

IMPACT

INNOVATIVE MANAGEMENT PRACTICES
AND CREATIVE THINKING

A JOURNAL FOR MANAGEMENT PROFESSIONALS



Greetings from **IMPACT**



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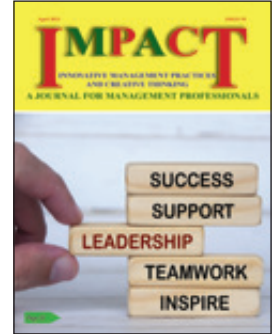
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Dear Readers,

April month's important festival is Ram Navami, which commemorates the birth of Lord Rama, one of the most revered deities in Hinduism. Additionally, the month of April also marks the birth anniversary of Dr. B.R. Ambedkar, a social reformer and the architect of the Indian Constitution.

April 5. Conscious of the need for the creation of conditions of stability and well-being and peaceful and friendly relations based on respect for human rights and fundamental freedoms for all without distinction as to race, sex, language or religion, the General Assembly declared 5th April the International Day of Conscience.

Moreover in India, the month of April is important. The Hindu months of Phalguna/Chaitra usually concur with Gregorian April. Hence, these months are known for significant dates and festivals. Interestingly, Chaitra is the first month of the Hindu Lunar calendar, hence its importance. Natives of several states in India celebrate their New Year day during Chaitra month.

Financially also, April has its significance in India, because we follow April to March as our financial year.

Wishing you a great new financial and new Hindu traditional year.

Editorial Team

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Poet Kamban's Description of Ayodhya

To-day, the whole of India is talking about AYODHYA because of the imminent construction of the Temple of Shri Rama, in Ayodhya after the judgement of the Supreme Court.

In the above context, it would be interesting to know the concept of the city of AYODHYA by Kavichakravarthi Kamban.

Here are some excerpts from my (Dr. H.V. Hande) English prose rendering of KAMBA RAMAYANAM, taken out from the poet's 'Nagara Padalam'.

“Everyone of every world, was eager to be born in the great city of Ayodhya which eminent poets, saints and sanskrit scholars have praised in sweet and lofty verses!



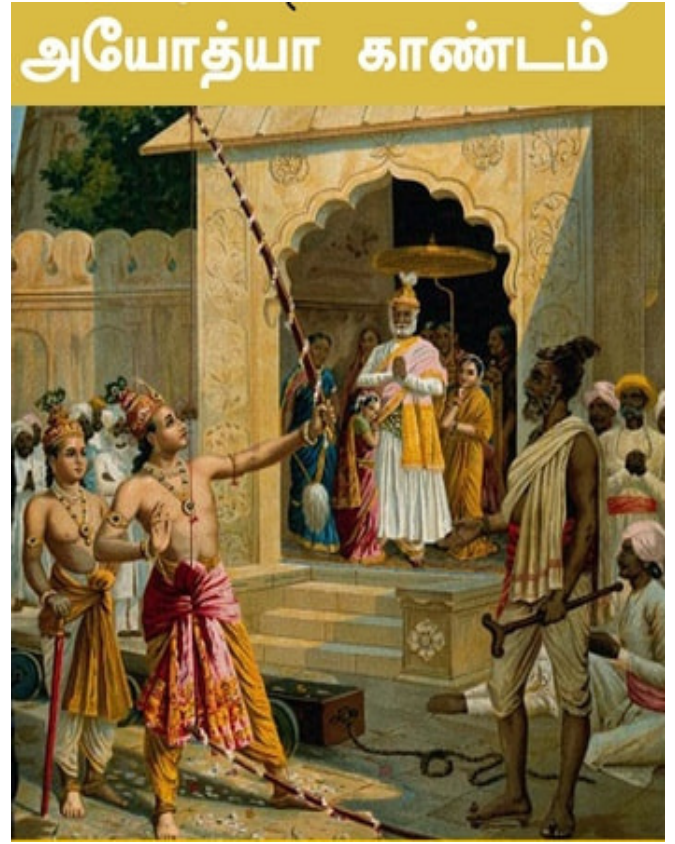
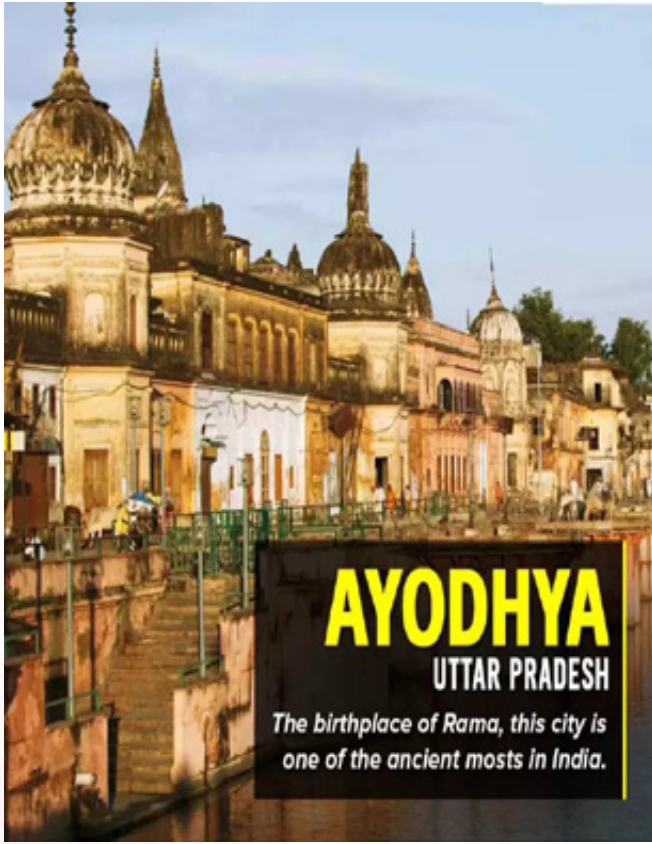


It is impossible to describe the beauty of the city of Ayodhya adequately. Was Ayodhya the beautiful face of Goddess Earth or was it the vermilion (tilak) on her forehead; was it her eyes, or mangalyam, or



the ornament on her breasts, or the place where her life rested? Or was Ayodhya the lotus of the goddess of wealth? Was it the Kaustubham (jewel) on Tirumal's bosom? Or, was it the exquisite Vaikuntham





(Vishnu's realm) of the celestial world? Or, could Ayodhya be the belly of Lord Mahavishnu in which all lives would be absorbed during pralaya? It was said that the Trinity of Gods (Brahma, Vishnu and Siva) could not find a city equivalent to Ayodhya. What reason could there be for the sun and moon to be perennially wandering in the sky, with great avidity even without blinking, except to look for another city like Ayodhya?

“There were none in the city who attempted to protect their wealth because there were no thieves; there were none who could be called philanthropists as no one sought alms. In that city of Ayodhya, it was not possible to single out experts in the different fields of arts and science because there were none who had not mastered all subjects! There were neither haves nor have-nots because all people possessed all types of wealth! The city of

Ayodhya was an ideal place where the seed of education was sown and nurtured into a tree full of strong and beautiful branches of endless knowledge sprouting leaves of wisdom based on hard penance and buds of compassion blossoming into flowers of righteousness, resulting in fruits of blissful joy”, concludes Poet Kamban, while describing the city of Ayodhya!

