

ASTOUNDING FACTS

INDEX:

1. ASTOUNDING FACTS OF LIFE
2. WHY & BECAUSE
3. DO YOU KNOW
4. ORIGIN OF MONTHS AND DAYS
5. THINGS OF PAST AND PRESENT ... BUT NOT THINGS OF FUTURE
6. SECRETS THAT YOU COULD LEARN FROM WISEPEOPLE
7. RE-BIRTH
8. FATHER'S LETTER TO SON
9. WAR WITHIN US
10. GOD TO UNFOLD THE MOMENTS
11. WONDERS OF THE WORLD
12. MOST PRECIOUS - BRAIN
13. COURTESY SAVED THE LIFE
14. THE GREATEST IS GOD
15. BEAUTY OF MATHEMATICS
16. 101%
17. DO IT
18. HOW TO ACHIEVE THE GOAL
19. WHAT IS KALIYUGA?
20. PRIDCTIONS OF VEDAVYSA - 5000 YEARS BACK ON KALIYUGA
21. WHAT ALL HAPPENS IN FIVE SECONDS: 1...2...3...4...5...
22. THESE WILL BE REALITY VERY SOON.
23. HOW LONG DOES IT TAKE TO DECOMPOSE?
24. UNBELIEVABLE FACTS ABOUT THE HUMAN BODY.

ASTOUNDING FACTS OF LIFE

- ❖ HEART is full of BLOOD, when it gets hurt – Blood will not come OUT, but water comes out as tears. Any hurt to heart cannot heal; even if it heals it will take long time.
- ❖ ON THE CONTRARY - BODY is full of WATER, if you get cut or fall, water will not come out but BLOOD will come out. You will get pain only till it heals and later you forget soon. HEART starts functioning once LIFE begins, it is very precious, don't hurt Heart either your 's or other's.
- ❖ Only two types of persons are happy in this world, first is Mad and second is Child. Be mad to achieve what you desire and be a child to enjoy what you have achieved.
- ❖ If you cannot find the brighter side of life then polish the darker side. Adjustment of attitude is the only instrument to live a life.
- ❖ If we realize our quality, we become smart; If we know our weakness, we become intelligent; and If we know both, we become successful.
- ❖ The size of our problems is nothing as compared to our ability to solve them, but we over-estimate the problems and under-estimate our ability.
- ❖ No and yes are two shortest answers which need a long thought. Most of the things we miss in life only because of saying no too early or yes too late.
- ❖ When you are in the light, everything will follow you when you are in the dark, even your own shadow does not follow you. So, always be in the light.
- ❖ As cold water and warm iron take away the wrinkles of clothes. A cool mind and warm heart takes out the worries of life.
- ❖ Never raise your voice, just improve the quality of your arguments. Kind words can be short and easy to speak but their echoes are truly endless.'
- ❖ Heart is the only machine that works without any repair for years" Always keep it happy, whether it is yours or others.

- ❖ Disappointment is just the distance between expectation and reality. So either expect less and accept the reality or expect a lot and turn it into reality.
- ❖ The simplest thing in this world is our life, and most complicated thing is the way we live it.
- ❖ Good relationship is like Tajmahal, everybody will wonder how beautiful it is but nobody can understand how difficult it was to build.
- ❖ Umbrella cannot stop rain, but allows us to stand in the rain, confidence may not bring success but it gives the power to face the challenges.
- ❖ Life is one way road, we can see back but we can't go back. So enjoy every second, because today's newspaper is tomorrow's waste paper.
- ❖ Dreams give support to hope and hope inspires efforts, efforts are success so dreams are root of success.
- ❖ You are born without anything, but you die with your name. So that name must not be a word, it must be a history.
- ❖ We learn something from everyone who passes through our lives. Some lessons are painful, some are painless but, all are priceless.
- ❖ New day and new blessings don't let yesterday's failures ruin the beauty of today, because each day has its own promise of love, joy, forgiveness. Success has only one formula that is stop thinking in terms of limitations and start thinking in terms of possibilities
- ❖ Adjustment with right people is always better then argument with wrong people. A meaningful silence is always better than meaningless words.
- ❖ Two tests in life that determine the character of a person: "The Patience to wait for the right moment and The Courage to accept the unexpected results.

- ❖ In the game of life, sometimes people kick us as if we are football, but they don't know that they themselves are sending us near the goal. Think positive.
- ❖ Two things indicate our weakness, One-To be silent, when it is proper time to speak. Second- To speak when it is proper time to be silent.

Stand up, be bold, and take the blame on your own shoulders. Do not go about throwing mud at others, for all the faults you suffer from, you are the sole and only cause - Swami Vivekanand.

A collection of mistakes is called experience and experience is the key to success.

Life is harder when you complicate the simple things. Enjoy what you have and live your life.

No teacher, no professor nor a mentor can teach the important lessons in life, better than a hungry stomach and an empty Pocket.

No candle loses its light while lighting another candle. So never stop sharing, caring & helping others, it makes our life meaningful.

If we need knowledge, keep adding something new to the mind every day. If we need wisdom, keep deleting a few things from the mind every day.

HOW MANY OF THESE 100- DO YOU KNOW?

1. Hot water will turn into ice faster than cold water.
2. The Mona Lisa has no eyebrows.
3. The sentence, "The quick brown fox jumps over the lazy dog" uses every letter in the English language.
4. The strongest muscle in the body is the tongue.
5. Ants never sleep!
6. "I Am" is the shortest complete sentence in the English language.
7. Coca-Cola was originally green.
8. The most common name in the world is Mohammed.
9. When the moon is directly overhead, you will weigh slightly less.
10. Camels have three eyelids to protect themselves from the blowing desert sand.

11. There are only two words in the English language that have all five vowels in order: "abstemious" and "facetious."
12. The name of all the continents end with the same letter that they start with.
13. There are two credit cards for every person in the United States.
14. TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.
15. Minus 40 degrees Celsius is exactly the same as minus 40 degrees Fahrenheit.
16. Chocolate can kill dogs, as it contains the bromine, which affects their heart and nervous system.
17. Women blink nearly twice as much as men!
18. You can't kill yourself by holding your breath.
19. It is impossible to lick your elbow.
20. The Guinness Book of Records holds the record for being the book most often stolen from Public Libraries.
21. People say "Bless you" when you sneeze because when you sneeze, your heart stops for a millisecond.
22. It is physically impossible for pigs to look up into the sky
23. The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.
24. "Rhythm" is the longest English word without a vowel.
25. If you sneeze too hard, you can fracture a rib. If you try to suppress a sneeze, you can rupture a blood vessel in your head or neck and die.
26. Each king in a deck of playing cards represents great king from history.
Spades - King David
Clubs - Alexander the Great,
Hearts - Charlemagne
Diamonds - Julius
28. Multiplication of $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$
29. If a statue of a person in the park on a horse has both front legs in the air, the person died in battle.
If the horse has one front leg in the air, the person died as a result of wounds received in battle.
If the horse has all four legs on the ground, the person died of natural causes.

30. Bullet proof vests, fire escapes, windshield wipers and laser printers have been invented by women.
31. Only food that doesn't spoil for any number of years is Honey.
32. A crocodile cannot stick its tongue out.
33. A snail can sleep for three years.
34. All polar bears are left handed.
35. American Airlines saved \$40,000 in 1987 by eliminating one olive from each salad served in first-class.
36. Butterflies taste with their feet.
37. Elephants are the only animals that can't jump.
38. In the last 4000 years, no new animals have been domesticated.
39. On average, people fear spiders more than they do death.
40. Stewardesses is the longest word typed with only the left hand.
41. The ant always falls over on its right side when intoxicated.
42. The electric chair was invented by a dentist.
43. The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet.
44. Rats multiply so quickly that in 18 months, two rats could have over million descendants.
45. Wearing headphones for just an hour will increase the bacteria in your ear by 700 times
46. The cigarette lighter was invented before the match.
47. Most lipstick contains fish scales.
48. Like fingerprints, everyone's tongue print is different.
49. When a person dies, hearing is usually the first sense to go.
50. Ordinary Cow gives nearly 200000 glass of milk in its life time.
51. People with blue eyes see better in dark.
52. A honeybee flaps its wings about 12000 times per minute.
53. Octopuses have 3 hearts.
54. It is illegal to own a red car in Shanghai, China.
55. Kite flying is a professional sport in Thailand.
56. A Butterfly has 1200 eyes.
57. Dolphins sleep with one eye open.
58. Crane sleeps standing on one leg.
59. Polar bears can eat as many as 86 penguins in a single sitting.
60. Cats respond most readily most to names that end in an "ee" sound.
61. A polecat is not a cat. It is a nocturnal European weasel.
62. Most lipstick contains fish scales.

63. The Cat lover is an ailurophile, while a cat hater is ailurophobe.
64. A wood pecker can peck twenty times a second.
65. The poisonous copperhead snake smells like fresh cut cucumbers.
66. 99% of pumpkins are sold for decoration.
67. Sea turtles absorb a lot of salt from the sea water in which they live. They excrete excess from their eyes,, so it often looks as though they are crying.
68. Pig is the fourth most intelligent animal in the world.
69. An ostrich's eye is bigger than its brain.
70. Intelligent people have more zinc and copper in their hair.
71. Snakes have no external ears. Therefore, they do not hear the music of a Snake charmer. Instead, they are probably responding to the movements of the snake charmer and the flute. Flowers, sound waves may travel through bones in their heads to the middle ear.
72. The heart of a blue whale is as big as car and its tongue is as long as an elephant.
73. It is impossible to sneeze with your eyes open.
74. A country which has a name with all vowels is Mozambique.
75. A tree which has all vowels – Sequoia.
76. A vegetable with all vowels –cauliflower.

