

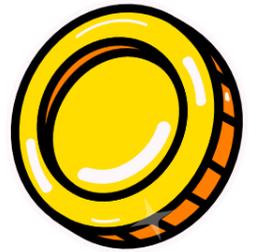
THE LEARNING BLAZE : IGNITING MINDS

LET'S TALK ABOUT YOUR WEALTH

Feeling Fab and Rich – Fortune Favors the Fit, That's the Pitch!

Did we trick you? Yes, we did!

This month's edition is all about the tricks – the clever games our mind and heart play when we're riding emotional highs and lows. Tricks that sneak into our daily routines to either help us manage our cravings or send us spiraling. We're diving into both: the tricks TO DO it and the tricks TO NOT DO it. Now you're wondering what does wealth have to do with all this? Simple. The greatest fortune you'll ever have is your health, and this month, we're unpacking exactly how to protect and grow it.



ABOUT

BOMBAY MANAGEMENT ASSOCIATION

The Bombay Management Association (BMA), stepping into its dynamic 71st year, continues to be the go-to platform for elite business leaders. With its legacy of exclusive forums, visionary insights, and high-impact networking, BMA has consistently empowered industry frontrunners to master challenges and seize global opportunities. This milestone reaffirms BMA's commitment to shaping visionary leadership and driving transformative change at the forefront of the business world.





Dr. Aparna Govind

Founder of FittFocus Care Diagnostix Pvt Ltd.

Dr. Aparna Govind is an M.D. in Pathology from Grant Medical College, Mumbai, a certified fitness consultant, and an ACSM-accredited weight management and sports nutritionist with over 26 years of experience in pathology and preventive healthcare.

[click here for linkedin Profile- Link.](#)

"A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

— World Health Organization, 1948

Wellness is more than just the absence of disease –it is the daily practice of making thoughtful choices that nurture our bodies, minds, and emotions. In the modern workplace, where long hours, high demands, and constant digital distractions are the norm, this holistic view of wellness becomes not just important, but essential.

Let's begin by understanding the three key types of stress that affect us – often simultaneously. Physical stress – which often presents as body aches – typically arises from prolonged sitting, poor posture, or repetitive strain – all common in desk-bound jobs. While it may begin in the body, physical stress often spills over into our mental and biochemical well-being.

Biochemical stress is another silent disruptor. It stems from poor dietary habits, too much caffeine, irregular meals, or environmental toxins. These factors upset the internal balance of our hormones, enzymes, and neurotransmitters – leaving us fatigued, moody, or sleepless. Then there's mental-emotional stress – the kind we are most familiar with. It shows up as anxiety, lack of motivation, or difficulty concentrating.

The Moment I Hear the Word 'Fitness'- *I Cringe*

It affects our ability to make decisions, be productive, or even find joy in our work. And often, it's not just psychological; it feeds back into our physical and biochemical systems too.

So, how can we break this cycle? The answer lies in addressing each form of stress with mindful, realistic changes.

According to the World Health Organization, adults should aim for at least 150 to 300 minutes of moderate-intensity activity or 75 to 150 minutes of vigorous-intensity activity each week. Add strength training at least two days a week, and you've got a balanced routine. A simple commitment to three walks and two strength sessions a week can be a game changer. If that sounds tough, then start with just 30 mins walk and slowly cultivate that habit. I personally feel that one good habit, like a morning walk or run, can reset your entire routine. The day you start your walks, you realize how refreshing early mornings can be, which naturally encourages an earlier wake-up time. That, in turn, helps you sleep earlier. Now if you got to sleep early, you find yourself eating dinner earlier too. Even if you find it difficult to set this routine, be patient and maintain consistency for minimum 21 days. After 21 days, it will become your habit and then you'll hate to start your day without that morning 'Me' time.

And don't ignore your gear. Something as basic as uncomfortable shoes can cause heel or foot pain, which, if ignored, may radiate upward and lead to knee or back issues. Prevention begins with what you wear and how you move.

When it comes to biochemical stress, prevention is the best cure. If you're over 30 – especially with a family history of lifestyle diseases – make annual health check-ups a priority. If you've already been diagnosed with conditions like diabetes, hypertension, or hormonal imbalance, work with your doctor to manage them proactively.