Dr. H.V. Hande

*Former Health Minister of
Government of Tamilnadu.
Founder & Director of
Hande Hospital.*





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Travel Brings Wisdom only to Wise

Travelling is learning.... Kikuyu Proverb

“With age, comes wisdom. With travel, comes understanding.” – Sandra Lake

Introduction

Many a time I use to feel like taking up a travel in all my sudden anxiety to learn something immediately there personally – to touch and feel - kinaesthetic at that part of understanding of what I read through. I am curious to know what makes some of my friends, mostly as a family, travel very often to various destinations. And sometimes, it is as if only to post quite a few selfie pictures and short videos of such travels seamlessly. But what one thing that I uniformly able to observe in their photos and also in real life, the kind of beaming joy and stress-free behaviours of those persons.

As I start reflecting in my mind, I realise that every time I travel especially to a new destination, there is rejuvenation and newness in understanding of something that has come into my view; I get clarity and new meaning or perspective in what I have been holding grey in my imagination.

The following is only a compilation of some of the bloggers’ reflections on travel and a few other observations on what I believe the utmost benefits of travelling i.e., experiential learning, liberating, helping to break your limiting beliefs and expanding your comfort zone.

Definition

What is the point of travel? Why do we spend our time and money seeing new places – or old places in new ways? And why bother bringing our children along? What’s in it for us, and them?

One of the answers to that question is that travel changes us for the better. We learn more about the world, understand cultures or environments that differ from our own, and discover personal biases, predilections and fears as well as new joys, passions and people.

“Travel is fatal to prejudice, bigotry and narrow-mindedness,” wrote the globetrotting Mark Twain.

One of the best things about Travelling is that it instils a sense of confidence, resilience, and self-dependence. You tend to learn the multi-crore



skill of making well-informed decisions and being accountable for them. It also infuses a sense of adventure and accomplishment which drives the soul towards self-belief.

Human Evolution and Travelling

Early humans moved – from the savanna to forests to mountains to islands, between hot and cold, from coasts and deserts and tundra and back again. We hunted, farmed and built increasingly larger communities, and then we left those places too.

Humans were nomadic throughout the length of the Stone Age – and that represents 99% of our existence as a species. Travel has clearly played a formative role in our evolution. Our itinerant nature is also partly why our brains are so developed. When you're exposed to new experiences, your mental plasticity (rewiring, repairing) increases in a way that it doesn't when you stay in a circumscribed space and repeat the same behaviour day after day.

Humans' "nomadic strategy meant that we were constantly confronting new environments," wrote learning expert Alison Gopnik in her book "The Gardener and the Carpenter," explaining the connection between travel and our species' brain development. "Wanderlust seems to be built into our genes."

Travel is change, and change makes you smarter because you must adapt – whether it's to new ideas, new situations or new challenges. And when you successfully apply knowledge to how you live your life, that's the basic definition of wisdom. Our subspecies – the only living heirs to those nomadic early human species – is named homo sapien sapien. Sapien means "wise" and the double "sapien" labels us as double wise.

Here are some experience-expanding parameters to impose on ourself the next time we leave home.

Grateful for life

Travelling gives you insights and glimpses into the lives of people who are differently brought up than you are. It gives you an idea of the struggles and difficulty that people face irrespective of their caste, class, colour or creed simply because of the different environmental conditions. There might be a crorepathi living in the mountains, but he still has network issues and doesn't have the luxury of shopping as and when he wants, or there might be little children who don't have schools to go to.

While this opens up the kindness in your heart, it also teaches you to be grateful. Gratitude turns what you have into enough and leaves you feeling content. They say a grateful heart is a magnet for miracles.

Becoming responsible for our planet

Travelling makes us realise that tourists and humans are essentially destroying the most beautiful destinations in the world. In a few years, our children won't get to see this beauty. It forces us to think for the environment, not just in touristy places but also back home. It's on these trips that we learn that usage of plastic is causing a real havoc, so we consciously try to minimise the usage.

We also realise that so far tourists have ruined so many treks, so we try to clean the place before we leave. Always follow this policy of leaving a site



better than we found it. It will go a long way in helping to keep our planet cleaner. In the effort of saving more money so we could travel, we also learn to buy minimal things that would last longer and contribute to sustainability.

Go on the road

Speaking of not leaving the work to others, a cross-country car trip should be on your travel bucket list. You choose the route; you find where to sleep and eat and you discover the places and attractions to cut into the monotony of the road.

You'll inevitably get lost, come up with some creative ideas while talking to your friend, fish or yourself, meet some strange people, and end up in some sketchy town or bar at some point. All of it makes for good stories.

But also get out of the car

Long journeys in cars or trains can be great for the soul, but they are never better than encounters with nature. You have to touch places, explore them. One study showed that creativity and problem-solving performance increased by 50% after subjects spent four days immersed in nature (note: without their



smartphones). Again, it's the unfamiliar that fires up the synapses and stokes those flames of wisdom. Route yourself though a national park or two. And buy a cheap tent so you can sleep outdoors at some point.

Get out of your comfort zone

Go someplace you don't speak the language and learn some of it there. Seek out local food and cultural experiences that you can't easily find at home. Learn the local public transportation. Don't have all the days planned out. Give yourself a fun goal when you arrive but also walk around without any agenda at all. Mark Twain wrote that "travel is fatal to prejudice, bigotry and narrow-mindedness," in his travelogue "Innocents Abroad." And the



Travel brings wisdom only to the wise. It renders the ignorant more ignorant than ever.

— Joe Abercrombie —

positive effects of travel, he added, “cannot be acquired by vegetating in one little corner of the earth all one’s lifetime.”

Add drama

“Adventure is important in life,” American actor Rob Lowe wrote. “To have a great life you need great memories. Say ‘yes’ to a challenge and to the unknown. Be creative in adding drama and scope to your own life. Work at it, like a job.” Drama doesn’t have to be danger. But don’t forget you are the director and lead actor of your own film. Make it interesting. Make it one you want to replay for yourself and others. “Following adventure creates stories that you keep forever,” Lowe wisely added.

Create a specific challenge

Traveling with some goal or mission – from language immersion to cooking to volunteer work – is a big share of the travel industry. But you can create your own quest. If you’re a runner, map out an interesting route. Foodie? Track down the best meal at your destination by doing your homework but also asking people when you get there. Or indulge in a more personally specific pursuit, may be something like, scoping out coffee shops and bookstores in new places.



Book Centre, Waterford, Ireland

Besides, it may be interesting to create a scavenger hunt for your family that we may like to do at the

last leg of our tour. The list of items for us to find are subjective; they force us pay extra attention. They may include items like “beauty,” “kindness” and “love.” And then we share our treasures with each other.

Go as far as you can

The farther you go, the happier you’ll be, according to researchers at Cornell University who analysed the language of tweets. They compared those written at work or home against those who shared their feelings while traveling far from either.

It intuitively makes sense. You’re escaping your routine, your quotidian stressors, boredom. That’s true of most vacations in general, but the added novelty of going far, far away – Iceland! Italy! China! Australia! Thailand! Nepal! – widens the cultural gap where all the great discoveries (internal and external) are made.



Study Tour in Scandinavia

Don’t leave the details to others

Cruise ships, tour buses and all-inclusives have their upsides, but when you leave the planning, driving or explaining to others, you erase the value of figuring out where to stay and eat, what to see, and even what those sights mean. Convenience and even financial savings come at a different kind of cost.

