

August 2023

ISSUE 99

IMPACT

INNOVATIVE MANAGEMENT PRACTICES
AND CREATIVE THINKING

A JOURNAL FOR MANAGEMENT PROFESSIONALS



Greetings from **IMPACT**



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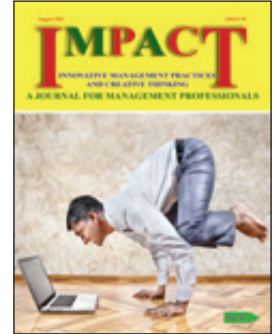
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Dear Readers,

After two years of unmitigated growth powered by the rocket fuel of FOMO-driven funding, India's start-ups are facing a reckoning. With start-up funding plunging to 2020 levels, volatility in public markets and the US economy on the verge of entering a recession, the world is looking at similar conditions as the Global Financial Crisis (GFC) of 2008.

However, the present moment might also be the best time to build a start-up. Flipkart, Dream11, Policy bazaar, EaseMyTrip and Zomato – all storied names in India's start-up ecosystem – were founded during the height of the GFC when global markets were facing an extinction-level event.

The crucible that is the current market will forge companies that will make headlines throughout the next decade. Start-up funding is in a freefall zone and investors have tightened their purse strings significantly, making selective deals. However, the bullishness for early bets remains as high as ever.

Let's look up and encourage the new Start-ups.

Editorial Team

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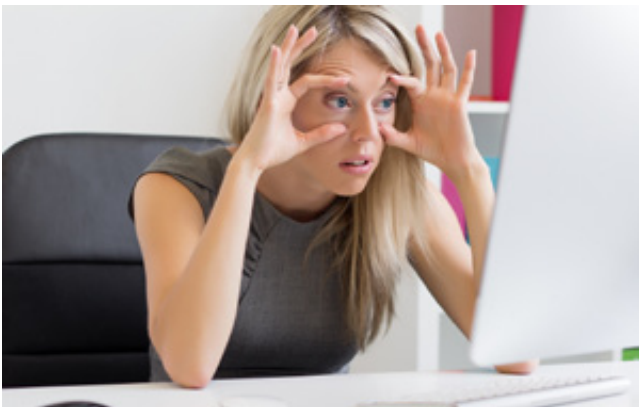
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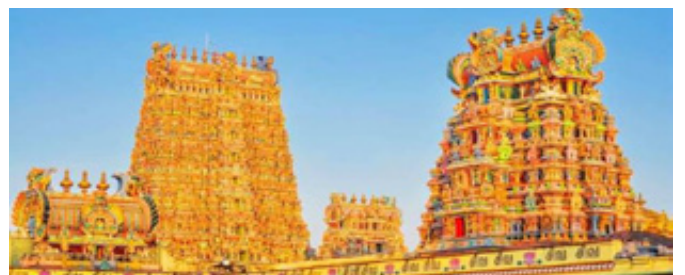
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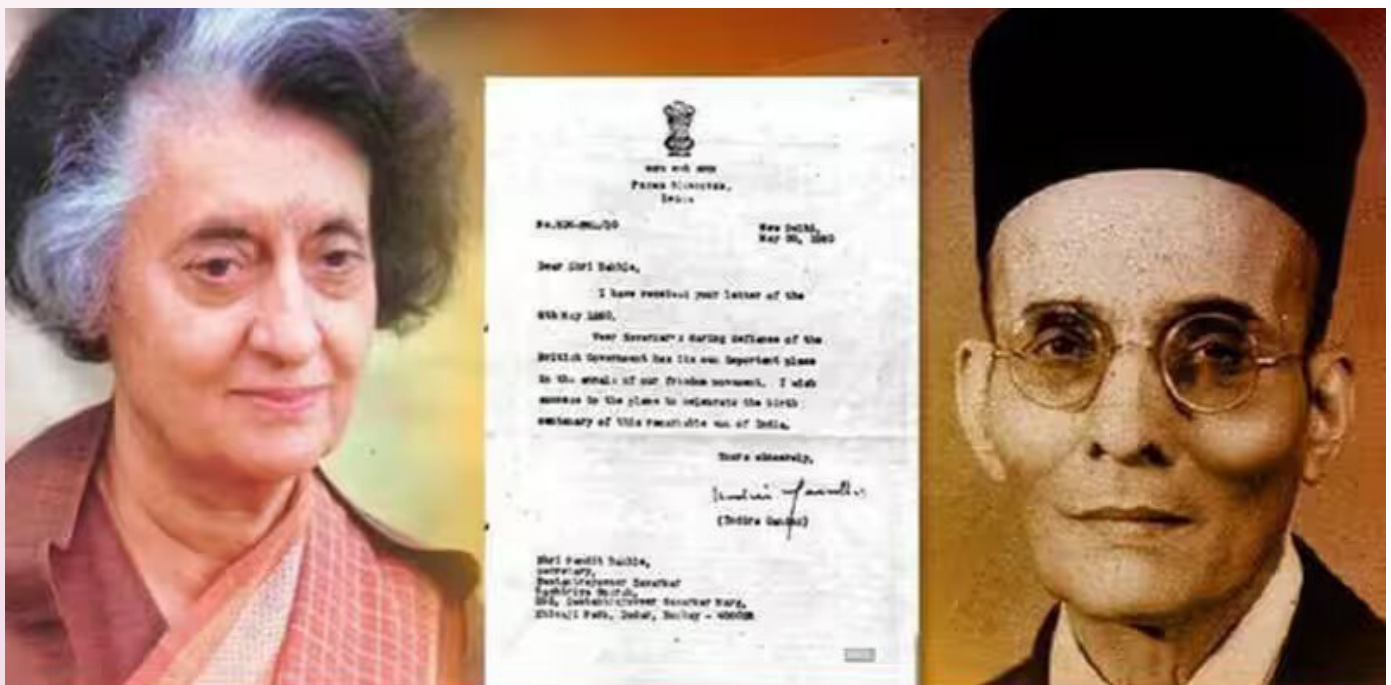
The Contrasting Approach Between Mrs. Indira Gandhi And Her Grandson

V.D. Savarkar popularly known as Veera Savarkar was a great freedom fighter during the beginning of 20th Century long before Mahatma Gandhi dominated the Indian Freedom movement.

In 1907, fifty years after Rani of Jhansi fought the British in 1857, Veera Savarkar openly celebrated the Golden Jubilee of India's Freedom movement, in London. Consequently, Veera Savarkar was arrested, imprisoned and was being brought to India by the British authorities in a ship. While the ship

was near France, Veera Savarkar broke open the Porthole glass and jumped into the Mediterranean Sea. Such was the valour of Veera Savarkar.

