

# PAST, PRESENT & FUTURE

*The past is where you learned the lesson,  
the future is where you apply the lesson.  
But don't give up the middle which is  
very precious. Best yoga for today's life...  
Inhale the future without any expectation!  
Hold the present without any grudge!  
And exhale the past without any regrets.  
Do not dwell in the past, do not dream of  
the future, concentrate the mind on the  
present moment. PAST is for Memory &  
Wisdom. PRESENT for its Duty & Action,  
FUTURE for Hope and Anticipation.*

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CA. DR. VISHNU BHARATH ALAMPALLI

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# PREFACE

## **Dear Reader,**

We always think about the past, knowing fully well that nothing could be changed. We are also worried about the future as to what is in store and forget to enjoy the glorious present which is very precious and it is high time to realize the importance of present and start enjoying it, to its full potential. As the past cannot be changed, the present could be ruined by worrying about the future. Past should be for memory and wisdom, future should be for hope and anticipation and the Present for the duty and action. We should live for present before we leave life forever. Happy is the person who know what to remember of the past, what to enjoy of the present and what to plan for the future. If one is brave enough to let go of past and face the future, he is free to live for the present. LET US LIVE LIFE BEFORE WE LEAVE LIFE.

I am indeed very happy that 22nd book of mine is “Past, Present & Future“ and request you to share this with your friends & well-wishers and if you have any comments, please send it me. My mail id is vishnubharathco@gmail.com.

I am indeed grateful to M/s ABARAN JEWELLERS for sponsoring this book.

**CA. Dr. Vishnu Bharath Alampalli**

# WHAT THE WISE PEOPLE SAY ABOUT PAST, PRESENT & FUTURE

“Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present.”

“It’s being here now that’s important. There’s no past and there’s no future. Time is a very misleading thing. All there is ever, is the now. We can gain experience from the past, but we can’t relive it; and we can hope for the future, but we don’t know if there is one.”

“Never turn back and never believe that an hour you remember is a better hour because it is dead. Passed years seem safe ones, vanquished ones, while the future lives in a cloud, formidable from a distance.” Live life for present before you leave life forever.”

“History...has no present – only the past rushing into the future, To try to hold fast is to be swept aside.”

“If you want to know your past, look into your present conditions. If you want to know your future, look into your present actions.”

“You can’t change the past, but you can ruin the present by worrying about the future.

“When you’re confronted with death, your life- past, present and future- turns into a big, shiny question mark.”

“Forget about the past, feel the present, don’t think about the future, life is unpredictable... just enjoy love, feel your heart...”

“Forgive whoever is to be blamed for the past. Then, take responsibility for your own present and future.”

“The past is always tense, the future perfect.”

“Happy...is the person who knows what to remember of the Past. What to enjoy of the Present and what to Plan for the future”

“A true friend is someone who accepts your past, supports your present and encourages your future”

“If you’re brave enough to let go of your past and face your future, you’re free to live your present...”

“The Future Depends on what we do in the Present.”

“It is by no means an irrational fancy that, in a future existence, we shall look upon what we think our present existence, as a dream.”

“People like to bring up your past when your present and future look better than theirs.”

“Every saint has a past and every sinner has a future”

“Heal the past; Live the Present; and dream the future!!!

“Sometimes we need to stop analyzing the past, stop planning the future, stop figuring out precisely how we feel, stop deciding exactly what we want, and just see what happens.”

“No amount of guilt can change the PAST, and no amount of worrying can change the FUTURE”

“Anger is a condition in which the tongue works faster than the mind. You can’t change the past but you can ruin the present by worrying over the future.”

“The clock is running. Make the most of today. Time waits for no man.”

“Never think hard about past. It brings tears. Don’t think more about future. It brings fears. Live this moment with a smile. It brings cheers.”

“Unfortunately, the clock is ticking, the hours are passing by. The past increases, the future recedes. Possibilities decreasing, regrets mounting.”

“Education has become a prisoner of contemporaneity. It is the past, not the dizzy present, that is the best door to the future.”

“Past, present and future are not properties of language. Time unfolds into the seams of being, it passes through you, making and shaping. ”

“Change is the law of life. And those who look only to the past or present are certain to miss the future.”

“Don’t think about past, that it was better than present, always think about future, to make it better than past. ”

“I think of the past and the future as well as the present to determine where I am, and I move on while thinking of these things.”

“Declare the past, diagnose the present, foretell the future.”

“Past is dead, Future is uncertain; Present is all you have, So eat, drink and live merry.”

“Dreams guide you to the future. Dreams remind you of the past. Whether awake or asleep, dreams keep you thinking in the present.”

“You spend your whole life stuck in the labyrinth, thinking about how you’ll escape one day, and how awesome it will be, and imagining that future keeps you going, but you never do it. You just use the future to escape the present.”

“Make peace with your past, enjoy your present, and hope for your future.”

“Life only makes sense if we can see time how God does. Past, Present, and future all at once.”

“The past is a ghost, the future a dream and all we ever have is now.”

“Forget the Past, Live the Present, Dream The Future”

“Sometimes you have to forget what’s gone, appreciate what still remains. And look forward to what’s coming next.”

“There are no second chances so forget the past remember the present and prepare for the future it’s the only life you have been given. So don’t waste it make it real.”

“If you live with an eye to the future, an ear in the past, and your mind in the present you are an intelligent, well rounded person.”

“Past...Present...Future... Bring together your past and present and create the future you want to see...”

“Happiness comes from within and is found in the present moment by making peace with the past and looking forward optimistically to the future.”

“Make peace with your past, enjoy your present, and hope for your future.”

“Sometimes we need to forget some people from our past. Because of one simple reason they just don’t belong in our future.”

“The more anger towards the past you carry in your heart, the less capable you are of loving in the present.”

“Happiness comes from within and is found in the present moment by making peace with the past and looking forward to the future.”

“Don’t cry over the past, it’s gone. Don’t get stressed about the future it hasn’t arrived. Live in present and make it Beautiful.”

“Let go of the past and go for the future. Go confidently in the direction of your dreams. Live the life you imagined.”

“Heal the past Live the present Dream the future”

“Sometimes you have to forget what’s gone, appreciate what still remains, and look forward to what’s coming next.”

“The more you take responsibility for your past and present, the more you are able to create the future you seek.”

# PAST

## PAST IS PAST

“The past is never where you think you left it.”

“People are all over the world telling their one dramatic story and how their life has turned into getting over this one event. Now their lives are more about the past than their future.”

“Past has not defined me, destroyed me, deterred me, or defeated me; it has only strengthened me.”

“The past is never dead. It’s not even past.”

“I Don’t regret my past, I just regret the time I’ve wasted on the wrong people”

“Your past is always your past. Even if you forget it, it reminds you.”

“Study the past if you would define the future.”

Let your past make you better not bitter.

“What’s past is prologue.”

“The PAST is where you learnt a LESSON. The FUTURE is where you APPLY the lesson. Don’t GIVE up in the PRESENT. Live your life TODAY, APPRECIATE this moment and be Happy.”

“Sooner or later we’ve all got to let go of our past.”

“It’s not the Future that you’re afraid of. It’s repeating the PAST that makes you anxious.”

“Scars have the strange power to remind us that our past is real.”

“Dear past, stop tapping me on the shoulders, I don’t want to look back”

“You must learn some of my philosophy. Think only of the past as its remembrance gives you pleasure.”

“We control the past, controls the future. Who controls the present controls the past.”

## ONCE UPON A TIME!

When Window was just a square hole in a room &  
Application was something written on a paper.

When Keyboard was a Piano and Mouse just an animal.

When File was an important office material and hard drives  
just an uncomfortable road trip.

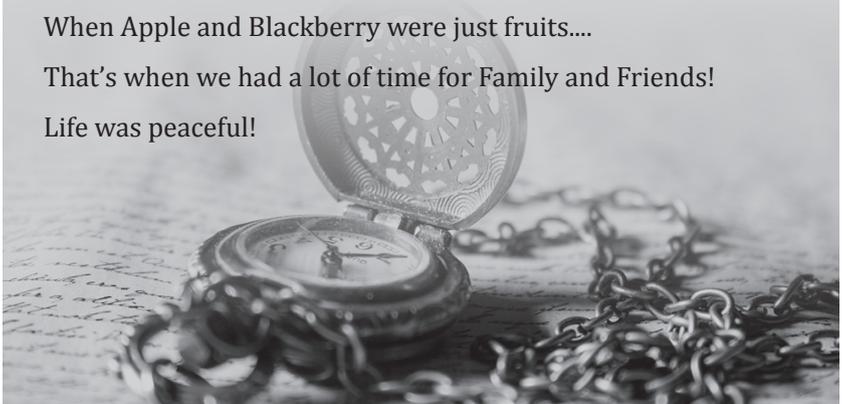
When Cut was done with knife and Paste with glue.