77. GIRAFFE's milk is seven times richer in protein than cow's milk.

78. The only animal that sleeps standing is HORSE.

79. We die more quickly from lack of SLEEP than from lack of food.

80. Chewing gum while peeling ONIONS will keep you from crying.

81. The 500 anniversary is called "A Quin Century"

82. An office desk has 400 times more BACTERIA than a toilet.

83. Large doses of COFFEE can be lethal. Ten grams or 100 cups over 4 hours can kill the average human.

84. ASTRONAUTS get taller when they are in space.

85. On an average about 400 billion gallons of WATER is used Worldwide each day.
86. The cigarette lighter was invented before the match stick.
87. Sneezing stop heart beat for a second and then continues.
88. Ant's don't sleep.
89. Wearing head phones for just an hour will increase the bacteria in your ear by 700 times.
90. The most common name in the world is Mohammed.
91. It is physically impossible for pigs to look up into the sky.
92. Snail can sleep for 3 years.
93. The only animal that cannot swim is CAMEL.
94. The word COLGATE is Spanish means "Go hand yourself"
95. Helen, the Greek wife of Chandraguptha introduced the saree to India.
96. The most commonly sung english song is "Happy Birthday to you" written by Paddy Hill.
97. Sanskrit is mother language for many International languages.
98. Zero was invented in India, without zero there is no mathematics.
99. Human is the most privileged creature among all living creatures.
100. **Life is really nothing without love and care. Give it to everyone but don't expect it back because it is a Feel not a Deal.**

WHY & BECAUSE!

WHY ?

Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

BECAUSE...

When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

WHY

Why do ships and aircraft use 'mayday' as their call for help?

BECAUSE

This comes from the French word m'aidez -meaning 'help me' -- and is pronounced, approximately, 'mayday.'

WHY

Why are zero scores in tennis called 'love'?

BECAUSE

In France , where tennis became popular, the round zero on the scoreboard looked like an egg and was called 'l'oeuf,' which is French for 'the egg.' When tennis was introduced in the US , Americans (mis)pronounced it 'love.'

WHY

Why do X's at the end of a letter signify kisses?

BECAUSE

In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

WHY

Why is shifting responsibility to someone else called 'passing the buck'?

BECAUSE

In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish

to assume the responsibility of dealing, he would 'pass the buck' to the next player.

WHY

Why do people clink their glasses before drinking a toast?

BECAUSE

It used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

WHY

Why are people in the public eye said to be 'in the limelight'?

BECAUSE

Invented in 1825, limelight was used in lighthouses and theaters by burning a cylinder of lime which produced a brilliant light. In the theatre, a performer 'in the limelight' was the center of attention.

WHY

Why is someone who is feeling great 'on cloud nine'?

BECAUSE

Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

WHY

In golf, where did the term 'Caddie' come from?

BECAUSE

When Mary Queen of Scots went to France as a young girl, Louis, King of France, learned that she loved the Scots game 'golf.' He had the first course outside of Scotland built for her enjoyment. To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her. Mary liked this a lot and when returned to Scotland (not a very good idea in the long run), she took the practice with her. In French, the word cadet is pronounced 'ca-day' and the Scots changed it into caddie.

WHY

Why are many coin collection jar banks shaped like pigs?

BECAUSE

Long ago, dishes and cookware in Europe were made of a dense orange clay called 'pygg'. When people saved coins in jars made of this clay, the jars became known as 'pygg banks.' When an English potter misunderstood the word, he made a container that resembled a pig. And it caught on.

ORIGIN OF MONTHS

January: Named after the roman god Janus.

February: named after Februalia signifying the Bacrifical period of ancient times.

March: Roman god of war "Mars"

April: Latin word Apperire means on opening bud.

May: Roman goddess of planets "Malia"

June: Derived from the word "Juvenis"

July: Has been named after "Julis Caesar" the Roman King.

August: Has been named after the roman emperor "Augustus"

September: Latin word "Sertem" which means Seven.

October: Latin word "Octo" which means eight.

November: Latin word "Novem" which means nine.

December: Has been named from "decem" latin word which means Ten.

ORIGIN OF DAYS

The name Sunday comes from the old English Sunnandag, it means "Day of the Sun" The day is dedicated to the mighty Sun God.

The name Monday comes from the word Monandag, it means the day of Moon, dedicated to the Moon.

Tuesday is from the word "Tiwesdag" the English god of Combat or War and Sky.

Wednesday from word "Wodnesday" the day of Germanic God woden more commonly known as Odin.

Thursday comes from “Thunor” Also called the day of Jupiter.

Friday from “Frigerdag” meaning the goddess of beauty.

Saturday has Roman origin named after the roman god Saturn

THINGS OF PAST AND PRESENT ... BUT THEY MAY NOT BE THINGS OF FUTURE

Whether these changes are good or bad depends in part on how we adapt to them. But, ready or not, here they come :

1.The Post Office: Get ready to imagine a world without the post office. They are so deeply in financial trouble that there is probably no way to sustain it long term. Email, Fed Ex, and UPS have just about wiped out the minimum revenue needed to keep the post office alive. Most of your mail every day is junk mail and bills.

2.The Cheque: Britain is already laying the groundwork to do away with cheque by 2018. It costs the financial system billions of dollars a year to process cheques. Plastic cards and online transactions will lead to the eventual demise of the cheque. This plays right into the death of the post office. If you never paid your bills by mail and never received them by mail, the post office would absolutely go out of business.

3.The Newspaper: The younger generation simply doesn't read the newspaper. They certainly don't subscribe to a daily delivered print edition. That may go the way of the milkman and the laundry man. As for reading the paper online, get ready to pay for it. The rise in mobile Internet devices and e-readers has caused all the newspaper and magazine publishers to form an alliance. They have met with Apple, Amazon, and the major cell phone companies to develop a model for paid subscription services.

4.The Book: You say you will never give up the physical book that you hold in your hand and turn the literal pages. You can browse a bookstore online and even read a preview chapter free before you buy and E-book price is less than

half that of a real book. And think of the convenience! Once you start on the screen instead of the physical book, you find that you are lost in the contents and can't wait to see what happens next, and you forget that you're holding a gadget instead of a book.

5.The Land Line Telephone: Unless you have a large family and make a lot of local calls, you don't need it anymore. Most people keep it simply because they've always had it. But you are paying double charges for that extra service. All the cell phone companies will let you call customers using the same cell provider for no charge against your minutes

6.Music: This is one of the saddest parts of the change story. The music industry is dying a slow death. Not just because of illegal downloading. It's the lack of innovative new music being given a chance to get to the people who would like to hear it. The record labels and the radio conglomerates are simply self-destructing. Over 40% of the music purchased today is "catalogue items," meaning traditional music that the public is familiar with. Older established artists. This is also true on the live concert circuit. To explore this fascinating and disturbing topic further, check out the book, "Appetite for Self-Destruction" by Steve Knopper, and the video documentary, "Before the Music Dies."

7.Television: Revenues to the networks are down dramatically. Not just because of the economy. People are watching TV and movies streamed from their computers. And they're playing games and doing lots of other things that take up the time that used to be spent watching TV. Prime time shows have degenerated down to lower than the lowest common denominator. Cable rates are skyrocketing and commercials run about every 4 minutes and 30 seconds. I say good riddance to most of it. Let the people choose what they want to watch online and through Netflix.

8.The "Things" That You Own: Many of the possessions that we used to own are still in our lives, but we may not actually own them in the future. They may simply reside in "the cloud." Today your computer has a hard drive and you store your pictures, music, movies, and documents. Your software is on a CD or DVD, and you can always re-install it if need be. But all of that is changing. Apple, Microsoft, and Google are all finishing up their latest "cloud services." That means that when you turn on a computer, the Internet will be built into the operating system. So, Windows, Google, and the Mac OS will be tied straight into the Internet. If you click an icon, it will open something in the

Internet cloud. If you save something, it will be saved to the cloud. And you may pay a monthly subscription fee to the cloud provider. In this virtual world, you can access your music or your books, etc., That's the good news. But, will you actually own any of this "stuff" or will it all be able to disappear at any moment in a big "Poof?" Will most of the things in our lives be disposable and whimsical? It makes you want to run to the closet and pull out that photo album, grab a book from the shelf, or open up a CD case and pull out the insert.

9.Privacy: If there ever was a concept that we can look back on nostalgically, it would be privacy. That's gone. It's been gone for a long time anyway. There are cameras on the street, in most of the buildings, and even built into your computer and cell phone. But you can be sure that 24/7, "They" know who you are and where you are, right down to the GPS coordinates, and the Google Street View. If you buy something, your habit is put into a zillion profiles, and your ads will change to reflect those habits. "They" will try to get you to buy something else. Again and again.

SECRETS THAT YOU COULD LEARN FROM WISE PEOPLE

Life's full of annoying little moments, be it from shoes that are extra tight, a burnt tongue, or a splitting headache. These life tips will help you handle these annoyances, and more!

- ✓ Did you press the wrong floor button? You can press that button again to cancel your choice. This works for most elevators.
- ✓ Quickly sooth and heal up cuts by applying a little LIP BALM to the cut.
- ✓ Got a Zit? Dab it with Listerine mouthwash. The alcohol in the mouthwash will dry the zit.

- ✓ Dented ping pong ball? Use a lighter or hairdryer to heat it up. The heat will cause air in the ball to expand popping it back into place.

- ✓ Want to listen to music, but your phones speaker is too weak? Put in a bowl for an instant volume boost.

- ✓ Headache wonder cure – Cut a lemon into quarters sprinkle with salt and pepper and roast in the oven on high for a minute and eat the flesh.

- ✓ Feeling sleepy? Hold your breath for as long as you can and slowly exhale. This will speed up your heart rate and wake you up.

- ✓ Rubbing alcohol can remove most ink and paint stains.

- ✓ Got something in your eye? Dip your face in a bowl of warm water and open your eyes.

- ✓ Make bruises disappear faster by applying raw egg to the area and massaging it. Minerals in the egg can speed up the healing process.

- ✓ Like playing on your Smartphone? Switch it to “AIRPLANE MODE” to prevent ads from popping up.

- ✓ While running, exhale when your left foot hits the ground, This will prevent muscle cramps.

- ✓ Going to the Zoo? Wear similar colors to the animal handlers. The animals will approach you rather than hide.

- ✓ Charge your phone in half the time by switching it to AIRPLANE MODE.

- ✓ Need to remember something first thing in the morning? Send yourself a text before going to bed and don't open it until you wake up.
- ✓ Creased clothes? Put them in the cheah with a couple of ice cubes and run for 5 minutes.
- ✓ Stop an oncoming sneeze by pushing your tongue to the roof of your mouth.
- ✓ Mosquito bite? Apply a heated spoon to the bite. The heat will break up the proteins causing the swelling and itching.
- ✓ A tea spoon of Sugar can heal a burnt tongue.