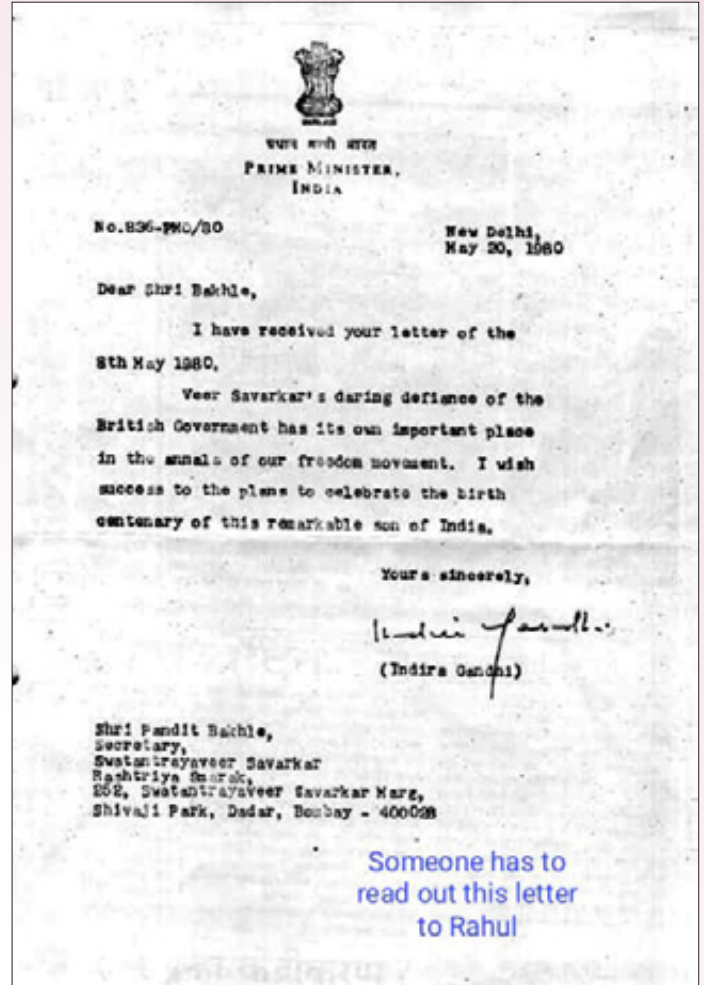
When Mrs. Indira Gandhi was Prime Minister of India for the third time, during 1980, she received a letter from one Pandit Bakhle regarding the centenary celebration of Veera Savarkar's birthday in Bombay (Mumbai). She wished M. Bakhle "success to the plans to celebrate the birth centenary of this remarkable son of India". A copy of the reply by late lamented P.M Mrs. Indira Gandhi is herewith appended.



WHEN INDIRA GANDHI PRAISED VEER SAVARKAR



BHASKARBUVA BAKHALE
(Vocal)



Someone has to
read out this letter
to Rahul



Unfortunately, the present generation of Congress leaders headed by Rahul, are exhibiting their hatred to Veera Savarkar just because, he was a devout Hindu, in addition to being a daring Nationalist. It was a ridiculous sight to see Mr. Rahul's constant refrain, "I am not going to be like Savarkar", forgetting that his grandmother, late lamented Mrs. Indira Gandhi had great respect to Veera Savarkar and had openly eulogised him. We can only tell Mr. Rahul, "you can never, ever be even a finger of Veera Savarkar".

Dr. H.V. Hande

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



How to Practice Positive Thinking

Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation. It can have a big impact on your physical and mental health. That doesn't mean you ignore reality or make light of problems. It simply means you approach the good and the bad in life with the expectation that things will go well.

The Benefits of Positive Thinking

Many studies have looked at the role of optimism and positive thinking in mental and physical

health. It's not always clear which comes first: the mindset or these benefits. But there is no downside to staying upbeat.

Some physical benefits may include:

- Longer life span
- Lower chance of having a heart attack
- Better physical health
- Greater resistance to illness such as the common cold
- Lower blood pressure

TIPS FOR STAYING POSITIVE AT THE GYM

- 1 VISUALIZE SUCCESS:** Picture yourself getting stronger, faster, and fitter!
- 2 REFLECT ON ACHIEVEMENTS:** Think about how far you've already come.
- 3 FIND YOUR MANTRA:** Try repeating something positive, like "I can do this!"
- 4 GET ZEN:** Let your mind wander and get lost in a fun playlist or TV show.
- 5 TAKE SMALL STEPS:** Focus on attainable goals, and congratulate yourself for every win!

Putting positive thinking into practice

Negative self-talk

I've never done it before.

It's too complicated.

I don't have the resources.

I'm too lazy to get this done.

There's no way it will work.

It's too radical a change.

No one bothers to communicate with me.

I'm not going to get any better at this.

Positive thinking

It's an opportunity to learn something new.

I'll tackle it from a different angle.

Necessity is the mother of invention.

I wasn't able to fit it into my schedule, but I can re-examine some priorities.

I can try to make it work.

Let's take a chance.

I'll see if I can open the channels of communication.

I'll give it another try.

Better stress management

Better pain tolerance

The mental benefits may include:

More creativity

Greater problem-solving skill

Clearer thinking

Better mood

Better coping skills

Less depression

When people in one study were exposed to the flu and common cold, those with a positive outlook were less likely to get sick and reported fewer symptoms.

During another study, women who were more optimistic were less likely to die from cancer, heart disease, stroke, respiratory disease, and infection.

And in a study of people over the age of 50, those who had more positive thoughts about aging lived longer. They also had less stress-related inflammation, which shows one possible link between their thoughts and health.

People with a positive outlook may be more likely to live a healthy lifestyle since they have a more hopeful view of the future. But researchers took that into account, and the results still held.

What Pessimists Should Know

That all sounds great, right? But what if you're naturally more pessimistic, meaning that you tend to expect the worst? No worries. It may help to see this positive thinking as a skill you can learn and benefit from, rather than a personality trait you either have or you don't.



7-DAY POSITIVITY CHALLENGE

Day 1

Practice gratefulness.

Appreciate everything you have. Instead of focusing on what you don't have.

Day 2

Focus on positive thinking.

It's so important to focus on positive thinking, because it is more beneficial to our well being and it can more effectively help you to get through this time.

Day 3

Declutter.

It is a refreshing feeling to get rid of the things you no longer need and haven't used for a while.

Day 4

Help and support those in need.

If you know someone who might need some support, please help as much as you can. We are all in this together and together we can do so much good.

Day 5

Do something good for your body.

Do some exercise or make something healthy to improve your health.

Day 6

Spread Positivity.

Encourage others to stay positive.

Day 7

Do something creative.

It is such a relaxation to do something creative, like drawing for example. Try something new and have fun with it.

There's research on this, too. In one experiment, adults who meditated daily on positive thoughts started feeling more upbeat emotions each day.

Other studies have shown that positive thinking helps people manage illness and eases depression, regardless of whether they are naturally optimistic or pessimistic.

First, Nix the Negative

Before you put positive thinking into practice, look for any negative thoughts that may be running through your mind. These include:

A bad filter. Do you overlook the good things about a situation and get wrapped up in the negatives? For example, you enjoy a fun dinner out with friends, but the restaurant gets your bill wrong at the end of the night. You leave feeling annoyed and frustrated, forgetting about the good time you had.

Taking the blame. Do you tend to take on the blame for something bad or disappointing that happens? For example, a friend declines an invitation from you, so you assume it's because they don't want to spend time with you.

Predicting disaster. This means you have one setback and then expect the worst to happen. For example, your car won't start in the morning, so you think the rest of your day is destined to be doomed.



1. CREATE AWARENESS

Without awareness, you will not know what toxic thoughts to change, to practice positive self-talk.

2. REFRAME YOUR THOUGHTS

Change the negative messages and words into a more powerful, positive & empowering message.

3. JOURNALING

Helps to understand and identify where those negative patterns or beliefs come from.

4. POSITIVE AFFIRMATIONS

Using positive affirmations you create a habit & a more empowering conversation with yourself.

5. CHECK YOUR ENVIRONMENT

Be conscious of what the negative influences are and how they affect your daily mood.

6. ACKNOWLEDGE YOUR WINS

Acknowledging & celebrating your wins will keep the momentum and motivation up.

Black-and-white thinking. Do you see things as either good or bad, with no middle ground? In this mindset, if things aren't perfect, they're automatically bad.

When you notice a negative thought, try to stop it and shift your focus to the positive. Think rationally about the situation. If it helps you to let go, you can give yourself and those around you grace. (You can still hold them accountable for their actions.)

Your negative thoughts won't go away overnight. But with practice, you can train yourself to have a more positive outlook. Remember, you aren't overlooking the facts. You're just including those that are good.

How to Practice Positive Thinking

Once you have a handle on negative thinking, it's time to play up the positive. Try these ways to do that:

Smile more. In a study, people who smiled (or even fake-smiled) while doing a stressful task felt more positive afterward than those who wore a neutral expression. You'll benefit more if the smile is genuine, though. So look for humor and spend time with people or things that make you laugh.

