back with the highest interest.
- Be grateful to the people who make you smile. They are the charming gardeners who help your soul to blossom. Beware of 'ego' it's a sword with two edges. The outer edge cuts your popularity, while the inner edge cuts your purity.
- A girl should be like a butterfly, pretty to see and hard to catch.
- A person who truly loves you will never stop believing in you and will never let you go, no matter how hard the situation is.
- Everyone knows how to love, but very few people know how to stay in love with one person for a very long time.
- It takes three seconds to say "I LOVE YOU" three hours to explain it and a lifetime to prove it.
- God gave us everything in pairs, two hands, two eyes, two ears, two legs, but only one Heart, because we gave another to someone else for us to go find.
- Love me or hate me, both are in my favor, if you love me, I'll always be in your heart, if you hate me, I'll always be in your mind.

- Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Give love and get love in return

## LIFE

- Being good is not very easy; it's like being a goal keeper. No matter how many goals you save, people remember only the one you missed. That's life.
- The lotus is a symbol of purity. Its roots are in the mud, but the flower remains above dirty water. Live a lotus life. Live in this world, but unaffected by impurities.
- To live a happy life, you have to free your heart from hate, free your mind from worry, live simply, give more, and expect less.
- Someone asked Swami Vivekananda, what is poison? He Have a great answer- "Everything excess in life is poison."
- Live with no excuses and love with no regrets. When life gives you a hundred reasons to cry, show life that you have thousand reasons to smile.
- Living alone is really better than living with fake people, who hate you but act like loving you.
- Iron is very hard metal But it also become weak, when it's hot. So always stay cool in any situation you will always be strong in life.
- Think of "LIFE", certain you will find yourself charged!
- Life is not an iPod to listen to your favorite songs. It is a radio, you must adjust yourself to every frequency and enjoy whatever comes in it.
- Life is the most difficult exam. Many people fail because they try to copy others - not realizing that everyone has a different question paper.

- There is purpose for everyone you meet. Some people come into your life to test you, some to teach you, some to use you, and some to bring out the very best in you.
- Living in the favorable and unfavorable situation is called "part of life". But smiling in all those situations is called "art of life".
- Life is like a coin, pleasure and pain are the two sides. Only one side is visible at time, but remembers other side also waiting for its turn.
- Ego is lack of self respect. In any situation, if we react aggressively or get hurt, it is our ego, and if we remain stable and have faith in ourselves, it is self respect.
- You have this one life, how do you want to spend it? Apologizing? Regretting? Questioning? Hating? Dieting? Running after people who don't see you? Be brave. Believe in yourself. Do what you feel good. Take risks. You have this one life. Make yourself proud.
- A life with love will have some thorns, but a life without love will have no roses.
- Life is best for those who are enjoying it, difficult for those who are comparing it and worst for those who are criticizing it. Your own attitude defines your life.
- Appreciate those who are happy for your happiness and sad for your sadness. These are people to truly treasure.
- A mother may be 'Educated' or 'Uneducated' but she is the "Best guide" and "Last hope" in the world whenever you fail in your life.
- The purpose of life is not only to be happy but also to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.
- Life isn't about building walls and hiding behind them. It's about breaking them down and expanding beyond them.

- Time, power, money and body may not cooperate every time in life but Good nature, good understanding, spiritual path and true spirit will always cooperate in life.
- A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.
- Life becomes interesting when you start speaking silently with your eyes, but life becomes more interesting when someone starts reading those eyes silently.
- The reason for misunderstanding is, we see the people as we are, but not as they are.
- The kite gives us a nice and wonderful message. Fly high and high. But stay connected to the ground to our roots or else you will be lost.
- Don't depend too much on anyone in this world, because even your own shadow leaves you when you are in darkness.
- Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.
- We make a living by what we get, but we make a life by what we give.
- Do not make excuses for why you cannot get it done. Focus on all the reasons why you must make it happen.
- The worst regret we can have in life is not for the wrong things we did but for the thousands of right things we did for wrong persons.
- A soft nature of a person does not mean weakness. Remember nothing is softening than water but its force can break the strongest rocks.
- Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else, but you are the one who gets burned.
- Be a writer of your life and reader of your mind.