From there, focus on three simple but powerful lifestyle ingredients:

- 1. Healthy calories and Hydration*
- 2. Physical activity*
- 3. Rest, Recover and Sleep*

In reality, these three ingredients – when used in the right proportion – can help address all three types of stress: physical, biochemical, and emotional. Ignore even one, and you risk spoiling the recipe for wellness.

Continue on next page



“No matter how busy please never skip meal and never starve.” *–Dr. Aparna Govind*

1. Healthy Calories:

Eat a balanced diet at regular intervals. A moderate portion of ghar ka khana is always the best option. Our traditional Indian meals – dal, rice, roti, sabji, and curd – provide a good balance of macronutrients and micronutrients.

No matter how busy please never skip meal and never starve. When you skip meals, your metabolism slows, and your body clings to calories. Your body gets the signal that it won't get food on time, so it starts shutting down the metabolism and over a period of time, you realise that even if you are a small portion eater, you are gaining weight. So, keep fruits and nuts in your bag always. Keep your office drawers loaded with nuts/seeds. Even if you don't find time for a full meal, you can definitely eat some fruit and nuts in between, keeping your body well fuelled.

There are some food rules worth following.

Start by cutting out liquid calories- Soft drinks, packaged juices, even excess tea or coffee can sneak in sugar and caffeine that your body doesn't need. Switch to green tea, black coffee (if tolerated), coconut water, or homemade buttermilk.

Avoid dry snacks and processed foods- Even baked items marketed as healthy are often high in calories. Choose moist, fresh foods instead – for example, plain bread over toast. Limit dry fruits to 15 grams a day, as they're calorie dense despite being nutrient-rich.

Say no to sugar – and that includes jaggery and honey- Despite their natural origins, they all impact your body in similar ways and can spike blood sugar levels. When sweet cravings hit, reach for fruit instead. Just be mindful of the choices – avoid high-sugar varieties like grapes, custard apple, or chiku. A seasonal mango? Go for it – but enjoy it in moderation.

Say no to junk or fried food – opt for healthier cooking methods, like fish in gravy instead of fried.

Remember, more than 70% of fat loss comes from these everyday food choices.

Along with healthy calories, adequate hydration is equally important. As a general rule of thumb, aim for 2 litres of water per day or 35 ml per kg of body weight – but every body is different, with its own size, composition, and activity level. So, if you sweat a lot or your activity level is high then this requirement goes higher. If due to busy work schedule, you often miss drinking adequate water, then do use apps like Aqua Alert or other hydration apps on your smartphone.

2. Physical Activity:

Build a regular fitness routine that includes both cardio and strength training. A well-cared-for body feels confident – and radiates confidence.

3. Rest Recover and sleep:

Rest is one of the most ignored ingredients. Body is constantly going through wear and tear, it's during this downtime that the body repairs tissue, balances hormones, and restores function. One day in a week invest time in a hobby like music, painting, quality family time. This revives you emotionally too.

4. Emotional wellness :

A big piece of the workplace puzzle. Start by recognizing your stress triggers. Don't bottle them up. Talk to someone you trust. Often, just speaking your worries out loud can lighten the load. If you can, begin your day with 20 minutes of mindfulness or light movement. This could be yoga, breathing exercises, or a quiet walk. Morning calm sets the tone for the rest of the day. Maintain perspective – change what you can, and learn to let go of what you can't. Say no when necessary. Cut out non-essential tasks that eat into your time and peace. Take small breaks throughout the day and make space for what brings you joy. Whether that's music, art, gardening, or simply laughing with friends – make it non-negotiable.

And finally, know when to seek help. If the stress feels too heavy, there's no shame in speaking to an expert. Wellness is a journey, and we all need support sometimes.

Wellness is your daily decision. It lives in your plate, your posture, your thoughts, and your habits. Once you start making space for it, you'll find yourself stronger – not just in body, but in resilience, focus, and joy.

So yes, stress is real. But so is your power to decode it.

"Listen to your body. It speaks louder than your schedule."



From Pressure to Peace: A Practical Guide to Beating Work Stress

Dr. Spandan Thaker

Founder of Mood and Mind Clinic

Dr. Spandan Thaker, M.D. (Psychiatry), is a leading Consultant Psychiatrist & Sexologist With 7+ years of experience, he specializes in depression and anxiety, CBT(counselling therapy), couple therapy, schizophrenia, bipolar mood disorder, de-addiction, and sexual health. He has worked at top institutes like V.S. Hospital and also writes the "Mood and Mind" column in Divya Bhaskar.