RE-BIRTH

Life is a gap between " Date of Birth and to Date of Death ", is that true ? No, Not at all, even animals will live until they die the question is how many TIMES we take birth & death does not matter. The billion dollar question is in what TIME we move out of this LIFE cycle ? Do not expect me to explain the sacred text in Bhagavad Gita because you may be a theist or atheist !!! Believe me there is a LIFE after death, Trust me I can prove it instantly, No mantra, No tantra, No indrajaal(Magic). Let us question ourselves do you know Mahatma Gandhi ? Mother Theresa ? Edison ? Alexander Graham Bell ? Wright brothers ? Be ready I can arrange you an appointment with them, but you need to pay " Pay peace to meet Gandhi" , " Do service to speak to Mother Theresa " , " Switch on the electrical bulb to see Edison " , " say Hello !! to Alexander Graham Bell " , " Book a flight ticket to meet Wright Brothers ". And YES there is a big list of great souls who are still living after their death also you can meet them in our daily LIFE.

If you want to LIVE after death ? LIVE the LIFE now every second, every moment, every day and in every deed and need. Remember the LIFE candle is burning very fast. To be very practical justify your time in balancing it. What are the classifications of LIFE and how to balance it ? Common question uncommon answer, researchers says there are five types of LIFE

1. Individual/Career Life
2. Family LIFE
3. Social LIFE
4. Professional/Official Life.
5. Spiritual LIFE

FATHER'S LETTER TO SON

I am writing this to you because of 3 reasons

1. Life, fortune and mishaps are unpredictable; nobody knows how long one lives. Some words are better said early.
2. I am your father, and if I don't tell you these, no one else will.
3. What is written is my own personal bitter experiences that perhaps could save you a lot of unnecessary heartaches.

Remember the following as you go through life

1. Do not bear grudge towards those who are not good to you. No one has the responsibility of treating you well, except your mother and I. To those who are good to you, you have to treasure it and be thankful, and ALSO you have to be cautious, because, everyone has a motive for every move. When a person is good to you, it does not mean he really likes you. You have to be careful, don't hastily regard him as a real friend.
2. No one is indispensable. Once you understand this idea, it would be easier for you to go through life when people around you don't want you anymore, or when you lose what/whom you love most.
3. Life is short. When you waste your life today, tomorrow you would find that yesterday's waste cannot be recouped. The earlier you treasure your life, the better you enjoy life.
4. Love is but a transient feeling, and this feeling would fade with time and with one's mood. If your so called loved one leaves you, be patient, time will wash away your aches and sadness. Don't over exaggerate the beauty and sweetness of love, and don't over exaggerate the sadness of falling out of love.

5. A lot of successful people did not receive a good education, that does not mean that you can be successful by not studying hard! Whatever knowledge you gain is your weapon in life. One can go from rags to riches, but one has to start from some rags!

6. I do not expect you to financially support me when I am old, neither would I financially support your whole life. My responsibility as a supporter ends when you are grown up. After that, you decide whether you want to travel in a public transport or in your limousine, whether rich or poor.

7. You honour your words, but don't expect others to be so. You can be good to people, but don't expect people to be good to you. If you don't understand this, you would end up with unnecessary troubles.

8. I have bought lotteries for umpteen years, but I never get any prize. That shows if you want to be rich, you have to work hard! There is no free lunch!

9. No matter how much time I have with you, let's treasure the time we have together. We do not know if we would meet again in our next life.

Love,

Your Dad

WAR WITHIN US

War or conflict always keeps taking place within us. There is war between dawn and dusk and between day and night. The night tries to destroy and win over the day and vice versa. Sometimes the day wins and sometimes the night wins. Similarly there is war in your body between heat and cold. When it is cold, heat comes and destroys the cold; and sometimes cold overpowers the heat.

When the bacteria's attacks the body the body resists them and keeps you healthy. Sometimes the bacteria overpower and you fall sick. Thus there is constant war taking place in your body. You fall sick when your defence mechanism fails. When your defence mechanism is strong and fights well, you do not fall sick. Is it not another form of war?

There is constant war between good thoughts and bad thoughts in your mind. When good thoughts conquer you, you are peaceful and happy. When bad thoughts win over, you are disturbed, restless and unhappy. Similarly there is constant war between negative and positive emotions.

War is a common phenomenon in this planet. The nature sometimes is fighting with itself. This leads to disasters like earthquakes, heat waves, floods, droughts etc., thus nature destroys its own creation. Sometimes man and nature are in conflict with one or the other emerging victorious. During earthquakes man is helpless and nature overpowers him. Man makes shelters and by taking refuge in them, he overcomes the ill effects of thunderstorms.

Sometimes Grace and Karma are in conflict. Grace at times can be overpowered by Karma. But at times one has so much bad Karma that grace present is not even recognized by you and eventually bad Karma overpowers.

There is also conflict between rest and activity. When activity overpowers the rest, you become restless and restlessness takes away the peace. Alternatively when rest overpowers activity, you feel dull and lethargic. At times intellect overpowers dullness and vice versa. Thus you can see that the world is full of opposites and they are constantly at war or conflict. Therefore war or conflict is inevitable, within us. That is why in the puranas there was a constant war between the Devas (the good) and the Rakshasas (the evil).

GOD TO UNFOLD THE MOMENTS

A new minister was walking with an older, more seasoned minister in the garden one day. Feeling a bit insecure about what God had for him to do, he was asking the older preacher for some advice. The older preacher walked up to a rosebush and handed the young preacher a rosebud and told him to open it without tearing off any petals. The young preacher looked in disbelief at the older preacher and was trying to figure out what a

rosebud could possibly have to do with his wanting to know the will of God for his life and ministry. But because of his great respect for the older preacher, he proceeded to try to unfold the rose, while keeping every petal intact. It wasn't long before he realized how impossible this was to do. Noticing the younger preacher's inability to unfold the rosebud without tearing it, the older preacher began to recite the following poem...

"It is only a tiny rosebud, A flower of God's design;
But I cannot unfold the petals
With these clumsy hands of mine."

"The secret of unfolding flowers. Is not known to me.
GOD opens this flower so easily,
But in my hands they die."

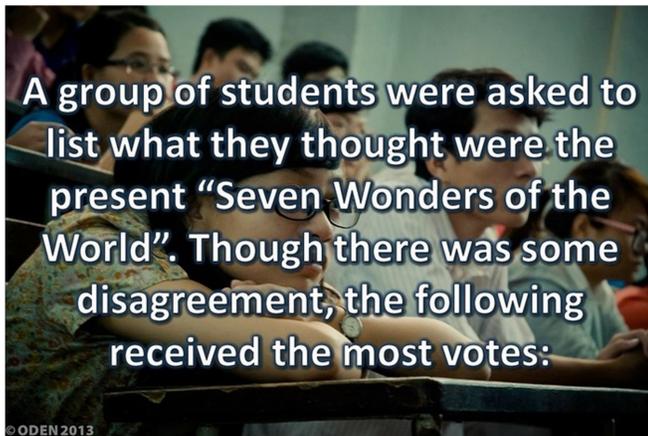
"If I cannot unfold a rosebud,
This flower of God's design,
Then how can I have the wisdom
To unfold this life of mine?"

"So I'll trust in God for leading
Each moment of my day.
I will look to God for guidance
In each step along the way."

"The path that lies before me,
Only my Lord and Savior knows. I'll trust God to unfold the
moments,
Just as He unfolds the rose."

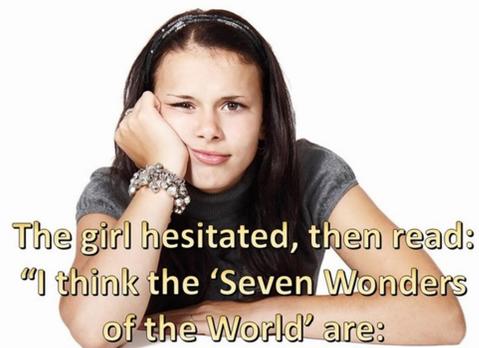
WONDERS OF THE WORLD!

Once I asked a group of students, what are the Wonders of the world? I was stunned with the answer. "The world is full of magic things, patiently waiting for our senses to grow sharper." When we think of the wonders of the world, we imagine magnificent, enormous buildings and monuments, but this wonderful little answer made me rethink it all.



1. The Great Pyramids
2. The Taj Mahal
3. The Grand Canyon
4. Panama Canal
5. Empire State Building
6. St. Peter's Basilica
7. The Great Wall of China

All the students except one did not answer, she was confused and when asked she said this:





DO YOU AGREE WITH THE GROUP OF CHILDREN OR THE GIRL, WHO ANSWERED ABOVE?

MOST PRECIOUS - BRAIN

The human brain is the single most complex thing in the known universe. Even in this time of medical wonders, we still have not been able to uncover the full secrets of this incredible organ. However, we do know some things about the most important organ in the body, and here are some interesting ones you should definitely know about:



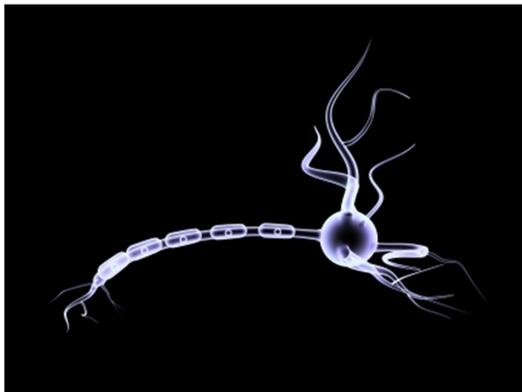
1. The belief that humans only use 10% of their brains is incorrect. Each part of the brain has a specific function and the average person uses all the various parts of the brain, though not fully.
2. Have you ever had such a headache it felt like your brain is going to explode? That's not actually your brain hurting, because the brain has no pain receptors at all. Mother nature assumes you don't need it because it's never exposed (thankfully) and is usually protected by our thick skull.
3. You must think that your buttocks are the fattiest part of the body, but it is in fact the brain with the most fat % in the body, about 60% of it is fat.
4. The brain has a texture similar to tofu, and enough liquid to fill a 2 liter (half a gallon) tank.
5. Thought creates 'pathways' that connect different parts of the brain. The more we repeat a thought, the more that pathway will become more central, wide and stable. That is why it is important not to think over and over about negative things, because they become permanent, and strong, pathways in your mind, and the chances are they will force themselves on you more and more.