Your travel experience will be deeper if you find great food and accommodations. Try reading about the

local history of your destination from a book – even fiction works. Figure out for yourself how to get from A to B. And enjoy meeting locals and fellow travellers.

Go as long as you can

Money is always a limiting factor, as are available days off from work, but if you can swing it, the longer you are away, the deeper you'll engage with a place. If you could stay a month someplace, you'd start to navigate it like a local, discover more details you love about it, and begin to make friends. This level of absorption takes willingness but also time.

Researchers at the University of Pittsburgh found that students who studied abroad were more likely to seek out and enjoy novel experiences (neophilia, it's called) in general, from tasting new foods to taking more risks. As the old Latin saying put it: Fortune favours the bold.

Please your Taste Buds

This one goes without saying that good food and excellent views are the best things in life! And when the world has so many flavours to offer, how can you devoid your taste buds of all those. We come to realise that Chinese cuisines would taste much better and authentic in China and so would Italian in Italy.

Travellers remember relishing the best Trout fish in Manali and the most delicious pork in the far



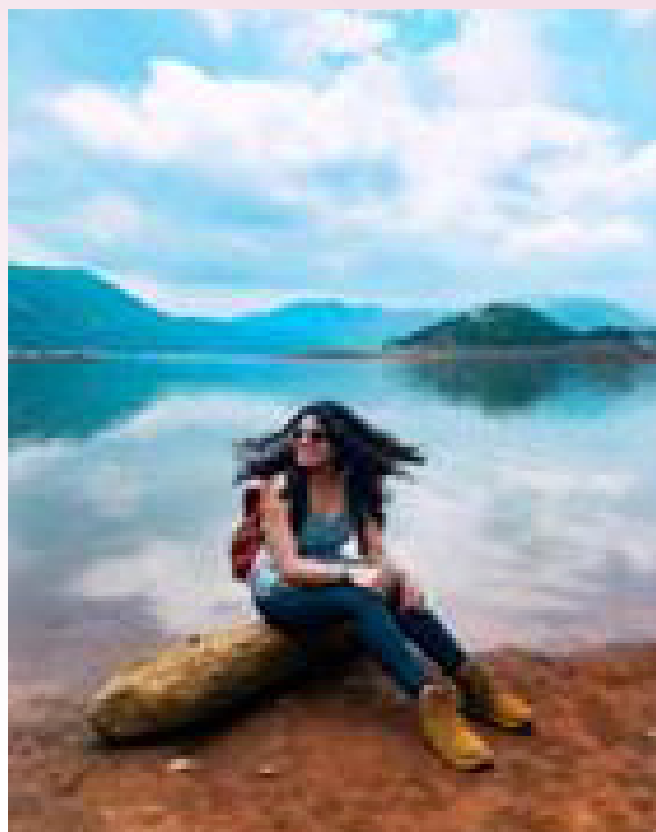
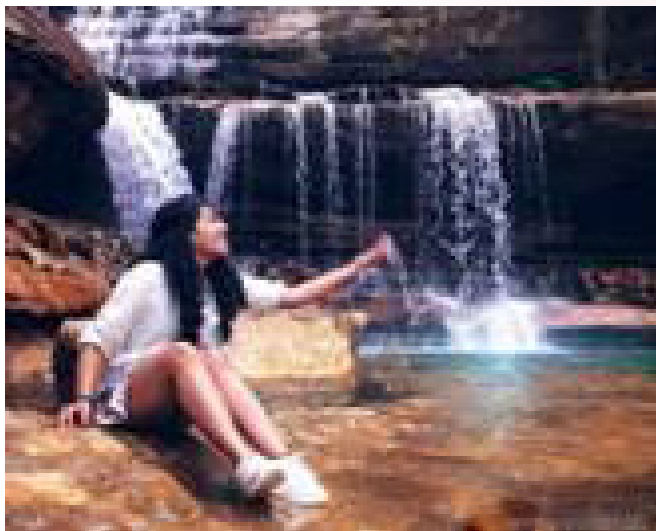
sprung city of Shillong. And, not to forget the drinks, served with their local delicacy, a wine, made from a flower named as Rhododendron. The Mishing tribes of world's largest river island, Majuli Island, may welcome with their freshly brewed beer called as the Apong. Now isn't that enough proof that a lot of aromatic flavours await out there to be savoured. All we have to do is travel to them.



Reinvent and Rediscover yourself

Isn't it ridiculous how we lose ourselves amidst all the noise of the world and let it affect our health? Well, travel truly helps to reinvent and rejuvenate while boosting emotional and mental health. The best way of soul searching is by travelling far and wide to the unfamiliar lands.

Any travel adventure would extensively help us discover hidden parts of ourselves by fighting our fears and questioning our limits. We get opportunities to learn to be more flexible and adaptable to the circumstances and to not prioritise anything over our inner peace. These lessons would help us live a more stable life in the years to come.



Umiam Lake, Shillong

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Chase Happiness and not things!

It is rightly said, “Own only what you can always carry with you: know languages, know countries, and know people. Let your memory be your travel bag.” Minimalism is the way to live a content fulfilling life.

Travel teaches us to chase real happiness which is found not in materialistic things but the miracles of nature. The value of experiences is prime and cannot be replaced. And it is for such extraordinary experiences that every traveller lives and dies for!

Drop the guidebook and live a little!

It is often that on travel journeys, things don't always go according to the plans. Thus, travel is the best way to learn the art of going with the flow and being spontaneous. It helps us gain tolerance for uncertainty and trust our instincts. It makes us more adaptable and less fussy and overall, awesome!



Ignites the love for music

New places, new people and new cafes introduce us to new music and songs in languages we've never heard and don't even understand, but still, the music seems to speak to us. Often we will notice that clubbing in another city or a musical bonfire night in the hills introduces us to music that exactly may match our vibe.



In some cases, if we have heard a song on a trip, then every time we come across it on our playlist, we are magically transported to the trip all in seconds. We will notice memories of that particular trip rush to us and help us cherish those fond moments.

Ancient wisdom on Understanding life

As per our ancient Indian writings, Dattatreya was an incarnation of Lord Vishnu and Shiva. Dattatreya must have lived at least 2000 years ago. We did not know when exactly Dattatreya lived. But his name was mentioned in Valmiki Ramayana and Mahabharata, the two great epics of India. Bhagavata Purana has Dattatreya's teachings in the form of Uddhava Gita. Both Dattatreya and Wordsworth advocated let nature be our teacher.

What did we learn from the nature?

Wordsworth said,
*“Come forth into the light of things,
Let Nature be your teacher.....*

*One impulse from a vernal wood
May teach you more of man,
Of moral evil and of good,
Than all the sages can."*

Dattatreya mentioned natural objects or living beings as his teachers. What he said in his words:

The earth taught me patience and generosity.

The ocean taught me to remain calm in spite of storms.