Reframe your situation. When something bad happens that's out of your control, instead of getting upset, try to appreciate the good parts of the situation. For example, instead of stressing about a traffic jam, recall how convenient it is to



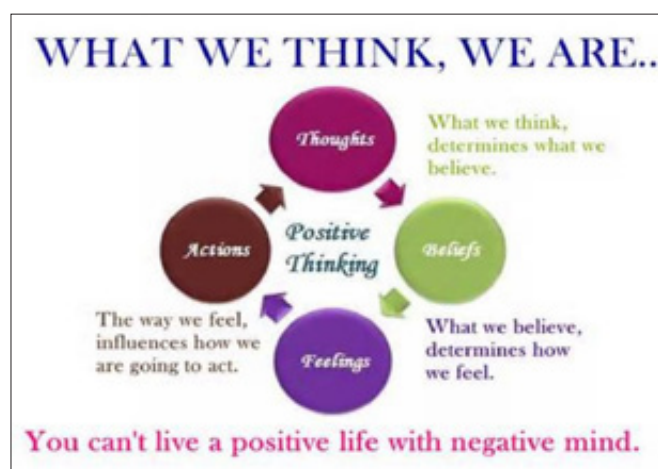
have a car. Use the time that you're stuck behind the wheel to listen to music or a program you enjoy.

Keep a gratitude journal. This may sound cheesy, but when you sit down each day or week to write down the things you're thankful for, you're forced to pay attention to the good in your life. A study found that people who kept gratitude journals felt more thankful, positive, and optimistic about the future. They also slept better.

Picture your best possible future. Think in detail about a bright vision for your future -- career, relationships, health, hobbies -- and write it down. When you imagine your life going well, research suggests, you'll be happier in the present.

Focus on your strengths. Each day for a week, think about one of your personal strengths, like kindness, organization, discipline, or creativity. Write down how you plan to use that strength in new ways that day. Then, act on it. People in a study who did that boosted their happiness and lowered their symptoms of depression at the end of the week. Six months later, those benefits were still going strong.

With practice, you can add more positive thoughts to your life and enjoy the benefits that come with optimism.



by Alison Sherwood

Medically Reviewed by Smitha Bhandari, MD

Source Courtesy: <https://www.webmd.com/>

Mind-body Rejuvenation Practice – An Antidote to Digital Overload

Introduction

According to WHO, “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. The Indian definition of health: ‘If you have enthusiasm to work, you are healthy! And if you have enthusiasm to be compassionate you are absolutely healthy!’

Digital Technology and its Influence

Life seems to come to a halt without using digital technology such as mobile or laptops. In the age of interconnectivity, it becomes mandatory to have these devices to process information and share it with the world.



The change in the dynamics of being dependent on technology to stay connected with the world resulted in reporting higher health issues like back pain, neck pain, ocular problems, and obesity, among other issues.

It also impacts people’s mental health so much that it becomes necessary to figure out some simple but effective ways to combat the health issues.

The rampant impact of digital technology is notable that what humans have evolved to live on tribes of up to 150 people, and now the average number of Facebook friends is 338, over in Twitter the average number of followers is 707 (as of 2018).

Positive effects of Digital Technology

Technology can enrich life in many ways:

- Technology helps to increase productivity, boost our self-esteem and confidence by providing access to necessary help in time, and access relevant exercise from the comfort of our homes. It helps us connect with long-distance friends and family.
- Technology also allows us to multitask, making our brain more active and cognitive, thus enhancing brain activities.



- Health monitoring devices and video consultations have helped people get better health advice from doctors. One of the best examples is the all-inclusive non-invasive sensors which monitor heart rate, oxygen levels, sleep, and activity rates.
- It greatly helps us learn innovations and advancements to enhance our careers and knowledge.

The above-stated points are advantages only if technology is used optimally. Any overuse or addiction to digital technology leads to both physical and mental health issues.

Negative effects of digital technology on human health

- One of the common side effects is developing headache which is just the starting point. The negative effects impact beyond psychosomatic disorders, even in some cases, becoming suicidal.
- Looking down on electronic gadgets for long periods can lead to neck and back problems. The tech neck changes the spine's structure leading to painful shoulders, and wear and tear of the musculoskeletal tissue.
- Over typing in the laptop and smartphones can lead to pain in the fingers and wrists, giving rise to “selfie elbow” and “texting thumb” issues.
- Digital eye strain causes ‘Computer Vision Syndrome’. CVS is one of the most commonly reported eye issues caused due to over-screen time, besides leading to a sedentary lifestyle.

The lack of physical activity is one of the primary causes of obesity. And in snowballing effect, gives rise to heart disease, cancer, and chronic illnesses such as diabetes and arthritis.

The Impact on mental health (leading to various psychological disorders)

- Constantly checking social feeds looking for a reply or to see how many likes a social media post has received can trigger anxiety.
- Hate speech, self-comparisons, and negative comments can affect your mental health. People, including celebrities, have reported suffering from mental health issues like depression due to constant exposure to social media.
- It is also unavoidable today that the internet brings home all disastrous news like terrorist activities, political divisions, genocides, natural calamities, high-profile crimes, etc. Viewing these also deeply affect the state of one's mind.

Impact on Youth

- Scientists have found that teen social media overuse creates a stimulation pattern similar to the pattern created by other addictive behaviors. Hence, the brain responds to social media the same way it responds to other “rewards”— with a release of dopamine. These dopamine rushes are catalyzed when a teen posts something online and is met





with likes, shares, and positive comments from their peers. The resultant impacts on youth include,

- o Inadequate sleep—teens stayed up late to continue scrolling through their social media feeds
- o Exposure to cyberbullying—having harmful, false, or private content about them posted on social media
- o Lack of physical activity—scrolling social media on their phones or other devices meant that teens sat for longer periods of time and had less time for exercise. As a result, they missed out on the beneficial impact of exercise on mental health.

According to a survey by Common Sense Media:

- 35 percent of teenagers on social media worry about being tagged in unattractive photos.
- 27 percent are stressed out about how they look when they post pictures.
- 22 percent feel bad about themselves when nobody comments on or “likes” their photos.

How to make the best use of technology

However, the negative impacts can be managed with necessary lifestyle modifications.

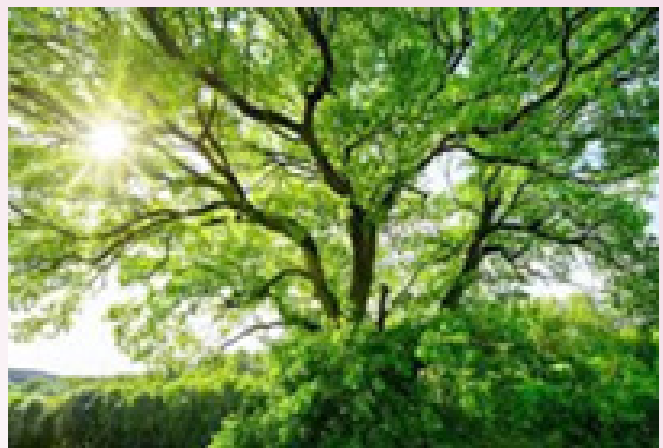
- Adjust your posture when using electronic devices to resolve the tech neck problem.

Further, ensure that your eyesight and sitting arrangements are aligned. In case you feel the pain has progressed, consult your doctor to get the right treatment to rectify the issues,

- Use a stylus or voice commands if your thumbs or fingers are in pain due to typing or texting.
- Take regular screen breaks for a minimum of 20 minutes and stretch the body muscles to avoid stiff muscles and cramps. Thanks to technology, there are devices or apps that can remind you to do so.
- To avoid ocular problems, follow the rule of 20. Every 20 minutes, look up at least 20 feet away for 20 seconds. Doing so will relax your eye muscles, and you can use this break to stretch your back and neck muscles.
- The blue light emitted from the computer, laptop, or mobile screens keeps you awake for long hours. Hence, avoid using digital gadgets at least one hour before you sleep. Sleeping well helps reverse the damage done to your body throughout the day.
- Set aside a minimum of 15 to 20 minutes for physical activity. Take a walk or jog outside daily. It ensures you receive the optimal amount of sunlight and physical activity.
- Limit using headphones and earphones to avoid ear problems in the long run.