6. We create thousands of thoughts a day. A large part of these are 'automatic' thoughts that we repeat a lot, using our most 'established' thought pathways.

7. Most people dream about 4-7 dreams a night. 50% of those dreams are forgotten in the first few minutes after waking. And the one we remember is usually one we were either just dreaming or a mix of all the dreams we had. No wonder they always seem so confusing.

8. Sleep is usually the time the brain uses to organize and put together the memories accumulated throughout the day. And so, in many cases, before making big decisions it's better to 'sleep on it'.

9. The messages between the various brain cells (neurons) are passed in the form of weak electrical pulses. The brain creates 23 watt of electricity while awake, enough to light a lightbulb.



An image of a neuron

10. While we laugh, about 5 areas lit up in the brain simultaneously. So it's no laughing matter, laughing.

11. The reason tickling makes us laugh is that the brain becomes 'surprised' by this kind of touch, which is first interpreted as a threat. The uncontrollable laughter is actually a panic response by the body. That is why it's not possible to tickle ourselves.

12. The human brain has more 'wrinkles' and crevices than those of other animals. In this way, the brain gets more surface space, while staying at

around the same size, and it is part of the reason for our increased intelligence.

13. Brain cells, or neurons, are not only found in the brain, but exist everywhere in the body the brain needs to send orders to, and all of them are connected to the brain.

14. Some archaeological findings think that our cranium has get smaller over the ages, but that doesn't mean our brain has become less powerful, only more efficient (see #12).



15. The brain alone uses 20% of all the oxygen we breathe and over 25% of the sugar we consume. Meaning, deep thoughts might cost the body resources just like sports can.

16. The female and male sexual hormones cause a different brain to develop. Studies have found significant difference in the brain functions of male and female during social situations, decision making, pressure situations and more.

17. The brain isn't fully developed until the teen years are over. Multitasking, showing empathy and good decision making are some of the skills that develop a little later.

18. The brain is constantly changing. Damage to one part of it may cause that part to change to a different location in the brain, especially if you are a baby or a child. Beyond that, every thought, experience or skill we encounter and learn changes the structure of our brain.

19. Memories aren't built in a linear progression. We only remember 'pictures' or moments, and we put together a story from them ourselves. That is why it's

tricky to trust your memory, because you may have done some 'editing' without knowing it.

COURTESY SAVED THE LIFE

This is a real story of a person working with a freezer plant. It was almost the day end. Everyone had packed up to check out. A technical snag developed in the plant and he went to check. By the time he finished it was late. The doors were sealed and the lights were off.

Trapped inside the ice plant for the night without air and light, an icy grave was almost sure for him.

Hours passed thus. Suddenly he found someone opening the door.

Was it a miracle?

The security guard entered there with a torch and helped him to come out. On the way back the person asked the security guard, "How did you know that I was inside? Who informed you?" the guard said, "No one sir; this unit has about 50 people. But you are the only one who says Hello to me in the morning and Bye in the evening. You had reported in morning. But did not go out. That made me suspicious." He never knew a small gesture of greeting someone would prove to be a lifesaver for him.

Remember to greet when you meet someone, of course, with a warm smile.

You never know - it may work a miracle in your life too.

Education is not a degree or certificate that can be shown to others as proof. It is our attitude, actions, language and behavior with others in real life.!

THE GREATEST IS GOD

The highest aim in life - To know God and do His will
The most enriching good habit - Complimenting others
The most destructive bad habit - Worry
The greatest joy - Giving
The greatest loss - Loss of self-respect
The most satisfying work - Helping others
The ugliest personality trait - Selfishness
The most endangered species - Dedicated leaders
Our greatest natural resource - Our youth
The ugliest look - A frown
The greatest "shot in the arm" - Encouragement
The greatest problem to overcome - Fear
The most effective sleeping pill - Peace of mind
The most crippling failure disease - Excuses
The surest way to displease God - Unbelief
The most powerful forces in life - Love
The most dangerous piranha - A gossiper
The Greatest Life-Giver - The Creator
The worlds most incredible computer - The brain
The worst thing to be without - Hope
The deadliest weapon - The tongue
The two most power-filled words - "I Can"
The greatest asset - Faith
The most worthless emotion - Self-pity
The most beautiful attire - A SMILE!
The most prized possession - Self esteem
The most powerful channel of communication - Prayer
The most contagious spirit - Enthusiasm
The most urgent need - SALVATION
The greatest attribute of the prophets - Obedience
The GREATEST - GOD

BEAUTY OF MATHEMATICS

$$1 \times 8 + 1 = 9$$

$$12 \times 8 + 2 = 98$$

$$123 \times 8 + 3 = 987$$

$$1234 \times 8 + 4 = 9876$$

$$12345 \times 8 + 5 = 98765$$

$$123456 \times 8 + 6 = 987654$$

$$1234567 \times 8 + 7 = 9876543$$

$$12345678 \times 8 + 8 = 98765432$$

$$123456789 \times 8 + 9 = 987654321$$

$$1 \times 9 + 2 = 11$$

$$12 \times 9 + 3 = 111$$

$$123 \times 9 + 4 = 1111$$

$$1234 \times 9 + 5 = 11111$$

$$12345 \times 9 + 6 = 111111$$

$$123456 \times 9 + 7 = 1111111$$

$$1234567 \times 9 + 8 = 11111111$$

$$12345678 \times 9 + 9 = 111111111$$

$$123456789 \times 9 + 10 = 1111111111 \ 1111111111$$

$$9 \times 9 + 7 = 88$$

$$98 \times 9 + 6 = 888$$

$$987 \times 9 + 5 = 8888$$

$$9876 \times 9 + 4 = 88888$$

$$98765 \times 9 + 3 = 888888$$

$$987654 \times 9 + 2 = 8888888$$

$$9876543 \times 9 + 1 = 88888888$$

$$98765432 \times 9 + 0 = 888888888$$

Brilliant, isn't it?

And look at this symmetry:

$$1 \times 1 = 1$$

$$11 \times 11 = 121$$

$$111 \times 111 = 12321$$

$$1111 \times 1111 = 1234321$$

$$11111 \times 11111 = 123454321$$

$$111111 \times 111111 = 12345654321$$

$$1111111 \times 1111111 = 1234567654321$$

$$11111111 \times 11111111 = 123456787654321$$

$$111111111 \times 111111111 = 12345678987654321$$

WHAT DOES 101% MEANS?

From a strictly mathematical viewpoint: What Equals 100%?

What does it mean to give MORE than 100%?

Ever wonder about those people who say they are giving more than 100%?

We have all been in situations where someone wants you to

GIVE OVER 100%...

How about ACHIEVING 101%?

What equals 100% in life?

Here's a little mathematical formula that might help answer these questions:

If - A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Is represented as:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26.

Then

H-A-R-D-W-O- R- K = 8+1+18+4+23+ 15+18+11 = 98%

And

K-N-O-W-L-E- D-G-E = 11+14+15+23+ 12+5+4+7+ 5 = 96%

But

A-T-T-I-T-U- D-E = 1+20+20+9+20+ 21+4+5 = 100%

THEN, look how far the love of God will take you:

L-O-V-E-O-F- G-O-D = 12+15+22+5+15+ 6+7+15+4 = 101%

Therefore, one can conclude with mathematical certainty that:

While Hard Work and Knowledge will get you close, and Attitude will get you there, it's the Love of God that will put you over the top!

DO YOU ACCEPT THIS?

Rs.20 seems too much to give a beggar but it seems okay when it's given as tip at a fancy restaurant.

After a whole day of work, Hours at the gym seem alright but helping your Mother out at home seems like a burden.

Praying to god for 3 min takes too much time but watching a movie for 3 hours doesn't.

Wait a whole year for Valentine's day but we always forget Mother's day.

Two poor starving kids sitting on the pavement weren't given even a slice of Bread but a painting of them sold for lakhs of Rupees.

We don't think twice about forwarding jokes But we will rethink about sending this message on.

THINK ABOUT IT.....

Make a change. Coz u can

Six Easy ways to earn, even after death.

- 1) Give a copy of Bhagwad geeta / Jain Aagam / Bible / Quran to some one Each time one reads from it, you gain.
- 2) Donate a wheelchair to a hospital. Each time sick person uses it, you gain.
- 3) Participate in building a Temple, hospital, school or college. Anybody uses it, you gain.
- 4) Place water cooler in a public place. Anybody drinks water, you gain.
- 5) Plant a tree. Whenever a person, animal sits in its shade or eats from it, you gain.
- 6) And the easiest of all to is to share this message with people. Even if One applies any of the above, you gain.

HOW TO ACHIEVE THE GOAL

When Gandhi was studying law at the University College of London, there was a professor, whose last name was Peters, who felt animosity for Gandhi, and because Gandhi was not in awe of him, but their "arguments" were very common.

One day, Mr. Peters was having lunch at the dining room of the University and Gandhi came along with his tray and sat next to the professor. The professor, in his arrogance, said, "Mr Gandhi: you do not understand... a pig and a bird do not sit together to eat ", to which Gandhi replies, "You do not worry professor, I'll fly away ", and he went and sat at another table.

Mr. Peters, green of rage, decides to take revenge on the next test, but Gandhi responds brilliantly to all questions. Then, Mr. Peters asked him the following question, "Mr Gandhi, if you are walking down the street and find a package, and within it there is a bag of wisdom and another bag with a lot of money; which one will you take?" Without hesitating, Gandhi responded, "the one with the money, of course". Mr. Peters, smiling, said, "I, in your place, would have taken the wisdom, don't you think?" "Each one takes what one doesn't have", responded Gandhi indifferently.

Mr. Peters, already hysteric, writes on the exam sheet the word "idiot" and gives it to Gandhi. Gandhi takes the exam sheet and sits down. A few minutes later, Gandhi goes to the professor and says, "Mr. Peters, you signed the sheet, but you did not give me the grade."