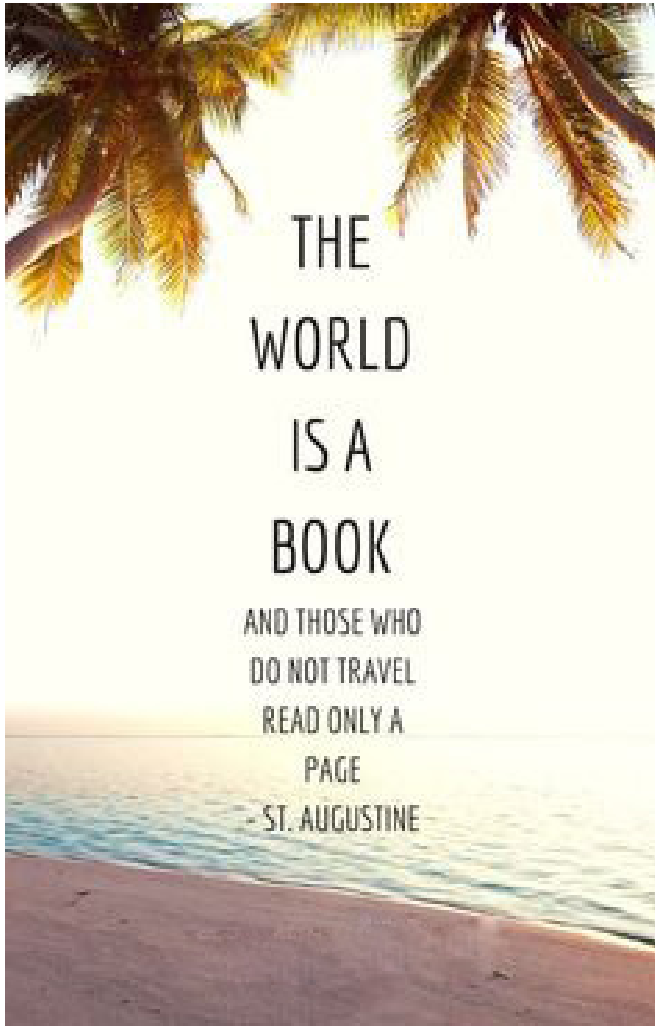
The fire taught me to give myself so that I would shine brightly.

The air taught me to move freely anywhere and not to stay in one place.

The water taught me how much purity is needed for one's good health.

The sky taught me to be above everything and yet embrace all things.

The moon taught me the Self remains the same even when the appearance changes.



The sun taught me that a luminous face is reflected by all smooth surfaces.

The flock of pigeons taught me that love and attachment mean entanglement.

The bee taught me to collect sweet wisdom from no one suspected it to be.

The arrow maker taught me to be purposeful and always concentrate to one point.

The fish taught me never to take the bait and so destroy myself.

The bird taught me to sit peacefully and be content with little food.

The moth taught me to plunge in to the flame of knowledge.

The python taught me how to be content.

The elephant taught me to be careful with my passions and desires.

If one has read the Indian mythologies and the fables like Panchatantra the answers will be clearer and easily understood.

Dr. S. Jeyachandran

He is basically a Concrete Technologist turned into a Construction Management professional by experience. He has had over 4 decades of experience in selling, Quality Control of Construction Materials, teaching in various institutes. Presently Vice President in Marutham Group, Chennai..



Seven Tips for Finding Happiness at Work

The average person will spend 90,000 hours at work over a lifetime, so you might as well try and enjoy it. How to recover from burnout and chronic work stress – according to a psychologist

Work, it's something most of us do though it isn't always enjoyable. Whether it's long hours, gruelling

tasks or just the repetitive nature of a day-to-day routine, work can sometimes be something we have to do rather than something we want to do.

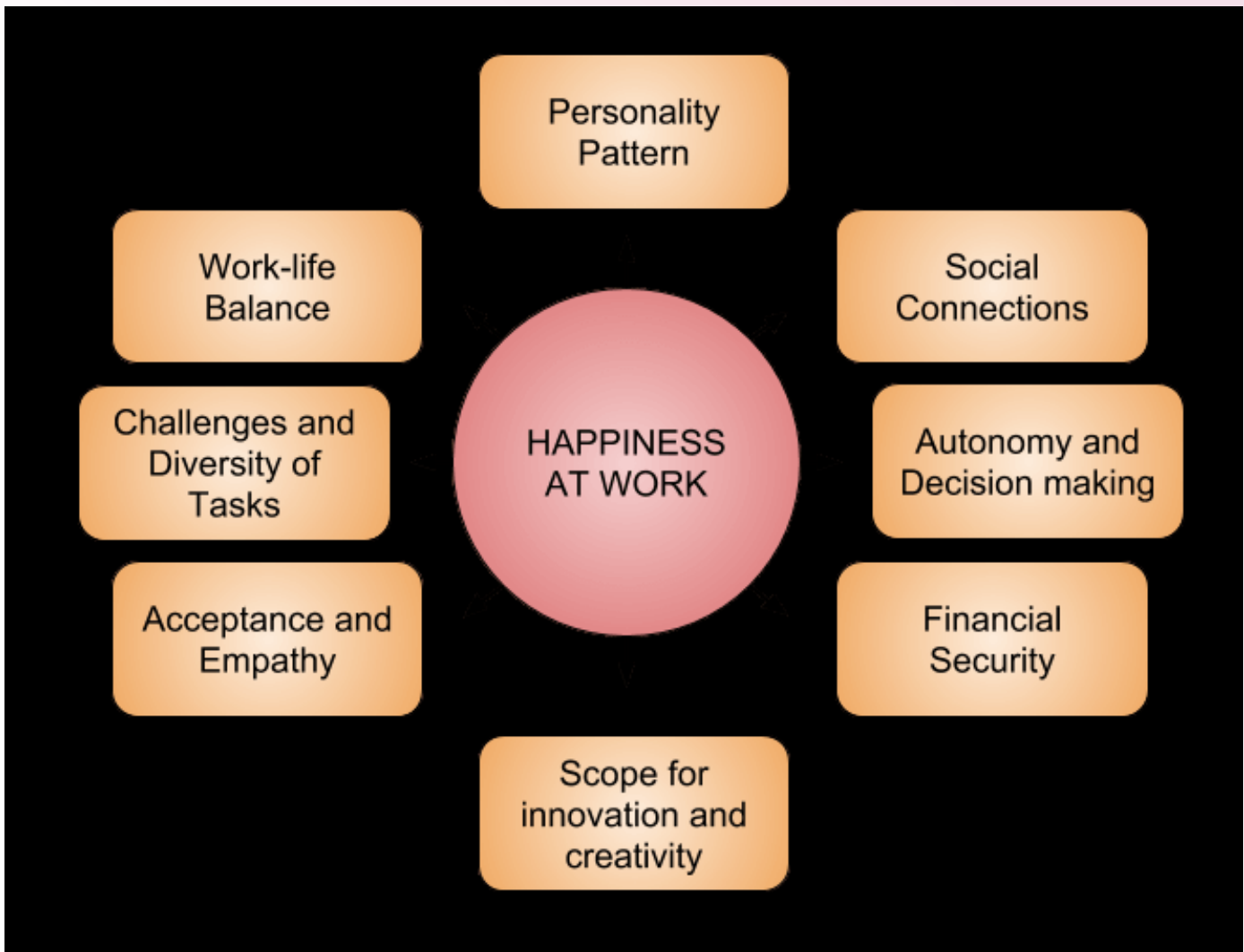
But given that the average person will spend 90,000 hours at work over a lifetime it makes sense to try and enjoy it if you can. So what can you do to be happier at work and reduce stress?