- Limit the amount of time spent browsing social media. It is not the true reflection of how society works. Despite what people comment, know your true worth and stay true to yourself.
- The good effects of technology on a health of an individual are often underestimated. When there are positive things that technology can do for us, we should also be aware that it has equally harmful effects on human health.



Digital Holiday:

- Take A Digital Holiday (Phone-free breaks). A week-end break, a half-day excursion, an evening out
- Why not disable your mobile data services so that you can receive texts and calls, should you need to, without the temptation of mindlessly surfing the web.
- Doing things for intrinsic motivation, not for external validation:
- Do I really need to always carry my phone around with me?

- Do I really need to post every single holiday experience to my social media ' friends?
- Why am I doing his?

Mute Your Digital World(-Dampen Its Impact to A Manageable Level)

1. Have Non-tech lunch hour (- turn off)
2. Declare email bankruptcy (Critical Mass-by writer Tim Ferris)
3. Schedule a FOMO (Fear of Missing Out) - Give 1-2½ hrs. for social media

Readers are requested to send their management related questions.

IMPACT will get replies from management experts.

Send your questions to:

impactjournalindia@gmail.com

4. Batch Your email (2-3 pm) - Circadian lull (i.e. doing more mindless job)
5. Intermittent fasting for your phone: Diet: 5:2 in calorie intake: days/Week 4:1 for phone (Hours in Flight mode)
6. Mute FB / WhatsApp causing you stress: leaving that attract hostility
7. Turn off automatic syncing + Notifications - Make sure your phone isn't constantly pinging for your attention.
8. Open dedicated email account - (open dedicated 'spam address' for products/ hotels).
9. Put your phone completely out of sight in social situations.
10. Take Notes + keep a diary on paper. (For much deeper Connections & clearer understanding.)
11. If you have an iPhone Switch on greyscale - turn screen black and white - less desirable to look.
12. Take the 'news app' of your phone. (Consume the news when and if, you want to.)
13. Track your usage (Moment app) - Average user: 23% of waking lives.
14. Challenge a friend/ partner to see who uses the phone the least - If motivation doesn't work - gamifying can be remarkably effective.

Control will feed the growth:

One part of the rational brain - called 'dorsolateral Prefrontal Cortex' (dlPFC). If you damage the



dlPFC, people can be more prone to depression. A strong dlPFC will mean, we're less likely to be impulsive when confronted by temptation (by Netflix, Spotify, Amazon Prime, etc.)

We can train our dlPFC by taking on tasks that require effort and practice such as:

1. Learning a Musical instrument
2. Learning a new language
3. Playing chess which encourages fierce concentration, mindfulness and focus
4. Trying to learn and master a news sport
5. Playing Cards.
6. Playing Computer games that require skill and patience.

Immerse yourself in Nature

- The opposite of sitting down and staring at... to be sucked into its vortex of endlessly moving pixels.
- Getting outside into the open air is the antidote to technology. Expansive and forces you to look outwards. while technology encourages you to gaze inwards. Being in nature tells your brain and body You're in a restful place,
- while smartphones produce an abundance of information that tells brain you're in a realm of anxiety, and pressure.
- Humans are members of the animal kingdom. We are evolved in nature over millions of

years, That's why most of us feel such a deep connection to the open air. (- feeds your soul and nourishes your mind).

Nature is spontaneous and serendipitous. It is at your service. You connect with nature through silence, and through being in the moment. Thomas A Edison said that all thoughts released by all people at all times are picked up and become part of the ether and remain there forever. When you go into silence you can connect with these I thoughts.

“Never does nature say one thing and wisdom another,” wrote Juvenal, the Roman satirist. The exquisite beauty of the Universe is priceless. Reflect, preserve and cherish it. Nature is unarguably present. It is peaceful, timeless and awe-inspiring

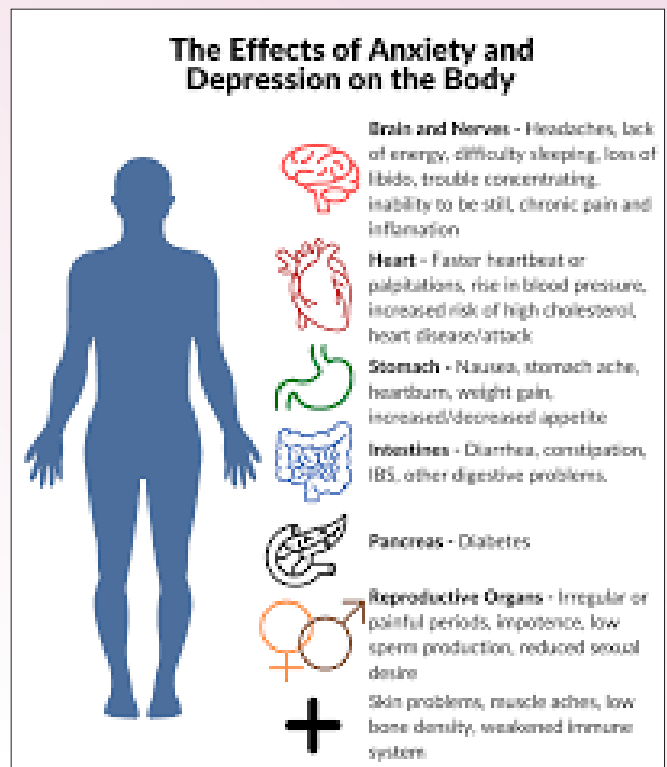
Benefit of spending time in Nature:

- Improved mental focus
- Reduced anxiety/ Reduced Stress Levels
- Improved job satisfaction

Research studies say that by the year 2050, 70% of world population is going to be living in an Urban Environment. That indicates that there will be a brand-new deficiency called-“Nature deficiency”.

Forest Bathing (The Japanese call it “shinrin-yoku”)

- A walk in the woods gazing at trees, flowers and, if you're lucky, wildlife, can leave you feeling restored and rejuvenated.
- Forests not only play a major role in cleaning our air and water, but also provide beneficial changes to the minds and bodies of those who spend time among the trees.
- Exposure to forests strengthens our immune system, reduces blood pressure, increases energy, boosts our mood and helps us regain and maintain our focus in ways that treeless environments just don't.



- Almost anyone can reap the rewards of a short sojourn to the woods.
- Even 20 minutes in a forested space is enough to produce positive changes in the body.

Benefits of Forest Bathing. (Shinrin-Yoku) (-preferably among Pine, Cider, Spruce, Fir)

- Trees emit essential oils, or phytoncides which are their natural protection from germs and insects, and might even be part of the way different trees communicate with each other.
- Time spent among trees leads to lower cortisol levels, reduced pulse rate and lower blood pressure. Phytoncides can reduce stress levels, increase the quality of our sleep, improve our mood and well-being, lower BP, decrease anxiety and increase heart rate variability (high HRV indicates low stress levels).
- A study at Mic University School of Medicine, Japan has observed that people suffering from depression saw a reduction in symptoms when treated with the citrus fragrance of Phytoncide d- limonene. Forest bathing

increases the activity of Natural Killer Cells, part of our Immune System's defence against infection.

Forests Fractal

In a forest, where resources such as sunlight and water are limited, trees compete with each other to get as much of what they need to live and grow as possible.

The result is a fractal-like filling of the forest space, with a few large trees taking up most of the resources and many small trees filling in the cracks.

Other Fractals in Nature

The nautilus shell, meteorological patterns such as hurricanes, spiral galaxies, the spiral of pinecones, and sunflowers (spiral fractals.) Broccoli is a fine example.

Branches of trees, snowflakes, lightning and electricity, geographic terrain and river systems, clouds, crystal FF.