When Web was a spider’s home and virus was flu.

When Apple and Blackberry were just fruits....

That’s when we had a lot of time for Family and Friends!

Life was peaceful!



“We are products of our past, but we don’t have to be prisoners of it.”

“We have to do with the past only as we can make it useful to the present and the future.”

“No man is rich enough to buy back his past.”

“Learn the past, Watch the present, and create the future.”

“The past can’t hurt you anymore, not unless you let it.”

## **THOSE WERE GOLDEN YEARS**

Those were the golden years in the history of mankind on earth. What a joy it must have been to live life naturally, taking one day at a time. They say history repeats itself. May we never forget yesterday’s good things as we live our todays.

- Not in an individual room but we slept along with our dad and mom.
- We were never treated like a pack of animals to carry our books to school.
- While playing and riding bicycle, we never bothered to wear helmet.
- After school time we played until its dusk but never watched TV by locking ourselves in the room.
- We played only with our real friends, but not with NET friends.
- If we ever felt thirst, we used to drink tap water but never searched for bottled water to quench our thirst.
- We never got ill even after sharing the same juice with four friends.
- We were never obsessed even after eating plate full of sweets and rice.
- Nothing happened to our feet even after we used to roam bare feet.

- Never worn spectacle even we used to read in dim light.
- We never used any health supplements to keep ourselves healthy.
- We used to create our own toys and play with them.
- Our parents were not rich; they never ran behind money and wealth. They just searched for and gave only love. Not any worldly materials.
- We stayed near them so that they could communicate with us. Just one word by them was enough to communicate. Hence we never required any mobile phones to communicate.
- We never visited doctor when we got ill but the doctor visited us during our illness.
- We never used to share our emotions just by fake lip movement in mobile phone.
- We used to listen to the truth and our conscience of our heart and used to write those things only in the letters, hence we never used to change our words.
- We never had cellphone, DVD, Play stations, Xbox, video game, Personal computers, internet, chat but we had many real friends.
- We used to visit our friend's home uncalled and enjoyed food with them. We never had to call them and ask their permission to visit their home.
- During our period we had great leaders, who spent their wealth for the society not like this age's leader who steals other's wealth.
- Relatives were near to us so our heart and soul were happy. Hence we never required any Insurance policy.
- We may have been in Black and White Photos but you can find good colorful thoughts of those people.

*We don't have to be defined by the things we did or didn't do in our past. Some people allow themselves to be controlled by regret. Maybe it's a regret, maybe it's not. It's merely something that happened. Get over it."*

## Amazing Vintage Pictures

Things sure have changed in our little world over the years. In this beautiful collection of old vintage pictures, we get to take a look into the past and into a time when things were much different than what we know today. While I'm not saying there is anything wrong with our world today, you can't deny the fact that there is a lot of charm in these old pictures from way back when...



*This was the tallest building in Paris, the Eiffel Tower under construction in the 1880's.*



*The iconic London buses looked like this, 1928.*



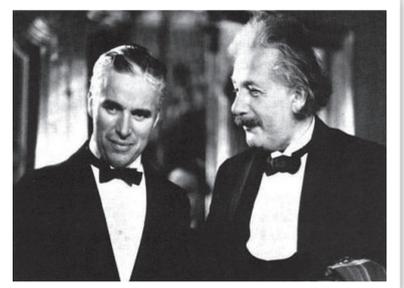
*NYC was a much less busy city, 1908. Charging your electric car*



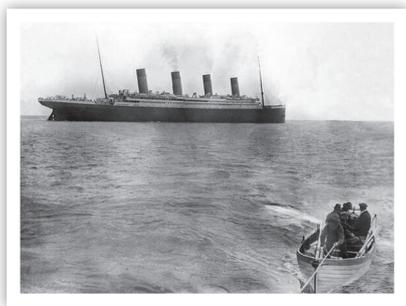
*Remote controls were cutting-edge technology, 1962.*



*Beach Police officers made sure no swimsuit was higher than 6 inches above the knee, 1922.*



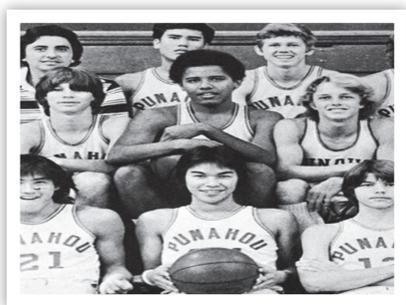
*Charlie Chaplin and Albert Einstein*



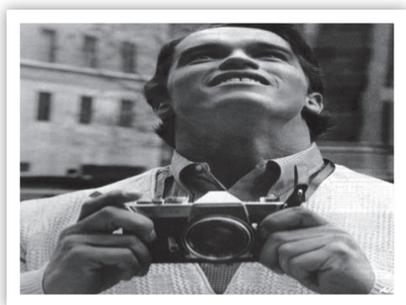
*The Titanic took off for its last trip, full of dreams and promises,*



*People queued for Al Capone's free coffee in Chicago, 1931.*



*Barack Obama in his high school basketball team*



*Arnold Schwarzenegger in New York for the first time in 1968*



*Bill Gates' mug shot for driving without a license 1977*



*A young Osama Bin Laden with his family in Sweden during the 1970s. Bin Laden is second from the right in a green shirt and blue pants.*



*Jimi Hendrix and Mick Jagger – 1969*



*Madonna, Sting and Tupac hanging out.*



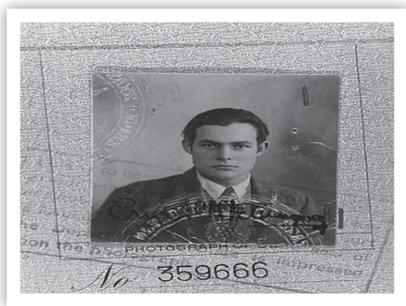
*Audrey Hepburn shopping with her pet deer, Ip, in Beverly Hills, CA -1958.*



*Paul McCartney, John Lennon & George Harrison performing at a wedding reception, 1958.*



*The Rolling Stones circa 1963*



*Ernest Hemingway's passport photo - 1923*



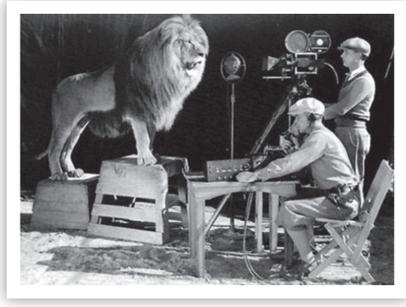
*President FDR's funeral in 1945*



*Robin Williams dressed like a cheerleader - 1980*



*The original Star Wars cast seen just before filming*



*Cameramen recording the lion roar for the MGM logo*



*Elton John at the piano bar aboard his private plane - 1976*



*Diane Keaton and Al Pacino on set for The Godfather 1972*

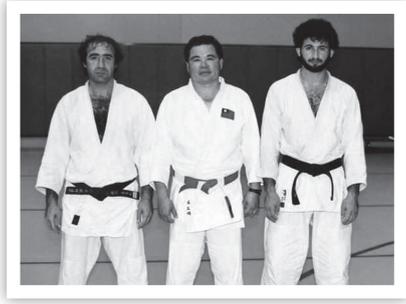


*Bruce Lee dancing*



*Actors portraying President John F. Kennedy and Marilyn Monroe and their rumored affair*

*For the past 40 years, Americans have been enthralled by rumors that Kennedy never gave up his playboy lifestyle, even after marriage and his presidency. These photos, created by photographer Alison Jackson with look-alikes, portray what someone may have seen from the night Monroe performed 'Happy Birthday Mr. President' at JFK's 45th birthday at Madison Square Garden.*



*Osama Bin Laden after practicing judo*



*The Beatles and Ali - 1964*



*Hachiko before his burial in 1935*

*The Japanese dog was famous for his incredible loyalty. His owner passed away and didn't come home on his usual train one evening in 1925. Hachiko returned to the station every day and waited for him to come home for 9 years until his own death.*



*Martin Luther King Jr. and Marlon Brando*



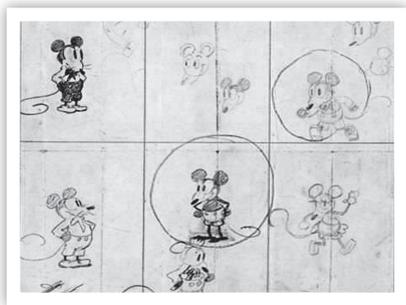
*Steve Jobs sitting with Bill Gates discussing the future of computing in 1991.*