- The more you know about yourself, the less you need approval of others
- I can't change the direction of the wind, but I can adjust my sails to always reach my destination.
- The kite gives us a nice and wonderful message. Fly high and high. But stay connected to the ground to our roots or else you will be lost.
- Faith makes everything possible. Hope makes everything work and Love makes everything beautiful. May you have all the three in your life
- Indecision and delays are the parents of failure.
- Life is a one way road, where you can see back, but you cannot go back. So do not miss anything, enjoy every second of life.
- We can win life by all means, if we simply avoid two things in our life- comparing with others and expecting from others.
- A drop of lemon juice can spoil gallons of milk, similarly a drop of ego can destroy the beauty of our life. Leave ego, live life.
- A good life is when you assume nothing, do more, need less, smile often, dream big, laugh a lot and realize how blessed you are for what you have.
- Sometimes we have to stop being scared and just go for it. Either it will work or it won't. That is life.
- Stop complaining about your circumstances, do something about it.
- You are the driver of your own life and don't let anyone steal your seat.
- Never blame a day in your life. Good days give happiness while bad days give experience so enjoy each and every day in your life.
- Life is like a coin, Pleasure and pain are the two sides. Only one side is visible at a time, but remembers the other side also waiting for its turn.

- Acceptance is a great quality that we need to possess because life never accepts how we are but we need to accept how life is.
- A Satisfied life is better than a Successful life because our success is measured by others. But our satisfaction is measured by our own soul, mind and heart.
- Four beautiful thoughts of Life:  
Look back and get experience;  
Look forward and see Hope;  
Look around and find Reality; and  
Look within and find Confidence
- Keep your face to sun shine, and the shadow will fall behind you. Start where you are, use what you have and do what you can do.
- Life is the most difficult exam. Many people fail because they try to copy others, not realizing that everyone has a different question paper.
- Life is better when you are happy but life is at its best when other people are happy because of you, be inspired, give love and share your smile with everyone.
- We all are tourists and God is our travel agent who has already fixed all our Routes Reservations and Destinations. So trust him and enjoy the “Trip” called life.
- Life is very precious and special, no one has yet realized why and what for life. Life is half spent before we can even understand what it is.
- Life is sweet for those who think and life is bitter for those who feel. Life is worth living, people are worth loving and God is worth trusting.
- Life can only be understood backwards. Life is made of millions of moments. You only live once, make the best use of it.

- What matters is not how long you live but how well you live. When life is like a sour lemon, make the best use of it; make lemonade.
- Life is not about being rich, popular, highly educated or being perfect. Life is about being honest, being strong, real, humble and able to reach out and touch the lives of others.
- Life is like a ball of cotton fluff. Don't make it heavier by dipping it in the water of sorrow but, make it lighter by blowing it in the air of joy

## MEMORIES

- A single harsh word spoken at the time of anger is so poisonous that it makes us to forget the hundred lovable conversations within seconds.
- Mind is not a dustbin to keep hatred, anger and jealousy but it is a treasure box to store love, happiness and sweet memories.
- Memories are like the house of ants, you do not know how many are hidden inside there. But when one comes out, then others follow one after another.
- Memories are like the house of ants, you do not know how many are hidden inside there. But when one comes out, then others follow one after another.
- Small minds talk about win, average minds talk about position, great minds talk about growth, but champions never talk, they just perform and the world talk.
- Life is only traveled once, today's moments becomes tomorrows memories. Enjoy every moment, good or bad, because the gift of life is life itself.

## MISTAKES

- If you stand for a reason, be prepared to stand like a tree. If you fall on the ground, fall like a seed that grows back to fight again.
- It takes less time to rectify a mistake, than trying to justify it.
- Cheating on a good person is like throwing away a diamond and picking up a rock.
- Bad attitude is just like bad engine oil. The longer you keep it running through your system, more damage it does to your drive.
- The only thing more shocking than the Truth, are the lies people tell to cover it up.
- The tongue is small thing, but what enormous damage it can do.
- Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else, but you are the one who gets burned.
- Wherever we look upon this earth, the opportunities take shape within the problems.
- It is your mistake if you cannot read the eyes which cheat you but it is really your mistake if you cannot read the eyes which love you.

## MATURITY

- When you develop the ability to listen to negative comments without losing temper or confidence, it means you have become matured and truly educated.
- When you develop the ability to listen to negative comments without losing temper or confidence, it means you have become matured and truly educated.

- We should never forget that the impact of every thought, every decision and every act of ours is not just on us but fall on a whole lot of people related to us.
- Strong people know how to keep their life in order. Even with tears in their eyes, they still manage to say I am OK with a smile.
- The less you respond to negativity, the more peaceful your life becomes.
- Be self-motivated, because no one is going to push you.
- A holy man was asked what forgiveness is. He said - “It is the fragrance that flowers give when they are crushed”
- Immature people always want to win arguments even at the cost of a relationship. Mature people understand that it is always better to lose an argument and win a relationship.
- Forgiveness is the attribute of the strong and matured person, the weak can never forgive
- The best cure for the body is a quiet mind, and the best cure for mind is "never mind".
- The best decisions are made when we are left with little or no options. Too many options spoils us while no option make us act.
- When we don't accept an undesired event, it becomes anger, when we accept it, it becomes tolerance. Acceptance and Maturity is the key to handling life well.