The Healing Power of Fractals.

- Seeing golden sunlight flicker and glint through trees and the shapes the light makes through the leaves (- mesmerizing) give a unique joyous feeling.
- Nature can be so healing and fractals emerge naturally in clouds, snowflakes, raindrops, streams, lakes, trees and along coastal lines.
- At the University of Oregon, a research study has found that humans are hardwired to respond positively to these patterns and can recover from stress 60% more quickly. A look at fractals even for a short time, we get a Spike in alpha-wave brain activity which is present when we are in a thrive state.
- Fractals can activate the para-hippocampus -area in the brain processing and regulating emotions.



Summary

Today, phones are more of a beautifully engineered jack-in the box crammed with harmful micro stress doses (MSDs), because human's attention is naturally drawn to the negative.

Rumination is another form of stress that's great in short doses but damaging over the long term. Chronic rumination is a predictor of a whole array of mental health issues, up to and including suicide. If you have a Facebook Brain, your brain starts to sense danger even when there is no danger present.

"A healthy mind breeds a healthy body and vice versa!". Mind and body are parts of the same cybernetic system and affect each other. Hence it is highly recommended not to get addicted to digital technology, particularly being immersive with social media, and control to 'turn off the TV or computer or gadgets and get more physically active'.

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..





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Small Investment With a Huge Return

It was winter of 2004. Delhi's continental interior climate condition reveals the two contrasting extremities of nature, while summers are extremely hot, winters are extremely cold. And as if Determinism postulates of Geography has left its evergreen footprints on the stratas of social hierarchy.

Childhood science knowledge, using two thin blankets is better than one thick blanket because the air present between the two blankets works as an insulator not allowing the body temperature to move out following the laws of transfer of heat from a higher temperature to a lower temperature system.

Moreover carrying and maintaining two thin blankets is economical as it is less energy cumbersome as well as fund requirements for

cleaning is minimal and also one works as a stepney in case of emergency or during regular cleaning maintenance process. Keeping these rules in mind, I had landed in New Delhi with two thin blankets which was a new land for me.

We never discover new horizons until we come out of our safe cocoons. Or we fly high with wings of fairies after having survived the long and strong hibernation of the winters of our life, enjoying the pleasant pleasures of springs of our living. Being born and brought up in the beautiful township of Sunabeda, hustling bustling amidst the laps of the Eastern Ghats in the southern districts of Odisha, I was exposed to chilled winters, but winters in Delhi were more catastrophic due to the add-on of the Western disturbances carrying moisture all the ways from the Mediterranean sea to sprinkle showers of drizzles in Delhi pricking the skins like icy thorns. Even below three layers of winter protection, the heart was beating faster, pumping in and pumping out more blood to keep the fragile soul a little warmer while chanting the mantra "when the going gets tough, the tough gets going".

Month of December was very tough. Sometimes, disturbed sleeps as if asking me to awaken the giant slumbering inside me. One such night during those winters of December in Delhi, I Got up suddenly with a nightmare only to get further frightened by another unknown sound coming from near the window. Without sense organs, the world seems to be meaningless and every coin has two sides. That





perception of the unknown sound left me little terrified and for three consecutive nights, the sleep was quite disturbing and at the same time it was arousing the curiosity to discover the source of that sound . I was in the process of gathering guts to go near the window to open that up to discover the yet unknown.

On the fourth morning, an old man, living all alone, surviving with the little funds coming from removing layers of dust from the luxurious cars of that street, for whom the street was home with open sky as the ceiling happened to ask me if I had any car to be cleaned up.

That night, I discovered the unknown, pacified my little soul, while within the closed rooms, within the warmth of two thin blankets I was experiencing fearful sleeplessness, the Oldman was experiencing a fearless sleep outside on the open pavements without much to cover those free derma layers of Almighty. Tears rolled down my eyes, seeing the situations beyond my vision. Next Day morning, I handed over one of my blanket to the Oldman.

After a decade or so, one day, my father happened to express his experience of one fearful sleepless night in the month of January 2005 while crossing the plains of Uttar Pradesh in the sleeper coach of the train heading towards Delhi, when the cold waves had left his soul little frozen, but he made it to my place to visit me in the little less known land with so many unknown souls around. And what I could understand is that selfless service by an unknown person to another unknown needy is noticed by Almighty and Kindness with honesty without any manipulation is eternal humanity .

My father, a man of principles, has always believed in the principle of “Plan your Work and Work your Plan”. Familiar with the chillness of Sunabeda, he was moving with one sweater and a shawl to wrap himself to deal with Delhi’s winter unfamiliar with its deadlines. That night, he had faced the cold waves of the northern plains little more harder than the eastern mountains realising that even plains can be more deadlier than rugged mountains during journey and experience of some extreme might not be the ultimate extreme and many times the best plans go through the worst mismanagement, but the single-mindedness to reach the goal, (here it was surviving and reaching his daughter) helps one to face the worst . Somewhere the universe was neutralising the equation of love, life and humanity. Nothing is more precious than life, as they say “Jaan hai tho Jahaan hai”

I love my father the most...

My most precious possession...

Ms. Chinmayee

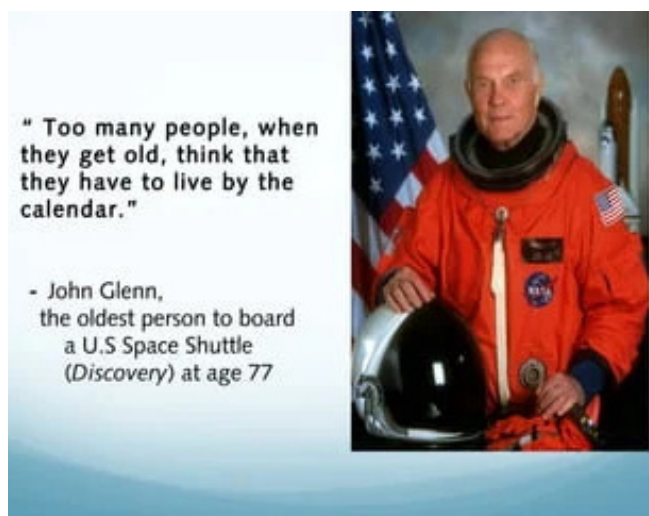
Am a full-time homemaker and a self-taught passionate artist and an amateur writer looking forward to take my passions to a professional level. I have written certain situational stanzas in English and an amateur autobiography of my life experiences from 1999 to 2021 in Odia titled Baishi Pabache meaning on the 22 nd step.



How do you feel at age 77 or more?

Recently I came across an interview with the noted author Ruskin Bond on his 89th birthday when he released his latest book- *The Golden Years- The Many Joys of Living a Good Long Life*.

His answer to the first question “What does 89 really feel like?” was “I don’t feel too old, mentally I am very similar to what I was at 29 or 19 or 9. I feel as if I never grew up!”



He further mentioned that books made him happy. Human relationships made him happy. He replied that he was not religious but spiritual. He did not meditate but he contemplated on human avarice, jealousy and greed leading to a lot of tension in the world. He said that he was technology-illiterate. He had no mobile or laptop. He had the wonderful invention called ball point pen to write. He was not against technology but he was not a slave to it.

My Reaction to this interview

This naturally led me to my own situation. At the age 77, I have settled down at Bangalore, having retired on June 30 2006 from LIC. My two sons have settled down in the foreign lands, married and have two children each. My wife too has retired from her teaching profession in 2015 on reaching age 60. We visit our sons and grand sons every year



for nearly 6 months, which means we are out of India for half year each year. By and large we are happy and peaceful and enjoy the company of our grand kids.

