



Top 10 Most Important Personality Development Tips

I am sure everyone is aware of the term personality development. The emphasis on these two words is so common these. There are so many institutes and centers offering crash courses in personality development. Do you have any idea about what exactly personality is and how can you build and rebuild it? If you think personality means looking good and attractive then my friend you are absolutely wrong. Personality is a very broad term and takes into account the physical as well as the mental state of an individual. At times even mannerism is considered a part of personality. No matter where you go be it an interview or your daily working place your overall personality plays a very crucial role in determining your success. This is the reason why so many people now a day's enroll for personality development programs. But to be honest you do not need to do all that. Keep one thing in mind that these institutes do not any magic and will not turn you into a different being devoid of flaws. They merely teach you how to manipulate yourself and bring out the good. This can be done by yourself as well with a little guidance and you can save your precious money from slipping out of your pocket. These institutes do charge handsomely. I can help you with a few tips that can help you develop your personality within a few days. The following are the important tips that can help you in developing your personality.

10. Know yourself

The first step on your quest to develop your personality is to know yourself. It is very important to know yourself in order to figure out what needs to be done to modify your existing personality. Knowing yourself is not about knowing your favorite color, food and etc. It is about knowing your limitations and plus points. You must be aware of your abilities so that you can use them when the time comes. You need to analyze yourself and find out what is it that you



lacking in. Are you short tempered or do you panic easily or is that you can't speak in a group. Find out and then accordingly we can work on your personality.

9. Comparison

You need to accept one thing that you cannot be best at everything. We all have our strengths and weaknesses. You are different from others; you have your own set of talents and abilities. Just because there is someone around who is great at a think you are not good at does not mean he is better than you. There will be things that he cannot do but you can. No one is perfect in this world. So never compare yourself to others. It does more harm than good. Love yourself and you will definitely achieve a better personality.

8. Positivity

A very important trait that is required to achieve anything in life is a positive attitude. Yes there are things that you want to do but cant. There might be situation you are unhappy about. But there are also the good moments. There are situations where you were praised and proved successful. So don't let the tough times beat you. Have a positive attitude in life. Tell yourself that you can do the task given to you. It has been seen that having a positive approach increases the chances of completing a task at hand. Positive attitude also makes you friendly and cheerful which on the whole reflects in your personality.

7. Courteous

Personality as I said is not just about how you look. It is how you present yourself. It is how you impress others. An expressionless and monotonous tone will get you nowhere. You need to have an attitude that is pleasing so that you are welcomed wherever you go. Be courteous and humble. Greet your juniors with a smile and reply back to their greetings. At times have lunch



together or offer your lunch to them. Be available for your people and you will become dependable for them. This is a remarkable trait for your personality. Mannerism weighs a lot in the professional world.

6. Body Language

Having a personality takes into account everything. Not just the way you dress up and talk but also your body language. How you walk, sit, eat, how you behave when others are talking etc make a huge impact on others. Your body language is therefore a very important is very aspect of your personality. Have a relaxed posture. Walk upright do not droop or be extra rigid. When others in a group are talking have a relaxed tone. Do not get involved with the surroundings but pay attention to the speaker. If he is talking to you have a calm eye contact and not staring or distracted. Have a good body language that shows that you are confident.

5. Physique

The easiest way to achieve a good personality is to have a good physique. It cannot be denied that a good physique is very important. It is a very important part of your personality. Your physique not only sets an impression but it speaks a lot about you. A good physique says that you are a well planned person. You think about yourself and about your health. It also gives a perception that you are away from bad habits and company. It really says a lot about you. So start exercising and stay fit to develop your personality.

4. Speech

A very vital part of any personality development program is to help you speak better. By speaking better I do not mean using big words and giving speeches. The words you use are very important. Have a decent and simple manner of speaking. Use a language that is understood by



all. Now a day's English has the top priority. If you do not have grips over this language enroll yourself with some coaching class. When you speak in a group see to it that your words are not offending or agitating. When to speak is more important than what to speak. So take care of your speech as much as you can.

3. Appreciate

A great personality knows how to impress and make an impact. In the professional world where you work or stay in a group; to be accepted by others is very important. All the pain of building a personality is to be accepted so that we can move on and work in a better way. Develop a habit of appreciating your mates no matter how small the work is. Although take care that you are not being fake. Appreciating others makes you a very friendly person. You also motivate your mates and that makes you a better employee as well. Thus a simple habit of appreciating helps you develop your personality by making you a little selfless.

2. Attire

Yes personality is not all about dressing up but the way you dress does have an impact on your personality. So even if not the most important you attire is definitely one of the most important aspect of your personality. Dress up in a decent manner. Be professional and avoid flashy colors. Avoid unnecessary piercing on your body or tattoos. Wear neatly ironed and unstained clothes. Look professional or according to the environment of your working place. It is very important to develop your personality to have a great sense of dressing.

1. Confidence

I will definitely say that this is the most important thing to be achieved to obtain a better personality. You have to be confident with whatever you do. Your confidence says that you



know about your work and you are well aware of your abilities. If you shy of speaking in public then you have to start speaking as having confidence is very important. Believe in yourself and to help you build confidence read success stories of other people. Have motivational slogans and pictures on your board etc to help you boot your confidence.

Top 10 Skills everyone must have

Some people, they just dream of success, power, luxury and respect and then there are others who work hard to make all their dreams come true. Dreaming big is not at all a crime but aiming low is, if you are not the one working hard for your dreams then who else will. No matter what your academic score is or how many medals you have if you are not in possession of certain skills then you might as well be disappointed when you face the reality of life. Some of you must have studied real hard, completed your syllabus, nailed the exam, scored high but the moment you step out of your beautiful dreaming zone you get to know that your “GPA” is actually of no relevance because you realize the truth that almost every other person outside has academically excelled.

So, what now? What you should do? Can you ever gain a competitive edge over others? Well yes, here we have a solution to all your problems; you don't have to lose hope or be a pessimist. Always remember, it's never too late to learn something new. If you think you already have lost the battle, then of course you have but it's only because you thought so and not at all because you don't have it in you. All you need in life to become a great success story is positive attitude and the must have skills mentioned below –



10. Adaptability

The ability to adapt yourself to the ever changing environment can help you reach the pinnacle. Adaptability has now become even more important than ever because things are now changing at much higher pace and the ones who are not flexible enough becomes obsolete. There is a most popular saying by Charles Darwin which goes like, “It’s not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change.” Change is the only thing that remains constant and there is no need to spend an inordinate amount of time thinking about what you don’t have, it’s time you take a step towards change.

9. Innovative Thinking

Innovation is simply the generation of new ideas that are creative and was not earlier thought of. With growing competition people have started looking for difference and all the successful entrepreneurs may not have university degrees but what they have is better than the rest. They have the power to create and to think beyond imagination, they have the will to follow their heart and guts to risk everything for what they believe in. If you imagine and have ideas on which people laugh, you are almost there for what they think is impossible is your way to success, you may not be able to make it happen but we promise it would definitely be worth a try.

8. Convincing Power

In life whether you are on top or on bottom you need to be convincing about your ideas, your perspective and moreover your viewpoint. Encouraging others to adopt your views when they totally have a different stand on the same thing is quite a task to accomplish. For making them believe in you, first you have be sure about your perspective and then have to look at the situation from the other end of the line in order to consider their viewpoint. When you want to



persuade someone, you have to pay attention on how the person is reacting to your information. Never defy others opinion, be sensible and polite when you know that it's you who want them to be convinced.

7. Personal Branding

To build a personal brand from scratch is a difficult and crucial process, but once you have branded your personality the world will always remember you as an individual. Your brand is what people say about you when you are not around and therefore you have to develop a personality that speaks for you even when words doesn't spell out of your mouth. Nowadays, it's all about having skills that can make your presence felt. Social networks are playing a very important role in the recruitment process and therefore, you have to be careful about the information you display publicly on your profiles on Facebook, LinkedIn or MySpace. Be confident, decently dressed and positive, and there you are, half your brand has already been built.