POVERTY

Different people have different types of poverty,
Someone has poverty of wealth, somebody poverty of love,
Somebody poverty of peace, Somebody poverty of happiness, Somebody
poverty of health...

Everyone has the poverty. Nobody has abundance of everything.

Man was going to temple and saw the beggars sitting at the
entrance and explained his child they are poor people and
poverty state. He went inside the temple and started praying
with the God to provide the health. Child was confused.

My experience in the life is that, each one undergoes all
type of poverty at different time. When I started my life I had
poverty of money, worked for some time and started the
business. The moment started experiencing money in hand
started feeling the poverty of love and after some time got
married. Again found poverty of happiness and then we had a
child and so on.

Also my experience is poverty of one type can lead to poverty of
other. The poverty definition shall not be restricted to the money,
and basic necessities. The rich with money may undergo
poverty of peace, poverty of health.

Mahatma Gandhi said, Poverty is the worst form of violence.
So always realize and come out of all poverty.

WHAT IS KALIYUGA?

Once the four Pandavas (except Yudhishtira who was not present) asked Krishna.

Krishna smiled and said "Let me demonstrate to you, the situation of Kaliyuga." He took a bow and four arrows and shot them in four directions and ordered the four Pandavas to go and bring them back.

Each of the four Pandavas went in the four different directions to search for the arrows. When Arjuna picked an arrow, he heard a very sweet voice. He turned around and saw a cuckoo singing in a melodious voice but was also eating flesh of a live rabbit which was in great pain. Arjuna was very surprised to see such a gory act by such a divine bird and he left the place immediately.

Bhima picked arrow from a place, where five wells were situated. The four wells were surrounding a single well. The four wells were overflowing with very sweet water as if they were not able to hold water and surprisingly the well in the middle of these four overflowing wells was completely empty.

Bhima was also puzzled at this sight.

Nakula was returning to the place after picking up the arrow. He stopped at a place where a cow was about to give birth. After giving birth the cow started licking the calf but continued to lick it even after the calf was clean. With great difficulty people were able to separate them and by that time the calf was injured badly. Nakula was puzzled by the behaviour of such a calm animal.

Sahadeva picked arrow which fell near a mountain and saw a big boulder falling. The boulder was crushing the rocks and big trees on his way down, but the same boulder was stopped by a small plant. Sahadeva was also amazed at this sight.

All the Pandavas asked the meaning of these incidents. Krishna smiled and started explaining...

"In Kaliyuga, the priests will have very sweet voice and will also have great knowledge but they will exploit devotees, the same way cuckoo was doing with rabbit.

In Kaliyuga poor will live among rich, those rich will have enormous amount of wealth which will actually overflow but they will not offer a single penny to the poor, same as the four wells didn't have a single drop of water for the empty well.

In Kaliyuga parents will love their children so much that their love will actually spoil them and will destroy their lives, similar to the love shown by cow to her newborn calf.

In Kaliyuga people will fall in terms of character like the boulder from the mountain and they will not be stopped by anyone and at the end only the

name of God will be able to hold them from doom like the little plant that held the boulder from further fall."

(Source: Uddhava Gita, SrimadBhaagavatam.)

PREDICTIONS OF VEDAVYSA 5000 YEARS BACK ON KALIYUGA

In the last canto of the Bhagavata Purana there is a list of predictions and prophecies about the dark times for the present age of Kali Yuga. The following 15 predictions, written 5,000 years ago by sage Vedvayasa, are amazing because they appear so accurate. Despite the negative tone of these prophecies, there is still one bright spot for all of us, which is mentioned at the end.

1. Religion, truthfulness, cleanliness, tolerance, mercy, duration of life, physical strength and memory will all diminish day by day because of the powerful influence of the age of Kali.
2. In Kali Yuga, wealth alone will be considered the sign of a man's good birth, proper behaviour and fine qualities. And law and justice will be applied only on the basis of one's power.
3. Men and women will live together merely because of superficial attraction, and success in business will depend on deceit. Womanliness and manliness will be judged according to one's expertise in sex, and a man will be known as a brahmana just by his wearing a thread.
4. A person's spiritual position will be ascertained merely according to external symbols, and on that same basis people will change from one spiritual order to the next. A person's propriety will be seriously questioned if he does not earn a good living. And one who is very clever at juggling words will be considered a learned scholar.
5. A person will be judged unholy if he does not have money, and hypocrisy will be accepted as virtue. Marriage will be arranged simply by verbal agreement, and a person will think he is fit to appear in public if he has merely taken a bath.
6. A sacred place will be taken to consist of no more than a reservoir of water located at a distance, and beauty will be thought to depend on one's hairstyle. Filling the belly will become the goal of life, and one who is audacious will be accepted as truthful. He who can maintain a family will be regarded as an

expert man, and the principles of religion will be observed only for the sake of reputation.

7.As the earth thus becomes crowded with a corrupt population, whoever among any of their social classes shows himself to be the strongest will gain political power.

8.Harassed by famine and excessive taxes, people will resort to eating leaves, roots, flesh, wild honey, fruits, flowers and seeds. Struck by drought, they will become completely ruined.

9.The citizens will suffer greatly from cold, wind, heat, rain and snow. They will be further tormented by quarrels, hunger, thirst, disease and severe anxiety.

10.The maximum duration of life for human beings in Kali Yuga will become 50 years.

11.Men will no longer protect their elderly parents.

12. In Kali-yuga men will develop hatred for each other even over a few coins. Giving up all friendly relations, they will be ready to lose their own lives and kill even their own relatives.

13. Uncultured men will accept charity on behalf of the Lord and will earn their livelihood by making a show of austerity and wearing a mendicant's dress. Those who know nothing about religion will mount a high seat and presume to speak on religious principles.

14. Servants will abandon a master who has lost his wealth, even if that master is a saintly person of exemplary character. Masters will abandon an incapacitated servant, even if that servant has been in the family for generations.

15. Cities will be dominated by thieves, the Vedas will be contaminated by speculative interpretations of atheists, political leaders will virtually consume the citizens, and the so-called priests and intellectuals will be devotees of their bellies and genitals.

“Although Kali-yuga is an ocean of faults, there is still one good quality about this age: simply by chanting the names of Krishna or Sadhguru, one can become free from material bondage and be promoted to the transcendental kingdom.” (Source: SrimadBhagavatam)

WHAT ALL HAPPENS IN FIVE SECONDS: 1...2...3...4...5...

Little were you aware, though, that during this short period of time, an unimaginable amount of action has happened around the world. People have lost their lives, babies were born, and lightning might have struck somewhere on Earth. You might have been contributing to these actions yourself. With a huge population of about 7 billion people in the world today, 5 seconds can mean a lot. These remarkable facts and figures illustrate more or less what happens in just five seconds of time.

1. 5,00,000 chemical reactions happen in each human body.
2. 15,800 tons of water flows over Niagara Falls.
3. 17 million emails are sent.
4. Universe expands by about 46 miles.
5. 6 hours worth of YOUTUBE video content is uploaded.
6. 47 new Websites are created
7. 21 babies are born.
8. 9 people die.
9. 1.5 people die of starvation.
10. 500 lightning strikes hit Earth.
11. 15,800/- tons of water flows at Niagara Falls.
12. 4,645 Oil barrels are used.

IMPERFECTIONS:

Being happy does not mean everything is perfect, it means you have decided to see beyond the imperfections.

I & YOU !

How Can You "SM_LE"

Without "I" ?

How Can You Be "F_NE"

Without "I" ?

How Can You "W_SH"

Without "I" ?

How Can You Be "N_CE"

Without "I" ?

How Can You Be "FR_END"

Without "I" ?

"I" Am Very Important!

But This ' I ' Can Never Achieve "S_CCESS" nor Can "LA_GH" Without all of 'U'And That Makes 'U' More Important Than 'I'

DEFINATION OF TIME:



www.facebook.com/DailyHealthGen

Very Nice Definition of TIME

Time is slow when you wait !

Time is fast when you are late !

Time is deadly when you are sad !

Time is short when you are happy !

Time is endless when you are in pain !

Time is long when you feel bored !

Every time, time is determined by your feelings and your psychological conditions and not by clocks. So have a nice time Always.

THESE WILL BE REALITY VERY SOON

As the future unfolds you have to wonder how people's lives are going to look like. Where will they sleep; what will they eat and how will they travel? Here are some exciting inventions already in the pipeline