*Chuck Norris and Bruce Lee*



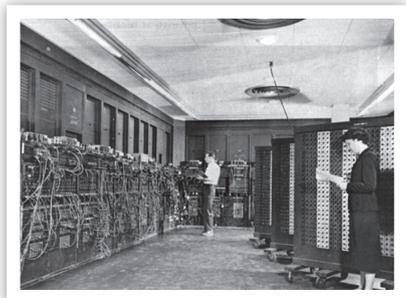
*Adam West (Batman) & Leonard Nimoy (Spock) goof around on a drumset*



*Early drawings by Walt Disney of Mickey Mouse*



*Amelia Earhart getting her last haircut - 1937*



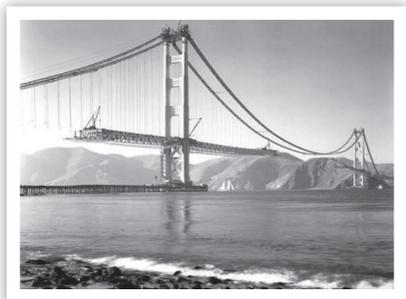
*The US-built ENIAC (Electronic Numerical Integrator and Computer) was the first computer ever made*



*The first Walmart store opened in 1962*



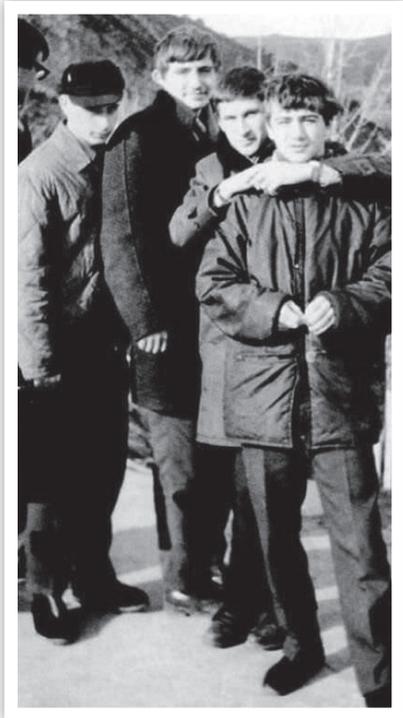
*Marathon Runners at the first modern Olympic Games held in Athens, Greece - 1896*



*Golden Gate bridge construction - 1937*



*Fidel Castro and Malcolm X discussing politics and family - 1960*



*Vladimir Putin as a teenager  
(1st from the left, in a hat)*



*Marilyn Monroe meets Queen Elizabeth II - 1956*



*Steven Hawking with his bride,  
Jane Wilde*



*Robert Downey Jr. and Slash*



*Hitler as the best man in Joseph Goebbels wedding*



*Last concert of Beatles on a London rooftop - 1969*



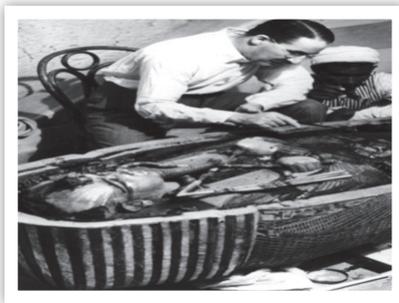
*George Armstrong Custer and some of his fellow soldiers, during the American Civil War. [Colorized]*



*Marilyn Monroe and Sammy Davis, Jr.*



*Norway celebrates the first ever banana arriving in the country*



*Howard Carter, an English archaeologist, examining the opened sarcophagus of King Tut.*



*Che Guevara and Fidel Castro*



*Mt Rushmore construction - 1939*



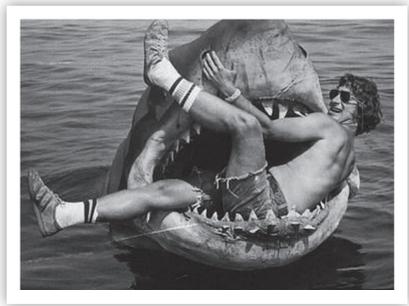
*A young Johnny Depp with Oasis*



*Sean Connery as James Bond, poses with Aston Martin DB5 - 1965*



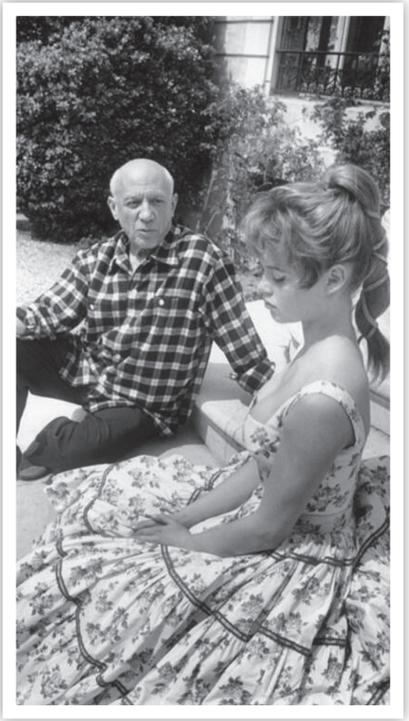
*Elvis Presley during his service in the U.S. Army - 1958*



*Steven Spielberg sits in the mechanical shark used in JAWS*



*William Harley and Arthur Davidson, 1914 -- The Founders of Harley Davidson Motorcycles*



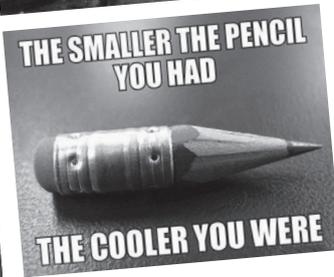
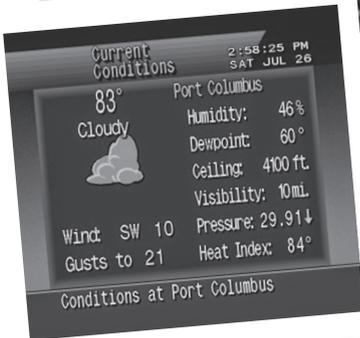
*Pablo Picasso & Brigitte Bardot - 1956*



*A young Bill Clinton meets John F. Kennedy*



# HOW WAS THE PAST



## “LIVE LIFE BEFORE YOU LEAVE LIFE”

“The past is an experience, the present is experiment, and the future is an expectation. Use your experience in your experiments to achieve your expectations.”

“Today, why don’t you love a little deeper, laugh a little louder, hold the ones you love a little tighter, because tomorrow is never promised.”

“A true relationship is someone who accepts your past, supports your present, loves you & encourages your future.”

“Accept your past without regrets, handle your present with confidence and face your future without fear.”

“The past should be left in the past; otherwise it can destroy your future. Live life for what tomorrow has to offer, not for what yesterday has taken away.”

“Learn from your past, live in the present and create your future.”

“Those who look only to the past or the present are certain to miss the future.”

“The past is behind, learn from it. The future is ahead, prepare for it. The present is here, live it.”

““The present changes the past. Looking back you do not find what you left behind.”

“I have realized that the past and future are absolute illusions that they exist in the present, which is what there is and all there is.”

“The past, the present and the future are really one they are today.”

“Learn from the past, live in the present, and believe in the future.”

“We live in the present, we dream of the future, but we learn eternal truths from the past.”

“If you want to know the past, to know what has caused you, look at yourself in the present, for that is the past’s effect. If you want to know your future, then look at yourself in the present, for that is the cause of future.”

“If you live in fear of the future, because of what happened in your past, you will end up losing what you have in the present.”

“Your past never defines your future.”

“The past is your lesson. The present is your gift. The future is your motivation.”

“Dear past, thanks for all the lessons. Dear future, I’m ready.”

“Cleaning out the past, packing up the present, and preparing for a much better future.”

“Face your past without regret. Handle your present with confidence. Prepare for the future without fear. Keep the faith and drop the fear.”

“Surrender to what is. Let go of what was. Have faith in what will be.”

“How foolish is man! He ruins the present while worrying about the future, but weeps in the future by recalling his past!”

“Don’t worry about the people from your past, there’s a reason why they didn’t make it to your future.”

“Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.”

“Don’t stress over past mistakes, because there’s nothing you can do to change it. Focus on your present and create your future today.”

“The secret of health for both mind and body is not to mourn the past, nor to worry about the future, but to live the present moment wisely and earnestly.”

“I lived my past, I’m living my present and I will live my future. The difference is I lived my past planning, I’m living my present doing hard work and I will live my future being successful.”