6. Computer Operating Skills

Computer operating skills are considered an asset in the modern era and why wouldn't it be, we are living in the age of computers. To keep abreast of the time, everybody should have computer knowledge if they don't want to lose hope in their careers. By computer knowledge and skills we mean knowing the basics of operating system, Tally and MS-Office esp. PowerPoint and Excel. No matter what your educational background is if you do not possess computer operating skills then sadly you would just be a part of the crowd that spends half the time of their life browsing or chatting. It's high time that you open that spreadsheet program on your PC called Microsoft Office Excel and start working on it, if at all you think you already know enough then install Excel 2013 and think again.



5. Problem-Solving Ability

Problem solving is an essential skill and it can make a huge difference in your career. Problems can be big or small, difficult or easy but regardless of the type of problem it is important to focus on the solution. It's a proven fact by the neuroscientists that if you focus on the problem then your brain will not be able to find solutions for the simple reason that you have blocked your brain with negativity. Have an open mind and consider all possible solution without getting scared so that you can employ unique ideas to reach at a fresh solution. Never let negative emotions rule your mind when you are solving a problem and when you do that it's important that you keep things simple and less complicated.

4. Decision-Making Skills

Tell me about one person who doesn't regret the decision s/he has made and I will tell you about the one who is being dishonest. Come on, we all make some bad decisions in life which we regret later but that is a part of life, after all, a man is defined by the choices he make. Many times we have to decide on the most beneficial course of action from a list of alternatives for making a right decision. To avoid decision – making is very easy but to make your own decision and then to accept its consequences is a sign of a good leader. It's important to inculcate good decision-making skills so that there are less regrets and more confidence. Understanding of the situation, knowing the exact consequences and having the required knowledge can help you take an informed decision which is not taken on impulse.

3. Analytical Skills

Complications have become an inevitable part of our life, every day we have to deal with some or the other problem and therefore effective analytical skills are important so that the complex situations don't snatch away our peace of mind. Analytical skills help us view a problem from several angles so that we can break it down into smaller parts. Each and every competitive exam



tests the ability of a person to analyse data, articulate and respond with consistency and for anyone who is looking forward to build a career par excellence, then importance of analytical skills cannot be overstated. If you have a dream to work in companies like Google, Microsoft, Apple or JP Morgan then from now on spend some hours of your life everyday developing this skill.

2. Time Management

Effective time management starts with a commitment to change and is also important in many other aspects of life. It many seem to be an easy skill to acquire but trust me it's the hardest to implement. The key to time management is planning and organizing; if you don't have an organized plan then you are clearly wasting your time. Sometimes you may feel that you don't get time to do what you want and you end up taking stress which ruins everything up. The basic thing you have to keep in mind to beat the time is stop wasting it. Focus on your priorities and don't give much weight age to the non-productive tasks. Remember, that it's impossible to get everything done so stay calm and disciplined for "You can have it all. Just not all at once."

1. Communication Skills

Communication is an important facet of life and no real and effective work could ever be carried out without communication skills. The ability to speak effectively, listen patiently and write appropriately is the most important of all skills. Therefore, you should focus every ounce of your energy in improving the way you communicate. Being able to communicate properly can help you acquire many other skills like presentation, expression and confidence. Communication is an intangible asset and is a key instrument in building relationship with your colleagues and employers. It's important to note that even when you don't speak you tell a great deal about your personality to others through your body language and dressing style so now we hope that you develop these skills and succeed in life.



Top 10 Ways to Make Homework Fun

Homework is basically tasks that the teachers assign to their students to be completed at home. The main objective of giving homework is to improve the skills and abilities of the students, to increase their knowledge and last but not the least is to make them revision the topics that have been taught in school. Though it possesses a lot of advantages but still homework is one of the most uninteresting tasks to do. No student likes to spend time doing homework and wants to end it as soon as possible. Doing homework in a hurry will thus deprive the students from the benefits and advantages of homework. It is very important to complete the homework with full concentration and understanding, so that the students can reinforce the topics which they have already learned, they can integrate their qualities by applying different accomplishments to a single task, they can extend their imagination by applying it to different and new situations and thus at last they can prepare themselves for complex lessons. It is also advantageous to parents as it provides them with an opportunity to help their child and to participate in his or her education. But, due to lack of interest in doing homework, most of the students are not able to access these advantages of homework. To deal with this problem parents can follow certain ways to make homework interesting. This way, they can make their children smart and intelligent and also enthusiastic to complete homework. This article consists of the top ten ways that every parent must adopt to make homework fun, so that their children will never say no to homework.

10. Take Breaks in between

It is very important to take naps while studying. This way, the children not only get time to grasp every important point, but it also helps to add some fun to homework. Parents should allow their children to take five to ten minutes of break after completing every topic, so that the



children gets time to absorb what they have learned. Also, no one can concentrate on studies, continuously for a long period of time. This breaking of concentration will not allow the children to remember things. Taking breaks in between studying is basically breaking concentration on our own will, which in turn will help to concentrate on the next topic more easily. So, every parent should provide breaks while doing homework to make it more interesting.

9. Role-play

Another way to add humor while doing homework is to role play with children. Ask your child to act like a teacher and you play the role of a student. Let your child teach you the topic which he or she has learned in the school. This not only will make the child complete the homework, but at the same time will make the child revise the topic. Also, it has an added advantage of making the homework fun.

8. Study with a partner

Studying alone is usually boring and many a times most of the children fall asleep while studying alone. The best way to cope up with this problem is to find a partner to study, as when two or three people do homework together, they can help each other in doing homework. Moreover, in group studies, nobody gets bored as one or the other will always have something to say. Because of this the child can learn about new different things and also will do the homework with dedication.

7. Listen to non distracting music

Listening to soft music calms the mind which will thereby helps the children to do their homework with more concentration. It is very important that the music, the children are



listening to, should not be loud and distracting. Rather it should be slow and none distracting which increases the focusing power of the mind. This style of doing the homework will make the child acquire interest in studying and this way make homework a playful task to perform.

6. Ask someone to assist

Most of the times, children get stuck between problems that are given in the homework. This is usually because they are studying that topic for the first time or due to the complexity of the subjects. As a consequence, they tend to lose interest in the homework and start avoiding it. It is very important for the parents to participate in their children homework and to teach them with easy techniques to solve the problems. Since, a single problem can be solved in many different ways and since every person has a different way of explaining things, so it may be possible that the method of teaching of parents is different from teachers and sometimes even easier. This will thus develop an interest in doing homework and will also help the children to learn new methods of solving a problem. Also, the parents will be aware of their children progress in studies.

5. Get some snacks

Snacks are something which can add fun to any event. They not only provide us with nutrition but also help to make any task merriment. Parents can provide their children with snacks in between while doing homework to make it enjoyable. Snacks provided can be healthy snacks which are beneficial for the mind and will hence help to increase the centering power of the brain and will make the children more attentive. Providing snacks is thus a way of amusing the children and to make their homework fun.



4. Give rewards

As we know that everything becomes interesting when there is a reward to win. Giving rewards thus instills an interest within children to complete their homework. The fact that they will get something in return, indulges an enthusiasm in children to complete their work in time and that to without mistakes. Rewards can be like giving an ice cream, a chocolate, going to park or anything which the children like. This is just for some time and after few months, children will be motivated themselves only in completing their homework.

3. Select a comfortable place

The place that children choose to study also plays a vital role in developing an interest in doing homework. If the children are doing their homework in a congested, untidy and noisy place, then obviously they will not be able to concentrate in their work and their mind will float in different directions. Parents should try and make their children comfortable while they are doing their homework, so that can pay attention to their work. This is how a comfortable place can also make the homework a fun sport.

2. Watch educational videos related to topics

Theoretical knowledge though has many advantages but is still a little boring. Reading topics and memorizing them makes the studies dull. It is very important to add practical knowledge and experiences with the theory to make studies fun. Same has to be done with the homework. Parents should search videos related to homework topics to make the children understand the topic more easily. Also, these educational videos, apart from making homework playful will help the children to remember the topic, as visual learning puts a higher impact on child's mind as compared to anything which is learned by reading or writing.