## MONEY

- Richest wealth is wisdom, strongest weapon is patience, best security is faith, and most effective tonic laughter and surprisingly all are free.

- Money in the hands of Osama bin: Laden destroyed people. Money in the hands of Mother Teresa fed millions
- There are some things that money just cannot buy, like Manners, Morals, and Intelligence.
- Make the money; don't let the money make you. Change the game, don't let the game change you.

## NATURE

- Think of “NATURE” certainly you will find yourself charged.
  - Person who has anger doesn't require enemy, person who has knowledge doesn't require wealth, and person who has kindness doesn't require protection.
  - Bath purifies body, meditation purifies mind, prayer purifies soul, charity purifies wealth, fast purifies health and forgiveness purifies relations.
  - Just a Minute please, thinks of “NATURE” certain you will find yourself charged.
  - The Internet shows us how small the world is but a missing plane shows how big our planet is.
  - The world is a book and those who do not travel read only one page.
  - Ability is a good thing but stability is even better. The only reason why the earth has gravity is to remind us to keep our feet on the ground in all situations of our life

## PLAY

- It's not important to hold all the good cards in life, but it's important how well you play with the cards you hold.

## PRIDE

- Pride and ego come when, you feel you have done something right. However respect and honor come when, others feel you have done something right.
- Diet plan of life- Eat your words, swallow your pride, digest teaching of guru/teacher, eliminate your ego, for desert indulge in satsang.
- Sometimes we have to keep quiet, swallow our pride and accept that we are wrong. It is not giving up. It is called growing up.
- Let the dogs bark, the LION is still the king.

## PRAYER

- Do not spoil what you have, by desiring what you do not have. Because what you have now is one of the many things you once prayed for.
- Prayers, dreams and seeds are similar in nature. They all have nothing within but they have the potential of creating everything. Be positive. Think positive.
- If you pray and think positivity- sound becomes music, movement becomes dance, smile becomes laughter, mind becomes meditation and life becomes celebration.

## PERSONALITY

- Personality is who we are and what we do when everybody is watching. Character is who we are and what we do when nobody is watching.

- You are born without anything but you die with your name. So that name must not be a word only, it must be a history
- Always have a successful exit than a favorable entrance, because what matters is not being clapped when you arrive but being remembered when you leave.
- Don't talk, just act, don't say, just show, don't promise, just prove.
- Be strong, but not rude; be kind, but not weak; be bold, but not a bully; be humble, but not shy; be proud, but not arrogant.
- Beauty attracts the eye but personality captures the heart.
- Don't worry about what people say behind back of you, they are the people who are finding faults in your life instead of fixing the faults in their own life.
- Beauty isn't all about having a pretty face. It's about having a pretty mind, a pretty heart, and a pretty soul.
- Courage is what it takes to stand up and speak: Courage is also what it takes to sit down and listen.
- No matter how you feel, get up, dress up and show up but never give up
- A lion sleeps in the heart of every brave man.
- When you stop moving, you start sinking.
- Never forget who ignored you when you needed them and who helped you even before you to ask.
- Education is not the name of any degree or certificate that can be shown to others as a proof. But Education is the name of our attitude, actions, language, behavior and personality with others in real life.
- To be born with a personality is a gift from your parents but to die as a personality is an achievement of your own and a return gift to your parents.

- Our behavior is greater than our knowledge because there are many situations where our knowledge may fail, but our behavior can handle that very well.
- If you really want to do something, you will find a way. If you don't, you will find an excuse. If you don't fight for what you want, then don't cry for what you lost
- Be more concerned with your character than with your reputation. Your character is what you really are while your reputation is merely what others think you are.
- Anger and rudeness are false show of strength by a weak mind, but calm and politeness reflect dignity and strength of a strong mind.

## PUNCTUALITY

- "Punctuality" is not just about "being on time". It is basically respecting our own commitments.
- You will end up real disappointed if you think people will do for you, do it yourself.

## PATIENCE

- Patience is a great quality. We should learn it from the sun and the moon. Both patiently wait for their turn and each one gets its chance to shine fully.
- Right things are not possible always, Possible things are not right always. Be true to your heart. You will never go wrong...!
- There was never a night that could defeat sunrise, as equally there is never a problem that could defeat hope. Hope for the best always.

- An arrow can only be shot by pulling it backward. When Life is dragging you back with difficulties, it means it's going to launch you into something great.
- Every struggle in your life has shaped you into the person you are today. Be thankful for the hard time: they can only make you stronger.
- Be patient, good things come to those who wait.
- Everything comes to you at the right time, be patient and trust the process.
- When you talk, you are only repeating what you already know. But if you listen, you may learn something new
- Just when the caterpillar thought her life was over, she began to fly.
- Patience and silence are powerful energies. Patience makes you mentally strong. Silence makes you emotionally strong.