Window less Aero planes Energy producing with panoramic views



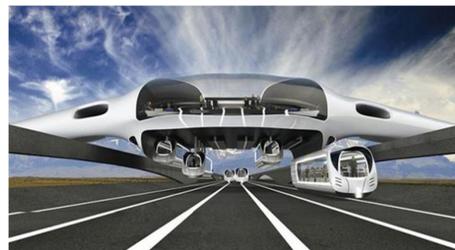
Vertical farm towers



Spiraling underwater cities



Aircrafts with train-like pod links



Solar powered, sustainable homes



TIDAL WAVE POWERED HOMES



3D print your own prosthetic limbs



High speed capsule tube transport



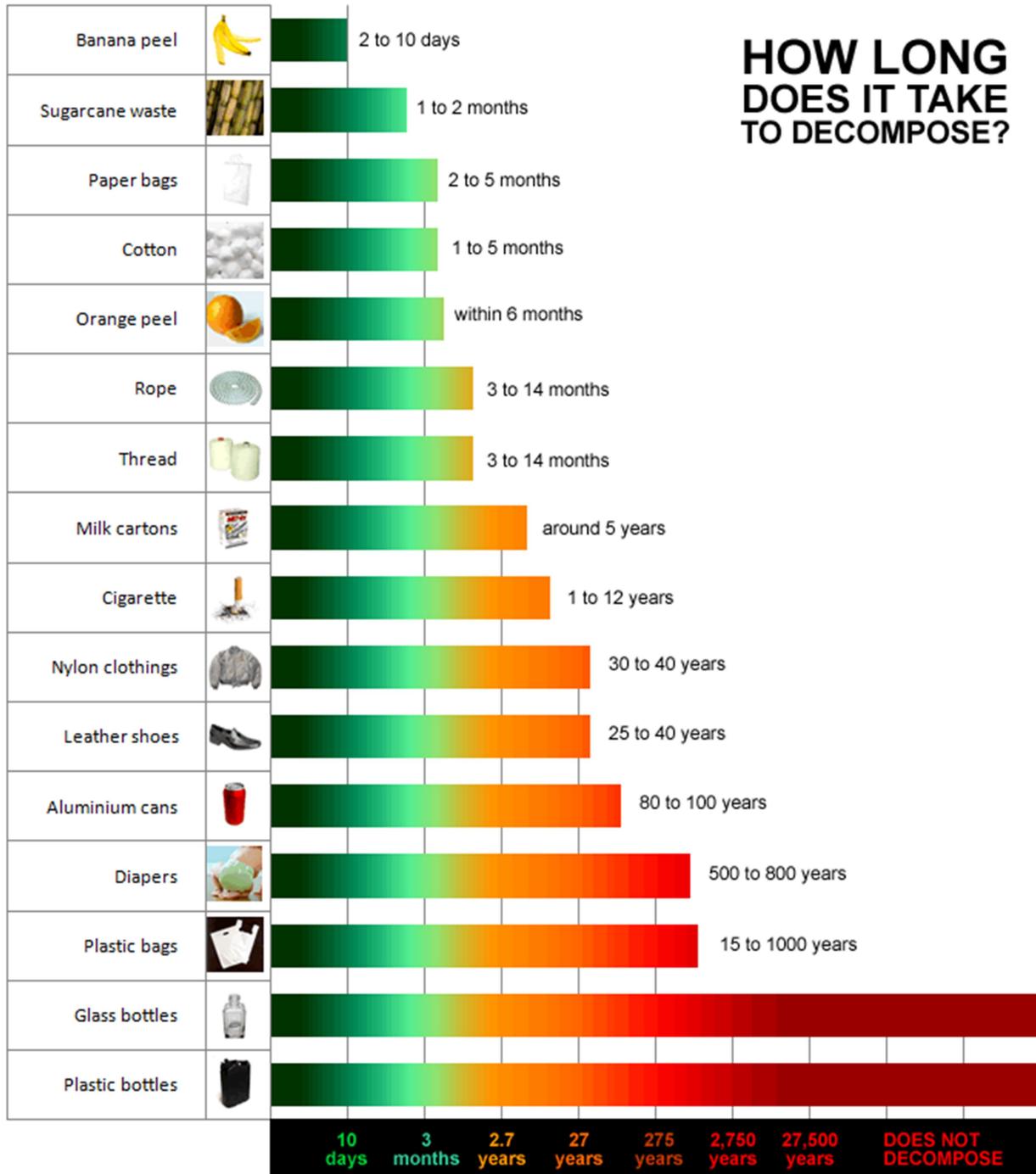
Drone ambulances



Sustainable floating cities



HOW LONG DOES IT TAKE TO DECOMPOSE?



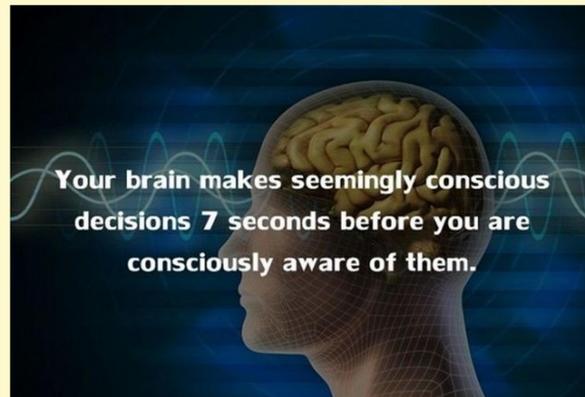
Source: <http://socyberty.com/issues/strange-trash-facts/>

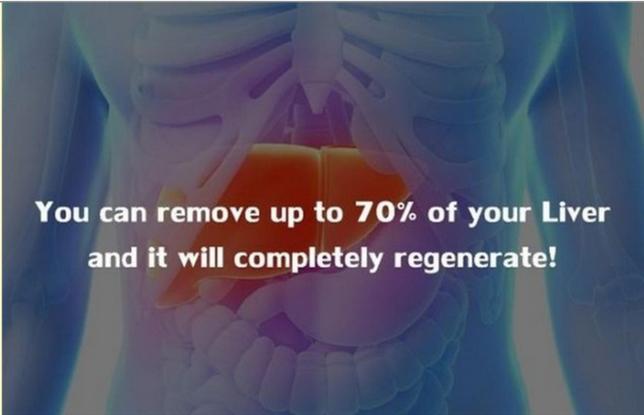
Unbelievable Facts about the Human Body

The human body is, without doubt, the most incredible and complex "machine" on the face of the planet, maybe the universe.

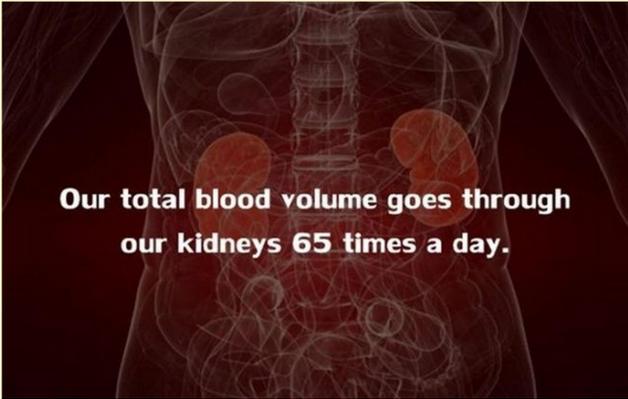
In an age where mankind sends people into space and keeps coming up with more and more great inventions, the human body is still full of undiscovered mysteries.

To help you understand just how amazing you are, here are some facts that left me with a great sense of admiration for the workings of the human body.





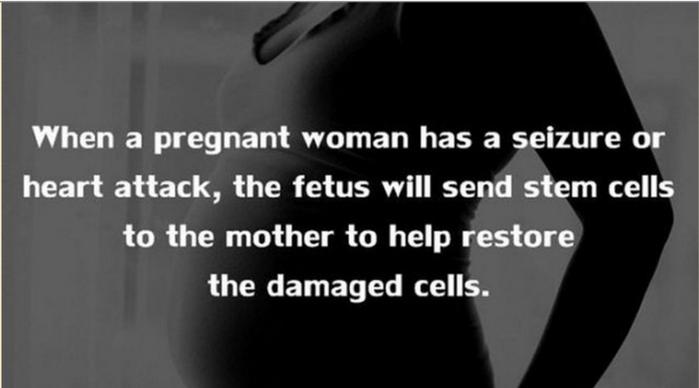
**You can remove up to 70% of your Liver
and it will completely regenerate!**



**Our total blood volume goes through
our kidneys 65 times a day.**



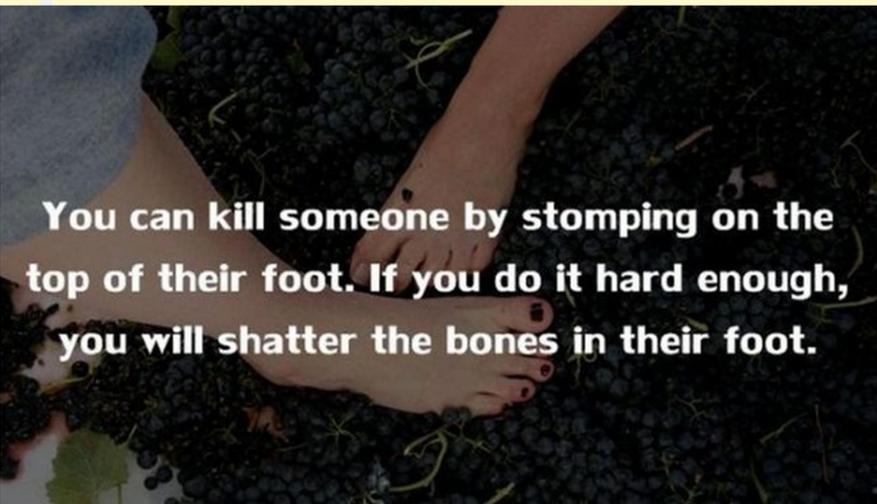
**Humans are the best long-distance runners
in the animal kingdom.**

A dark silhouette of a pregnant woman, showing her torso and arms, set against a lighter background.

When a pregnant woman has a seizure or heart attack, the fetus will send stem cells to the mother to help restore the damaged cells.

A close-up photograph of a baby sitting up, looking directly at the camera.

A human baby has over 60 more bones than a fully grown adult.

A photograph showing a person's foot stepping on another person's foot, which is resting on a surface covered with dark grapes.

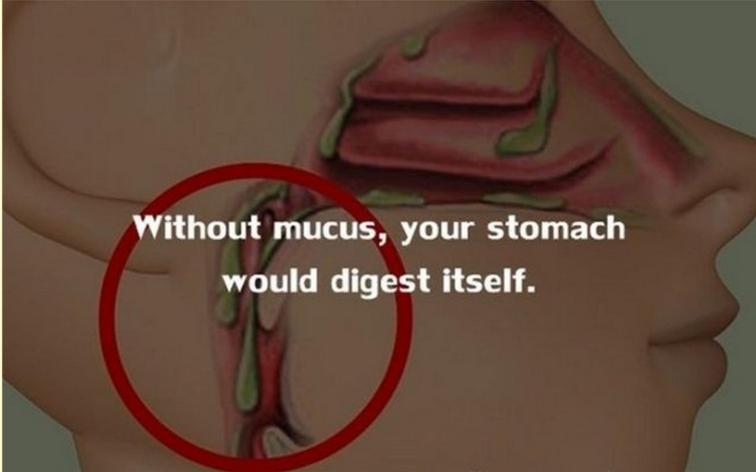
You can kill someone by stomping on the top of their foot. If you do it hard enough, you will shatter the bones in their foot.