1. Connect homework with Real World

Connecting homework to the real world originates an interest in children to complete their homework. Parents can take their children to the zoos, local museum, parks and many other places where they can connect homework and entertainment together. Associating educational lessons with the real world helps the children to understand the idea behind the topic in a more realistic way and also to hold on to it more easily. It will help to clear the concepts of the children and will make the children smarter. This way is undoubtedly the best way to make homework exciting and fascinating for children.

10 Cheap and Healthy Food Products

Cheap and healthy! Most of you, who are used into believing that “eating healthy means spending a lot of money” must be quite surprised with this thought of healthy foods being cheap. You might doubt whether it is possible that healthy foods are obtainable at affordable rates. The truth is many of the healthiest foods in the grocery store are available at reasonably low prices. So, you don’t have to sacrifice a lot of money in order to enjoy the perks of healthy eating. The simple trick here is to pick the right ‘super foods’ that won’t break your budget. Keeping the issue of personal finance in mind, I came up with a list of 10 cheap and healthy food products

10. Sweet Potatoes

Vegetable cost metrics proved that sweet potatoes provide most nutrients per penny. Sweet potatoes are nutritional powerhouses and add many important components to your diet. They also contain huge amounts of vitamin B6 which helps in breaking down homocysteine and keep



the walls of the arteries and blood vessels flexible and healthy allowing the blood to flow freely. The combination of beta-carotene, vitamin C and vitamin E makes sweet potatoes best as ‘beauty food’. Sweet potatoes also have magnesium, the relaxation and anti-stress mineral. They are naturally sweet tasting but ensure a balanced and regular source of energy without blood sugar spikes linked to fatigue and weight gain because their natural sugars are released into the bloodstream slowly. With such advantages, low price and versatility in the way they can be used to make different recipes, sweet potatoes are definitely the food you must look for!

9. Spinach

Whether you buy it fresh or canned, spinach is available at a low price. This leafy green vegetable is a good source of iron. It is one of the most nutrient dense foods and can be called nutrient superstar! Cooking spinach increases its health benefits and gives much nutrition than raw spinach. Loaded with nutrients and tasting delicious, spinach is a super food that is very much affordable. Spinach contains vitamins A, C, K, and folic acid and also manganese. It is also an excellent promoter of cardiovascular health. Provided with such benefits, you can fill yourself up with healthy and low priced spinach. Popeye was really right about spinach after all!

8. Apples

All of you are familiar with the saying “*An apple a day keeps the doctor away*” which clearly suggests the health benefits of apples. Apples are not only appetizing and healthy but also very economical. Apples are packed with soluble fiber which reduces intestinal disorders and possibly curbs some types of cancers. They also contain vitamin C, vitamin A and small amounts of phosphorous, iron and calcium. According to some studies, eating five apples a week lowered the risk of respiratory diseases like asthma. Drinking apple juice avoids



Alzheimer's disease and resists the effects of aging on brain. Red apples contain an antioxidant called quercetin which can help boost and strengthen your immune system.

7. Plain Yogurt

Plain yogurt is loaded with many vitamins and is also very inexpensive. It is an important source of potassium, phosphorous, iodine, zinc, riboflavin and pantothenic acid. It is also rich in calcium which makes the fat cells to release less cortisol, making it easier to lose weight. The amino acids in yogurt help burn fat thus contributing to weight loss. Yogurt has pro-biotics or the beneficial bacteria which help to regulate digestion and strengthen the immune system. The intestine friendly bacteria and the calcium in yogurt contribute to colon health and reduce the risk of colon cancer. Yogurt prevents high blood pressure and lower cholesterol. Yogurt is wholesome, delectable and it's cheap!

6. Brown Rice

Brown rice is a whole grain with lot of health benefits and it definitely won't hurt your pockets. It reduces the risk of cancer, arthritis and heart disease because it is rich in selenium. It is also rich in antioxidants, manganese, zinc, magnesium, copper, thiamine, naturally occurring oils and is a source of vitamin B6. Due to high fiber content, consumption of brown rice protects from cardiovascular diseases, contributes to healthy colon and digestive system. Brown rice makes digestion easier and is helpful for people seeking bowel regularity. It also stabilizes blood sugar levels. Low priced and health giving – brown rice doubtlessly deserves a spot on this list!



5. Peanut Butter

Peanut butter is a tasty, nourishing, healthy and affordable food which is readily available at the grocery shops. It is an energy dense food, a dieter's best friend and it is also packed with nutrition. This popular pantry has powerful antioxidant vitamin E, bone-building magnesium, muscle-friendly potassium and immunity boosting vitamin B6. It also has dietary fiber and good quality protein. There is no need to worry about the fat content in peanut butter as these are 'healthy fats'. Peanut butter contains more unsaturated fats than saturated fats and the unsaturated fats lower the levels of harmful cholesterol helping to reduce the risk of heart disease. A suggestion is to select all-natural peanut butter over processed peanut butter which contains added sugar or salt. It is better to consume peanut butter in moderation for good health benefits.

4. Oatmeal

Oatmeal is a healthful food that is available at reasonable prices and can be grown anywhere. A perfect way to start a day is to have a bowl of freshly cooked oatmeal as breakfast. Oats lower the LDL cholesterol or bad cholesterol. It is a low calorie food and helps to lose weight by stopping food cravings. Fiber in oats reduces cholesterol and helps to maintain healthy blood sugar levels. Oatmeal protects against heart failure and enhances immune response to disease. If you are willing to save money, you can buy oats in bulks and remember not to go for the ones with added sugars.

3. Eggs

Eggs may be breakable but they don't break your banks! And they contain high-quality protein and all the nine essential amino acids. They also contain vitamin B12, riboflavin and phosphorous. They are good source of cholin, a nutrient that helps regulate the brain, nervous



system and cardiovascular system. Eggs are even good for the eyes as they prevent macular degeneration due to carotenoid content, specifically lutein and zeaxanthin. Eggs may lower the risk of breast cancer. The egg yolk contains iron and vitamin E. Also, eggs are the only foods that contain naturally occurring vitamin D. Eggs provide quality nutrition for a very cheap price.

2. Milk

Milk is not only an inexpensive food product but also comes with many health benefits. Milk has many essential proteins and nutrients. That is the reason why it is a daily drink and an important part of the diet. It is a great source of calcium which is essential for healthy bones and strong teeth. It has properties that lower blood pressure and reduce risk of strokes. Just a glass of warm milk is so effective in reducing stress by relaxing tense muscles and calming frazzled nerves. Drinking low-fat milk provides the benefit of weight loss too. Low-fat milk combined with fruit is not only delicious but also healthy. Milk is an economical and healthy food that can be incorporated into your daily diet.

1. Bananas

Bananas have long been the cheapest fruits at the grocery store. And I've always wondered what could be the reason for their low cost despite the fact that they must be grown miles away and transported in cold containers! Besides bananas also have many benefits like fighting depression, relieving from hangover, easing morning sickness, strengthening blood, protecting against muscle cramps, kidney cancer, diabetes, osteoporosis and blindness. They help overcome depression by converting tryptophan into serotonin, a neurotransmitter which contributes to feelings of well-being and happiness. Bananas are one of the best sources of potassium which is essential for maintaining normal blood pressure and heart function, thus



helping to prevent heart disease. They are easy to digest. They are very portable as they come packed in their own yellow jackets. They absolutely make a very good cheap and healthy food!

10 Tips that can help you Build Self Esteem

People often stay confused with the concept of self-esteem. It can mean different things to different people. Most of them relate it with materialistic possessions or the riches and wealth one has. Some may relate it to one's outer personality, their looks or even their status in the society. How much are they earning, what car they own, are they successful enough in life, is how people usually assess themselves. But what exactly is self-esteem? How does it feel to have a high self-esteem? And what are you missing upon if you are living your life with a low self-esteem. Self-esteem in its truest essence is the acknowledgment of one's strengths, weaknesses and capabilities. It's about being confident and comfortable with one self then no matter how you look or how much you earn. Self-esteem has a very strong connection with self-image, which is the picture of you; you have in your own mind. If you are also one of those people who think they are not good enough to compete in this world then here are some tips that will help you in building up your self-esteem.