HAPPINESS AT WORK

It's obvious that happiness plays a key role in our lives. A study of over 250,000 people found that happiness leads to many positive benefits, including:

- HIGHER INCOME
- MORE PRODUCTIVITY
- HIGHER ENERGY
- BETTER RELATIONSHIPS
- BETTER HEALTH

The infographic features a large yellow sun with a smiling face behind white clouds. Below the title, there are five icons: a green banknote, a yellow flexing arm, a purple battery with a lightning bolt, two blue hands clapping, and an orange cross.



I was the lead scientist in a government project that looked at how our wellbeing and emotional resilience can change over a lifetime.

As part of this project, the team, with help from think-tank the New Economics Foundation, identified several things that can reduce stress and enhance wellbeing and happiness – all of which can be applied to the workplace. So what helps?

1. Be active

Exercise and other physical activities won't make your problems or stress disappear, but they will reduce their emotional intensity and give you mental space to sort out problems – as well as keep you physically fit.

Research shows time and time again the positive benefits of exercise, so why not bookend your working day with some physical activity.

Walking to and from work is a great way to create separation from the working day. If that's not possible you could get off the bus a stop early, make your lunchtimes active or maybe find an exercise class to do before you start work for the day.

Try a lunch time exercise class for a change of scenery.

2. Connect with people

If you examine most of the happiness scales, relationships with others come near the top of these lists.

12 STEPS TO HAPPINESS



Thank

Thank someone and be appreciative toward your colleagues, every single day.



Experience

Experience new things, try stuff out, and let people run all kinds of experiments.



Give

Give something to another person or make it possible for others to offer gifts.



Hike

Hike outdoors, enjoy nature, and allow people an escape from the office and the city.



Help

Help someone who is in need of assistance, or enable colleagues to help each other.



Meditate

Meditate and get people to learn and adopt mindfulness practices.



Eat Well

Eat well, and make good, healthy foods easily available for everyone.



Socialize

Socialize, relate to other people, and make it easy for colleagues to develop connections.



Exercise

Exercise and work out regularly and make it easy for people to take care of their bodies.



Aim

Aim for a goal and get people to understand and realize their own purpose.



Rest

Rest well, sleep sufficiently, and enable colleagues to refresh their minds.



Smile

Smile whenever you can, appreciate humor, and get colleagues to engage in fun activities.

During the pandemic, many people found their wellbeing suffered due to a lack of social contact. Indeed, a good support network of friends and family can minimize your work troubles and help you see things differently.

It's also worth getting to know your colleagues. The more you invest in your relationships at work, the more enjoyable you may find your day.

Helping work colleagues and others in your life, can also enhance your self-esteem and give you a sense of purpose, which is essential to your wellbeing and contentment.

Get to know your colleagues, you might discover you enjoy spending time together.

3. Learn new skills

Keeping “cognitively active” is critical to your psychological and mental wellbeing and can provide you with new opportunities in terms of

your career development. So try to keep learning – take a course, develop some new skills or learn a new hobby, it all adds up.

Having things going on in your life outside of work is also important for your emotional and mental wellbeing. In the UK we work some of the longest hours in Europe, meaning we often don't spend enough time doing the things we really enjoy. Don't work excessive hours. And ensure you make time for socializing, exercise, along with activities you find fun.

Your new hobby could even lead you down a new career path.

4. Stay present

This is all about “being in the moment” rather than in the past or looking too far forward. Enjoy the present and you will appreciate it more. Indeed, there is plenty of research on the positive aspects of mindfulness and how it can help with mental health.

**Readers are requested to send their
management related questions.**

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experts.

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You don't have to sit down for hours meditating either. Being in the moment is more about bringing your brain back to the now. A more mindful approach to life is something you can practice at any time of the day, it's just about being aware, noticing your surroundings – the sights, sounds, smells. You can do this while you're walking, in a meeting or making a cup of tea.

5. Recognize the positives

Staying present also helps you to recognize the positives in your life – allowing you to be a glass half full rather than a glass half empty person.

Accept there are things at work or in life you can't change and concentrate on the things you have control over. Remind yourself to feel grateful for the positives in your life.

6. Avoid unhealthy habits

Given what we know about their long-term consequences, using excessive alcohol or coffee consumption or smoking as a coping strategy for work stress is ultimately likely to have a negative impact on your happiness, even if they seem to provide a quick pick-me-up.

Finding the positive in things could help you to enjoy time spent on Zoom meetings rather than resent it.

7. Work smarter, not longer

Prioritize your workload during working hours and you will have more disposable time to do the things you enjoy. Accept that your in-tray will always be full, so concentrate on the important things first.

The more you take control of your work life and get the balance you need, the more likely you will be happier at work. Indeed, given that in the UK stress-related illness accounts for nearly 60% of



all long-term sickness you must prioritize your wellbeing and try to reduce work stress where possible.

Author: Cary Cooper is a professor of organizational psychology and health at the University of Manchester

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The Five Finger Leadership

The number 5 is always highly significant in our country- Five Elements- Earth, Sky, Water, Air and Fire. Five Pandavas from the Epic Mahabharat- Dharmar, Arjun, Bheem, Nakul and Sahadev. Five Vedas- Rig, Sama, Yajur, Adharvan and Upanishad.

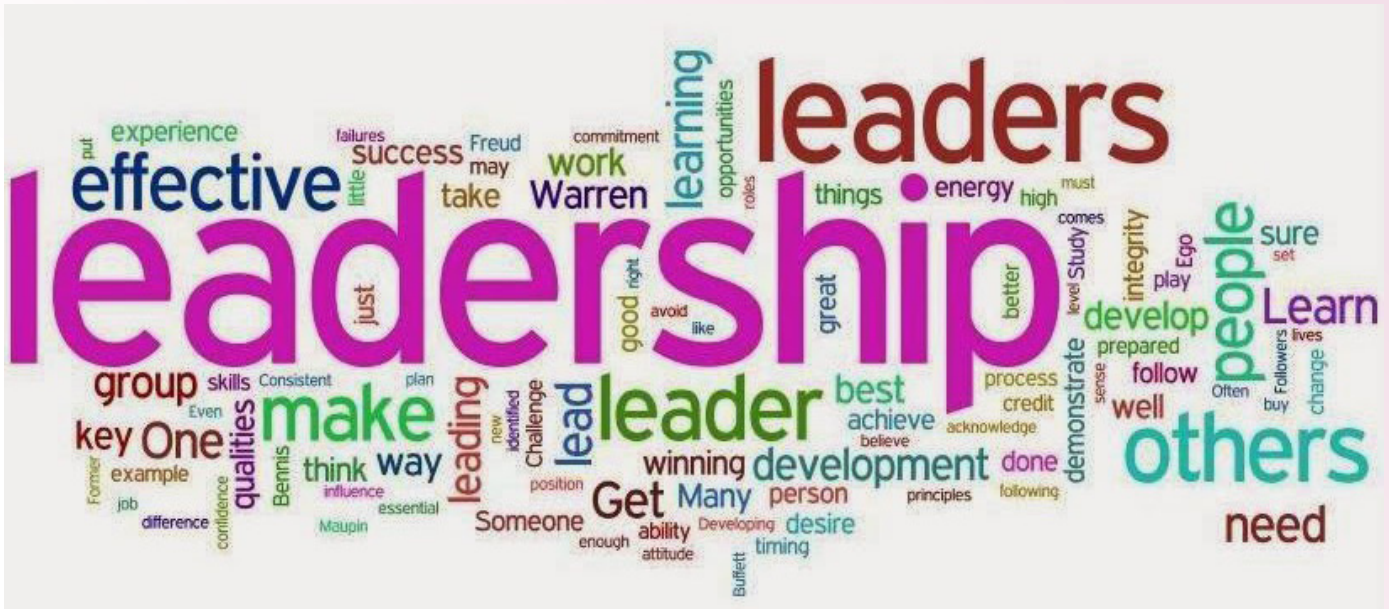
Five Fingers in a hand-
Small Finger
Ring Finger

Middle Finger
Index Finger and the
Thumb.