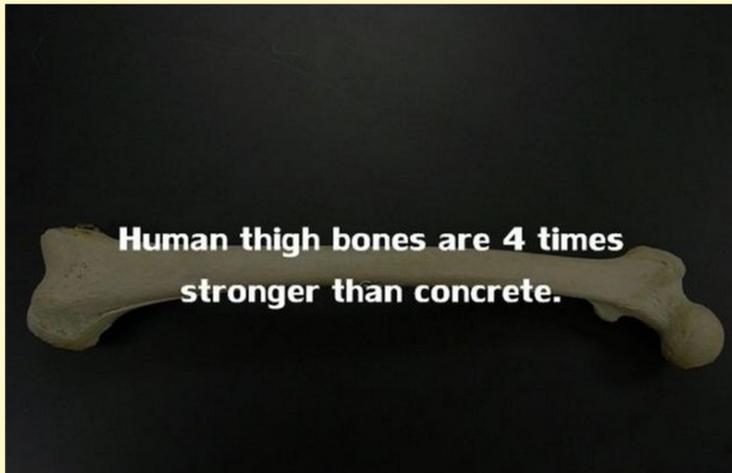
The surface area of a human lung is equal to a tennis court.



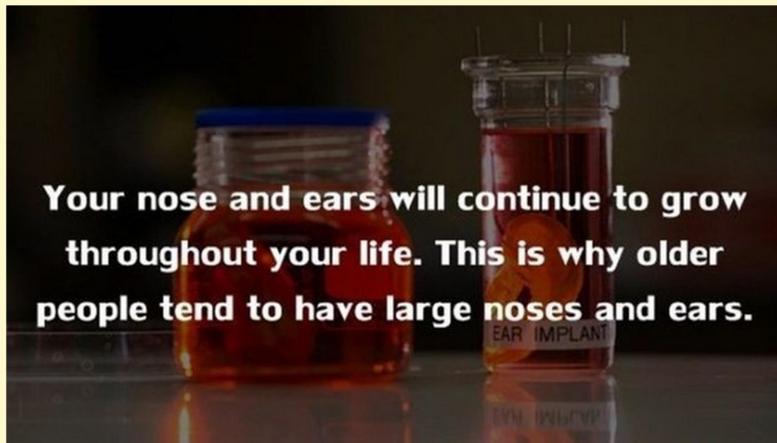
When your face touches water at under ~21C, your body activates the Mammalian Diving reflex, slowing your heart rate and withdrawing blood to your core.



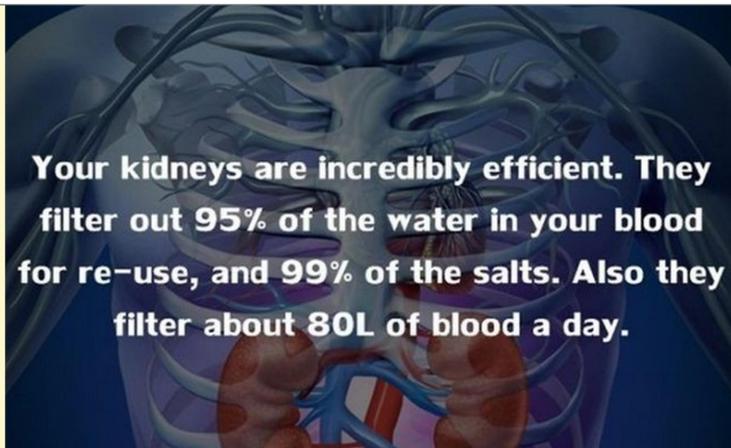
Without mucus, your stomach would digest itself.



Human thigh bones are 4 times stronger than concrete.



Your nose and ears will continue to grow throughout your life. This is why older people tend to have large noses and ears.



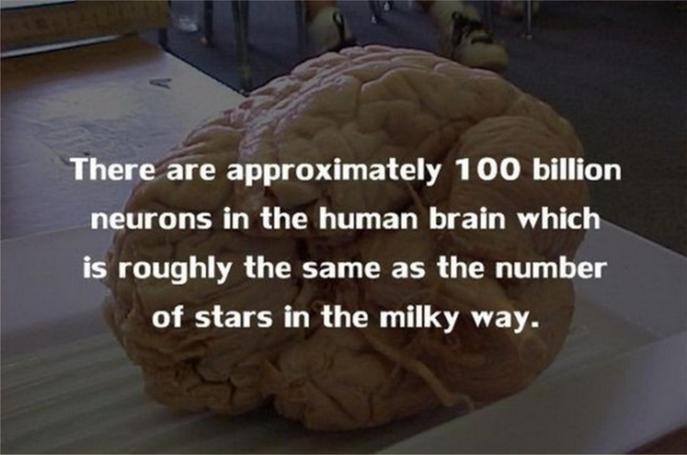
Your kidneys are incredibly efficient. They filter out 95% of the water in your blood for re-use, and 99% of the salts. Also they filter about 80L of blood a day.



If you accidentally cut off your fingertip, as long as the last joint is still intact the fingertip will grow back.



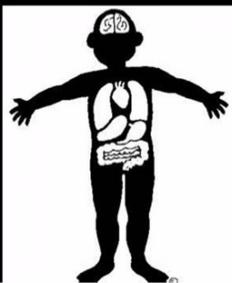
Human babies are stronger than an ox, pound for pound.

A photograph of a human brain, likely a pig brain, resting on a white surface. The brain is brown and has a highly textured, wrinkled appearance. The background is dark and out of focus.

There are approximately **100 billion** neurons in the human brain which is roughly the same as the number of stars in the milky way.

We may think, after spending all these years in our bodies, that we know all that they can do. However, there are many things about the human body (and some still being discovered) that will surprise or even shock you! Here are some weird facts about the human body, with a great truth waiting for you at the end!

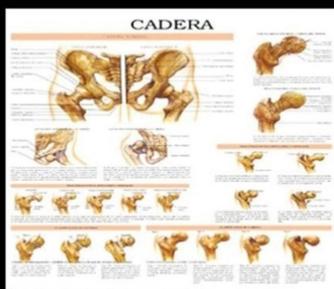
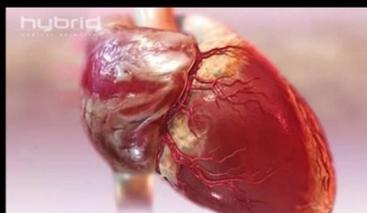
Fascinating facts about the human body!



Your body uses 300 muscles just to stabilize you while you stand.



A woman's heart beats faster than a man's.



The human bone is stronger than cement.



It takes 7 seconds for the food to make the journey from the mouth to the stomach.

The average foot has about 1 million bacteria on it at any given time.



Women blink twice while a man blinks once.





The human hair can pull up to 3 kilograms of weight.



Our skin weighs twice as much as our brain

IMPRESSIVE & MOTIVATIONAL QUOTES:

Mother Teraza – When your eyes are positive, you will like the whole world. – when your tongue is positive, the whole world like you.

Hope is one of God's greatest gifts to all of us, because it's the magic that inspires us to keep trying, learning, loving and living.

No teacher, no professor nor a mentor can teach the important lessons in life, better than a hungry stomach and an empty pocket.

Life never turns the way we want, but we live it in the best way we can. There's no perfect life, but we can fill it with perfect moments.

Do not say “there is still time “ or “ may be next time”, because there’s also the concept of “it’s too late”.

“The Limitations of man are of his own creation, designed to provide cover for his unwillingness to try.”

No and yes are two shortest answers which need a long thought. Most of the things we miss in life only because of saying no too early or yes too late.

Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character, it becomes your destiny.

It's good to have money and the things that money can buy, but it is good to check up once in a while & make sure we haven't lost the things that money can't buy. Live life before you leave life.

Stand up, be bold, and take the blame on your own shoulders. Do not go about throwing mud at others, for all the faults you suffer from, you are the sole and only cause - Swami Vivekanand.

A collection of mistakes is called experience and experience is the key to success.

Life is harder when you complicate the simple things. Enjoy what you have and live your life.

No teacher, no professor nor a mentor can teach the important lessons in life, better than a hungry stomach and an empty Pocket.

No candle loses its light while lighting another candle. So never stop sharing, caring & helping others, it makes our life meaningful.

If we need knowledge, keep adding something new to the mind every day. If we need wisdom, keep deleting a few things from the mind every day.

The mirror never loses its ability to reflect even if it is broken into two pieces or thousand pieces. So never change your originality at any situation.

Reality of life, everyone is good to you till you expect nothing from them and you are too good to them only till you fulfill their expectations.

An umbrella cannot stop the rain but it allows us to stand in the rain. Confidence may not bring success but it gives us the power to face any challenge.

Plain paper has no value but if you write on it, it becomes a document. Life is same. You have to decide which kind of document you want to make of it.

Quality is never an accident. It is always the result of high intention, sincere effort, intelligent direction, and skillful execution. It represents the wise choice of many alternatives.

A collection of mistakes is called experience and experience is the key to success.

Reflection cannot be seen in boiling water. Similarly, solutions cannot be seen with a disturbed mind. Cool down and you will find solutions to your problem.

Every bad situation will have something positive in it, even a dead clock show correct time twice a day. So stay positive.

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.

Remember how far you have come, and you won't have to rely on a destiny for your future. It will come on your own.

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.

Life always lies between affection and ego affection says: let's say sorry but ego says: let them say "sorry". Identifying the difference can save relations.

The harder you fall, the heavier your heart; the stronger you climb; the higher your pedestal.

Nothing is too small to know, and nothing too big to attempt.

The purpose of education is to replace an empty mind with an open one.

Personal leadership is the process of keeping your vision and values before you and aligning your life to be congruent with them.

The things you do for yourself are gone when you are gone, but the things you do for others remain as your legacy.

Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently.

The year you were born marks only your entry into the world. Other years where you prove your worth, they are the ones worth celebrating.

There are two levers to set a man in motion, fear and self-interest.

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 & optimistic.

Be positive & think positive, which will improve your inherent intellectual powers.

Hope is one of God's greatest gifts to all of us, because it's the magic that inspires us to keep trying, learning, loving and living.

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.

Good Results are generated at the end of the day, only if good thoughts are generated at the beginning of the day.

If Plan "A" does not work, then don't loose heart, there are 25 other alphabets.

Ships do not sink because of the water around them, ships sink because of the water that gets in them. Do not let what is happening around you get inside you and weigh you down.

Challenge of a man to mountain on failure to reach on its top "I will come again and conquer you because as a mountain you can not grow, but as a human I can".

"The Limitations of man are of his own creation, designed to provide cover for his unwillingness to try."

"Begin today. Declare out loud to the universe that you r willing to let go of struggle and eager to learn through joy."