10. Identify and Assess yourself

Before starting to work upon something you need to have a complete knowledge of it. Same applies to you and your self-esteem. Therefore identifying is the first and the foremost step. Try with this simple exercise. Take a piece of paper and divide it in half vertically. Now on the left side of the paper you have to list your 10 biggest strengths and on the right side, your 10 weaknesses. People suffering with low self-esteem tend to acknowledge more number of



weaknesses than the number of strengths. But that is not exactly the truth. If you find it difficult to find 10 of your strengths then think about the moment when somebody complimented you for anything or congratulated you for a job well done. Count that as your strength.

9. Identify negative beliefs

As already told, self-esteem comes from self-image and this has a lot to do with your thought process and your core beliefs. While working on your self-esteem it is important to know what your beliefs are and where do they come from. You might want to take help of a close one to get through this or indulge in self-talk. Think of a troubling situation and your interpretation of it. How did you react to that situation? Your reaction might have been positive or negative. It could have been rational or irrational and driven by your fears. Once you know about your beliefs and if they come out to be negative, you got to change them. Think of an alternate way of dealing the things which is more positive and analytical.

8. Set realistic goals

Challenging our-self and setting goals is important to gain confidence but it is also vital that the challenge has to be realistic and not impossible to achieve as failing a challenge can break your self-esteem more than anything. So, start with small and realistic challenges that still have meaning for you. Like, “I will get a better grade in the next test” and once you have achieved it, accept the praise and reward yourself. Then you can move on to a slightly bigger challenge but not something like, I have to become a millionaire by the time I get 30. That is silly. Once you see yourself meeting some idealistic goals, the cycle of negative thinking will cease.



7. Stop running for perfection

Perfection is unattainable to achieve no matter how much you work for it. Be it having a perfect body, a perfect relationship, a perfect family or anything, if you keep striving for perfection, you take away the opportunity from yourself to be happy and confident. Making one mistake doesn't make you a bad person and you do not have to be perfect in each and every thing you do. So stop worrying about it.

6. Focus on your accomplishments

Setting aside the mistakes and mourning about your flaws is never going to help you in building up self-esteem. Instead you have to grab a hold on your accomplishments and reward yourself time to time. Staying away from self-pity and thinking about what you are good at, helps in giving you a confidence boost and increases your value in your own eyes. Focus on all the tasks you have completed and how much you enjoyed completing them.

5. Stop comparing yourself with others

We all hate being compared to others yet we all do it. It is a basic human nature. Comparing our life with another person's and finding out that they excel more in some field can hurt our self-esteem. Your neighbor has got a bigger car or your friend's daughter scored more? But you never know what their life is all about. That neighbor might be going through a broken relationship where the big car doesn't seem to be pleasing enough. Or your friend's daughter might be very poor in outdoor or interactive activities and keeps studying all the time. The only person you should trying being is the person better than you were yesterday and you will see yourself gaining your confidence back.



4. Forgive yourself

Making a mistake doesn't end your life there and then. Making mistakes are natural and everyone makes them. But getting stuck on one mistake you made can never do you any good. Instead view them as a learning opportunity and keep in mind that one has to constantly keep developing by learning from their own aberrations. Indulging in self-pity and staying in your guilt bubble won't let you progress and you need to come out of it and forgive yourself in order to gain self-esteem.

3. Be willing to change your self-image

People keep changing and evolving from time to time. I am not the same person I used to be an year ago. I used to be good at physics back then. But today am not. I used to play hockey in high school but I doubt if now I can even make a proper hit. Also, today I'm a content writer which I had no idea that I would be and year ago. As a person changes, their self-image should also change. Instead of evaluating yourself on the basis of things you were good at some time ago, you need to focus on the things you are excelling at right now in your life. One should keep adjusting their self-image to reflect their current personality, ability and skills instead of those of their older version.

2. Be assertive

Assertiveness is all about self and mutual respect. It is how much you are aware of your own capabilities and your willingness to stand for your interests. Knowing other people's rights is also a very important factor. Assertiveness should not be confused with aggressiveness. It enables a person to communicate with others effectively and expressing their feelings without hurting those of other people. Telling your thoughts in an assertive manner shows your



willingness to work in conflicts and it avoids putting you in situations where you want to say no, benefiting your self-esteem.

1. Accept yourself

After “Knowing Thyself”, accepting it is the key to build self-esteem and gain happiness. There are two types of problems in this world. Some are those which you can change and find a solution for and you should start working on them. The other are those you have no control over and thinking about them doesn’t do any good. The same principle works for you. Things you are unhappy about, start working towards them from this very moment, but there are few things that you cannot change. Like your skin complexion, your height or choices of your past, so you got to accept them and start loving yourself the way you are. And you will find yourself more confident and pepped up about yourself.

Top 10 Ways to Look and Feel more Confident

Confidence, they say is a key to success. But there is a fix! The confidence itself comes from success. In a competitive era like today's, it is necessary to be confident to strive and endure. The challenges that come up every now and then have to be confidently dealt with in order to have a greener side. So, we here and now reveal before you the top ten ways to feel and look more confident than ever!!

10. Wear a merry smile

One is never fully dressed without a smile. A smile is not just a gesture or expression, instead it tells a lot about the person. Smile is also the only curve which sets all the things straight. The



one who can smile in adversities is a real winner, whose victory is un-scalable and whose confidence is unshakeable. Confident people reveal their confidence with their smiling faces and attitudes. So, whether you plan to go for a meeting, or a party, or even if you are not going anywhere, a smile is the jubilant accessory you should never miss. Also, the people always wish to talk to and listen to a merry person instead of a gloomy one. Never go out without a smile, it's like taking along your confidence package.

9. Don't compare yourself with anyone

Comparison kills confidence!! You should know that you are unique and you are special in your own way. Hence there stands no point of comparing yourself with anyone. Comparing and analyzing how good the other person is over you is what somehow weakens your own strengths and talents, totally forgetting your own worth. Sometimes there are parents who keep on comparing their kids and keep exemplifying the others' kids to them, ignoring the fact that this however is damaging the self confidence of their child. At the same time it is good to appreciate the talents of others without being envied. Thus comparing so as to demean one person in the list can be devastating and should be avoided.

8. Speak loud and clear

Speech is one of the crucial mirrors to a person's confidence. Loud and clear words disclose the level of practice behind. At the same time, it should be noted that the words uttered should be soft as feather because the impressions that soft and polite words cast are unique. If the vocal is trembling, it depicts the speaker's nervousness and lack of preparation. For instance, if you are to give some business presentation or even if it some college event that needs anchoring, the speakers with confident voice is alone able to attract masses to their side. So, speak firmly



putting some belief in your own self and your words will flow smoothly to speak volumes about your confidence.

7. Know the winner in you!

Sometimes, when life gets tough and more challenging. In such times, one should keep inspiring oneself by remembering the success stories of their own. Sometimes, the inspiration lies within and is so easily available if sought within. Every person has some glory attached to his / her past. There is at least one thing that makes one feel good about being oneself. We should never ever forget that one big moment in the sun that could inspire us at the needed times when there is no one else around to pull us up. This is the trait of winners that they remember their glories and extract power of confidence from them to face coming challenges efficiently and boldly. This helps in even if the current times are not running good.

6. Trust your instincts

Instincts can be great directors. They direct us to paths that have been unraveled. If you know your instincts and know that they will come to your aid, whenever needed, then you can be free of doubts about yourself. You will know that your instincts will guide you to victory and this belief in one's instincts can boost the confidence levels even in the worst of situations. Also the fact that instincts will be there to bail you out at the last moment affirms your faith in yourself. Also, instincts occur to everyone, the only difference is how they are responded. Trusting them can inspire the levels of confidence.

5. Kill the fears and the doubts

Fears and doubts are the biggest enemies. One should strive not to give up his/her beauty of life



to the evils. Fears cause unnecessary excitements and anxieties that digress us off our goals. Hence, it is essential to know one's fears and should try to remove them. Fear always gets replaced by courage and hope. Once you get the courage to do what your heart desires and craves for, you actually become confident about your own self, and the hope gives you power to march incessantly towards what you crave for. Amongst all the doubts, doubting your own self can cause the greatest havoc. Clearly, these antonyms of confidence- doubts and fears should be cut at the root for a better living and achieving.