## PEACE

- Inner peace can alone bring peace in world outside. Thus reduce your desires and therefore reduce your problems.
- Solve your problems with patience and perseverance. So stop brooding over the causes and search for the cures.
- Gold and silver are hidden deep under the earth. Pearl and Coral are deep under the sea. But Peace and Joy are hidden in our mind and soul, Stop searching them outside.
- Expect more from yourself than from others because expectation from others hurts you. A lot while expectation from yourself inspires you a lot.
- See mistake just as a mistake, not as my or his mistake because yours brings guilt and his brings anger. Only acceptance brings some improvement.

- Peace of mind is a beautiful gift which only we can give to ourselves just by expecting nothing from anyone, even after doing everything for others.
- Silence on lips may avoid many problems. But, speaking with open heart can solve most of the problems. Always speak with a open heart.
- Never win people with arguments rather defeat them with your smile because people, who always wish to argue with you, cannot bear your silence.
- Do you know which the sweetest couple in the world is? Answer: smile and tears. They meet rarely but when they meet the moment becomes unforgettable.
- Sea is common for all, some take pearls, and some come out with just wet legs. World is common to all but we get what we try for.
- A teacher asked: what is forgiveness? A cute little girl gave this lovely reply: It is the wonderful fragrance that a flower gives, when it is being crushed.
- When you are Happy, You Enjoy the Music; but, when you are Sad, You understand the Lyrics.
- If we don't forgive people who have hurt us then they continue to occupy a rent-free space in our mind which they do not deserve.
- Give so much time to improve yourself that you have no time to criticize others.
- 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.
- Bath purifies body, meditation purifies mind, prayer purifies soul, charity purifies wealth, fast purifies health and forgiveness purifies relations.

- Time, power, money and body may not cooperate every time in life but Good nature, good understanding, spiritual path and true spirit will always cooperate in life.
- Don't think that time will change our life, time only changes the expiry dates of the opportunities.
- Truth is always like oil in water, no matter how much of water you add. It always floats on top.
- Mind is not a dustbin to keep hatred, anger and jealousy but it is a treasure box to store love, happiness and sweet memories.
- A sincere devotee asked Buddha: "I want peace". Buddha smiled and said: "Remove I, that's ego. Remove want, that's desire and then peace comes automatically."

### RELATIONSHIP

- True relations and medicine play the same role in our life. Both care for us in pain. Only difference is that true relationship does not have an expiry date.
- The best relationship is not the one which is free from problems. But it's the one where one sorry and a smile make everything just as perfect as before.
- Relationship with wonderful persons is like sugarcane. You break it, crush it, squeeze it, even beat it or grind it still you will get only sweetness.
- Be close with someone who makes you happy. But be closer with someone who cannot be happy without you.
- Understanding is deeper than knowledge. Many persons know us, but a few understand us.
- Some relations never demand personal presence, it is the confidence in the relation which makes you sure that when needed, and the person would always be with you.
- If someone doesn't appreciate your presence, make them appreciate your absence.

- Mistake is a single page of life but relation is a complete book, so do not lose a full book for single page.
- Relationships these days are harder now, because conversations become texting, arguments become phone calls and feelings become status updates.
- Everything is valuable only twice: Before getting it and after losing it.
- Art of lovely relationship is like musical instrument. First you learn to play by rules and then you forget the rules and play from heart.
- Good heart and Good Nature are two different things. Good heart can win many relationships but good nature can sustain life long relationship.
- A lovely relation should have the determination like a mirror which never loses its ability to reflect even if it is broken into thousand pieces.
- The purpose of relation is not to have someone who may be with you completely, but to have someone with whom you can share your incompleteness completely.
- The sweetness of chocolate remains in tongue for some minutes but the sweetness of person remains in heart forever.
- Trust is like a Sticker. Once it is removed, it may stick again, but not as strong as it holds when you first applied. Never break someone's trust on you.
- Many relations come into our life... like rain on ocean but only some can take the best place like a drop which fortunately becomes a pearl.
- Life is not about finding the right person, but creating the right relationship. It's not how we care in the beginning, but how much we care till the very end.
- Be slow in choosing a good person and much slower while losing them because relationship is not an opportunity, it is a sweet responsibility.