“I don’t regret the past. I don’t fear the future. I simply live the present.”

“Dear Past, thank you for your lessons. Dear Future, I’m ready. Dear God, thank you for giving me another chance.”

“Past is a waste paper, Present is a newspaper, Future is a question paper. So, read and write carefully, otherwise life will be a tissue paper.”

“The past is behind, learn from it. The future is ahead, prepare for it. The present is here live it.”

“Yesterday, I was in darkness. Today, you’re here and I know tomorrow will be brighter.”

“Human beings have power over their past, present and future.”

“Make peace with your past, enjoy your present, and hope for your future.”

“You can’t do anything to change the past, but by changing your thoughts, attitudes and actions in the present moment, the future is yours to create.”

“The past, the present and the future are really one: they are today.”

“The essence of who you are does not lie in the past. What matters is what you are willing to do now, you are the present.”

“Life is enjoyable when you live for the moment, rather than living in the past or pushing towards the future.”

“The past is a ghost, the future a dream and all we ever have is now”

“You realize that our mistrust of the future makes it hard to give up

the past.”

“Let the smile be always with you, leave the tear to past, let the joy be with you in future, enjoy the present, the most.”

“Don’t let yesterday’s failures ruin the beauty of today, because each day has its own promise of love, joy, forgiveness.”

“We can’t predict the future, nor can we change the past, all we can do is appreciate the present and live in the moment.”

“Live in the Present and make it so Beautiful that it will be worth remembering.”

“People think they’re unhappy because they only think of the past and the future, not the present. Live in the Present.”

“There is no past, no future everything flows In an eternal present.”

“ be present, be concentrated, and be strong.”

“True happiness is.... To enjoy the present, without anxious dependence upon the future”

“Your future is created by what you do today not tomorrow.”

“Family faces are magic mirrors. Looking at people who belong to us, we see the past, present and future. We make discoveries about ourselves and them.”

“I loved you so much once. I did. More than anything in the whole wide world. Imagine that. What a laugh that is now. Can you believe it? We were so intimate once upon a time I can’t believe it now. The memory of being that intimate with somebody. We were so intimate I could puke. I can’t imagine ever being that intimate with somebody else. I haven’t been.”

“You are daydreaming about the future because you have not tasted the present. Start tasting the present. Find out a few moments where you are simply delighting. Looking at the trees, just be the look. Listening to the birds, just be a listening ear. Let them reach to your deepest core. Let them reach to your deepest core. Let their song spread all over your being.”

“There is no point in using the word ‘impossible’ to describe something that has clearly happened.”

“If you carry the bricks from your past relationships to the new one, you’ll only build the same house. You’re not suppose to look back, you’re suppose to keep going.”

“The smallest change in perspective can transform a life. What tiny attitude adjustment might turn your world around?”

“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.”

“We have come too far; we have sacrificed too much, to disdain the future now.”

“Stop beating yourself up! You are a work in progress, which means you get there a little at a time, not all at once.”

“What take us back to the past are the memories. What bring us forward are our dreams.”

“What you need to know about the past is that no matter what has happened, it has all worked together to bring you to this very moment. And this is the moment you can choose to make everything new, Right now.”

“When we are tired, we are attacked by ideas we conquered long ago.”

“Even if you’re not proud of the person you used to be, you can still be proud of the person that you’ve become.”

“Everything we do is infused with the energy with which we do it. If we’re frantic, life will be frantic. If we are peaceful, life will be peaceful. And so our goal in any situation becomes inner peace.”

“Experience the aliveness of each moment. Focus on what truly creates love, and brings you gladness here and now.”

“Take time today to appreciate someone who does something you have taken for granted.”

“Starting today, I need to forget what’s gone. Appreciate what still

remains and look forward to what's coming next."

"Obstacles are those frightful things you see when you take your eyes off your goals."

"Plans are worthless, but planning is everything."

"Great message for us to learn from a pair of walking legs. The foot that is forward has no Pride & the foot which is behind has no Shame. They both know that their situation will change."

## THE PARADOX OF OUR AGE

*We have bigger houses but smaller families;*

*More convenience, but less time;*

*We have more degrees, but less sense;*

*More knowledge, but less judgment;*

*More experts, but more problems;*

*More medicines, but less healthiness;*

*We've been all the way to  
the moon and back;*

*But have trouble crossing the  
street to meet the new neighbor.*

*We build more computers to hold more information  
to produce*

*More copies than ever but have  
less communication.*

*We have become long on quantity,  
but short on quality.*

*These are times of fast foods but  
slow digestion;*

*Tall men but short character;*

*Steep profits but shallow relationships.*

*It's time when there is much in the window,  
But nothing in the room.*

## TAKE SOME TIME...

We do not have much time in life; even though it looks we have a lot. Truth is, it really depends on how we use it. One of the most important things life teaches us is to spend our precious time on the right things, the things that matter the most and will help us as well, as others we care about, live the life we truly want to live.

Take time to LOVE AND BE LOVED, it is the greatest give you have to offer.

Take time to PRAY, it can be extremely powerful !.

Take some time to CRY it's the sign of a big heart.

Take time to give LIFE is too short to be selfish !.

Take time to READ, it is the true portal to knowledge.

Take time to LISTEN, that is truly the intelligent thing to do.

Take time to do CHARITY work that is truly the key to heaven !.

Take time to THINK, that is the secret to success!.

Take time to WORK, that is the price of success!.

Take time to PLAY, that is the essence of youth!.

Take time to DREAM, Dreams are the hints that will lead you to happiness!.

And above all, Take time to LIVE, time runs fast, never to return!.

LIVE LIFE BEFORE YOU LEAVE LIFE



# TIME TO MOVE ON

1. If your thoughts dwell more on memories of the past than experiencing the present. It's time to move on.
2. If memories of the past cause you more pain than happiness. It's time to move on.
3. If you find yourself praying that your current situation will change. It's time to move on.
4. If the things and people you've surrounded yourself with make you feel emotionally exhausted. It's time to move on.
5. If you find yourself more sad than happy, more crying than laughing. It's time to move on.
6. If you feel alone, not being listened to or not being respected. It's time to move on.
7. If a certain situation prevents you from advancing to where you want to be. It's time to move on.
8. If you've lost the passion of doing things you once loved doing. It's time to move on.
9. If you find yourself bored or unsatisfied with most of moments in your life. It's time to move on.
10. If the behaviors you've tried to eliminate from your life insist on staying. It's time to move on.
11. If you feel like you are stuck, and can't advance anywhere. It's time to move on.
12. If you make yourself wear a mask to hide the pain you are feeling. It's time to move on.
13. If the thought of freedom makes you feel good. It's time to move on.
14. If you are scared things can't get better, you're probably wrong. You can prove it to yourself. It's time to move on.

It's always time to move on as long as you believe you can create a better life for yourself.



## INTERNET

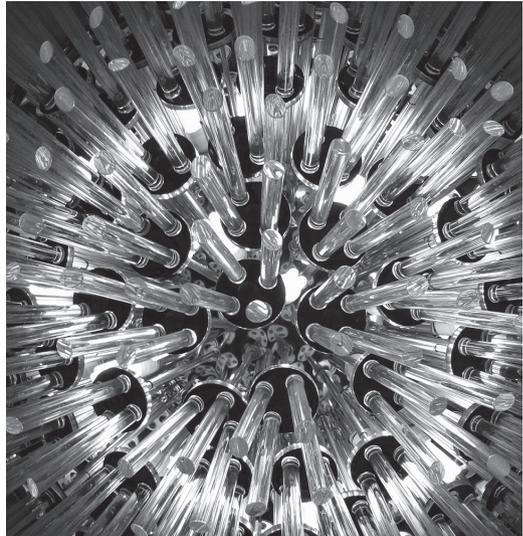
A means of connecting a computer to any other computer anywhere in the world via dedicated routers and servers. When two computers are connected over the Internet, they can send and receive all kinds of information such as text, graphics, voice, video, and computer programs. No one owns Internet, although several organizations the world over collaborate in its functioning and development. The high-speed, fiber-optic cables (called back bones) through which the bulk of the Internet data travels are owned by telephone companies in their respective countries. The Internet grew out of the Advanced Research Projects Agency's Wide Area Network (then called ARPANET)

# FUTURE

## WELCOME TO FUTURE

Welcome to the future! you will find a speculative timeline of future history. Part fact and part fiction, the timeline is based on detailed research – including analysis of current trends, long-term environmental changes, advances in technology such as Moore’s Law, future medical breakthroughs, the evolving geopolitical landscape and much more.