4. Adopt correct posture

The way you sit , the way you get up, the way you stand and the way your body communicates when you interact with anybody speaks volumes about yourself, your confidence and your personality . A correct posture determines how confident you are with your body; indeed it helps you look more confident. It is said that when you talk or communicate with anybody, it is 70% communication that your body is involved in. A straight back is always preferred over a stoop posterior .Confident people always speak, stand and sit confidently. It grows from this fact that they are excellent speakers and great persons to talk to.

3. Handle your emotions

While in defeat or in victory, winners are those who can keep their mind in place. Instead of getting swayed into the river of emotions, the confident person remains firm on the ground of principles and ideals. There are times when everything seems to be going against you, it is then that people are shaken and broken and shattered. It becomes really hard when we collide with such situations head on, but then the confident people (who are the winners) know that the easiest thing in the world is to give up. You can give up on people, situations or even



something's, but you should never give up on yourself. The confidence helps you not to. Once you realize that you can control your emotions and mind in any situation, you will feel more confident.

2. Be a player

‘Winners never quit, quitters never win’

This is a truth. Being a player who never quits, is how your confidence manifest itself via you. Everyone plays, sometimes winning sometimes losing. Aspiring for victory is not a bad thing but knowing that losing is equiprobable, is what makes things easier and far healthier. The confident person realizes this fact crucially and thus plays without the fear of losing. Some people get distressed drastically once they lose. This shows nothing but how under confident they are. Surely, overconfidence is a bad thing. The correct measures of confidence can easily drive you through the toughest of the situations.

1. Prepare and practice

There is no substitute for practicing and preparing. Before going to any meeting , or going to give an examination , or going for any presentation one should prepare and practice and take out all necessary details , to help yourself know that you know considerably about the ongoing . Further, in the absence of preparation, you seek out others' aid desperately to keep yourself into the game, that somehow makes you feel miserable and you end up blaming yourself. This shakes your confidence and in no way helps you maintain its strength. Thus the key of confidence that never fails to open the lock of success is practicing and preparing for their chance to come.



10 Yoga Aasans to Reduce Weight

Yoga, an ancient science, is a proven method of maintaining a serene self, a calm mind, and balance between your inner and outer world. Not only has it been used as a technique of meditation by the Yogis, it has been adopted by the fitness freaks religiously to keep a fit body. With the high profile celebrities widely disseminating the message of benefits of a physically and mentally fit body, more and more people are getting attracted to this age old practice to get in shape. Jane Fonda was the actress to bring out her fitness DVD. Many actors followed suits. For Indians, the beautiful Shilpa Shetty did the job. The credit for such wide acceptability of Yoga in daily lives of people also goes prominently to the Yoga Guru Baba Ramdev. He has been the major driving force in making Yoga a household activity.

More so, the present generation is more concerned than ever about just weighing the right kilograms. Don't have the discipline and the patience to work out in a gym? Home is just fine. There a lot of aasans that help in reducing weight. Here are the ten yoga aasans that keep your fat in check and give you a great shape!

10. Vkrasana

Vkrasana, a tree pose aasan, makes you stretch your entire body. It is a aasan which is about balancing the entire body on one leg, standing. Therefore, it stretches every part of the body and makes your legs, ankles and feet stronger. Since the weight is balanced on one leg, it makes the hips and knees flexible. Join your hands in the form of prayer and raise them straight above your head. The supporting leg is like the root of the tree, which is steadying the entire body. It is suitable for everyone. It increases metabolism by all that stretching. It is simple, very convenient to do, and doesn't need a guide.



9. Naukasana

This is one of the simplest asanas, mainly for reduction of belly fat, and increasing flexibility. First lie down on your back, with leg joint and hands firmly on your sides, with palms facing the ground. Slowly, raise your legs. Not one at a time, but together. Simultaneously, raise your head and back portion. Hold still at 45 degrees. When you start with this, you'll have to take support of your palms. Later, when it has been a while, you can try to do it without taking the support of your hands. The main thing to be taken care of here is that you have to avoid bending your knees. It's only effective when your body is perfectly straight.

8. Utkatasana

Utkatasana or chair pose is also called as the 'The powerful pose'. In this asana, one has to sit like one would sit on a chair. The chair is imaginary; your posture duplicates the posture on a chair. So you have to balance yourself without a chair. Since the entire effort of steadying the body is on the lower half of the body, it helps in increasing the firmness of the hips and thighs. Also, it increases the stimulation of heart. Your stamina improves since there is no support. What has to be taken care of is, while in that pose, your belly has to be sucked in to support your backbone. Performing utkatasana is easier than others, and is very effective in increasing metabolism and thus reduces body fat.

7. Dhanurasana

As the name suggests, the Dhanurasana is the yoga pose as that of a bow. What you have to do is, lie on your stomach facing the ground. Your head should touch the floor. Slowly raise your lower half of the body along with your head. Stay at that position for as long as your body can hold. Bow pose, or dhanurasana stretches the entire front of the body- thighs, stomach, and chest and reduces the abdomen fat.



6. Bhujangasana

Known as the ‘cobra pose’, this asana reduces belly fat and strengthens the thighs and hand muscles. Lie down with your arms on your side, facing downwards, with forehead on the floor. Your hands should be at your sides, palm inwards. Slowly, start pulling yourself from waist up. Push your hands against the floor, and as you raise yourself straighten your arms. Tilt your back and turn your head upwards to look at the roof. All this while, there should be no spacing between the legs and knees should not bend upwards. Hold this position for as long as your body allows, and then start lowering yourself down.

5. Pavanamuktasana

Also called as the ‘wind removing pose’, Pavanamuktasana is highly effective in reducing unnecessary fat from abdomen and back portion of your body. It is simple to perform too. Lie on the floor, on your back. Inhale slowly, and raise your one knee up, towards your chest. Simultaneously lift your head and bend in direction of your knee. The main thing here is to touch your forehead to the knee, while keeping your back pressed to the ground. This exercise helps in removing any gas constrictions in the body, as well as stretching all your muscles. Since the pressure is in the middle area, the metabolism helps in reducing the belly fat, and tones the thighs too.

4. Janusirsasana

Jānu means “knee”, *shirsha* means “head”, and *asana* means “posture” or “seat”. And a seated position, one leg is extended with toes pointing upward, and the other leg is bent with knee pointing away from the straight leg. The back turns and folds over the extended leg. This puts pressure on the belly, and the abdomen. Therefore, helps in reducing fat and thus weight loss. It loosens the various constrictions in the backbone, and increases the metabolism rate. The rate of



burning of calories increases and reduces the fat. It increases flexibility as well, since the back is stretched out to the maximum extent.

3. Paschimottanasana

Paschimottanasana is an asana that helps in reducing abdominal fat, and increases appetite. Lie on your back with legs straight. Place your arms overhead, with palms facing upwards. Stretch your toes, and extend your body. Then, without taking the support of your hands, try to get up, stressing your backbone. Your back should be straight, and hands over your head, rising with your head. Bend your head forward, stretching your muscles to touch your toes. Move as close as possible towards your knees. Your head should touch your knees, and your hands should be able to touch your toes. Main purpose is to reduce the stomach and get a flat/slim tummy.

2. Bharadvajasana

This asana is named after the sage Bharadvaja. Here, the legs are bent at the knees, twisting them towards the left, with your neck twisting in opposite direction. The lower half of your body is rotated 45 degrees to left. The right arm is straightened and the hand is placed under the left knee. After holding in that position for about 30 seconds, repeat the same process by twisting in right direction, with the neck in left. This twists your belly, increasing the metabolism activity, and burning the fat. This asana is mainly to get a slim stomach, and reduce the thigh fat. Bharadvajasana is a very effective, non complicated asana to reduce weight and get a slim body since it releases the tension in entire body.