[click here for Profile- Link.](#)

“Your mental health is not a side project. It’s the foundation of everything else.” -Dr. Spandan Thaker

Ravi was the go-to guy. A sharp, young executive with something to prove. He said yes to everything, driven by ambition, enthusiasm, and the quiet competitiveness that often comes with youth. He wore his workload like a badge of honor, eager to rise, ready to deliver.

But over time, things shifted. He started sleeping less, snapping more, and feeling like he was falling short—even when he wasn’t. The praise kept coming, but so did the pressure. Every task felt heavier, every deadline tighter. His energy drained, but he pushed harder. Because in his head, slowing down meant falling behind.

Prioritize 7–8 hours a night. No phone in bed. Create a wind-down routine.

Nutrition: Avoid living on caffeine and fast food. Eat meals that fuel, not drain.

Movement: Even a 15-minute walk a day can lower cortisol and improve mood.

These aren’t fancy solutions—but they work, and they’re free.

For many young professionals, this is the unseen side of ambition—where the drive to prove yourself collides with the limits of what one person can carry. Burnout doesn’t always show up in obvious ways. Sometimes it looks like restlessness, low mood, brain fog, or the creeping fear that no matter how hard you try, it’s never enough. And when left unchecked, it doesn’t just drain motivation—it can lead to early signs of depression, chronic anxiety, and a deep fear of failure that lingers even on good days.

The way out isn’t always dramatic. Often, it starts by noticing the signs and making small but intentional shifts. Prioritizing real sleep, eating food that fuels instead of just fills, and getting your body moving—even briefly—can do more for your mood and mental clarity than you think. Just as important is drawing a line between work and life, and honoring it. Ending your day with a ritual (conscious effort)—shutting the laptop, changing your clothes, stepping outside—can tell your mind it’s safe to slow down, the basics!

Be kind to yourself—stress feeds on self-criticism. You’re allowed to struggle. Practicing self-compassion and taking a moment each day to notice what went well, however small, can quietly shift your mindset and build emotional strength. Gratitude!

And while the instinct might be to keep it all in, talking helps more than silence ever will. Whether through a trusted friend, a mentor, or a therapist—especially if your workplace offers mental health support through EAPs—opening up can help untangle the overwhelm before it takes root.

Don’t overlook what’s already available. Many workplaces offer flexible hours, mental health days, or wellness programs—you just have to ask. And if none of it seems to help, maybe the problem isn’t how you’re coping, but where you’re working. Sometimes, the healthiest decision is a role shift, a conversation with HR, or even exploring a new path where you’re not burning out just to belong.

Work stress doesn’t need to break you before you take it seriously. You don’t need to earn your rest through collapse. And protecting your mental health isn’t a sign of weakness—it’s how you stay strong.

So, if no one’s told you lately:

Your mental health is not a side project. It’s the foundation of everything else.

CHEMICAL

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MOOD-BOOSTING & "FEEL-GOOD" HORMONES



SEROTONIN

(calm, happiness, well-being)

- **Tryptophan is an amino acid, which helps produce serotonin**
- **Tryptophan-rich Indian foods:**
 - Moong dal, toor dal, chana dal
 - Banana, oats, whole wheat roti
 - Nuts & seeds: peanuts, pumpkin seeds, til (sesame)
 - Dairy products, Tofu or soy chunks



DOPAMINE

(pleasure, reward, motivation)

- **Tyrosine-rich Indian foods:**
 - Dahi (curd), milk, paneer
 - Masoor dal, soy chunks, almonds,
 - Avocados, banana, rajma, peanuts



ENDORPHIN

(pain, relief, euphoria)

- Green chili or red chili dishes
- Dark chocolate (look for Indian brands with 70%+ cocoa)



OXYTOCIN

(love, bonding)

- Dark chocolate
- Leafy greens: palak, methi, sarson
- Magnesium sources: almonds, til, rajma

STRESS & ENERGY HORMONES



CORTISOL

(stress hormone)

- **Helps in reducing cortisol:**
 - Leafy sabzis, amla, berries, methi
 - Omega-3-rich foods: walnuts, flaxseeds, mustard oil, chia, salmon
 - Green tea, tulsi tea, haldi doodh
 - Adaptogens: ashwagandha churna, tulsi, brahmi
- **Increases with:**
 - Chai/coffee overload, sugar, refined carbs (white rice, maida)
 - Fried snacks, processed foods, alcohol