The future is going to be very bright, it is very difficult even to imagine. Research is going on all over the world for better living, easy life, effective time, improvement of health, etc.,



## 21st century

An increasingly globalized humanity is faced with climate change, dwindling resources, overpopulation and technological upheaval.

## 22nd century

Diverging paths for humans and trans humans, eco-technic societies dominate the globe, and colonisation of space begins in earnest.

## The Far Future

Post-biological humanity begins to spread throughout the Galaxy, transforming dead worlds into computational substrates.

## Beyond...

A future timeline of the Universe and its ultimate fate.

“The empires of the future are the empires of the mind.”

“Those who live in the past limit their future.”

“Without a past you can’t have a future”

“How can you have a better tomorrow if you’re still thinking about yesterday?”

“You can’t reach for anything new if your hands are still full of yesterday’s junk.”

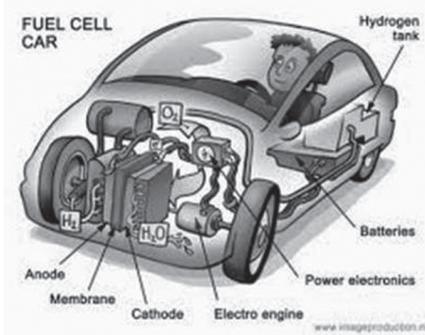
“It is never safe to look into the future with eyes of fear.”

“Two things decide the success in our life. ***The way you manage when you have nothing in hand and the way we behave when we have everything in hand.***”

“The deepest level of worship is praising god inspite of the pain, trusting him when we are tempted to lose hope and loving him when he seems so distant and far away.”

# HYDROGEN FUEL CELL CAR

The stone age came to an end not for a lack of stones but because the human race moved on. Similarly the oil industry will come to an end not for a lack of oil but because the human race would have moved on. About 10 days ago a tectonic movement of sorts hit the world automotive industry. This is a game changer. A paradigm shift and a bold (and very expensive) breakthrough.



A model car is invented that runs on the hydrogen fuel cell. These cars will not need petrol or diesel anymore.

A hydrogen fuel cell vehicle will be more fuel efficient than a petrol driven car. A "litre" of hydrogen (or natural gas) should be a lot less cheaper than a litre of petrol. Plus it has 100% non exhaust gases

(other than water). Since 40% of the world's oil consumption goes into transportation (cars, ships, trains, planes) this hydrogen fuel cell technology will have a significant effect on oil consumption and automotive technology.

## Smart Phones~ TODAY'S obsession ??????

According to psychologists, the major cause of divorce by 2018 will be the smart phone. Your friends and family members are so close and yet so far. The smartphone today is not dissimilar to opium in the last century. It kills off our communication skills, and poisons our hearts and souls. You don't have to wonder any more why so many young people don't read, can't spell or write decently and are often inarticulate.

# Forget Cable TV! Meet the Alternatives

When TV started becoming popular, it was transmitted via radio waves and the quality wasn't great. Later came cable and satellite TV, offering better quality, more channels and even smart features checking a channels scheduled programs. Now, it's the turn for the next revolution:



These devices can turn your TV into a “smart TV”, allowing you to install apps, watch streaming high-definition TV shows and Movies, play games, The possibilities are endless.





*MOBILE PHONES ARE MORE DANGEROUS*



*Wall outlets with USB chargers.*



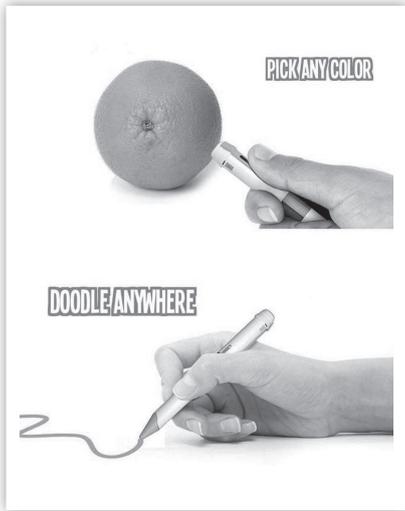
*It should also come with a built-in night light*



*And the ultimate outlet would also have extension cords built into the wall*

*Small tiles you can attach to your keys, wallet, computer, or pretty much anything. If you lose anything, you can then look up their location on your Smartphone*

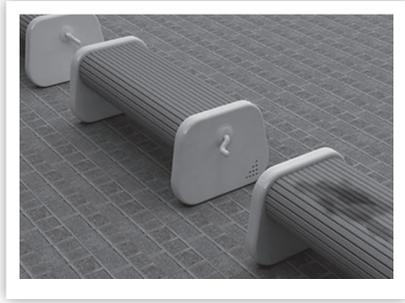




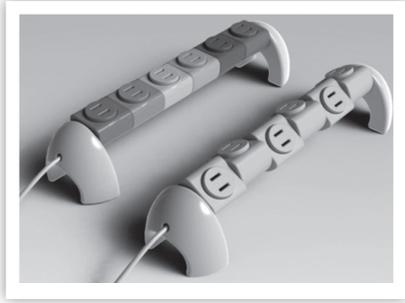
*A pen that lets you scan and write in any color.*



*Fresh pizza vending machines*



*Benches that you can turn to always have a dry seat*



*Power strips that you can expand and rotate*



*Mug that catches any drips*



*Device that charges your phone from hot or cold drinks.*



*Or this solar powered charger.*



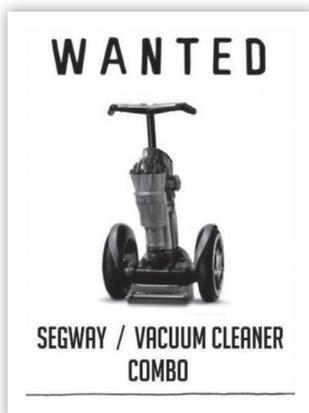
*Water fountains with built-in water bottle filling station.*



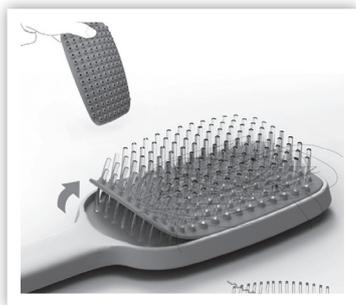
*Subways where you can pay by recycling.*



*Device to lift the Pringles up.*



*A fun way to clean.*



*A hair brush that is easy to clean*



*Ear buds that won't tangle.*



*USB rechargeable batteries.*



*Bike racks that don't take up sidewalk space.*



*Packing tape that is easy to open.*





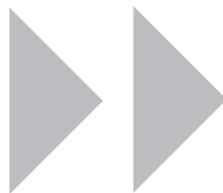
*Caution signs that are funny.*



*Movie theater screens in the bathroom so you don't miss anything.*



*Even better if the theater has bean bag seats.*



## TAKE SOME TIME TO YOURSELF



*Take some time to smell the flowers  
as you walk the paths of life.  
Take some time to ease the tensions  
From the challenges and strife.*



*Although this no doubt could impose  
Upon your time for seeking wealth.  
There should be little question  
That it could improve your health.*





***If you do these things with diligence  
You will eventually be glad.  
If you don't attempt to do them  
You may one-day wish you had.***



***Take some time to just appreciate  
The fact that you are here,  
and to that higher power  
and to trust it without fear***





***Take some time to live in virtue  
In the best way that is known,  
and respect the rights of others  
as equal to your own.***



***Take some time to help another  
Who you will need a hand.  
You will find the satisfaction  
Leave you feeling sort of grand.***





*And if you don't like that image  
of ourself that others see,  
Take some time to make some changes,  
Be the best that you can be.*



*Take some time to love your neighbor  
and even more important still.  
Take some time to love yourself  
or not many others will.*





***Take some time to banish hatred  
When and where you can  
Just detest man's evil ways  
and not your fellow man***



***Take some time to count your blessings,  
Though you feel they're not that great,  
You will find they're more abundant  
Than you thought, at any rate.***





*Take some time to watch a sunrise,  
Now and then a sunset too.  
Just be sure that seeking pleasure  
Isn't all that you ever do.*



*Take some time to hear the birds sing  
as they usher in the dawn,  
Though the day will just be emerging,  
Too soon it will be gone.*



*Life can only be understood backwards;  
but it must be lived forwards.*

# 20 Amazing Scientific Reasons Behind Traditions

- 1. NAMASKAR:** People greet each other by joining their palms - termed as "Namaskar". The general reason behind this tradition is that greeting by joining both the palms means respect. However, scientifically speaking, joining both hands ensures joining the tips of all the fingers together; which are denoted to the pressure points of eyes, ears, and mind. Pressing them together is said to activate the pressure points which helps us remember that person for a long time. And, no germs since we don't make any physical contact!
- 
- 2. TOE RINGS :** Wearing toe rings is not just the significance of married women but there is science behind it. Normally toe rings are worn on the second toe. A particular nerve from the second toe connects the uterus and passes to heart. Wearing toe ring on this finger strengthens the uterus. It will keep it healthy by regulating the blood flow to it and menstrual cycle will be regularized. As Silver is a good conductor, it also absorbs polar energies from the earth and passes it to the body.
  - 3. COIN TO RIVER:** it brings Good Luck. Copper is a vital metal very useful to the human body. Throwing coins in the river was one way our fore-fathers ensured we intake sufficient copper as part of the water as rivers were the only source of drinking water.