- Never go away from good relations even when you find some faults. Because, "Relationship needs affection not perfection".
- Whether it is a machine or relationship, maintenance is always cheaper than repair.
- To make a woman happy- giver her Attention, Affection and Appreciation.
- Relationships prosper with love and respect, one does not get better by merely pulling others down or by criticism one gets better by learning and appreciation.
- A relationship doesn't shine by just shaking hand in best times But It blossoms by holding hands firmly in critical situation.
- Anyone can make you smile, many people can make you cry, but it takes someone really special to make you smile with tears in your eyes.
- You can't be good enough for everybody, but you will always be the best for the one who deserves you.
- Never get too attached to anyone, it will lead to expectations and expectations always lead to disappointments.
- Distance doesn't matter if you really love the person, what matters most is your trust and honesty for that relationship to work out.
- If we could look into each other's hearts and understand the unique challenges each of us face, I think we would treat each other much more gently, with more love, patience, tolerance, and care.
- Relationships prosper with love and respect. One does not get better by merely pulling others down or by criticism. One gets better by learning and appreciation.
- Apologizing does not always mean that you're wrong and the other person is right. It just means that you value your relationship more than your ego.

- The longest distance on earth is not from north to south it is when I stand in front of you and you turn back and talk to others.
- Never cry for any relationship in life. Because for the one whom you cry doesn't deserve your tears and the one deserves will never let you cry.

### RIGHT OR WRONG

- All the right things are not possible always. All the possible things are not right always. Be true to both your mind and heart, you will never go wrong.
- To be Kind is more important than to be right. Many times what people need is not a brilliant mind that speaks but a special heart that listens.
- "A happy person is always happy not because everything is right in their life. They are happy because their attitude towards everything is right".
- Everyone has two Eyes. But no one has the same View. So Always Try to prove that you are Right but Never Attempt to Prove That Others are wrong
- Respect and Trust are two easiest things in life for someone to lose and the hardest things to get back.
- A tongue has no bones but it is strong enough to break a Heart. Be careful with your words.
- It is your mistake if you cannot read the eyes which cheat you but it is really your mistake if you cannot read the eyes which love you.

## SATISFACTION

- When you get little you want more, when you get more, you desire even more, but when you lose it, you realize little was enough".
- Heart is like a Mirror. Mirror shows our reflection and Heart shows affection. Both have one similarity both cannot be reformed once broken.
- Trust the one who can see these 3 things in you:  
Sorrow behind your Smile  
Love behind your Anger and  
Reason behind your Silence.
- Be satisfied when it comes to your personal needs and never be satisfied when it concerns common good.
- Understanding is deeper than knowledge. Many people may be knowing us, but very few understand us.
- Let us never pretend to be more than what we are. Just love yourself the way you are.
- When your commitment is deeper than the sea and your ambition is taller than the sky then your future will be brighter than the sun.
- Satisfaction is greater than success because successful person may not be satisfied, but satisfied person is always successful.
- Always have a successful exit than a favorable entrance. Because, what matters is not being clapped when we arrive but being remembered when we leave.
- Sincere effort is always rewarded. For every confident step taken against failure success comes one step closure by itself. Every next level of your life will demand a different version of you.
- It is not important to go to heaven after we leave but it is important to create heaven in someone's heart, before we leave.

## SMILE

- A smile is a very powerful thing. It can help brighten someone's day, show someone how much you care for them, and even change your entire mood. Smiling is very good for the soul, helping to put your mind completely at ease. These quotes will put a smile on your face. Share them with someone you care about to bring one to theirs too.
- Make someone SMILE whenever you can, you never know how much of a difference you could be making in their life at that moment.
- Smile it's the key that fits the locks on everyone's hearts.
- There's always a reason to SMILE. Find it.

## SACRIFICE

- Sacrifice is greater than love, character is greater than beauty, humanity is greater than wealth but nothing is greater than keeping relations alive.
- To make a difference in someone's life, you don't have to be brilliant, beautiful or perfect, you just have to sacrifice and care.
- Sometimes you just have to be silent and smile, pretend everything is Okay, hold back the tears and just walk away.
- Caring for someone is easy, but to make someone care for you is difficult, so never lose the one who really cares for you.

## SILENCE

- Sometime a blank paper tells you the whole story, sometime even a book lack the meaning, and it's true that words are important, but silence increases the worth of some words.
- Silence on lips may avoid many problems. But, speaking with open heart can solve most of the problems. Always speak with the open heart.
- Silence is the strong fence around wisdom, if your foot slips, you can re-gain your balance, but if your tongue slips, you can never re-build your image again.
- Silence is the strong fence around wisdom, if your foot slips, you can re-gain your balance, but if your tongue slips, you can never re-build your image again.
- Little adjustment is always better than lengthy arguments and meaningful silence is always better than meaningless words.
- The world suffers a lot. Not because of the violence of bad people, But because of the silence of good people!
- Life becomes interesting when you start speaking silently with your eyes, but life becomes more interesting when someone starts reading those eyes silently.
- Silence of a genius is more dangerous than weapons with great noise and Patience of a good person is powerful than anger of thousand fools.
- Silence is the strong Fence around wisdom, If your foot slips, you can regain your balance, but If your tongue slips, you can never rebuild your image again.
- Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution. It represents the wise choice of many alternatives.