The things you do for yourself are gone when you are gone, but the things you do for others remain as your legacy.

Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently.

Be with those who bring best in you and not stress in you.

An error doesn't become a mistake until you refuse to correct it.

It's good to have money and the things that money can buy, but it is good to check up once in a while & make sure we haven't lost the things that money can't buy.

Opportunities are like sunrises. If you wait too long, you miss them.

Self-Discipline is like a muscle. You have to develop it by exercising it, progressively harder each time, and you have to keep using it to maintain it. You do this with daily habits, set proforma, goal action plans, measuring and improving.

Keep your dreams alive, to achieve anything it requires faith, belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.

Every bad situation will have something positive in it, even a dead clock show correct time twice a day. So, stay positive every time.

Being happy does not mean everything is perfect, it means you have decided to see beyond the imperfections.

Every bad situation will have something positive in it, even a dead clock show correct time twice a day. So, stay positive every time.

Be thankful for the bad things in life. They open your eyes to see the good things you weren't paying attention to before.

The joy of life comes from our encounters with new experiences, and hence there is no greater joy than to have an endlessly changing horizon, for each day to have a new and different sun.

Anger comes alone but takes away all our good qualities. Patience too comes alone but brings all the good qualities for us. Choice is ours, No one can influence.

What's taken for granted will eventually be taken away. What's taken with hard work will stay all with us, as we value it very much.

The road to success is not easy to navigate, but with hard work, drive and passion, it's possible to achieve the dream.

There are three principal means of acquiring knowledge: observation of nature, reflection, and experimentation. Observation collects facts, reflection combines them, and experimentation verifies the result of that combination.

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured. Don't ever be angry and be peaceful always.

Life is like riding a bicycle. To keep your balance, you must keep moving. Keep moving and do something creative.

Talent and looks are God given, so be thankful. Fame and money are man created, so be grateful. Attitude and ego are self-created, therefore be careful.

Circumstances are beyond human control, but our conduct is in our own control.

The real art of conversation is in saying the right thing at the right time, and leaving the wrong thing unsaid at the most tempting moment.

There is only 'one rule' for success that we need to learn. Try just one more time in a different way before you decide to quit.

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.

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.

**# LIFE ends, when you stop Dreaming;
Hope ends, when you stop Believing;
Love ends, when you stop Caring; and
Friendship ends, when you stop Sharing....!!!**

#ALWAYS TRY TO HAVE EYES THAT SEE THE BEST, A HEART THAT FORGIVES THE WORST, A MIND THAT FORGETS THE BAD, AND A SOUL THAT NEVER LOOSE FAITH.

MY PAIN MAY BE THE REASON FOR SOMEBODY'S LAUGH. BUT MY LAUGH MUST NEVER BE THE REASON FOR SOMEBODY'S PAIN.

PREFACE: LIFE ends, when you stop Dreaming; Hope ends, when you stop Believing; Love ends, when you stop Caring; and Friendship ends, when you stop Sharing....!!! I am indeed proud to present my 25th book and I am sure you will like it as you liked the other books.

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. Every little smile can touch somebody's heart. 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.

A TREE THAT WANTS TO TOUCH THE SKY MUST EXTEND ROOTS INTO EARTH. THE MORE IT WANTS TO RISE UPWARD, THE MORE IT HAS TO GO DOWNWARDS. TO RISE IN LIFE, WE MUST BE DOWN TO EARTH, HUMBLE, AND EXPRESS GRATITUDE. Speak in such a way that others love to listen to you and listen in such a way that others love to talk to you.

There are certain secrets of nature & astounding facts of life, many we know by default and many more are not known to us and the purpose of bringing this book is to make aware at least few important facts of life. After reading the book, if you liked please pass it on to your friends and contacts and purpose is to let everybody know these astounding facts of life. I thank my assistant Prakyath and CA Mahadevan for giving helping hand to me to finish this book.

Regards,

CA Dr. Vishnu Bharath alampalli.

Contact: 98807 01701.

Email id: vishnubharathco@gmail.com.

Website: vishnubharath.com – Please axis to my site for everyday updates with value added info/pictures and interesting topics.

BRIEF PROFILE:



PROFILE OF CA Dr. VISHNUBHARATH ALAMPALLI.

Personal Details: Born on 2nd Feb 1952 in an illustrious family of businessmen and acquired B.Com, FCA at the age of 21 years, youngest to pass CA in Institute history. Figured in an all India Merit list, both Inter and Final CA Exams.

Skills/Abilities: Accountancy, Finance, Audit, Income Tax, Service Industry, Consultancy for value addition in Business/Industry etc.,

Work History: Over 43 years in Chartered Accountancy profession and the consultant & principal Statutory Auditor for then Vysya Bank, Principal Tax Auditor of Canara Bank, Consultant of Vijaya Bank, and many reputed groups of Business and Industry.

Family: Son of Sri. Alampali Satyanarayan, Wife Mrs. Anuradha Bharath, Son Mr. Chetan Bharath Chartered Accountant. Daughter in law Mrs. Bavana Bharath Finance Analyst.

Address: Office: M/s Vishnu Bharath & co., No. 7/8, Soukath Building, SJP Road, Bangalore 560002. Phone: 42104220, Mobile: 9880 701 701. E Mail: vishnubharathco@gmail.com Residence: No. 450, 7th Main, 4th Block, Jaynagar, Bangalore 560011.

Social Commitment:

- * Working to uplift the poor & down tradon, by training and to secure job.
- * Serving the cause of Education from past 30 years, actively participate in the Management of reputed Educational institution.
- * Sending more than 1 lakh contacts Value added E Mails, every day from past 5 years.
- * Motivate the youngsters by putting QUOTES from past four years, in Face book.
- * Giving helping hand in all Natural disasters/Calamities.
- * Blessed by Mother Teresa, reckoned as Living God,
- * Commitment to social cause in genuinely reflected in proactive involvement and selfless service through organizations of great standing which include, Karnataka Chapter of UNO & UNESCO, Red Cross Society, RSS Trust, APS Trust, Vasavi Veda Nidhi Trust, etc.,

Academics: Passed B. Com., at the age of 18 years and Chartered Accountancy at the age of 21 years in All India Merit. 48th Rank in Inter and 33rd Rank in Final exams of C.A.

Positions Held:

PRESENT:

- Practicing Sr. Chartered Accountant from past 43 years- Accountancy, Audit, Taxation, Banking, Consultancy etc.,
- Vice President – APS Education Trust, 80 years Intuition - having 10000 students.
- Executive President – Karnataka Chapter of UNESCO
- President – Sanskrit School – Vasavi Veda Patashala.
- Managing Committee Member of FKCCI from past 18 years.
- Chairman – PHF Co., (P) Ltd-Transit Living Service Apartments- 200 AC Rooms in six locations.
- Director: CANFINA Subsidiary of Canara Bank.
- Trustee: GMR Infra Welfare Trust.
- Chairman – RV PU Integrated college, which has cent percent results from inception..
- Executive President _ Paraspara Charitable Trust.
- Trustee – RSS Trust, RV Institutions, Bangalore- LKG to Engineering.
- Trustee – Acharya Patashala Trust (APS Trust) – LKG to Engineering.
- Secretary, SLAS Charitable Trust.
- Member – International taxation committee of ICAI.
- Member – Tax Advisory Committee of Southern India
- Member – Fiscal Laws Committee (FICCI), New Delhi
- Donor-Trustee – Vasavi Sarada Ladies Hostel
- President – Karnataka Service Apartments Providers Association

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-Premises acquired during the term of office.
- Chairman – Bangalore Branch of SIRC of ICAI. Received Best Branch award.
- President – Vasavi CA Trust.
- Chairman – Central Taxes Committee of FKCCI
- Member – Tax Payers Committee, CCIT Bangalore
- Member – Board of Studies, ICAI, New Delhi participated for change in subjects and introducing new schemes

AWARDS:

- HONORARY DOCTORATE for Social Service and contribution to Society, received from Mangalore University, April 2010.
- HONORARY PROFESSORSHIP conferred on Communication Skills, by Tumkur University.
- RASHTREEYA UDYOG Award from International Economic Forum
- VIKAS JYOTHI Award from All India National Unity Organisation

- VASAVI SIRI Award from Vysya Community Association
- KANNADA SIRI from Kannada Sahithya Parishath
-

AUTHORED:

- AUTHORED 25 BOOKS, “LIFE IS LIKE A JOURNEY ON A TRAIN” & “HEALTH IS WEALTH & IT IS TAX FREE” IS RECOGNISED BY INTERNATIONAL PUBLISHER AND MADE IT 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 WALTH AND IT IS TAX FREE” Tips for good health.
- “LIFE IS PRECIOUS” Importance of Human life.
- “BANK UPON YOUR BANK” Released by FKCCI.
- “VARIETY IS SPICE IN LIFE” Short stories.
- “FESTIVALS OF INDIA” All about Indian Festivals.
- “I LOVE MY INDIA” Sponsored by Canara Bank.
- “Words of Wisdom” Sponsored by ITC Ltd.,
- “Failure is stepping stone for success” spon by GMR Infra Ltd.,
- “Life, Friendship & Happiness” sponsored by GMR Infra Ltd.,
- “Adinarayana Mahime” of SLAS Charitable Trust.
- “ V CAT Referencer” A guide for Business man – by V CAT.
- “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 –” Spon. Canara Bank.
- “SMILE & SMILE ALL THE WAY – IT IS TAX FREE” Spon. Advait
- PAST PRESENT & FUTURE – Spon. By Abaran Jewellers.
- LIVE LIFE BEFORE YOU LEAVE LIFE – How to live full life.
- FLIP FLOP INDIA – Merits & De merits of India.Spon:CANFIN HOME
- ASTOUNDING FACTS – Facts of Precious Life. Spon: Advait

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

Address: No. 7/8, 2nd Floor, Shoukath Building, SJP Road, Bangalore -2.

Residence: No. 450, 7th Main, 4th Block, Jayanagar, Bangalore 11.

Phone Nos.42104220 Mobile: 98807 01701 99800 77078

Email: vishnubharathco@gmail.com, info@vbandco.com

Web: www.vishnubharath.com

CA Dr. Vishnu Bharath Alampalli.