1. Kapalbhata

Kapalbhata is the least complicated of the yoga exercises. Practiced over time, Kapalbhata Pranayama also helps reduce abdominal fat, fight obesity, tone abdominal muscles. Apart from



that, it also gives glow to your face, making you look younger and more beautiful. Straighten your back, sitting in an upright position. Stretch your neck vertically so that all muscles are outstretched as far as possible. This will bring your spine and the base of your neck in alignment. Then comes the hand position. Join your thumb tips with the index finger tips. The wrists rest on the knees, with arms straight. Close your eyes, and try to empty your mind of all thoughts, concentrating on the blackness. Inhale slowly, and then exhale forcefully through the nose. Remember; do not breathe through your mouth. It stresses your belly, and also loosens the tension in muscles. It also works as a stress buster.

Inferiority Complex and 10 Ways to Deal with it

We live in a society today, where suicide rates due to depression have been increasing at an alarming rate and many of the hapless victims are youngsters. What is it that drives them to end their lives? Why are they so disgusted with life? It is because they see no hope. They are extremely dissatisfied and suffer from very poor self-esteem. All of this stems from an ‘Inferiority Complex’. It is a psychoanalytical concept and is a lack of self-worth, coupled with uncertainty. It is the feeling of depression you get when you think that you don’t match up to the society’s standards. It is often deep-rooted and subconscious.

When it was first studied and analyzed by psychiatrists, it was pervasive in many adults, because of the various situations life puts them through. But nowadays, it is quite common in children too. Inferiority complex may be developed due to genetic factors, as well as due to personal experiences. With inferiority complex, there is always a feeling of inadequacy. The most common causes are failure, being a victim of bullying, physical appearance etc. A person



having inferiority complex is prone to depression, and in severe cases, even has suicidal tendencies. When an inferiority complex is in full effect, it may impact the performance of the individual. Unconscious psychological and emotional processes can disrupt students' cognitive learning.

To combat this dark demon, we need to adopt several confidence-boosting techniques. The methods take very long to show results, but yet, they are tried and tested, and are affirmative. The following ten methods may be adopted to get that stubborn complex out of you!

10. Stay away from negative people for a while

There are many people who feel insecure and they in turn get sadistic and point out the flaws in you. This should not bog you down. You must not even pay heed to it. But if it is too much to handle, try and stay away from all the negative elements that upset you. It will stop those negative thoughts and feelings to creep up inside your devil's workshop. When you are surrounded by people who can only tell you of your shortcomings, it is bad for you to stay put in such company. When you delete the virus from your system, it becomes easier to function and becomes more efficient!

9. Talk to people and spend more time with your loved ones

Come out of that shell you have created around yourself! Jump out of that well you have mistakenly fallen into! Talk to people. You will see a different side to your story. You will learn that life is how we take it! Mingle with people because it will lessen the mental burden you feel. Seek a psychiatrist's counsel if the need arises. It is definitely advisable to seek professional help.



Spend quality time with your loved ones. They love you and will not mock at you. Being around them will make you happy and comfortable. After all, family comes first!

8. Help other people and get involved in activities

When you help other people, you will realize that you are in a better situation than many of them. Helping people, solving their problems and making them happy will give a special meaning to your life and fill you with happiness and satisfaction. Instead of feeling low and being a burden to you, stop worrying and get involved in volunteering activities or activities of any other similar kind. When you are a part of community activities, you will learn about teamwork and many other essential principles, which will wipe out your complex and anxiousness.

7. Do not make unnecessary assumptions!

Sometimes, we make unnecessary assumptions. We think too much and create a problem of our own, that wasn't even present in the first place. Complete lack of confidence makes us skeptical of our own self and we start imagining wild things! People may not even look at us in an inferior way, but we think they do and make our lives miserable! Some people are too busy with their own lives that they fail to notice you. This doesn't mean that you are not noticeable. It shouldn't matter what other people think of you!

6. Look out for sources of motivation

Watch out for anything that can lift your spirits up! Any book that can change the way you think and inspire you to be bold, or any movie whose character ignites that fire in you, or any



person whose story can motivate you. There have been several heroes who have got across difficult situations through their sheer motivation and will power. You can draw inspiration from them. If you find creative pursuits like arts and music engrossing, take them up seriously, for they are the best sources of self-satisfaction and fulfillment.

5. Stop the comparison, now!

Stop comparing yourself to every other person. Your wants will form an endless list. Every person have their own assets and liabilities. To compare and come to a conclusion is a very unwise thing to do. You should focus on your betterment, regardless of how others seem. Besides, you don't even know what their life is all about, the inside story. Every person is different, born with different abilities and differing interests. It's like comparing apples and oranges at the end of the day. Both are equally sweet or equally sour. What is the whole point?

4. Focus on your strengths

No one is perfect. Everybody has few inherent flaws and few great strengths. Focus on your strengths. Don't let your weaknesses define you. Don't dwell on your past failures. They are done and you cannot do anything about it. It is time you got pragmatic. Identify your strong points and take them seriously. Your forte is the one which will take you to great heights. Focus on your mighty abilities and fine tune them, so that they make you shine like the Alpha Centauri!



3. Work towards your goal, focus!

Once you have found out your strength(s), the next thing you need to work on is your ambition. Everyone has a certain purpose in life, which gives the ultimate meaning to life. Instead of focusing on frivolous shortcomings, you have to focus on your aim. Then you are sure to achieve it. Find out your aptitude and interests. Work hard towards achieving them. All your fear and anxiety will vanish in no time. This is a great remedy to any mind related ailment like the inferiority complex. You should develop a vision and work towards it. Success lies in the ability to step from one failure to another, without the loss of enthusiasm.

2. Identify the root cause and work on it

There may be several reasons why you start feeling inferior. It may be because of your physical appearance or failure to achieve anything you wanted to. Physical appearance does not decide what you achieve in your life. It is not something you should feel very bad about. Everyone has some nice feature in them. Beauty lies in the eyes of the beholder. It is subjective and can be debated about. Do not let it to douse the spirit in you. If you have failed previously, it only means that you have tried and luck didn't favor you! Never stop trying! Identify what exactly has caused inferiority complex and work on it, to eliminate it.

2. Love yourself and enjoy yourself!

I will tell you two magical words: "Love Yourself!" Your parents, friends and dear ones love you. But first, you must learn to accept yourself for who you are, enjoying yourself and love yourself! It will ward off all the unnecessary stress. I would like to quote Dr.Seuss: "Be who



you are, because the people who mind don't matter and the people who matter don't mind!" Be original! You are unique and special! Be happy always.

Top 10 Advantages of Getting Married

Most people are not aware of the advantages of marriage due to their weak perspective. But once you perceive the positive aspects of marriage then you will definitely change your pessimistic views about it. In fact marriage comes with many benefits and it will make a satisfactory difference in your life. Agree it or not, the society is crafted to make life effortless for married couples! If you want to know why marriage is beneficial, you have to go through the top 10 advantages of getting married!

10. Financial Benefits

Being a married couple, you can not only earn more money but you can also lower expenses and save extra money. If both husband and wife are earning then the two incomes contribute to financial security. Marriage also provides financial stability besides companionship. Married people can buy assets without much legal problems. Studies have also shown that married couples accumulate more assets than people who remain unmarried. There are also many tax breaks especially for the married couples. Marriage also gives financial responsibility which is one of the reasons why married men earn more compared to single guys. So marriage also increases earning power. People out there thinking that marriage is a financial burden, it is time to change that opinion!



9. Sharing Life

Staying single is not as appealing as it looks. At some point in your life you may feel the need to be loved and taken care of. You would wish there was someone to share your sad and happy moments, someone to share your success and failure, someone to do things along with you, someone to accompany you on vacations, just someone who shares life with you! Marriage allows you to have this someone who will share your feelings and experiences. When you have someone to share everything with, then you get to know what is more important for you and your relationship. This will help you to realize your dreams and make them come true.

8. Social and Religious Acceptance

If you want the society to accept your relationship then getting married is the right way. Most religions do not approve cohabiting and premarital sex. A relationship can get religious and social acceptance when the couple gets married in front of family and friends, and exchange vows affirming their lifelong commitment to each other. Getting married to the person you love is the courteous and respectful way to live with each other. Most cultures across the world expect people to find their companions and settle down once they become adults. It may seem old fashioned but marriage is a part of well functioning society and has always been demanded through the changing times.