- Silence of a genius is more dangerous than weapons with great noise and patience of a good person is powerful than anger of thousand fools.
- Forgive others, not because they deserve forgiveness, but because you deserve peace.
- Do not let the behavior of others destroy your inner peace.
- Worrying does not take away tomorrow's troubles. It takes away today's peace.
- Coins always make sound but the currency notes are always silent. So, when your value increases keep yourself calm and silent.
- Always keep the Communication regular, because what disturbs the most is not the "Noise" of the strangers but the "Silence" of dear ones

## SUCCESS

- Do not lower your goals to the height of your abilities. Instead, heighten your abilities to the level of your goals.
- In life, own satisfaction is better than success. Because success is a measure decided by others, while satisfaction is a measure decided by you.
- Working for success will make you a master but working for satisfaction will make you a Legend. Masters are everywhere and legends are very rare.
- Successful people don't plan results, they plan beginnings. Right results always follow right beginnings.
- Success has only one formula that is stop thinking in terms of limitations and start thinking in terms of possibilities.
- Success is not Accidental, It Is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing.

- You will never reach your destination if you stop and throw stones at every dog that barks.
- Always have a successful exit than a favorable entrance. Because, what matters is not being clapped when we arrive but being remembered when we leave.
- Success of relationship does not depend on how good understanding we have built depends upon how we avoid misunderstanding.
- See the clock only when you don't have work, don't see clock when you are working. Clock is a lock for success"
- Successful people do not relax on chair. They feel relaxed with their work. They sleep with their dreams and wake up with a commitment.
- A Task without Vision is a burden. Vision without a Task is an empty dream. Both Vision and Task together transforms your dream into reality.
- Success has only one amazing formula, stop thinking in terms of limitations and start thinking in terms of possibilities.
- Mistakes are painful when they happen, but years later a collection of mistakes called experience which leads us to success.
- Life is not about waiting for the storm to pass, it's about learning how to dance in the rain.
- Life is like riding a bicycle, to keep your balance, you must keep moving.
- Instead of wiping away your tears, wipe away the people who made you cry.
- I am smiling not because I am stronger than my problems. I am smiling because my GOD is stronger than any of my problems.
- Don't get attracted to people who achieved great heights. Love those who hold you when you fall from the heights. A loyal one is better than royal one.

- It is true that every effort is not converted into success. But it is equally true that success does not come without effort.
- Don't fall in love with someone who say the right things. Fall in love with someone who does the right things.
- Motivation accelerates your journey to Success while Consistency will drop you at the destination. Both are vital things to accomplish on your Journey to Success.
- Successful people don't plan results, they plan beginnings. Right results always follow right beginnings.
- Successful people always have two things on their lips, Silence and Smile.
- "Successful people are always looking for opportunities to help others. Unsuccessful people are always looking at, 'What's in it for me?'"
- In times of difficulty some people break down while some break record, performers are born in difficult situations not in comfort zones.
- Success comes to those who whole heartedly celebrate the success of other people.
- Never mind what others do; do better than yourself, beat your own records from day to day and you are bound to have success.
- Success will never lower it's standard to accommodate you. You have to raise your standard to achieve it. For every bird god provides food but not in the nest.
- When people hurt you over and over again, think of them as SAND PAPER. They may scratch and hurt you a bit, but in the end you end up polished and they end up useless.
- The difference between a successful person and others is not a lack of strength, nor a lack of knowledge, but rather a lack of will.
- When you challenge people, You may Lose one day  
When you challenge yourself, You'll Win every day

Destiny is not created by the shoes we wear, But by the steps we take

- Perseverance is a great element of success. If you only knock long enough and loud enough at the gate, you are sure to wake somebody.
- Success is a tasty dish. Patience, intelligence, knowledge and experience are its ingredients. But hard work is that little salt that makes it delicious.
- The biggest enemy of success is fear of failure. So when fear knocks at your door send courage to open the door and Success will wait for you.
- Success comes to those who have the will power to win over their snooze buttons.
- SUCCESS is our own shadow. Don't try to catch it, walk your own way; it will automatically follow you. Remember shadow follows you only when you walk towards brightness.
- Don't depend too much on anyone in this world, because even your own shadow leaves you when you are in darkness.
- Neither anyone in this world is born as our Friend nor born as our enemy. Behavior, Attitude and Approach makes them become either one.
- Own satisfaction is better than success, because success is a measure decided by others while satisfaction is a measure decided by us.
- "Success is every minute you live. It's the process of living. It's stopping for the moments of beauty, of pleasure, the moments of peace. Success is not a destination that you ever reach. Success is the quality of the journey".
- Never worry for the delay in your success as compared to others. Because, construction of 'wonders' takes more time than ordinary structures.
- The biggest enemy of success is fear of failure. So when fear knocks at your door, send courage to open the door and success will wait for you.