In the Medical parlance, these are referred to as Digits starting from the First- Small Finger- to the Fifth- Thumb.

When we come to the Leadership styles, we may attribute the following qualities to our five fingers-





Small Finger- Spectator
 Ring Finger- Connector
 Middle Finger- Creator
 Index Finger- Task Master and
 Thumb- Leader.

Let us now analyse the above statements one by one:

Spectator

This person observes everything and every one closely but never follows any one as his Role Model. But he knows all the functions. If assigned any work in the office, he has his own time schedule to complete the job. So the Manager can't assign any urgent work but can allot any important work and this Spectator will definitely accomplish it but at his own sweet will. Don't you have this kind of employees in your organization?

Connector

This person is a good PRO- knows all influential people in the city, has friends in all the Departments like the Railways, Airports, State and Central Government offices and what not. Don't you need this kind of people in your arena? Don't you require these kind of services for you,

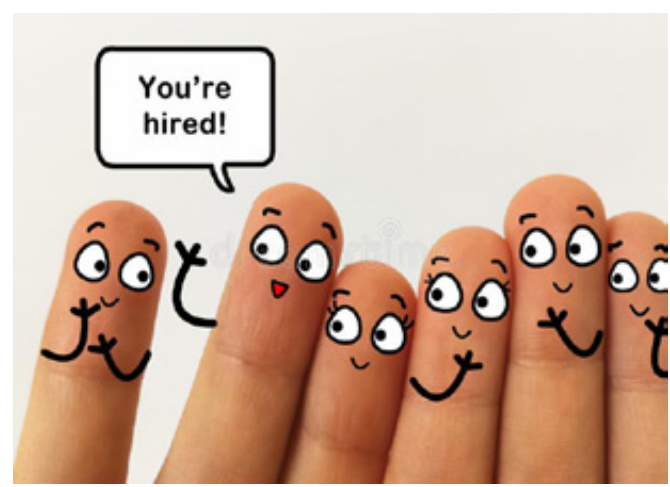
your Boss and your family? Should you not keep him in good humour, whatever may be the quantity and quality of work he turns out on the normal days? Yes, we have to connect with this Connector at any given time.

Creator

This person finishes all allotted work quickly and asks "What Next?"

He is like the 'Vedhaal' demanding more work in the Vikramaditya story.

Sometimes he creates work himself and helps the Institution.





Of course, at times he exceeds his limit and poses problems in front of Superiors. But still, you have to protect him in view of his past good work, creating novel methods of working and helping the office.

Task Master

This person is a ‘Must’ in every office. He is a hard task master and gets any work completed in time and in a proper way. His help is very much required in times of Year End New Business, Recruitment

of Staff and any such time bound activities. Once you allot an assignment to this task master, you can forget and relax. On the appointed Day the results will be on your table. Is not such a person a requisite in each organization?

Leader

The title is self-explanatory. He leads the entire team cohesively, patting some, tapping some and whipping some. His aim is to win, some times win at any cost. At times End justifies the Means for this man. You would have seen your Boss saying “Allot this job to Leader A and not to B, because although B is also capable, he is always particular about the means to achieve the result”. You will agree that we do need this variety of ‘Leader’ in an Organization.

The Assignments before us

The tasks in front of us can be divided as
Urgent
Important



Urgent but not important
Important but not urgent
Both urgent and important.

How are we going to allot the above to our Five Fingers, I mean. Leaderships?

Important job can be given to the Spectator. Though important, there is no hurry to finish the work.

Urgent job can be assigned to the Task Master. He will not only complete the work but also within the allotted time.

Important but not urgent work can be given to the Collector so that he can leisurely use his contacts and complete the assignment.

Urgent but not important job is suitable for the Creator. He will handle it well and in time.

The last variety- Leader- is the Jack of all Trades and also the Master of all.

Conclusion

But the following facts remain-

All the Fingers are important and required for every human being for all activities, although some

times it appears as if one particular finger is more needed than others.

Although the small finger seems to be insignificant, only this finger is in the front when we do ‘ Namasthe’ to others.

Although in the weddings, the Ring finger gets more prominence when the newly married couple exchanges the rings, but the ring gives more shine only when it is accompanied by the other fingers.

Although the Thumb assists in showing the Victory sign, it is held high in the air only by the other fingers.

If even one finger gets injured in an accident, the whole hand loses its capacity of free movement.

Similarly all the five leadership qualities are required for any individual.

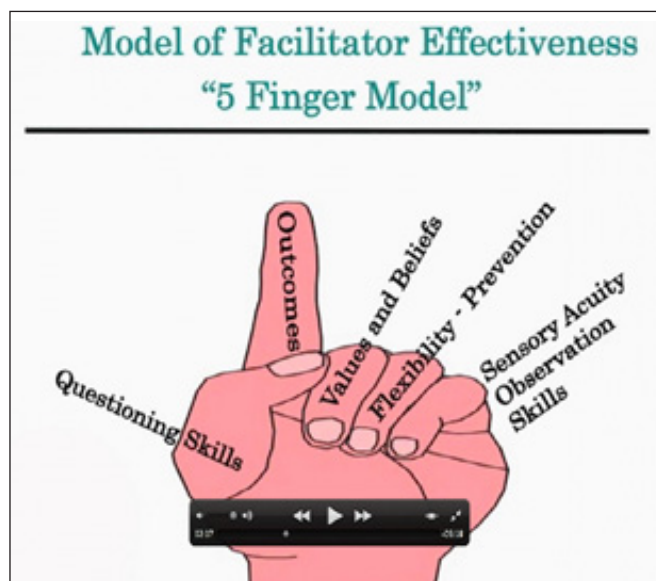
One has to contain a little of each quality- Spectatorship- should we not be a good observer?

Connectorship- should we not know important persons in the city?

Creatorship- is it not required to be a fast worker and ask for more work?

Task Mastership- is it not needed to be a person to finish any given task?

Leadership- Who does not wish to be a good Leader?



R. Venugopal

Mr. Venugopal has served in LIC of India from 1968 to 2006 for 38 years and retired as an Executive Director.

What Is an Aura?

What exactly are auras?

“As human beings, we radiate a very low level of electricity that’s otherwise known as an electromagnetic field,” says Christina Lonsdale, a Portland-based artist behind a popular aura photography practice called Radiant Human.

Ancient systems of medicine, such as Hindu scriptures like the Vedas, believe that this energy is expressed in seven layers. Each layer is said to correlate to a different element of your physical, mental, spiritual, and emotional health.