7. Better and Safer Sex Life

Marriage means better and safer sex. Married sex is more sophisticated and healthy than single sex. The things people say about sex life becoming monotonous and predictable after marriage are just misconceptions. Most couples who have been married for so long admitted that sex life keeps on getting better. After years of being married, it will become easier to open up to your



spouse about your fantasies and desires and get what you want without any fear of being judged. Sexual experimentation is what keeps married sex spiced up for years.

6. Good for Mental Health

People who are single feel more burdened by life's hardships whereas married people have a partner to support and comfort them thus making them worry less about such obstacles in life and improve their emotional health. Married people are less distraught and less psychologically perturbed than single, divorced, cohabiting or widowed people. When people marry, their mental health improves in a steady and considerable manner. But divorce leads to decline in mental health and self esteem leading to depression and estrangement. A failed marriage doesn't serve as a reason to avoid them altogether. Instead you should refrain from getting into bad relationships and marry the person whom you truly love. A happy marriage reduces the stress levels, the reason being the positive influence of your partner on your life style contributing to better health.

5. Companion to grow old with

You have to question yourself whether being single will work out for you even when you get older, when all your hair is white and your face is full of wrinkles? As you get older, you'd love to have someone to take care of you and love you till the end. Having that someone by your side in these last days will not let the fear of living and dying alone to get into your mind. You have to remember that it is your spouse who will save you from spending your remaining life in solitariness by being your companion in old age. It is difficult to understand this need in a young age but I know for sure that it is what will rescue an old soul from a lonesome death.



4. Children

You will feel the need to have kids in your life in order to make it meaningful. Life is definitely meaningless without family and marriage is the foundation for a family. Marriage allows you to fulfill this desire of having kids besides helping you to continue your bloodline. Being a parent is an aspect of adulthood that every person wants to experience and marriage gives the most stable environment for that. To be a parent of a kid is an extraordinary experience that one can have in a lifetime. The cute things that kids do when they are so small give the parents' hearts the joys that can't be compared to anything in the world. Nothing is more sweet and beautiful than the unconditional love you will develop towards your children. And even more heart warming is the love that your kids will show towards you. To raise your children in a good and healthy atmosphere, marriage is very much necessary. Children can lead a positive and secure lifestyle if their parents stay married.

3. Commitment

Through marriage you prove your love by giving your partner a lifelong commitment and taking the responsibility to be with them in every aspect of their life. Marriage is the highest commitment you can give the person you love. As a matter of fact, it exemplifies everlasting commitment in a relationship. Making this commitment will change your life. When you and your partner are wholly committed to making your relationship work, then the best thing to do would be to get married because marriage is the only realistic means of permanence in a relationship. In my opinion without commitment any relationship has no direction for the future. The question that pops into my mind is that if you don't commit to your love of life by marriage, then how could you get to experience the next stage of relationship – a future together?



2. Happy Life

Married couples tend to be happier than the unmarried or divorced people. They experience positive emotions and find deep satisfaction in married life which is the main reason they stay happy. Marriage provides stability and support that allows both the spouses to succeed in all other aspects of life which adds more happiness to their married life. Marriage is the kind of relationship that can give contentment and life satisfaction. In other words, marriage is a gateway to the castle of happiness!

1. True Love

There is no bigger proof of true love than marriage. Marriage ultimately signifies true and real love. If you love someone so much that you don't want to lose them ever, then you can do that through marriage. Married couples are more likely to stand high in altruistic love compared to unmarried people. Marriage will definitely help true love to thrive for a very long time, even a lifetime. In this context, I want to remind the line quoted by Judith Viorst which says "*One advantage of marriage is that when you fall out of love with him or he falls out of love with you, it keeps you together until you fall in again*". When I find my true love, the first thing I'll do is propose!

10 Ways to Sleep Quickly and Easily at Night

We all have those nights when we toss and turn around in bed and pray for sweet slumber to come to us. Sleeping, after all, is the most important thing we do all day. It is extremely important to get a good night's sleep every day in order to maintain one's overall health and well being, both physical and mental. Macbeth's guilt manifests itself in his lack of sleep which



torments him as he yells ‘Macbeth shall sleep no more.’ To ensure your sound sleep, however, the simple points mentioned below should help a lot -

10. Take a Bath

Nothing like a soothing warm bath to help your body relax. In order to sleep well and easily, it is imperative that you relax your mind and body before going to bed. A warm bath helps to do exactly that, so take a bath one or two hours before sleeping. It raises your body temperature by a couple of degrees and consequently the drop in body temperature before going to bed helps induce sleep. Adding a pinch bath salts or some Epsom salt to the bath water also aids in the process of relaxation. A shower can also help in this but a soak in a bathtub is more effective.

9. Physical Exercise

The right amount of physical activity during the day goes a long way in helping you sleep peacefully at night. The National Sleep Foundation’s 2013 study describes how exercisers sleep better as compared to people who don’t exercise on a regular basis. Vigorous exercisers are also less likely to suffer from sleep related disorders. The recent study also showed a positive correlation between non-exercisers and sleep apnea. However, the timing of the physical exercise you undertake is important. Physical activity is best done during the day. Exercising too close to bed time can energize your body and make it difficult to sleep. It also raises your body temperature, making your body think it is not yet time to sleep. It is therefore thought best to refrain from engaging in strenuous physical activity for at least four hours before sleep time.

8. Avoid Caffeine and Nicotine

The consumption of caffeine right before bedtime is a strict no no. Caffeine is a stimulant that helps to keep a person active and alert and its effects may last up to ten to twelve hours.



Drinking coffee, tea, soda or other caffeine-rich drinks before turning in will only keep you up longer and not allow your mind to relax. Chocolate and some drugs also contain caffeine. A 2007 study proved that even decaffeinated drinks across coffee chains contained up to 32 milligrams of caffeine per cup. Nicotine, similarly, is a stimulant. Much like caffeine, it makes one feel awake and attentive. A study showed that chain smokers took longer to fall asleep, a condition known as sleep latency. The desire for more nicotine also disrupts sleep patterns.

7. Keep Away the Electronics

In this age of technology, not too many of us can keep away from our cell phones and laptops for longer than five minutes. The distracting influence of these gadgets can however disturb our sleep. Melatonin is a hormone whose production is dependent upon light exposure. It controls our sleep cycle. In daytime, the sunlight suppresses the melatonin production and darkness increases it. The light from television sets and computers can decrease the melatonin production and trick our bodies into thinking it is not yet time for bed. If you are in the habit of reading before going to bed, try to use an external light source instead of devices that have a backlight (like ebook readers) In order to sleep peacefully, it is best that one keeps one's iPhones, laptops, TVs, cell phones and blackberries at a distance.

6. Music

Research proves that just 40 minutes of listening to soothing music can help you fall asleep. The research found that listening to music induced physical changes – lower heart beat rate and respiration- which in turn helped in the process of falling asleep. The quality of sleep for people who listen to music before dozing off is remarkably better, and includes shorter sleep latency, longer sleep duration and lesser disturbance. It is, of course, best to avoid loud music. Soft beats, jazz, ambient music etc can help improve sleep. This is the reason mothers sing lullabies



to their babies to make them sleep. We strongly recommend music as an effective alternative to sleeping pills.

5. The Right Diet

They were not wrong when they said ‘eat breakfast like a King, lunch like a Prince and dinner like a Pauper.’ In order to maintain a healthy sleep cycle, try to avoid heavy meals right before going to bed. Fatty foods may take time to digest in your stomach and keep you up. For some people, eating before going to bed might lead to indigestion and disturb the sleep cycle. Don’t go to bed starving or completely stuffed, but consume a light, nutritious meal a couple of hours before going to sleep. If hungry before sleeping, a light snack of turkey sandwich is recommended since turkey is rich in tryptophan, which is a natural sleep inducer. Milk and other dairy products are also rich in tryptophan, which is why a glass of warm milk is good to consume if you have trouble going to sleep

4. Get Comfortable

The key to getting a good night’s sleep is to get comfortable in your bed. There are various ways in which you can do that. Getting comfortable depends upon a lot of factors such as position, temperature of the room, light etc. A hot room can be highly uncomfortable. It is best to sleep in a cool room, along with covers or blankets if you tend to feel cold. For most people, the ideal room temperature to sleep in is 18° C. Try to eliminate loud, neighborhood voices or street noise by shutting the windows. If your bed is uncomfortable, chances are that you won’t sleep well. Find a pillow and mattress that suits you. Cotton sheets or sateen ones (not satin) are considered good.