ADRENALINE

(fight or flight)

- **Balance with:**
 - Omega-3s: crab, walnuts, mangoes
 - Magnesium: ragi, bajra, spinach
 - B vitamins: whole grains (millets like jowar, bajra), lentils
- **Avoid too much chai/coffee, sugar**



MELATONIN

(sleep & relaxation hormone)

- Bananas, oats, warm milk at night
- Tart fruits like amla, black grapes, tomatoes
- Magnesium: methi, almonds, til
- Zinc: pumpkin seeds, chana



Dr. Kruti Parekh

[click here for linkedin Profile- Link.](#)

Dr . Kruti Parekh is a dynamic and multi-faceted personality who has made her mark as the World's Premier Female Mentalist, Youngest Artistic Illusionist, Visionary social Entrepreneur, and A highly sought Global Motivational Speaker & Mind Trainer. Her expertise has taken her to perform in over 40 countries, captivating and wowing audiences that include royalty and influential world leaders

In today's fast-paced corporate world, the link between well-being and performance is undeniable. As a mentalist, I have spent years studying the human mind, and one truth stands out: A healthy mind is a professional's greatest asset.

Just before we deep dive into the Magic that a positive mindset can create, lets first understand what is positive mindset.

We often hear: "Think positive!", "Change your mindset, change your life!" "Positivity attracts productivity!" and many more affirmations. Sounds great. But not when we are going through real-life struggles like being broke, burned out, or just emotionally drained – that kind of advice can feel... well, annoying. Or worse, completely out of touch.

What Positive Mindset is Not: It is not pretending
It's not about ignoring your problems or lying to yourself. It's not sitting in the middle of a stressful situation saying, "Everything's fine! I'm grateful! The universe has a plan!"

It's being able to say: "Yeah, this sucks. But I've been through hard things before. I'll figure it out."

That's not delusion. That's strength.

THE MAGICAL CONNECTION TO PERFORMANCE

It feels like delusion?

Let's be honest – sometimes, being told to "stay positive" when you're in a dark place feels like someone handing you a paper umbrella in a thunderstorm.

Imagine you're drowning in debt and someone says, "Just stay hopeful, things will get better!" You'd probably want to scream, right?

Because when you're in survival mode, you don't want pep talks – you want a plan.

Is Negative really that negative?

Not necessarily. Sometimes, what we call "negativity" is actually just being realistic. We are not pessimistic, we are saying: "Let me accept the worst-case scenario so I'm not blindsided by it."

And honestly? That's valid. Especially if it helps feel more in control.

The danger is when that mindset becomes your default – when it starts sounding like,

"Nothing ever works." "I'll never get out of this." "Why bother?"

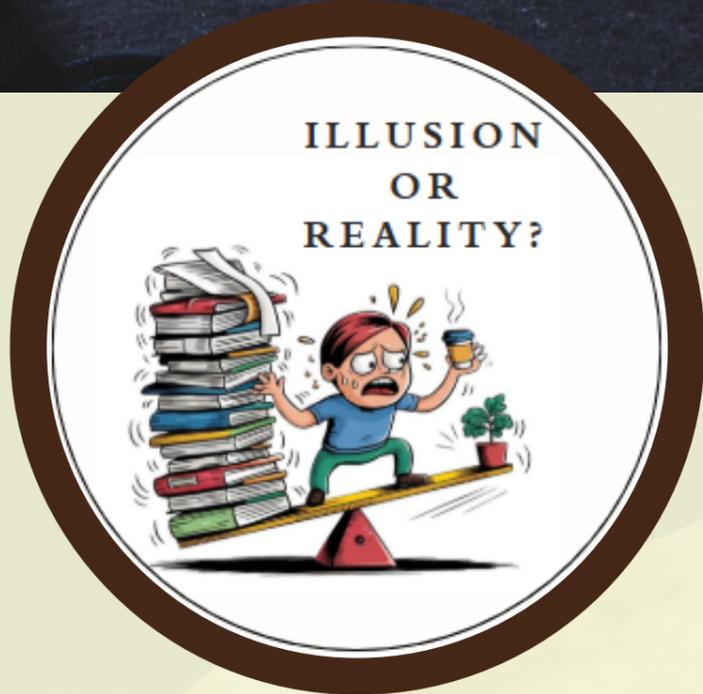
That's not strategy anymore. That's hopelessness. And that's where we can get stuck.