However the future appears to be slightly uncertain in the sense how long we will continue to be healthy. What will happen if we

fall sick? Should we move to the USA applying for a Green Card, which is what our sons desire. They are afraid that they can't reach Bangalore in case of any emergency, since due to travel time and Time Zone difference, they can come here only on the 4th day. But at the same time we feel it is easier to have medical facilities at a cheaper rate in India or have any home nurse if we become bed ridden, whereas these amenities are very costly in a foreign land. Even if we are healthy, we may feel lonely and home sick when the grand kids become big and begin going to High Schools or Colleges with our own sons busy on tour or official duties all the 5 days in a week. We are in a great dilemma. Should we move to a Retirement Home which has become very comfortable and convenient in India where you have a company of your own age and where food and medical facilities are available. But again the dreadful question arises- What will happen if you fall sick?



This is the situation many grand parents feel in India since almost every family has their children settled in the foreign countries.



I started searching for answers in books and literature.

The Mullah's Story

Once Mullah Nasruddin was very sad. His friend asked for the reason. Mullah replied " My uncle died and left Rs 50000 for me in his Will." His friend replied " It is a very good news."

Not everyone will appreciate that you've evolved because they still have a particular version of you stuck in their head.
 Their problem though, not yours.
 Evolve as you please.

Now the Mullah continued. He said " Just two days back, my another uncle passed away leaving Rs one lac in my name in his Will." His friend exclaimed " Mullah, you are really lucky."

Now the Mullah continued " Today one more uncle has died and he has left Rs 2 lacs to me in his Will."

Now his friend could not control and he shouted " Hey! What happened to you Mullah! You should be jumping with joy, but you are crying!"

Mullah sighed and mentioned " My problem is that I have no more uncles who are about to die!"

Now coming back to my predicament, there is no solution to my worry as to what will happen if I fall sick. You have to be happy and contented for the present. You can't be worrying about tomorrow.

Judge nothing, you will be happy.

Forgive everything, you will be happier and

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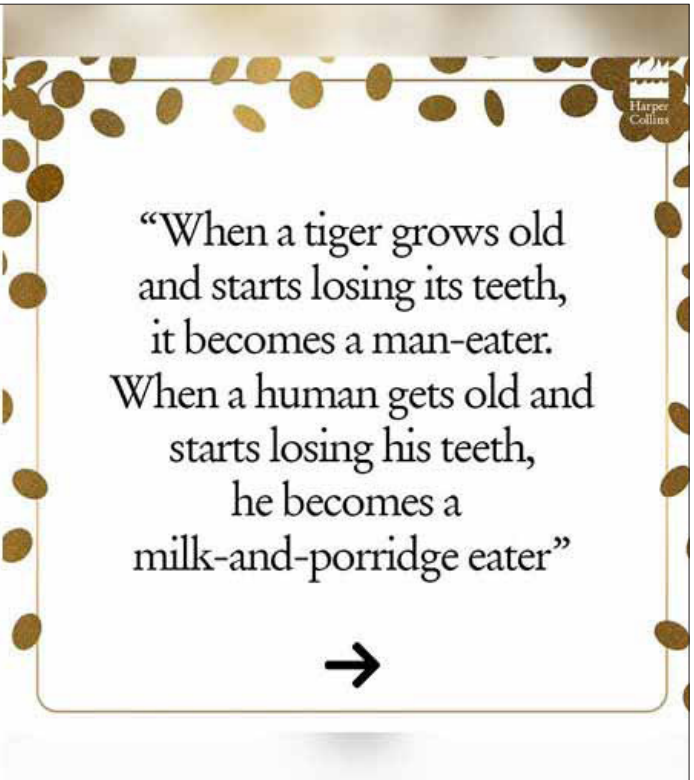
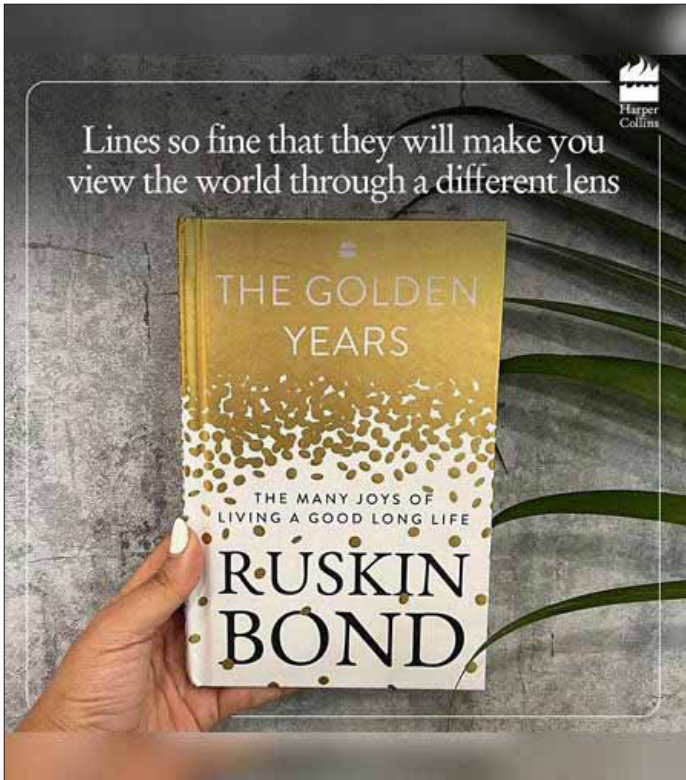
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Love everything, you will be the happiest.

Faith in God

A circus artist was walking over a thin rope balancing his 5 year old son in his hands from one building to another over a height of around 50-60 feet and he reached his destination safely. The entire crowd watching from down and other buildings appreciated and clapped their hands. The circus man came down and accepted the crowd's contribution gratefully. He then asked the people, "Have you got any doubt about my ability to perform this feat?". Since he has repeated his feat so many times, the crowd had no doubt and they all shouted "No."

Now the circus artist said "In that case, anybody please give me your son or daughter of the same age and weight. I shall perform this feat once again."

The entire crowd went back murmuring "No, No, No."

The circus man mentioned "You only replied all of you in one chorus that you had no doubt about my capacity."


Well, the crowd believed him for his son but not for their own or daughter.

Similarly we believe in God for doing miracles for others and not for ourselves. If you have complete faith in God, He will take care of you and your future, come what way.

You can be peaceful, healthy and happy all the days, whether you are 77 or 87 or 97.

R. Venugopal

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



Mysterious Temples in India that Defy Science and Logic

You have to read to believe about the mysterious temples in India that are more bizarre than the Bermuda Triangle.

- When did you last channel your spiritual side?
- Have you ever enlightened your soul with the blessing of mysterious deities?
- Ever wondered what makes foreign tourists get attracted to the Indian spiritual side?

If not, we will give you reasons to embrace spirituality uniquely in the most mysterious temples in India. The mystery of the unusual temples of India will give you goosebumps. Yes! You have heard that right! The country, known for housing 330 million temples (approx.), has some temples sure to shock you with their mysteries. Adding a dash of mythological significance, we present to you the extremely mysterious Hindu temples with spine-chilling and unsolved mysteries. If this sounds exciting, then lend us your ears!

1. MehandipurBalaji Temple: Dausa, Rajasthan

- **Mysterious Things:** Exorcism by priests is still carried out to free a person from negative spiritual influence.
- **Dedicated To:** SankatMochak Lord Hanuman
- **Timings:** 7:30 AM to 11:30 AM in the morning and 12:00 PM to 8:30 PM in the evening (every day)



Imagine hearing the loud scream of possessed men and women at the temple. MehandipurBalaji is one of the well-known mysterious temples in India and is an extraordinary pilgrimage site in Rajasthan. The priest here practices exorcism to free a person from a negative spirit in any form. However, it is a site of Lord Hanuman.

Every day, thousands of people flock to MehandipurBalaji to cure their family or relative under the influence of black magic or an evil spirit. Remember that a visit to this temple is disturbing for many because of sights like people hanging and pouring boiling water on themselves, and people who are possessed with negative spirits are chained by a priest.