- Success never comes to look for you while you wait around. You've got to get up and work at making your dreams come true.
- To reach successful destination, we need a vehicle assembled with wheels of ideas, the fuel of action, driver with patience and hard work.
- Success never comes to look for you while you wait around. You've got to get up and work at making your dreams come true.
- First they ignore you, then they laugh at you next they fight you, then you win.
- The depth of your struggle will determine the height of your success.
- If you can't handle the stress you won't manage success.
- Performance always come from passion not from pressures, Be Passionate and loves what you do and do what you love thus leads to success.
- Success is a tasty dish. Patience, Intelligence, Knowledge and Experience are its Ingredients. But Hard Work is that little salt that makes it delicious.
- I know the price of success: dedication, hard work and an unremitting devotion to the things you want to see happen
- Success is nothing more than a few simple disciplines, practiced every day. Don't speak unless you can improve the silence

## STRESS

- What is stress?? The gap between our expectations and reality, more the gap more is the stress so expect nothing and accept everything. God has better plans.
- Calmness under stress and courtesy under provocation are not the signs of weakness but rarest of human qualities.

- Life can be happier and stress less if we remember the fact that we can't have all that we desire, but the time will give us all that we deserve.
- Nothing is permanent. Don't stress yourself too much because no matter how bad the situation is it will change.
- Life can be happier and stress free, if we remember one simple thought. We can't have all that we desire but time will give us all that we deserve.

## THOUGHTS

- Great Thoughts speak only to the thoughtful mind, but Great Actions speak to all mankind.
- Discussion is an exchange of thoughts and knowledge, Promote It. Argument is an exchange of ego and ignorance, Avoid it.
- You don't need someone to complete your thoughts; you only need someone to accept you completely.
- We are shaped by our thought, we become what we think. When the mind is pure, joy follows like a shadow that never leaves.
  - Think twice before you speak, because you can change your thoughts but not the spoken words.
  - Your mind is a magnet, thoughts attract. If you always think of blessings, you attract more blessings. If you always think of problems, you attract more problems.
  - Before you speak, listen. Before you write, think. Before you spend, earn. Before you retire, save. Before you invest, investigate. Before you criticize, wait. Before you pray, forgive. Before you quit, try. Before you die, give everything you have.
  - Your mind is a magnet. If you think of blessings, you attract blessings and if you think of problems, you attract

problems. Always cultivate good thoughts and always remain positive and optimistic.

- All the problems are stuck between "Mind and Matter". If you don't "Mind"; it doesn't "Matter".
- One small positive thought in the morning can change your entire day.
- Black color is sentimentally bad but every black board makes the student life bright, it is not matter about the color it's only about the way of thinking.
- A door is much smaller compared to the house, a lock is much smaller compared to the door, a key is the smallest of all, but a key can open entire house. Thus a small, thoughtful solution can solve major problems.

## TEARS

- The hardest moments are not those when tears flow from your eyes, it's when you have to hide the tears in your eyes with a smile to remove tears from someone else eyes.
- Hurting someone is as easy as cutting a tree within a moment but making someone happy is like growing a tree which takes a lot of time, care and patience.
- Don't get frustrated doing continuous unresulted efforts. Sometimes the last key of the bunch opens the lock.
- Parents don't leave you when you were young, you don't have to leave them when they are old.
- Don't worry if people don't like you. Most people are struggling to like themselves.

## TIME

- Time is the rarest luxury, which can never be purchased at any cost. So when someone spends it for you, it defines the depth of care they have for you.
- Time is the most elastic element of world. Because it increases when we are waiting and decreases when we are enjoying.
- TIME is always playing CHESS with us. It makes a move in our life and then sits back to see how we react to the challenges. So make the best move in every step
- 'TIME' is the rarest luxury which can never be purchased at any cost. So when someone spends it for you even by a text, it defines the depth of care.
- Time is always with the people who have the courage to fly not with people who stand on the ground and watch the Sky.
- Time is the rarest luxury, which can never be purchased at any cost. So when someone spends it for you, it defines the depth of care they have for you.
- Hurting someone is as easy as cutting the tree but making someone happy is like a growing tree. It takes lot of time.
- Don't think that time will change our life. Time only changes the expiry dates of the opportunities.
- Time is like a river, you cannot touch the same water twice, because the flow that has passed will never pass again. Enjoy every moment of your life.
  - When we don't understand the lesson at the right time, Life makes us understand the same lesson at the wrong time.
- A fantastic sentence written on every Japanese bus stop: "Only buses will stop here, not your time. So keep walking towards your goal." Time never waits; you have to run, to catch up with time.