The realistic positive mindset is hope without sugar-coating. A complete clarity without collapse! Now let's master the Positive Mindset

The Magic of a Positive Mindset

Imagine a magician performing a flawless illusion. The secret lies not just in skill but in unwavering belief. In the workplace, mindset plays a similar role. A positive outlook fosters resilience, creativity, and problem-solving—key drivers of productivity. Optimism rewires the brain for innovation and clarity, reducing stress and enhancing collaboration. Organizations that embrace this mindset through appreciation, constructive feedback, and an open culture witness remarkable employee performance.

Continue on next page



Work-Life Balance: Illusion or Reality?

A positive mindset at work often gets crushed by the very environment it's supposed to thrive in. Toxic productivity, poor leadership, micromanagement, and a lack of psychological safety all create conditions where staying hopeful feels fake – or even risky. When mistakes are punished and emotions are dismissed, people shift from creativity to self-protection. A truly positive mindset needs more than motivational quotes – it needs a culture that supports trust, autonomy, and being human. Without that, positivity becomes performance, not power.

The Employer's Role in Creating an Enchanted Workplace

Leaders hold the magic wand to transform workplace culture. Simple but powerful actions can boost well-being and productivity:

- **Mental Health Programs:** *Providing resources for stress management, counselling, and emotional resilience.*
- **Flexible Work Arrangements:** *Allowing employees autonomy in managing their schedules for optimal efficiency.*
- **Open Conversations:** *Destigmatizing discussions around mental health fosters trust and engagement.*
- **Recognition & Purpose:** *Employees who feel valued and aligned with their company's mission contribute meaningfully.*

Hybrid work culture - *Companies promoting flexible work policies and wellness initiatives enable employees to sustain peak performance without exhaustion.*

The Psychological Trick: Anchoring Success in Well-Being

Mentalists use “anchoring” to associate a mental state with a specific trigger. Organizations can apply this principle by cultivating an environment where employees associate work with growth, appreciation, and psychological safety. This creates motivation and enhances overall engagement.

Conclusion: The True Magic of Performance

Success is not just about skills or intelligence but about unlocking the mind's true power. When organizations prioritize well-being, high performance follows naturally. Like a perfect magic act, workplace success depends on harmony—balancing productivity with mental wellness. A thriving workforce is not a luxury; it's the key to sustained excellence.



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TECHNOLOGY IS THE LANGUAGE OF DEVELOPMENT & WE ARE PASSIONATE ABOUT TECHNOLOGY

Mind over matter: Workplace Wellness

— Jitendra Dhuru, CEO, Galaxy Auto Works

At Galaxy Auto Works, we've always believed the workplace should feel like a second home—not just a place of productivity but of purpose and belonging.

Our team isn't just made of employees; we're a family united by shared values, curiosity, and an unshakable passion for technology and innovation.



Our culture thrives on health, clarity, and creativity. From a serene temple and daily rituals to soothing music, a mini garden under a 125-year-old tree, a cozy library, and even our furry companions, wellness is woven into our workday. A gymnasium is in the making, completing the holistic approach to physical and mental well-being.

There's no competition here—only collaboration. We evolve monthly, learning new technologies and enriching each other's lives. Autonomy is balanced with accountability, and discipline flows seamlessly into freedom.

We celebrate everything—birthdays, festivals, milestones, and farewells—because joy is productivity's greatest partner.



We're conscious of our environmental footprint, embracing tech that's both cutting-edge and eco-friendly. And yes, we welcome pet lovers!

Stress is managed not by policies, but by people who care. When minds are valued as much as machines, clarity, composure, and creativity flourish.

Leadership here is about integrity, compassion, and enabling every individual to contribute meaningfully—to our company and to society.

**At Galaxy Auto Works, Machines are respected.
Minds are valued.**





Stop

Breathing!

Yes, you heard that right. Stop breathing—at least stop doing it the way most people do: shallow, fast, unconscious, and wrong

You've been told to eat clean, de-stress, sleep more, work out, and hydrate. But did anyone tell you that your most basic act—breathing—is possibly the thing sabotaging all the rest? The irony, isn't it? You've been doing it your whole life, yet most of us are doing it in a way that actually harms us.