This is not just a regular temple in India because of its strange rituals but also a must-visit place in Rajasthan to attend the evening Arti ceremony on Tuesday, as it is dedicated to Lord Hanuman.

Note: You should not eat anything given by anyone inside the temple. Also, don't look back while making your way out of the temple premises. We urge you not to touch anything inside the temple. And don't you even dare to photograph the possessed people you will find at Mehandipur Balaji Temple.

2. Kamakhya Devi Temple: Guwahati, Assam

- **Mysterious Things:** The temple has no sculptures to worship, and the Goddess in every monsoon menstruates.
- **Dedicated To:** Goddess Sakthi
- **Timings:** 5:30 AM – 10:30 PM (every day)

Celebrating womanhood and menstruation because the Goddess of this temple bleeds annually during monsoon, Kamakhya Devi Temple in Guwahati is a mysterious temple in India. This temple is situated atop Nilachal Hill and is amongst the century-old and one of the famous 51 Shakti Peethas in India.

When you enter the temple premises, you will see no deity but a stone-shaped vagina or "Yoni,"



which devotees worship. Pilgrims used to cover it with a red saree. The temple annually remains closed enduring June because the Goddess bleeds, making the underground water reservoir red.

A current of bizarreness will flow through your body once you visit the Kamakhya Devi Temple of Guwahati. Ambubachi festival is celebrated during the monsoon season every year to celebrate the Goddess fertility for three days. During that time, the temple remains closed and reopens on the fourth day.

Note: There is no entry fee for the general public. However, parliamentary and defense forces need to pay 10 INR (approx.) per person. There is a special entry of 101 INR (approx.) option and 501 INR (approx.) for direct entry.

3. Sree Padmanabhaswamy Temple: Thiruvananthapuram, Kerala

- **Mysterious Things:** Only those devotees are allowed who profess the Hindu faith. Because of the protection of sanctity, no other religious people are allowed.
- **Dedicated To:** Lord Padmanabhaya, Avatar of Vishnu
- **Timings:** 3:15 AM to 12:00 AM, and 5:00 PM to 7:20 PM (every day)

Thiruvananthapuram is the capital town of Kerala, where Padmanabhaswamy Temple is located. Plenty of do's and don'ts are considered before entering the Padmanabhaswamy Temple. No modern dress code is allowed inside the temple. Men have to wear 'Dhoti', and women are allowed if they wear a 'Saree.'

Padmanabhaswamy Temple is currently run by a trust headed by the Royal Family of Travancore. Any sort of electronic equipment is not allowed. The Government authorities provide Z-Security to secure the wealth inside the cellars.



In Hinduism, this mysterious temple in India is potent in making the wishes come true of all the devotees who visit it. History experts revealed Padmanabha Temple dates back to the 8th century CE. The Chera style of architecture inspires the design of this mysterious shrine in India. It is one of the 108 DivyaDesamas (holy abode of Maha Vishnu).

Venkateswara Temple: Tirumala, Andhra Pradesh

4. Venkateswara Temple: Tirumala, Andhra Pradesh

- **Mysterious Things:** To lead a more spiritually fulfilling life, devotees donate their hair to the deity to express gratitude.
- **Dedicated To:** Lord Venkateswara, an incarnation of Lord Vishnu.
- **Timings:** Morning (6:00 AM to 11:00 AM), Evening (2:00 PM to 7:00 PM), Night (8:00 PM to 1:00 AM).

The aura of this mysterious temple in the Tirupati region of Andhra Pradesh can't be explained in words. And that is why around 50,000 (approx.) pilgrims come to worship Lord Venkateswara/Balaji/Vishnu every day. What makes Venkateswara Temple the most mysterious temple in India is its entry procedure.

You must submit the declaration form to enter the temple mentioning your faith in the preceding

deity, Lord Venkateswara. This reason makes international tourists crazy about this mysterious temple in Tirupati. The deity placed inside the shrine wears real hair and has been found sweating several times. Also, the idol's backside gets moist even though priests keep on making it dry.

The most enigmatic fact about Venkateswara Temple is that devotees can hear sea waves crashing upon carefully placing their ears on the deity's image backside. Tirumala Venkateswara Temple is one of India's most revered and richest shrines. Venkateswara Temple is one of those temples in India that don't rely on donations from devotees.

Instead, India's richest temple, whose annual turnover is a whopping 6.5 million USD (approx.). The temple is also famous for celebrating the pious Tirupati Festival. Are you brave enough to shave off your head? Because thousands of devotees, both men, and women, do that.

Note: Temple timings vary on Thursday and Friday. There is access to the temple via VIP entry of 300 INR (approx.). Physically challenged or handicapped people can attend special Darshan from 10:00 AM to 3:00 PM (approx.)



5. Meenakshi Amman Temple: Madurai, Tamil Nadu

- **Mysterious Things:** The only temple in India where Lord Shiva could be seen in a smiling face. Locals believe Lord Shiva has a strong significance with this temple, particularly the whole city of Madurai.
- **Dedicated To:** Meenakshi (Goddess Parvati) and Sundareswarar (Lord Shiva)
- **Timings:** 3:15 AM to 12:00 AM, and 5:00 PM to 7:20 PM (every day)

Occupying a huge 14-acre area in the heart of Madurai, you will find that a mysterious superpower prevails in silence at Meenakshi Amman Temple. You will feel the divine presence once you enter the temple complex. Considered one of India's most talked-about mysterious temples, this shrine holds historical and mythological importance.

It is a folk tale about Meenakshi Amman Temple, which is the same place where Lord Shiva turned into Sundareswarar (the handsome one) to marry the Goddess Parvati (Meenakshi). Dravidian inspires the architectural style of this temple in Madurai. Around 33,000 sculptures are inside the temple complex, dating back 3000 years (approx.). Meenakshi Amman Temple is the finest example of excellent craftsmanship.

There are around 4000 pillars (approx.), each made of a single rock. It was also nominated



as wonder of the world but couldn't make it to space in the World list's Seven Wonders. Did we mention Meenakshi Amman Temple is the cleanest iconic place in India under the Swachh Bharat Mission?

Inside the temple complex are gigantic images of God and Goddesses, including mythical beasts like a lion with elephants' heads. Although the temple is dedicated to Lord Shiva and Goddess Parvati, locals always worshipped Meenakshi Amman first because she is the incarnation of Parvati. Amman in the native language means mother, and devotees worldwide believe that anyone with a pure heart inside the temple would be rewarded with their prayers answered.

6. Veerabhadra Temple: Lepakshi, Andhra Pradesh

- **Mysterious Things:** Out of 70 huge pillars, one pillar stays intact without any support leaving the bottom space that doesn't let it touch the ground with a few margins.
- **Dedicated To:** Lord KalBhairavNath (reincarnation of Lord Shiva)
- **Timings:** 5:00 AM – 8:30 PM (all days of the week)

Famous for its one hanging pillar out of 70, Veerabhadra Temple in the Lepakshi district of Andhra Pradesh is a mysterious temple in India. Its history dates back to the 16th century, and its architecture depicts the Vijaynagar style. Due to its one pillar dangling from the roof, many tourists find it intriguing, and thus, Veerabhadra Temple has become a famous temple not only in Andhra Pradesh but across the country.

You can also put a cloth under the recognizable space to test the magical gap between the pillar and the ground. When you enter the temple premises, get ready to be amazed by the cultural and ancient engineering marvel. You will see various deities of God and Goddess carved on the temple walls,



including pillars. Make sure to witness roof painting to marvel at the ancient Indian culture and traditions.

7. Kailasa Temple: Ellora Caves, Maharashtra

- **Mysterious Things:** The temple is built on an amazingly carved mountain with intricate details.
- **Dedicated To:** Lord Shiva

- **Timings:** 6:00 AM – 12:00 PM, 5:30 PM – 8:00 PM (every day)

Kailasa Temple is the largest rock-cut Hindu temple in 16th-century Ellora Caves. This temple will give you a reason to enhance your knowledge of Indian mythology like never before. The structure of Kailasa Temple is monolith which means this cave temple is built on a single rock.