4. **TILAK:** The Tilak is believed to prevent the loss of “energy”, the red ‘kumkum’ between the eyebrows is said to retain energy in the human body and control the various levels of concentration. While applying kumkum the points on the mid-brow region and Aagna-chakra are automatically pressed. This also facilitates the blood supply to the face muscles.



5. **TEMPLE BELL:** People who are visiting the temple should and will Ring the bell before entering the inner sanctum (Garbhagudi or GarbhaGruha or womb-chamber) where the main idol is placed. According to Agama Sastra, the bell is used to give sound for keeping evil forces away and the ring of the bell is pleasant to God. However, the scientific reason behind bells is that their ring clears our mind and helps us stay sharp and keep our full concentration on devotional purpose. These bells are made in such a way that when they produce a sound it creates a unity in the Left and Right parts of our brains. The moment we ring the bell, it produces a sharp and enduring sound which lasts for minimum of 7 seconds in echo mode. The duration of echo is good enough to activate all the seven healing centres in our body. This results in emptying our brain from all negative thoughts.



6. **MEAL:** Our ancestors have stressed on the fact that our meals should be started off with something spicy and sweet dishes should be taken towards the end. The significance of this eating practice is that while spicy things activate the digestive juices and acids



and ensure that the digestion process goes on smoothly and efficiently, sweets or carbohydrates pulls down the digestive process. Hence, sweets were always recommended to be taken as a last item.

7. **MEHENDI:** Besides lending color to the hands, mehndi is a very powerful medicinal herb. Weddings are stressful, and often, the stress causes headaches and fevers. As the wedding day approaches, the excitement mixed with nervous anticipation can take its toll on the bride and groom. Application of mehndi can prevent too much stress because it cools the body and keeps the nerves from becoming tense. This is the reason why mehndi is applied on the hands and feet, where nerve endings in the body.



8. **SITTING:** This tradition is not just about sitting on floor and eating, it is regarding sitting in the “Sukhasan” position and then eating. Sukhasan is the position we normally use for Yoga asanas. When you sit on the floor, you usually sit cross legged – In sukhasana or a half padmasana (half lotus), which are poses that instantly bring a sense of calm and help in digestion, it is believed to automatically trigger the signals to your brain to prepare the stomach for digestion.

9. **SLEEPING:** Myth is that it invites ghost or death but science says that it is because human body has its own magnetic field (Also known as hearts magnetic field, because the flow of blood) and Earth is a giant magnet. When we sleep with head towards north, our body’s magnetic field become completely asymmetrical to the Earth’s Magnetic field. That cause problems related to blood pressure



and our heart needs to work harder in order to overcome this asymmetry of Magnetic fields. Apart from this another reason is that Our body have significant amount of iron in our blood. When we sleep in this position, iron from the whole body starts to congregate in brain. This can cause headache, Alzheimer's Disease, Cognitive Decline, Parkinson disease and brain degeneration.

**10. PIERCE EAR:** Piercing the ears has a great importance in Indian ethos. Indian physicians and philosophers believe that piercing the ears helps in the development of intellect, power of thinking and decision making faculties. Talkativeness fritters away life energy. Ear piercing helps in speech-restraint. It helps to reduce impertinent behavior and the ear-channels become free from disorders. This idea appeals to the Western world as well, and so they are getting their ears pierced to wear fancy earrings as a mark of fashion.

**11. SURYA NAMASKAR:** Hindus have a tradition of paying regards to Sun God early in the morning by their water offering ritual. It was mainly because looking at Sun rays through water or directly at that time of the day is good for eyes and also by waking up to follow this routine, we become prone to a morning lifestyle and mornings are proven to be the most effective part of the day.



**12. CHOTI:** Sushrut rishi, the foremost surgeon of Ayurveda, describes the master sensitive spot on the head as AdhipatiMarma, where there is a nexus of all nerves. The shikha protects this spot. Below, in the brain, occurs the Brahmarandhra, where the sushumnā (nerve) arrives from the lower part of the body. In Yog, Brahmarandhra is the highest, seventh chakra, with the thousand-petalled lotus. It is the centre of wisdom. The knotted shikhā helps boost this centre and conserve its subtle energy known as ojas.

**13. CLEANING:** It is the practice followed to clean the House/Office/Factory on the eve of major festivals specially like Navaratri/Deepavali etc., This will be occasion to clean up the place of living/work at least once in a year otherwise it will never be cleaned/renovated. These festivals falls in October/November which marks the start of winter season and end of rainy season. Rainy season wasn't a good time for everyone back then, many homes needed repair and renovation after a heavy rainfall. That is why time before Diwali/Navarathri, was considered the period during which everyone can indulge in cleaning and beautification of their home/Office/Factory which otherwise not attended and gets postponed indefinitely.

**14. BLESSINGS:** Usually, the person of whose feet you are touching is either old or pious. When they accept your respect which came from your reduced ego (and is called your shraddha) their hearts emit positive thoughts and energy (which is called their



karuna) which reaches you through their hands and toes. In essence, the completed circuit enables flow of energy and increases cosmic energy, switching on a quick connect between two minds and hearts. To an extent, the same is achieved through handshakes and hugs. The nerves that start from our brain spread across all your body. These nerves or wires end in the fingertips of your

hand and feet. When you join the fingertips of your hand to those of their opposite feet, a circuit is immediately formed and the energies of two bodies are connected. Your fingers and palms become the 'receptor' of energy and the feet of other person become the 'giver' of energy.

**15. SINDOOR:** It is interesting to note that that the application of sindoor by married women carries a physiological significance. This is so because Sindoor is prepared by mixing turmeric-lime and the metal mercury. Due to its intrinsic properties, mercury,



besides controlling blood pressure also activates sexual drive. This also explains why Sindoora is prohibited for the widows. For best results, Sindoora should be applied right upto the pituitary gland where all our feelings are centered. Mercury is also known for removing stress and strain.

**16. PEEPAL TREE:** 'Peepal' tree is almost useless for an ordinary person, except for its shadow. 'Peepal' does not have a delicious fruit, its wood is not strong enough for any purpose then why should a common villager or person worship it or even care for it? Our ancestors knew that 'Peepal' is one of the very few trees (or probably the only tree) which produces oxygen even at night. So in order to save this tree because of its unique property they related it to God/religion.

**17. TULSI:** Tulsi is like Sanjeevani for the mankind. Tulsi has great medicinal properties. It is a remarkable antibiotic. Taking Tulsi everyday in tea or otherwise increases immunity and help the drinker prevent diseases, stabilize his or her health condition, balance his or her body system and most important of all, prolong his or her life. Keeping Tulsi plant at home prevents insects and mosquitoes from entering the house. It is said that snakes do not dare to go near a Tulsi plant.



**18. FASTING:** The underlying principle behind fasting is to be found in Ayurveda. This ancient Indian medical system sees the basic cause of many diseases as the accumulation of toxic materials in the digestive system. Regular cleansing of toxic materials keeps one healthy. By fasting, the digestive organs get rest and

all body mechanisms are cleansed and corrected. A complete fast is good for health, and the occasional intake of warm lemon juice during the period of fasting prevents the flatulence. Since the human body, as explained by Ayurveda, is composed of 80% liquid and 20% solid, like the earth, the gravitational force of the moon affects the fluid contents of the body. It causes emotional imbalances in the body, making some people tense, irritable and violent. Fasting acts as antidote, for it lowers the acid content in the body which helps people to retain their sanity. Research suggests there are major health benefits to caloric restriction like reduced risks of cancer, cardiovascular diseases, diabetes, immune disorders etc.

**19. WORSHIPING:** Hinduism propagates idol worship more than any other religion. Researchers say that this was initiated for the purpose of increasing concentration during prayers. According to psychiatrists, a man will shape his thoughts as per what he sees. If you have 3 different objects in front of you, your thinking will change according to the object you are viewing. Similarly, in ancient India, idol worship was established so that when people view idols it is easy for them to concentrate to gain spiritual energy and meditate without mental diversion.