Let me ask you this—when was the last time you noticed your breath? Aha! the obvious answer would be during my yoga or in a guided meditation. But that takes just a few minutes. Really committed ones? okay even a few hours in some cases but then what about the rest of the time? What about while living your regular, high-paced, screen-glued, noise-filled life? You probably don't. Most people don't. We're so used to racing through our days that even our breath has joined the sprint—short, rapid, and stuck high in the chest.

And here's the problem with that: the body interprets shallow chest breathing as a signal of threat. It's your nervous system's emergency broadcast—activating stress hormones, raising heart rate, tightening muscles, and keeping you in a subtle state of panic.

All. The. Time.

This isn't a metaphor. It's pure biology. Every shallow breath reinforces stress. Every rushed inhale keeps your body bracing for impact. And this daily dose of fight-or-flight slowly becomes your baseline—what we now casually call “normal”: brain fog, fatigue, acidity, high blood pressure, poor sleep, anxiety, irritability... you know the story.

But here's what you haven't been told: the fix isn't complicated.

At least, not as much as you've been made to believe. You don't need fancy gear, expensive apps, or a wellness retreat. What you need is awareness—and a shift.

You see, your body was designed to breathe in harmony with your life, not in reaction to it. Real breathing—natural breathing—happens through the nose, from the belly, and at a calm, unhurried pace. That's how your body heals. That's how your brain resets. That's how your system remembers, “I'm safe.”

So here's what you do: pause. Sit down.

Alright, let's begin by just pausing.

Wherever you are—sitting in your car, standing on the train, waiting in line—just pause.

You don't need a yoga mat. You don't need a quiet room.

This moment, just as it is, is enough.

Soften your shoulders.

Close your mouth gently.

And if you can, place one hand on your belly. If not, just bring your attention there.

Now breathe in slowly through your nose.

Feel the air fill you, and notice your belly rising.

Not your chest—your belly.

And now exhale... gently. Smoothly.

Let your body release. No force. No tension.

Just let the breath move through you.

Stay with that rhythm.

Let it slow. Let it lengthen.

Let your breath lead, and allow your thoughts to follow.

This is your space.

And it doesn't have to be long—just two minutes.

Two quiet, conscious minutes of belly-driven breath.

You can do this anywhere.

Anytime.

Right here, right now—you're already doing it.

It doesn't matter where. What matters is how.

This isn't some spiritual pitch or fluffy wellness trend.

This is nervous system hygiene.

It's primal. It's intelligent. And it might just be the missing key to getting your body, your brain, and your life back in sync.

Because when you start breathing right, you stop reacting.

You stop spiraling.

You stop feeling like life is constantly two steps ahead of you.

And you finally start living—with calm, clarity, and control.

So yes—stop breathing!

Stop breathing the wrong way.

And start breathing like your health, your peace, and your life depend on it.

Because they do



The Silent Symphony of Rural India

This story is dedicated to the rural India—where health is not a product, but a by-product of life. Where joy is homemade, and human connection is the best medicine



To the Silent Symphony

Hi, I am Arjun Mehra, a high-profile executive and, for the longest time, a textbook case of corporate success. My days blurred into boardrooms, emails, deadlines—an endless loop of targets and meetings. Stress was routine, as were late nights and erratic meals.

To unwind? What we call it "chilling": sleeping in late, binge-watching shows, comfort eating, and pouring one too many drinks. It worked, or so I thought—but then life has a funny way to catching up with you

Minor health complaints crept in: erratic blood pressure, rising sugar levels, relentless acidity, mocking cholesterol. I ignored them, dismissing the symptoms as part of the grind. Until the day I collapsed.

Severe chest pain. Panic. Silence.

Thanks to swift medical intervention, I recovered. But my GP's words were sharp and sobering: "You need a break, Arjun. Not a weekend. A real one. Or you won't be around to need anything at all."

Looking at my wife and parents—faces pale with fear—I knew it was time.

Back to My Roots

And then it struck me. My grandparents' village—how long had it been? Years, maybe a decade. Childhood memories flooded back: bullock carts, mango trees, Dadi's food, carefree laughter. I decided—that's where I'd go.

Sitting on the bus, I wondered if the village had changed. Surely modernity had reached there—satellites, mobile towers, maybe even Instagram reels. Would the innocence still exist?