- Never blame any day in your life, Good days give you happiness, Bad days give you experience Worst days give you a lesson.
- 'TIME' is the rarest luxury which can never be purchased at any cost. So when someone spends it for you even by a text, it defines the depth of care.

## VICTORY

- Half of sorrows we earn by expecting good things from wrong people and the other half we earn by detecting wrong things in good people.
- Everybody says, find good person and leave bad ones. A wise person says, find the good in person and ignore the bad in them. No one is perfect.
- Sometimes we have to keep quiet, swallow our pride and accept that we are wrong. It is not giving up. It is called growing up.
- Success is never achieved by the size of your brain; it is always achieved by the size of your thoughts. Always have positive thoughts.
- Every successful person has a painful story; every painful story has a successful ending. Accept the pain and get ready for success.
- The price of discipline is always less than the pain of regret; self- discipline is the biggest investment for success in life.
- What we receive is information. What we preserve is knowledge. What we use is intelligence. But What, When and How we use it is our wisdom.
- Confidence helps to set some aim, but self-confidence helps to achieve that aim. So, never lose your self-confidence.

- Every problem in life is like a race and it has solutions of two types: Bhaag lo (run away) or Bhaag lo (participate) choice is yours.
- Never design your character like a garden where anyone can walk. Design it like the sky where everyone aspires to reach.
- The softness of a person's nature does not mean weakness. Because nothing is softer than water but its force can break the strongest rocks.
  - One has to take care of his actions because they will become his habits. One has to take care of his habits because they will form his character.
  - Make your anger so expensive that no one can get it easily and make your happiness so cheap that everyone gets it from you.
  - Lucky people get opportunities, brave people create opportunities, but real winners are those who convert their problems into opportunities.
  - Money in the hands of a bad human being will destroy the existing world. Money in the hands of a good human being will create a new world.
  - It's good to have money and the things that money can buy, but it is good to check up once in a while and make sure we haven't lost the things that money can't buy.
  - Time, power, money and body may not cooperate every time in life but Good nature, good understanding, spiritual path and true spirit will always cooperate in life.
  - Some succeed because they are destined to, but most succeed because they are determined to.
  - "Never try to defeat anyone, just try to win everyone" Do not laugh at them but laugh with them.
  - Happiness depends on how you balance your life's equations between positive and negative experiences and attitudes.

- Doing what you like is freedom. Liking what you do is happiness.
- The search for happiness is the main reason for unhappiness. Accept life the way it comes, as a result, you'll find happiness in every moment of your life.
- The most difficult task is to make everybody happy. The simplest task is to be happy with everyone. Surprisingly, the purposes of both are the same.
- Sometimes it is not what you do, but what do not do that makes you who you are.
- Victory is not a property of brilliants but it is a crown for those who pursue hard work with confidence and devotion.
- Judge nothing, you will be happy. Forgive everything, you will be happier. Love everything, you will be happiest.
- A happy person is always happy not because everything is right in their life. They are happy because their attitude towards everything is right.
- Never worry for the delay in your success as compared to others. Because construction of wonders takes more time than ordinary structures.
- Don't turn back half way from your goal, as the distance still remains the same, either ways. The most desperate time in life is not when you are sad. It's when you have lots to say and you don't find that special one to hear you.
- Success is never permanent. Failure is never final. So always, do not stop doing efforts until your victory makes a history.
- Forget your own sadness by creating a little happiness for others. Because when you are good to others, you are best to yourself.
- Entire water of the sea can't sink a ship unless it gets inside the ship. Similarly negativity of the world can't put you down unless you allow it to get inside YOU.

- You are born to WIN, but to be a winner you must plan to win, prepare to win, and expect to win.
- Empty pockets never held anyone back. Only empty heads and hearts can do that.
- A strong and positive attitude creates more miracles than any other thing Because Life Is 10%, how we make it and 90% how we take it.

## WEAKNESS

- Most of the problems in life are because of two reasons: We act without thinking or we keep thinking without acting.
- The greatest danger for most of us is not that our aim is too high and we miss it but that it is too low and we reach it.
- Our greatest weakness lies in giving up, the most certain way to succeed is always to try just one more time.
- An error does not become a mistake unless we refuse to correct it.
- Every heart has a pain. Only the way of expression is different fool's hiding it in their eyes, while brilliant hides in their smile.
- Little minds have little worries; big minds have no time for worries.
- When iron gets hot you can mold it in any shape. Never lose your temper or else people will mold you the way they want.
- Do not worry if others do not understand you. Worry only if you cannot understand yourself. Live in your passion and love your life.