3. Turn Off the Lights

As mentioned earlier, the melatonin production in our body depends upon light exposure. The best way to induce sleep is to dim the lights before going to sleep. The increase in melatonin production as a result facilitates sleep. The darker your surroundings are, the better you will sleep. Sitting in a dimly lit room right before turning in assists in creating the mindset for going to sleep. Use low wattage bulbs instead of bright lights if you cannot sleep in complete darkness. Increase light exposure during the day, instead, to regulate your sleep schedule. To do the same, keep your curtains open to let the sunlight in, take walks outside when you can and try to avoid spending long hours inside. Use natural sunlight to regulate your biological clock-go out and face the sun every morning for ten minutes when you wake up.

2. Relaxation Techniques

One important factor in going to sleep without tossing and turning around in the covers is relaxing your mind and body. Some simple steps and techniques can help you do exactly that Progressive muscle relaxation tightly clench and unclench the muscles of your body, starting from the toes and working your way up. Visualize something peaceful and happy. Imagining a tranquil and calm scenario can go a long way in relaxing your mind. When your mother told you as a kid to close your eyes and think restful landscapes, she wasn't kidding around. It actually works.

Deep breathing- tries taking deep, even breaths to relax your body.

Empty your mind of all worrisome thoughts. We all know how all terrible thoughts find their way into our mind as soon as our head hits the pillow. But consciously thinking happy thoughts and leaving the worrying to later on helps a lot. Try counting sheep if nothing else works Get a massage to soothe jagged nerves



1. Regular Sleep Cycle

One of the most important steps towards sleeping quickly and easily is maintaining a regular sleeping schedule. It is easy in today's fast paced world to disrupt the natural body clock. Doing that, however, can upset a person's sleep schedule as well. In order to maintain the natural body clock, you should have a regular bed time and stick to it. Going to bed at different times every night will lead to irregular sleep patterns. Try not to break this routine. In fact, try to sleep at the time you have set even on weekends. Wake up at the same time every day. If the regular sleep pattern is maintained, it is easy for you to wake up at the same time each morning even without an alarm clock. Waking up on time will also help you to get to sleep on time each night without too much tossing and turning around nap sensibly. If for some reason you have had to stay up late or wake up earlier than you usually do, compensate for the lost sleep time by taking an afternoon siesta or a nap. Try not to make the nap too long though, for that will

10 Ways How one can Spend Spare Time

Spending spare time effectively is as much as an art as is a habit. Most of us spend our spare time wasting our resources and doing stuff that leads to more tension (the thing that we wish to avoid in our spare time). Simple things, when practiced over a long time can give many fruitful results and can lead to a happier life. This list aims to note down some of the things that we do and some of the things we should do in our spare time. This list is by no means an exhaustive one and one may feel free to add or subtract stuff from this to suit ones needs.

10. Watching Television

This is perhaps the most sought after resort of spending free time. Everybody has done it and everybody continues to do it. Even after reading and studying and knowing a plethora of reports



about the cons of Television watching (rather casual TV watching), one never seems to get enough of it. In this context it should be noted that I am not talking about the informative channels that are available on the TV like the National Geographic Channel, the Discovery Channel, and The History Channel etc. But watching programs that neither adds to the value of an individual nor do they have any information content. Heck! Most of them aren't real even. So even though the act of watching TV to spend spare time may be a sought after way, it is definitely not the most useful one. In this list we will see some of the other ways of spending spare time which have some inherent benefits and for which the cons weigh out the pros.

9. Listening to Music

This is the favorite of all, especially to teenagers. Now-a-days, it is very difficult to locate a young one without his or her headphones deeply parked in his or her ears. I mean it is always there. Whether they are working, playing, talking to a friend they have their music playing 24 X 7. Music soothes the soul and refreshes the mind. To a tired person, a tired mind, it has a calming effect and makes one feel better. Obviously one must be careful about the type of music he or she chooses. Wrong choice may again lead to agony.

8. Thinking

Well most of us have had the experience of worrying too much during work. Well one thing that we can do is to write down our worrying points and reflect on them in our spare time.

7. Sleeping

Well this one needs no further explanation. If it does to you then well you have to ask yourself whether you were sleeping while growing up! (See what I did there!). In this weary world there is hardly any time for rest. Even the spare hours are spent at value addition by various people.



Value addition by tasks as mentioned in this article like reading, writing, browsing the internet (fruitfully of course). In this context one must remember that proper rest and the right hours of sleep is paramount for success. So time has come that (and I thought no one would have to ever say this) we invest time in sleeping. If you think I sound crazy, well then you are just like me, but to big honchos and corporate magnates, the term “investing time” surely does catch their attention and make them listen.

6. Playing

As Swami Vivekananda once rightly said “It is better to play football than to read the Bhagwad Gita”. Playing outdoor games makes the blood circulate throughout the body. It keeps the body fit and healthy. It wards away all the diseases and it also serves as replenishment for the mind. It is fun too! Contrary to what all may believe, it is not meant only for kid. It is the perfect way of doing exercise. It is the perfect way to socialize. It is the perfect way to keep your mood right up to the mark. We may all think that we have left our playing days far behind. Well we could not be more wrong! It is never too late to start again. With the benefits it offers, it should be on everyone’s to-do list.

5. Browsing the internet

This can be both a friend and a foe. You see, that whenever a lot of information, mostly uncensored is made public, momentous things may happen. One can learn an art that one always wished to learn; one can learn a language, know about the world news and improve one’s technical skills. On the other hand it may also lead to several disasters: One can get into the trap of internet poachers, the problem of phishing is also prevalent, heck! One can even learn how to make a bomb! It is solely up to an individual to make fruitful use of this information highway. You know as they say: “Information is power”, well it is truer today in the age of internet.



4. Calling a friend

We all do this. We all call our near and dear ones over the telephone or over video call to get to know what is up with them. I am not referring to that. I am talking about the friends from school and college days! Those people with whom we haven't kept contact for years. Try to find out their contact numbers through social networks and other media and call them up. Well most of them (not all), I can guarantee, will be pleasantly surprised. Even you yourself will be fascinated by and will begin to reflect on the path you have so seamlessly travelled in life till now. It will give you a break from your mundane life and also it will show you (sometimes rather rudely) what you have done with your life.

3. Writing

We all have, one time or the other thought of writing. I mean to say we all have aspired that we would write: a blog, or an article, a report or a book. But this is one thing that most of us tend to procrastinate for one reason or the other. Somewhere between our mundane lives we get that spark of genius that hint of brilliance, that idea that we want to share with the whole wide world. Then we decide to write down that idea: well not now but sometime later. And then more or less it gets lost in the dark alleys of the memory or sometimes we deliberately push it aside because of our laziness or some other reason. Well time has come that we finally materialize those thoughts.

2. Reading

Ok this may seem dull at first but in my honest opinion the act of reading is perhaps the single most important way to spend ones spare time. It is important in the sense that it add to the value of the individual. But then again on second thoughts "important" might have been too massive a word. You can say that reading is perhaps the most useful way of spending ones spare time. Not



only it acts an exercise for the brain (Hey, exercise is important) but also it takes the reader to all the realms of knowledge that in one way or the other will help later. There are really some very good books out there just waiting to be read. So why waste your time doing something meaningless?

1. Walking and Cycling

You might think of things such as walking and cycling as work. And probably as a result you'll argue that hey, if I'm walking and cycling, how come it is my spare time! Well let's be honest, most of us (mainly who happen to live amidst the comforts of a city life) have not used a bicycle for long time. To be true to ourselves we have to admit that most of us have to ask this question: Come on, really, how many of us really put an effort in exercising? Well not much. SO here is an opportunity to make up on the scarce time you devote to exercising and loose some of that much hated fats from our lazy bodies.