As we approached, I saw two-wheelers zipping past, but somehow the heart of the place felt intact. The bus dropped me off, and I had to walk the final two kilometers. It was dusk. Birds returning to their nests, cattle ambling home, a soft breeze brushing my face—I stopped, took a deep breath, Oh, What a feeling!

The air smelled of earth and peace.

A place untouched by the noise of the world, where life moved to the rhythm of the soil.

A Different Kind of Welcome

I wasn't greeted by luxury—but by love. Neighbors with wrinkled smiles, blessings whispered with kisses on my forehead, and Granny feeding me with her hands, her warmth soaked into every morsel. The next day, I didn't need an alarm—the village woke with the sun, to the songs of birds and the moos of buffaloes.

In just 24 hours, I felt more alive than I had in years.

Observations That Changed Me

I didn't jump into a routine. I simply observed.

And it hit me—no gyms, no protein shakes. Yet everyone was fit. Their daily lives were the workout. Long walks, physical labor, balanced diets of rice, dal, fresh vegetables—all local, all seasonal. No packaged snacks, no calorie counts. Just food cooked with care.

Evenings were for connection—not screens. Power cuts meant TV was unreliable. So, people played games, shared funny ghost stories. Kids ran around outdoors. Families sang beautiful folk songs, didn't really understand the meaning but was melodious to ears. Laughter echoed across the courtyards like a hymn.

Cell phones existed, yes— But the network issues acted as an invisible gatekeeper keeping people anchored to now.

And me? I was healing—in ways I hadn't thought possible.

The Cracks in the Symphony

One evening, I and Dadaji were sipping cup of chai, he asked me, Arjun do you remember Mukund? Yes of course, my vacation friend. Mukund was a very bright child of my age then. I curiously asked Dadaji about his whereabouts. Dadaji with low voice informed me that Mukund was working in the factory as a manager for last 4-5 years but has recently lost his job because the project was shelved. Since then, Mukund is jobless and his family conditions are deteriorating. His wife is educated but she too can't work because she is not allowed to travel far distance.

I remembered they had a good agricultural farm. Dadaji smiled sadly and said “Beta, income from farming was always so uncertain, last 2-3 years due to draught income has been negligible. In fact, many farmers are selling their land to factory owners and moving near to cities.” I was numb. The very nature and its beauty that I was enjoying can be so harsh! I promised Dadaji that I will try and help Mukund.

Then I looked deeper.

Not all was idyllic.

Dependability on nature, lack of infrastructure and education for alternative income resources, mindless wandering had caused anxiety and depression. Not knowing what to do, farmers were selling their land. Kids, though sharp, had little access to good education. Unemployment, addiction, and a quiet kind of despair had taken root. Nutrition was poor, not only due to scarcity, but also lack of awareness. I remembered the chaos when someone had a serious fall and was needed hospitalisation. I had cursed myself for not bringing my car as the hospital which was 25 km away.

That hit hard.

The very things I took for granted—clean water, hospitals, career growth—were luxuries here.

Gratitude and Realignment

Under the vast sky, I understood something profound:

Well-being isn't in luxury. It's in balance.

It's in walking barefoot on earth, eating fresh food, sleeping with the rhythm of nature, and most of all—living with people, not around them.

I returned from that village not just healthier in body, but in spirit. The rat race hadn't ended—but now, I knew when to pause. And how.



YOUR DIET IS A SCAM

WHY 'HEALTHY' FOOD IS JUST JUNK IN DISGUISE & YOU'RE BEING PLAYED

FAKE HEALTH FOOD EXPOSED: THE WALL OF SHAME

GRANOLA BARS:

If your "health bar" has 30+ ingredients and tastes like a candy bar... it's a candy bar.

VEGGIE CHIPS & CAULIFLOWER PIZZA:

The same junk food, but they sprinkled one sad vegetable in there so you feel better about eating it.

FRUIT JUICES & SMOOTHIES:

100% "natural" = 100% sugar overdose in a bottle. Just eat the damn fruit.

PROTEIN POWDERS & ENERGY DRINKS:

The bodybuilder version of Kool-Aid. Fake flavors, artificial junk, but hey, at least it says "muscle fuel" on the tub.



EXERCISES?