**20. BANGLES:** Normally the wrist portion is in constant activation on any human. Also the pulse beat in this portion is mostly checked for all sorts of ailments. The Bangles used by women are normally in the wrist part of ones hand and its constant friction increases the blood circulation level. Further more the electricity passing out through outer skin is again reverted to one's own body because of the ring shaped bangles, which has no ends to pass the energy outside but to send it back to the body.

## WHAT IS IN STORE FOR YOU?

Nanoscience and nanotechnology are the study and application of extremely small things and can be used across all the other science fields, such as chemistry, biology, physics, materials science, and engineering. It's hard to imagine just how small nanotechnology is. One nanometer is a billionth of a meter. A sheet of newspaper is about 100,000 nanometers thick. On a comparative scale, if a marble were a nanometer, then one meter would be the size of the Earth.

Entire economical data of the India could be stored in as small as wrist watch.

Nano technology will have higher strength, lighter weight, increased control of light spectrum, and greater chemical reactivity than their larger-scale counterparts. Governments have invested billions of dollars in nanotechnology research, one should wait and see when it will see the light of the day.





to them. Have an annual health check-up and take the prescribed medicines regularly. Take out a health care insurance coverage.

### **3. Money is important**

Money is essential for meeting the basic necessities of life, keeping good health and earning family respect and security. Don't spend beyond your means even for your children. You have lived for them through out, and it is time you enjoyed a harmonious life with your spouse. If your children are grateful they should take care of you. But never take it for granted.

### **4. Relaxation and recreation**

The most relaxing and recreating forces are healthy and religious attitudes, good sleep, music and laughter. Have faith in your religion, learn to sleep well, love good music, and see the fun side of life.



### **5. Time is precious**

It is almost like holding a horse's reins. When they are in your hands, you can control them. Imagine that every day you are born again. Yesterday is a paid cheque. Tomorrow is a promissory note. "Today is ready cash; use it profitably. Live this moment".

### **6. Change is the only permanent thing**

We should accept change ; it is inevitable. The only way to make sense out of change is to join the dance. Change has brought about many pleasant things. We should be happy that our children are blessed.

### **7. Enlightened selfishness**

All of us are basically selfish. Whatever we do, we expect something

in return. We should definitely be grateful to those who stood by us. But, our focus should be on the internal satisfaction and happiness we derive by doing good to others, without expecting anything in return but the warm glow we get, which in the end, is what we really want.

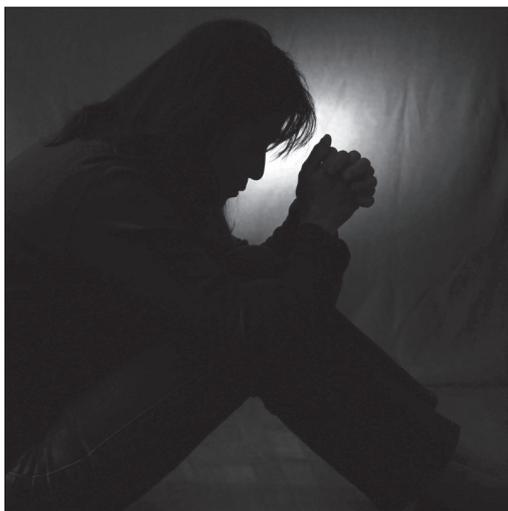
## **8. Forgive, then Forget.**

Don't be bothered too much about others' mistakes. We are not spiritual enough to show our other cheek when we are slapped on one cheek. But, for the sake of our own health and happiness, let us forgive and forget them. Otherwise, we will only be increasing our BP.

## **9. Everything has a reason; a purpose**

Take life as it comes. Accept yourself as you are, and also accept others for what they are. Everybody is unique and right in their own ways.

## **10. Overcome the fear of death**



We all know that one day we have to leave this world. Still we are afraid of death. We think that our spouse and children will be unable to withstand our loss. But the truth is that no one is going to die for you; they may be depressed for some time. Time heals everything and they will carry on. Remember, no one leaves this world alive.

# 4 Stages Of Retired Life



How true. All of us who lasted our long journey  
have to face the final ending.

*Chinese says the last 3 steps.*

**\*WHEN WE ARE OLD, WHOM DO WE DEPEND ON?\***

**\*Ourselves, ourselves, only ourselves, \***

**\*(The truth, as disclosed by a group of old folks). \***

"Have your own abode. No matter what, do not lose it,  
until your death!

If you have an old companion Keep each other good company.  
Watch your health while it is still good Maintain a positive outlook  
and you will be happy.

Now, our health is still good Our mind still clear.

But on whom can we depend in our old age ?

We will have to analyse in various stages.

## 1st Stage

***Just after retirement, between 60 to 70 yrs old,  
Our health will still be comparatively good So too our  
financial means.***

Eat moderately while we have the means At times.  
Wear what we fancy Those who like it, have some fun.  
Do not be hard on yourself  
Our days are numbered  
So, grab the opportunity.  
Have some savings !  
Keep the house !  
Make arrangements for the days ahead or retreat.  
If the kids are well off,  
It is their business ...  
If the kids are filial  
They have good traits ....

***We need not neither decline financial help from our kids Nor  
decline their respect.***

***But we should remain independent &Live our own life well.***

## 2nd Stage

***If no mishap and illness strike after we are 70,  
We will still be able to take care of ourselves.  
Not a major problem.***

However, we must realize we are really getting old Gradually,  
Our body and mind will give way.  
Our reflex will slow down with time ...

We will have to eat slowly, to avoid choking.  
We will have to walk slowly, to avoid falls.  
We can no longer put on a front, we have to look after ourselves!  
Do not meddle anymore with this and that, or control the kids!  
Some even interfere with the third generation !!  
We have intervened our entire life, It is time for  
us to be a little selfish .....

Take hold of ourselves. Life must come full circle.  
Help with the cleaning chores ....  
Try to maintain our health for as long as possible.  
Give ourselves more opportunities to take control of our own life ...  
We lead an easier life when we do not have to  
solicit help from others .....

### 3rd Stage

Our health begins to fail ...  
We have to request help from others ...  
We have to be mentally prepared for it.  
The majority of us cannot escape this hurdle.  
We have to prepare ourselves, emotionally, to accept that :-  
In life, living and aging, sickness and death are milestones we have to  
encounter.  
This is not the final stage in life .....

Nothing to fear !  
Be prepared for it in advance and we will not be too depressed.  
Either check into a private nursing home ...  
Or an old folks home ....  
Depending on affordability, of course.  
There must be a way out .....

The idea is not to add to the kids' burden, emotionally,  
Increase their chores & their financial commitments.

Try our best to overcome -

What hardship has our generation not endured ?

What disasters have we not experienced ?

Trust us to take life's last lap in our stride.

## 4th-Final Stage

Our mind is still clear, but

We are terminally ill,

When our quality of life has deteriorated drastically ..

We must be courageous enough to face death!

Insist that the family not try to prolong our life ....

Do not incur unnecessary expenditure .....

***\*WHEN WE ARE OLD, WHOM DO WE DEPEND ON?\****

***\*Ourselves, \****

***\*Ourselves, \****

***\*Only Ourselves...Amen"\****





## Helpful Answers From Granny!

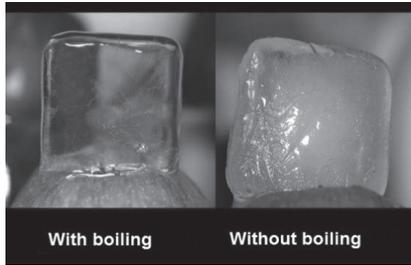
*As we were walking by the local park, we saw granny sitting with a friend, and thought it would be the perfect time to ask her advice about some daily problems we've been having around the house!*

*"Granny! Our kitchen has been invaded by the nearest ant nest!"*



**Granny says:** 'Ants hate cucumbers. Find the ant hole and leave cucumber skin next to it, they won't poke their little heads out!'

*"Granny! Our ice always comes out 'foggy' and opaque, how can we make nice clear ice?"*



**Granny says:** 'If you want clear ice, just boil the water before you freeze them and keep them isolated, it's the other particles in the water that makes it look dirty.'

*"Granny! I got chewing gum stuck on my favorite shirt and I can't get it off!"*



**Granny Says:** 'If you have chewing gum stuck to your clothes, put them in the freezer for about an hour. Then you should be able to simply remove the frozen chewing gum by hand.'

**Granny next to her:** 'Sorry to cut in, but tell them they can also smear a tiny bit of peanut butter on it and let it sit. The fat in the butter will cause the chewing gum to love its hold.'