It’s thought that these layers can interact with one another to influence your overall health.

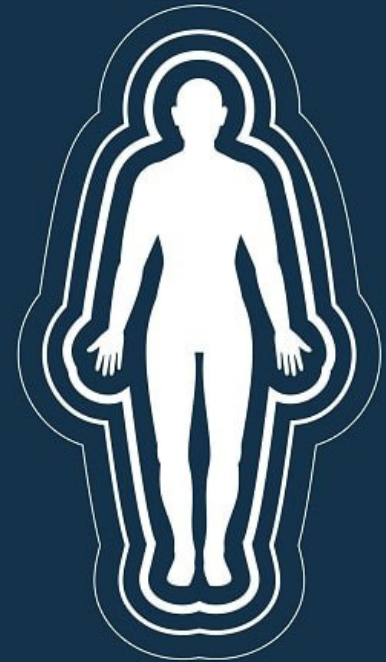
Your aura is thought to be a luminous body that surrounds your physical one. Each layer — and any problems in them — surrounds your body in a net of energy.

Are auras real?

Though no scientific studies exist to prove the existence of auras, many practices and philosophies do believe that they are real. However, the



THE COLORS OF HUMAN'S AURA



interpretation of what an aura actually is may vary among practices and philosophies.

All things have energy. It's the way you send out vibes or awareness. But it's unclear whether that energy can truly be thought of as a manifestation of the spiritual and physical body.

In other words, not everyone believes that auras are a reflection of your state of being.

One way to think of auras is as the energy that someone around you emits. Some people make you nervous; others relax you. This, in some ways, could be seen as a reaction to the energy they radiate.

Are auras the same thing as vibes?

Kind of!

“Vibes’ are short for ‘vibrational frequency,’ which is what an aura is comprised of,” Lonsdale says.

Your energy may “tell” someone around you that you’re angry or elated, distraught or excited, even without you saying a word. Likewise, you may sense those emotions from another person.

“You’re tapping into the frequency that person is operating on,” Emma Mildon, author of “The Soul Searcher’s Handbook” and a self-described spiritual activist, tells Healthline. “Our frequency, or vibe, is what others can sense or what attracts or repels us from others, depending on how our frequency works with theirs.”

Does everyone have an aura?

Yes, every living human has an energy field around them. Other living things, such as trees, flowers, or animals, can also have an energy field.

A 2018 paper published in the Journal of Traditional Chinese Medical Sciences describes the human body as containing both visible and invisible parts.

The author goes on to say that measuring a human energy system would require tools beyond what scientists have access to today.

While no scientific studies prove that everyone has an aura, it's generally accepted that every living human has an energy field around them.

Some believe that the human energy field may be more complex than that of other organisms because we're more evolved.

"We're all broadcasting like radio stations without even knowing it," Lonsdale says.

What does an aura look like?

Some feel that how an aura looks depends on how you capture it.

In her Radiant Human project, Lonsdale uses a specialized camera to capture the subject's energy.

"The camera uses hand sensors that pick up this energy field and a proprietary algorithm matches this energy to a color," she says.

Another type of aural photography, called Kirlian photography, is believed to capture the aura as an egg-shaped circle around the physical body.

"Artists have depicted it like a halo or a bubble of light surround[ing] the physical body," Pat Longo, spiritual healer and author of "The Gifts Beneath Your Anxiety: Simple Spiritual Tools to Find Peace, Awaken the Power Within and Heal Your Life," tells Healthline.

How do you see your aura?

Cameras like the one Lonsdale uses are said to be one way to see your aura.

But if you don't have access to this special equipment, there are other ways you may be able to sense the energy fields around your body.

"Some people are able to see their aura by softening and slightly squinting their eyes and looking in a mirror," Longo says. "However, this takes some practice."

Your aura may best be picked up by your peripheral vision. That is, if you focus on it, you won't see it. But if you look away, you may begin to see colors or light arise.

"I have been seeing auras for many years. Initially, I saw it as a fuzzy white light about an inch or two in thickness," Longo says. "Over time, it accelerated to vibrant colors."

Longo points to a refrain that many spiritual advisors say about auras: It can take time and attention to sense it.

Is it easier to see someone else's aura?

It depends. When you're trying to sense your own aura, you have the ability to focus, meditate, and spend the time trying to engage with your spiritual energy.

You have almost no control over those elements in another person.

However, some people may have a more pronounced aura than others. This could make it easier for you to sense theirs before you're ever able to see your own.

Why are there often several different colors in one aura?

Each layer of your aura is said to be represented by a different color.

Some believe that the way these colors vary and interact illustrates how emotionally, spiritually, and physically complex you are.

For example, it's said that some layers may be brighter if you're more vibrant or have greater energy. Some layers may be dull if you're under a great deal of stress, depressed, or physically ill.

Something else to consider: A lack of color generally isn't thought to be a cause for concern.

Your aura is said to change over time, so colors may come and go.

As shown in the infographic earlier, each color has its own interpretation:

- Red: well-grounded, energetic, strong-willed
- Orange: adventurous, thoughtful, considerate
- Yellow: creative, relaxed, friendly
- Green: social, communicator, nurturing
- Blue: intuitive, spiritual, freethinker
- Indigo: curious, spiritually connected, gentle
- Violet: wise, intellectual, independent

What does the color placement mean?

Each layer of your aura is said to correspond to a different chakra. Chakras are thought to be different centers of energy within your body.

Some layers or chakras may be more dominant. Others may be less visible and less easily sensed.

Here's a breakdown of the different layers and their colors:

- Root or physical layer: red, which may be sensed or may even be visible between your tailbone and pelvic bone
- Sacral layer: orange, which may be sensed below your naval
- Emotional layer: yellow, which may be sensed around your solar plexus, or the area below your ribcage and around the center of your stomach
- Astral layer or heart chakra: green, which may be sensed in or around your chest
- Spiritual layer or throat chakra: blue, which may be sensed at the base of your throat
- Intuitional layer or third eye: indigo or deep purple, which may be sensed at the center of your forehead

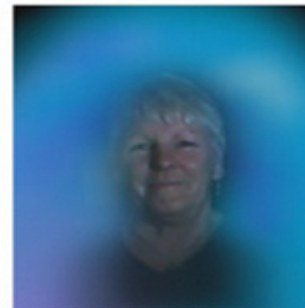
What Do Your COLORS Tell?