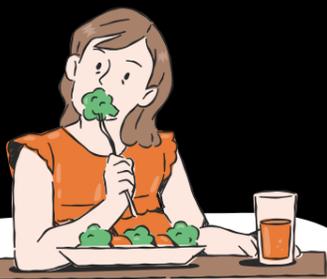
I thought you said **EXTRA FRIES!**

HOW JUNK FOOD AND MINDLESS SCROLLING ARE RUINING YOUR GLOW-UP

You're chilling on your couch, one hand deep in a bag of chips, the other endlessly scrolling through Instagram Reels. Suddenly, BAM—an influencer pops up talking about "gut health" while sipping on a green smoothie. Meanwhile, you're just trying to digest that last slice of pizza. Sound familiar? Yeah, it's time for an intervention.



I RUN? OF COURSE I RUN AFTER AN AUTO



I EAT SALAD EVERYDAY- JUST BEFORE MY FAV BIRYANI AND DESSERT



I DO YOGA TO STAY FLEXIBLE... WITH MY EXCUSES

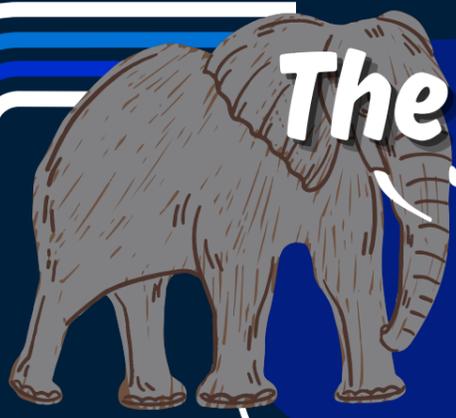


I RUN ON COFFEE AND GOOD INTENTIONS.

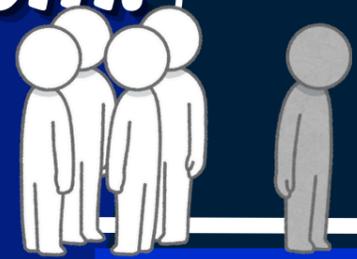
PSA: YOUR BODY IS NOT A TRASH CAN!

- If your phone deserves a screen protector, your body deserves real food.
- If your feed is curated, why isn't your diet?
- If you can binge-watch a show, you can meal-prepare for 20 minutes.

Bottom line: Glow-ups start from the inside. So next time you're about to grab those fries, remember—Greens Before Screens, Always!



The Elephant in the Room: Depression!



Let's Address it...

We talk about deadlines. We talk about stress. We even talk (a little) about burnout.

But when it comes to depression, the room goes quiet - the truth is Depression is real. Depression is common. And most importantly Depression is treatable.



Stress Vs Depression Vs Burnout Know the Difference -



Stress is when you're overwhelmed by tasks

Depression is when even rest doesn't restore you — when joy, energy, and meaning seem to vanish completely.



Burnout is when you feel emotionally empty from chronic overwork

Unlike stress or burnout, depression doesn't always need a trigger. It can creep in silently. And it's not about being "weak." It's about being human.

We keep mum about it

We are in denial! And somehow even if we reach the acceptance, the societal perception and shame attached to mental illness, especially in cultures or communities where emotions are bottled, not spoken. But pretending it doesn't exist only fuels the suffering.

Talking about depression doesn't make you broken — it makes you brave.

Depression is Biological, Emotional, Social - It's Complex

It's not "just in your head."

Depression often has roots in:

- **Genetics**
- **Brain chemistry (low serotonin, dopamine, etc.)**
- **Trauma or grief**
- **Chronic stress**
- **Loneliness or lack of belonging**



Understanding this helps us move past blame, guilt, and toxic positivity.

Friends and Family - It Matters

The biggest support is to resist trying **to fix them, instead, just be there.**

Feel like giving advice? The best advice – there is no harm in consulting a therapist!

Healing Is Not Linear - And That's Okay

Some days will be worse than others.

Healing is rarely a straight path.

Keep your patience and persistence

Professional Help Isn't Optional - It's Lifesaving

- **Talking to the therapist** helps untangle the thoughts.
- **Psychiatrists** can diagnose and prescribe appropriate **medication** along with counselling.
- Just like you'd take antibiotics for an infection, **some brains need chemical support to function and recover.**

You Are Not Alone and you are not the only one

You don't have to be falling apart to deserve support.

You don't need to "prove" your pain to seek help.

You are not a burden. You are not broken.

Let's make space for that conversation - not just today, but every day.