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Inside the Kailasa Cave Temple, the rendering of the Ramayana is engraved in it. This three-story tall temple structure has intricate carvings, which came to the notice of the Brutal Mughal King, Aurangzeb, and later, he ordered to destroy the caves, but nothing happened to Kailasa Cave Temple.

According to the archaeologist, there are supposed to be 30 million Sanskrit carvings that are yet to be decoded to understand their meaning. No human in this time has that refined craftsmanship, so many believe it is a mysterious temple in India. Once you visit it, you will feel the divine vibes inside the holy temple complex.

8. Lingaraja Temple: Bhubaneshwar, Odisha

- **Mysterious Things:** Due to the optical illusion factor, the Lingaraja Temple looks much larger than it is. Also, the Shivlinga inside the GarbhGrihya is supposed to be self-originated.
- **Dedicated To:** Lord Shiva as Linjaraja
- **Timings:** 5:00 AM to 9:00 PM (all days of the week)

Revered by Hindu devotees with utmost faith, Lingaraja Temple is the largest temple of all Bhubaneshwar, with 54 meters of Mandir dedicated to Lord Shiva. This mysterious temple in India dates back to 1090 to 1104 C.E and was supposed to be built by the king of Jaipur,



JajatiKeshari when he shifted his dynasty to Bhubneshwar city.

There are many small shrines within the main temple complex. Although, it is believed that the smaller shrines or most of the part of the temple was originally constructed back in the 6th century and later given full-fledged status in the 11th century. There is one lake, BinduSagar Lake, north of the temple where festival activities are organized, like Shivratri.

The mysterious thing about Lingaraja Temple is that when it was on the verge of completion, Lord Shiva and Lord Vishnu's presence were felt because the Jagannath cult started taking its shape. Inside the GarbhGriha, the "Lingam" is self-originated and, thus, called "Swayambhu." Thousands of devotees flock here to pay homage to the granite-built Lingam, followed by milk and bhang.

When you enter the temple via its main gate, you will see the two mustachioed yellow lions guarding. Lines of Hindu devotees approach with hands folded to express their gratitude. Lingaraja Temple is divided into 4 distinct parts, including YagraGriha (Sanctum Santorum), BhogaMandap (Prasad offering place), Natya Shala (dance and music hall), and Yagna Shala (Prayer hall). Upon your visit, fascinated to watch Kalinga-style architecture.

9. KodungallurSree Kurumba Bhagavathy Temple: Kodungallur, Kerala

- **Mysterious Things:** Devotees enter the temple following abusive words to the Goddess.
- **Dedicated To:** Goddess Bhadrakali
- **Timings:** 4:00 AM – 8:00 PM

A current of bewilderment will pass through your body once you visit this temple in the Thrissur district of Kerala. KodungallurSree Kurumba Bhagavathy Temple is famous for its Bharani

Festival, which helps annually between March-April. This festival is unique and commences according to the Malayalam month of Meenam. Earlier, animals' lives were sacrificed in the name of ritual, but now it is completely banned.

What will amaze you about KodungallurSree Kurumba Bhagavathy Temple is that devotees from their village enter the temple following drinking as a ritual. According to the ritual part, the more bizarre thing is devotees chant abusive words and sing lewd bhakti songs. Both men and women actively participate in the festival for 7 days annually and carry swords in their hands.

They also hit themselves in the head with swords, which makes blood pours freely. After the bizarre festival ends, the temple premises remain shut to clean bloodstains. Don't you think KodungallurSree Kurumba Bhagavathy Temple is a mysterious temple in Kerala?

10. Ananthapadmanabha Lake Temple: Kasaragod, Kerala

- Mysterious Things: A vegetarian crocodile, Babia, guards the temple without harming anyone. And there hasn't been any case of human flesh-eating till now!
- Dedicated To: Sri Padmanabha or Lord Vishnu
- Timings: 5:30 AM to 12:30 PM and 5:00 PM to 7:30 PM (all days of the week)

Resting in the middle of the lake, Ananthapadmanabha Lake Temple is indeed the mysterious temple of India. The mysterious thing about AnanthapadmanabhaSwamy Lake Temple is that it is guarded by a predatory animal who embraces a vegan diet. The world's most ferocious meat-eating creature, the Crocodile, feeds only on the temple prasada, including cooked rice and jaggery.



After the noon worship, Devotees feed the prasad to the soft-hearted carnivorous with their hands without any hitch. Babia has been living in the pond or lake for the last 70 years (approx.), and he mingles very well with humans. The history of this mysterious temple in Kerala dates back to the 9th century. Inside the pavilion ceilings, you will come across an exceptional collection of wood carvings that displays the scenes of 10 incarnations of Lord Vishnu.

The priest of the temple and Babia, the vegan crocodile, share a unique chemistry. A few months back, Babia came out of the pond and entered the temple premises. But upon requesting from the priest, Babia took a u-turn and returned to the pond.

If this doesn't entice you to visit Ananthapadmanabha Lake Temple, what else entices you? Did we mention several fishes in the pond but none of them have been attacked by the vegan crocodile? Ananthapadmanabha Lake Temple is indeed an enigmatic temple of India.

11. StambheshwarMahadev: KaviKavoi Village, Gujarat

- **Mysterious Things:** The temple gets swallowed up during high tides and is not visible until the tides are low.
- **Dedicated To:** Lord Shiva
- **Timings:** 6:30 AM – 10:00 PM

A soulful devotion to nature's amazement is best observed at StambheshwarMahadev Temple near Vadodara. It is famous as a submerging Shiva temple every day and gets visible during low tides. If you, too, want to seek blessings from the mysterious temple of StambheshwarMahadev, include it in your Gujarat itinerary. It is located near Vadodara, and you can reach it easily from any city in Gujarat. Visit this famous Hindu Temple of Gujarat to feel God's presence around the waves as the temples are sandwiched between the Arabian seashores and the Bay of Cambay.



12. KalBhairavNath Temple: Varanasi, Uttar Pradesh

- Mysterious Things: Offering to God is made in the form of wine or whiskey into the deity's open mouth.
- Dedicated To: Lord KalBhairavNath (reincarnation of Lord Shiva)
- Timings: 5:30 AM – 1:30 PM, and 3:30 PM – 10:00 PM

Do you want to visit a mysterious temple in India where prasad is offered in the form of wine or whiskey? If that sounds what you need, head away to KalBhairavNath Temple in Varanasi. Several stalls sell wine or whiskey outside the temple, which devotees buy before entering the temple premises. Unlike other temples in India, you will not find garlands or sweet shops.

You should worship KalBhairav for unlocking courage and happiness on your Varanasi tour package. Expect to stand in long queues because it is worth seeking blessings. To see the best magical enthusiasm of crowds, visit KalBhairavNath Temple on special Hindu occasions.



13. Channapatna Dog Temple: Ramanagara, Karnataka

- Mysterious Things: Dogs are worshipped inside this temple.
- Dedicated To: Lord Shiva
- Timings: 6:00 AM – 12:00 PM, 5:30 PM – 8:00 PM



In the Ramanagara district of Karnataka, which is located at a 50 kilometers (approx.) distance, you will see that dogs are more valued than humans. Channapatna Dog Temple worship's man best friend.

The locals of this village believe that dogs are part of the Egyptian God of death; hence, they worship them to walk on the path to salvation. This is an offbeat place near Bangalore, which you should visit if you plan your Bangalore vacation in 2022.

Less for money and more for faith – that is what temples in India are known for! India already has 330 million (approx.) God but there are usual deities worshipped. But the list of 13 mysterious temples in India we brought to you is not the usual temple in India. Instead, they are the ones where the unusual deities are worshipped. With 20,00,000 (approx.) lakh temples in our nation, many other temples have fascinating beliefs.

Author: Akshay Negi, Copywriter with eagle eyes who writes copies backed by market research.

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