Creative, Active



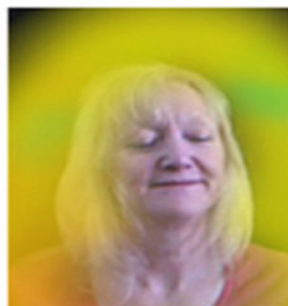
Happy, Outgoing



Peaceful, Intuitive



Magical, Mystical



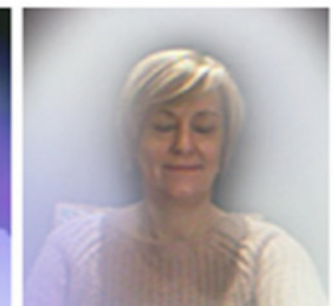
Positive, Nurturing



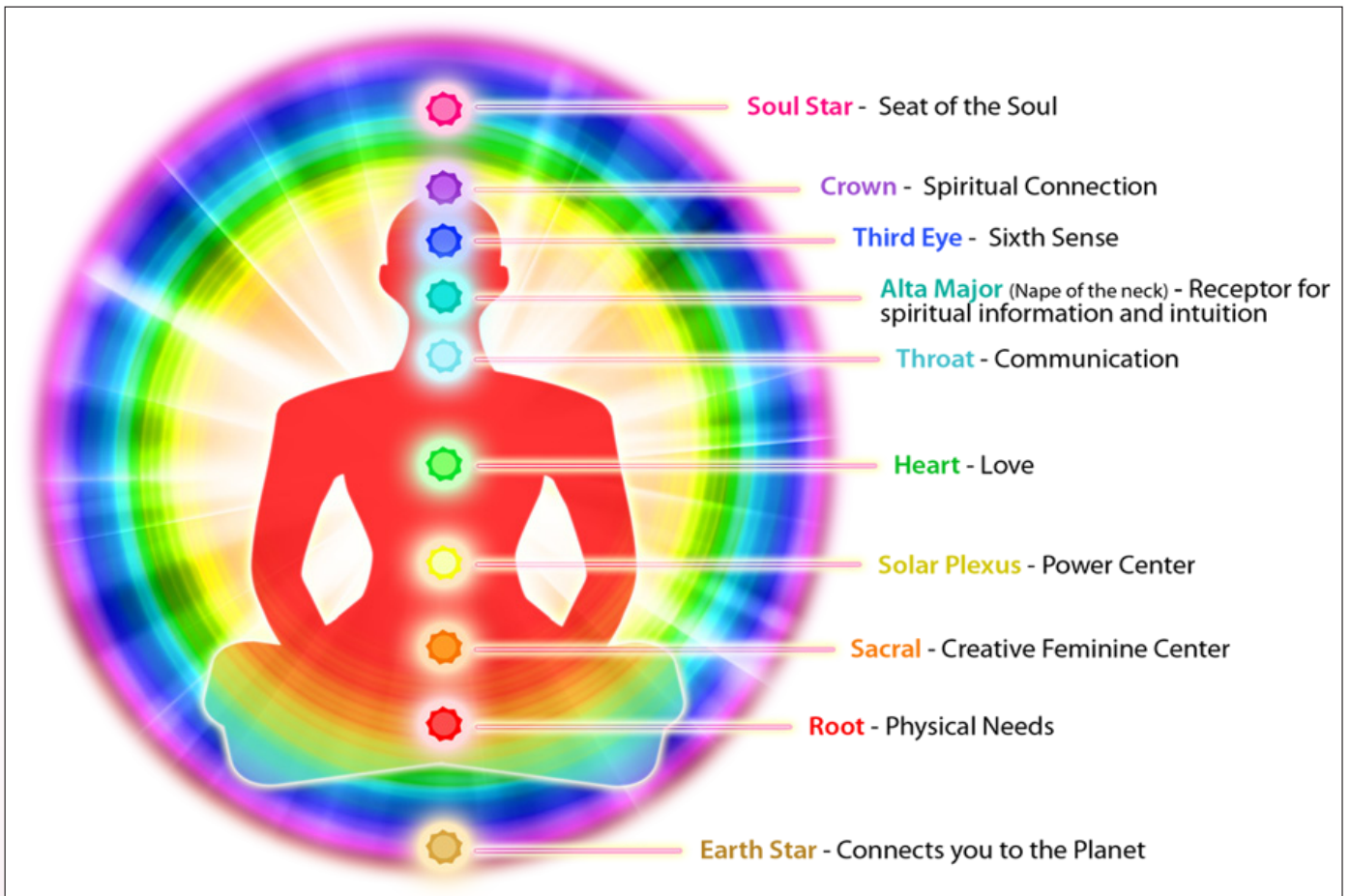
Transformation, Healing



Tranquility, Healer



Spiritual Healing Energy



- Absolute layer or crown chakra: white, which may be sensed at the top of your head

What do the different layers mean?

General interpretations suggest the following:

- Physical. This layer may be diminished while we're awake and replenished when we rest. It's said to be connected to our physical comforts and health, as well as our five senses.
- Astral. This emotional layer is said to emit our sensitive nature. It's where we provide self-love.
- Lower mental. Your waking self may use this layer frequently, because it's said to be where reason and thought patterns reside. You use the energy of this layer to work, study, focus, and execute on your beliefs and values.
- Higher mental. In this layer — which may serve as a bridge between the other layers — you connect your care for yourself to your care for others.
- Spiritual. At this layer, you may connect with other people over spiritual matters. You're said to grow and shine brighter when you teach, share, and engage with others on a spiritual level.
- Intuitional. The celestial plane is said to act as your third eye. It may help you see your dreams and be aware of your own intuition or instincts.
- Absolute. The final aural layer may act as a "net" of sorts, keeping each of the individual layer confined and balanced in harmony.

Can your aura change over time?

Proponents believe it can!

"Everyone's energy changes," Lonsdale says. "It changes differently for everyone. There is no set formula."

Your emotions and experiences are said to have a real-time impact on your aura. This means that if your aura is dim now, it likely won't stay that way forever.

Is it possible to turn your aura “off”?

It's thought that you cannot turn off your aura.

“That's like wanting to turn our emotions off and on,” Mildon says. “It's part of us, like an energetic organ.”

Can you cleanse your aura?

Yes, you may be able to cleanse and repair your aura, Longo says.

Techniques that may be able to help include:

- Positive affirmations. As you might take a shower to wash away physical dirt, you may also “bathe” yourself in positive thoughts to wash away negative energy and allow you to focus on more optimistic ideas.
- Meditation. Spending time focused on your emotional and mental health may make your aura more vibrant.
- Visualization. Imagining yourself “cleaning” your aura by breathing in positive energy and breathing out negative light may help you eliminate smudges, or dark spots in your aural layers.
- Smudging. Burning sage is an ancient tradition used to clear rooms or people of negative energy.
- Energy balancing and healing. Spiritual teachers and advisors may be able to help you find the source of energy imbalances and work to even them out.

What if you can't see or feel anything?

Sensing your own aura may take time. Learning how to cleanse it can also require time and effort.

“As humans, we spend a lot of time on the physical aspects of ourselves,” says Kadeem Alston-Roman,

a holistic wellness practitioner and self-described aura healing guru.

“If we spend more time focusing our attention on the aura, which is a portion of our divine self or the soul, we would experience less pain and hardship,” Alston-Roman says. “If the aura is clear and strong, it would literally guide us and put us in the position to live the best life we know we deserve and desire.”

Are professional aura readings legit?

Aura readings and healings are as legitimate as you make them out to be.

If you find value in your healer or guide's words and advice, you may be able to reap many benefits and develop healthier practices.

If you don't find any clarity in the reading, that's OK, too. Each person approaches this element of spiritual health differently.

The bottom line

Many spiritual advisers, energy practitioners, and others who work with aural health believe that the physical body is closely connected to the emotional and spiritual bodies.

The aura is seen as just one representation of this connection.

Understanding and being aware of your own aura can take time. But the practice of focusing on your own spiritual and emotional health may go a long way to helping your overall health, no matter the outcome of any attempt to overhaul or revitalize your aural health.

Positive thoughts can bring energy, healing, and great self-appreciation.

Source courtesy: <https://www.healthline.com>

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