*"Granny! We have unwanted guests in the house - rats!"*



**Granny says:** 'Spill some black pepper where ever you find mice or rats, they'll take one sniff and head for the hills!'

*"Granny! My hair has lost its luster and spark!"*



**Granny says:** 'If you want luster in your hair (personally I prefer distinguished grey hair), add a spoon of vinegar and then wash really well. The luster and shine will reappear!'

*"Granny! I can never squeeze all the juice out of lemons, there's always more left over."*



**Granny says:** 'Soak the lemons in hot water for one hour, and then you'll easily squeeze out all the juice.'

*"Granny! Remember that shirt I stuck my chewing gum to? Well now I spilt ink on on it!"*



**Granny (rolling her eyes) says:** 'Get some toothpaste and rub it on the ink stains. Then let it completely dry and take it to the wash. If you acted fast enough, you just may get a clean shirt back.'

*"Granny! How can I stop my eyes from watering while I cut onions?"*



**Granny says:** 'There are several ways. First you can cut the onions under cool water, and suprisingly, chewing gum while cutting will sometimes lower the need for tears.'

**Granny next to her:** 'Sorry but I'd like to add that you can also light a candle near the cutting board, the fire burns the gases that cause your eyes to water.'

*"Granny! Every time we clean the mirror, we leave obvious marks on it. How to make it completely clean?"*



**Granny says:** 'To clean the mirror so it will look new and shiny, clean first with regular cleaning material to remove the dirt and dust layers. Then mix a glass of vinegar with a quarter cup of water and use some newspaper to gently clean the mirror. After that go over that wet area with a fresh and dry newspaper. The mirror will look as new.'

*"Granny! I don't have much time and I'm hungry, how can I boil potatoes faster?"*



**Granny Says:** 'Peel one side of each potato before you boil them, and they'll be ready much faster.'

**Granny next to her:** 'Sorry again, but I'd like to add a little tip - to keep peeled potatoes in their fresh white color, soak them in cold water and add a few drops of vinegar before putting in the fridge.'

**Granny says:** 'Sorry and sorry again! Maybe enough butting in? They're asking me!'

**Granny next to her:** 'Sorry.'

*"Granny! It takes too long to peel sweet potatoes!"*



**Granny says:** 'Boil them, and then immediately soak in cold water for a few minutes. The peeling will be much easier.'

'Now if you don't mind, you've tired me out with all your questions. I'm going home to make some food, and you've just reminded me my mirror is still dirty, thanks a bunch!'



## Most Important Info

1. Supreme Court has DECLARED that any person who meets road accidents can be taken to nearby hospital immediately. Hospital must not ask for police report to admit him/her, its Dr. duty to do first aid. Police can be informed later.
2. Railway authorities have introduced a system where one can complain from a running train. The SMS about complaint will be acknowledged & attended. Give the train no, bogie no, precise nature of complaints like -no water in bath room/no lights/fan not working/ security problem etc through sms. It is an effective tool. The railway complaint SMS no: is8121281212.
3. If you see children Begging anywhere in INDIA, please contact: "RED SOCIETY" at 9940217816. They will help the children for their studies.
4. Where you can search for any BLOOD GROUP, you will get thousand's of donor address. <http://www.friendstosupport.org/>
5. Free Education and Free hostel for handicapped/Physically Challenged children. Contact:-9842062501&9894067506.

6. If anyone met with fire accident or people born with problems in their ear, nose and mouth can get free PLASTIC SURGERY done by Kodaikanal PASAM Hospital. By German Doctors. Everything is free. Contact : 045420-240668, -245732. "Helping Hands are Better than Praying Lips"
7. If you find any important documents like Driving license, Ration card, Passport, Bank Pass Book, etc., missed by someone, simply put them into any near by Post Boxes. They will automatically reach the owner and Fine will be collected from them.
8. Special phone number for Eye bank and Eye donation: 04428281919 and 04428271616 (Sankara Nethralaya Eye Bank). For More information about how to donate eyes =visit these sites. <http://ruraleye.org/>
9. Heart Surgery free of cost for children (0-10 yr) SriValli Baba Institute Bangalore. 10. Contact : 9916737471
10. Medicine for Blood Cancer!!!! 'ImitinefMercilet' is a medicine which cures blood cancer. Its available free of cost at "Adyar Cancer Institute in Chennai". Create Awareness. It might help someone.

Cancer Institute in Adyar, Chennai

Category: Cancer

Address:

East Canal Bank Road, Gandhi Nagar

Adyar, Chennai -600020

Landmark: Near Michael School

Phone: 044-24910754 044-24910754 , 044-24911526

044-24911526 , 044-22350241 044-22350241

**AND LETS TRY TO HELP INDIA BE A BETTER PLACE  
TO LIVE IN, Please Save Our Mother Nature for  
"OUR FUTURE GENERATIONS"**

## Brief Profile of CA. Dr. Vishnu Bharath Alampalli



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4TH BLOCK, JAYANGAR , BANGALORE - 11  
**Landline :** 42104220  
**Mobile :** 9880701701 and 9980077078  
**Email :** vishnubharathco@gmail.com  
**Website :** www.vishnubharath.com

### PRESENT

- Practicing Sr. Chartered Accountant from past 42 years
- Vice President of APS Education Trust,(80 years of repute)
- Chairman – PHF Co., (P) Ltd-Transit Living Service Apartments
- Executive President – Karnataka Federation of United Nations UNESCO
- Director – CANFINA Financial Services, Subsidiary of Canara Bank.
- Chairman –RV Integrated PU College
- Chairman – Education committee of FKCCI
- President – Vasavi Vedha Nidhi Trust, Sanscrit school.
- Trustee – Welfare Trust of GMR Infra.
- Trustee – RSS Trust, RV Institutions, Bangalore (Institution of 75 years)
- Member – Fiscal Laws Committee (FICCI), New Delhi

### PAST

- Chairman – Southern India Regional Council of Institute of Chartered Accountants of India. Recipient of Best Region award of ICAI
- President – Karnataka State Chartered Accountants Association
- Chairman – Bangalore Branch of SIRC of ICAI. Received Best Branch award of ICAI.
- Managing Committee Member of FKCCI.
- President – Vasavi CA Charitable Trust.
- Chairman – NMKRV Degree College.

## AWARDS

- HONORABLE DOCTRATE by Mangalore University.
- HONORARY PROFESSORSHIP by Tumkur University.
- RASHTREEYA UDYOG, VIKAS JYOTHI. VASAVI SIRI, KANNADA SIRI

## AUTHORED

- AUTHORED 22 BOOKS, "LIFE IS LIKE A JOURNEY ON A TRAIN" published by Penguin Co., international publisher and made available in 158 countries.
- PERSONAL GUIDE TO INCOME TAX Published by FKCCI.
- A WOMANS WORLD – Released by Governor of Karnataka.
- A MAN'S WORLD – All about how to achieve success
- KNOW MORE – Knowledge is Strength
- ARYA VYSYA BOOK- All about Arya Vysya's
- "HEALTH IS WEALTH AND IT IS TAX FREE" Tips for good health.
- "LIFE IS PRECIOUS" Importance of Human life.
- "BANK UPON YOUR BANK" Spon by FKCCI.
- "VARIETY IS SPICE IN LIFE" Short stories.
- "FESTIVALS OF INDIA" All about Indian Festivals. Spon by PJH Ltd.,
- "I LOVE MY INDIA" Sponsored by Canara Bank.
- "WORDS OF WISDOM" Sponsored by ITC Ltd.,
- "FAILURE IS STEPPING STONE FOR SUCCESS" spon by GMR
- "LIFE, FRIENDSHIP & HAPPINESS" sponsored by GMR Infra Ltd.,
- "ADINARAYANA MAHIME" of SLAS Charitable Trust.
- "V CAT REFERENCER" A guide for Business man Spon by VCAT
- "GOD THE ALMIGHTY" Sponsored by Canara Bank.
- "LIFE IS A LIKE A JOURNEY ON A TRAIN"- God is Travel Agent.
- "KILL THE ILL WITH OUT THE PILL – HERBAL REMEDIES"
- "SMILE & SMILE ALL THE WAY – Spon by M/s Advaith Hyundai.
- "CENTURIAN SMT. NARMADABAI." Spon By APS Edu Trust.
- "PAST, PRESENT & FUTURE" Sponsored by M/s Abaran Jewellers.

## OTHERS

- Toured all over the world & Member of Red Cross Society
- Given Interview in AIR and Doordarshan – Public Cause
- Has keen interest in Farming and Agriculture
- Good Sportsman and Regular Swimmer & Yoga enthusiast

Designed by : Sagar M.S.