

# MILLENNIALS

W R I T E R ' S R E T R E A T



*“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”  
–Helen Keller*

**WORLD AIDS  
VACCINE  
DAY**

ISSUE 11 • MAY 2022



WORLD AIDS VACCINE DAY - PRESS FREEDOM DAY - SUPER STRENGTH HORMONE - WORLD  
ASTHAMA DAY - BLUNDERS & BLOOMERS - BIOGRAPHY - BOOK REVIEW - FINANCE &  
INVESTMENT- QUICK BITES - SPORTS - TRAVEL WITH OWR (BATHU KI LADI TEMPLE)

# CONTENTS

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## WORLD AIDS VACCINE

### DAY

TOWARDS CURE - 03

## WORLD OF WORDS

CONSTERNATE - 06

## MARVELS OF HUMAN BODY & MIND

SUPER-STRENGTH HORMONE - 08

## PRESS FREEDOM DAY

प्रेस की स्वतंत्रता - 10

## WORLD ASTHAMA DAY

WORLD ASTHAMA DAY - 13

## BLUNDERS & BLOOMERS

TRANSLATION TROUBLE - 16

## STILL

BOREDOM - 18

## FACTUL FACTS

THE ROTTEN FLOWER - 20

## BOOK REVIEW

THE SUBTLE ART OF NO GIVING F\*CK - 22

## BIOGRAPHY

PRASHANT GADE - 24

## FINANCE & INVESTMENT

IS AGE IS JUST A NUMBER? - 27

## FESTIVAL

DEAD BUT NOT DEAD - 30

## UNCOMMON ORIGINS OF COMMON EXPRESSION

CROSS THAT BRIDGE WHEN YOU COME TO IT - 32

## SPORTS

TOE POWER !!!!! - 34

## QUICK BITES

सूजी व आलू का चटपटा नाश्ता - 36

## TRAVEL WITH OWR

BATHU KI LADI TEMPLE - 39

## CREATIVE FACTORY

ORDER - 41



**WORLD  
AIDS VACCINE DAY**

**18TH MAY**



# TOWARDS CURE

-By Nitish

Recent news of a complete cure for HIV Infected patients has given a ray of hope to all the HIV patients in the world. According to WHO data, approximately 37 million population in the world is HIV infected. A lady in New York City is the 3rd and first woman patient to be completely cured of HIV. The first case of AIDS was reported in 1981 and since then researchers are going on to find its cure.

## HIV and AIDS

Although the term HIV and AIDS are used interchangeably, they are not the same. HIV is a **Human Immunodeficiency Virus** which attacks the immune cells of the body. HIV attacks the CD4 cell a type of white blood helper, T. cell responsible for the body's immune response. HIV multiplies and destroys the CD4 cells thus damaging the human immune system. Normal CD4 count is 500-1600 in a healthy individual but it can fall below up to 200 in an HIV infected person due to which his immune system is heavily compromised.

This condition is called AIDS (**Acquired Immuno Deficiency Syndrome**). Generally, It takes 10-15 years to develop HIV infection into AIDS. AIDS doesn't kill itself but due to a weakened immune system person can't resist even minor secondary infections and die due to various deadly diseases such as TB, cancer and pneumonia.

**“Optimism is the faith that leads to achievement.  
Nothing can be done without hope and confidence.”**

**–Helen Keller**



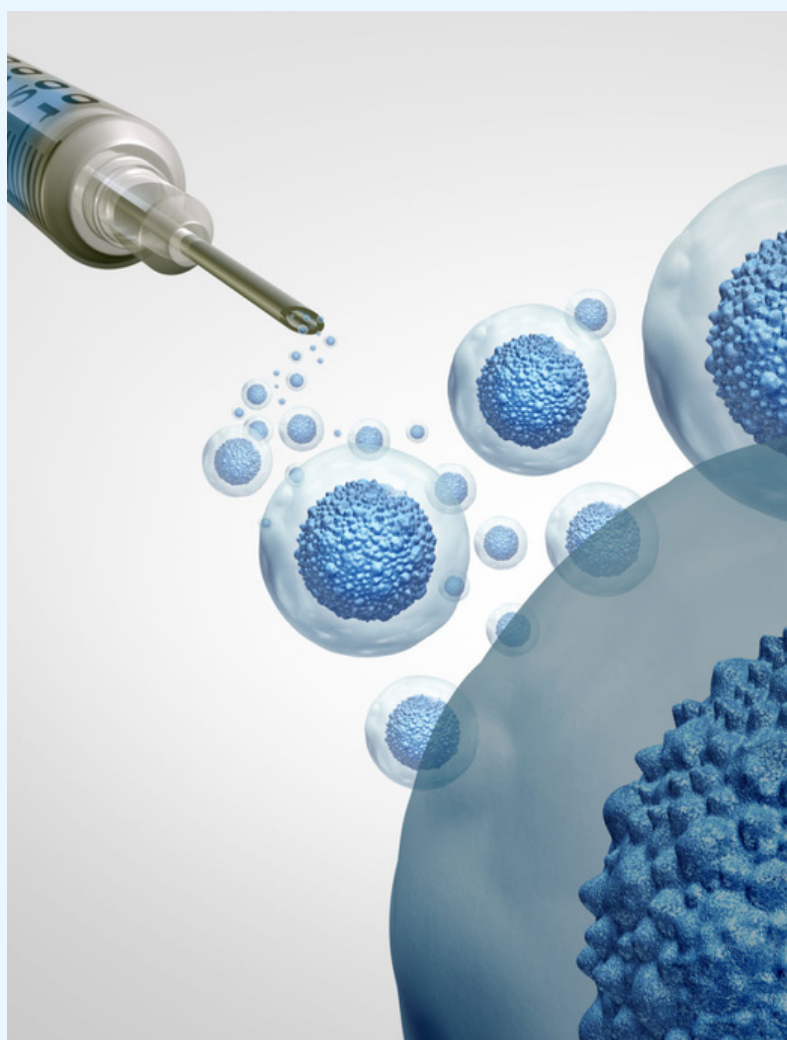
## **Treatment**

Till now HIV patients are treated with Anti Retroviral drugs. The purpose of medication is to keep viral load low in the body so that it doesn't get converted into AIDS. With a low viral load, the patient remains non-infectious and can't transmit the virus to other healthy individuals. With Anti-Retroviral medication, a person can live longer without any major complications. But Antiretroviral drugs are treatments that can't cure patients completely because once the virus enters the body it can never be removed.

## **Stem Cell Transplant**

The three patients cured now of HIV are due to stem cell transplants. The HIV virus enters the body through CCR5 receptors present in the immune cells. It has been found that certain people of European origin have genetic abnormalities in the CCR5 Receptor, thus blocking and preventing the entry of HIV virus into the body cells, thus making them resistant to the Virus. Doctors transplanted Stem cells from suitable HIV resistant donors to HIV infected patients. Although it seems easy, it is a very complicated process and required a lot of expertise. It is not feasible for everyone and it can be done only at the last stage of HIV.

Although various pharmaceutical companies are working hard to find a complete cure for this virus but till now, prevention is the only option. Recently Moderna has started a vaccination trial for HIV. Let's hope for the best in the coming future. Every year on the 18th of May HIV Vaccine Awareness Day is observed to promote the continued urgent need for a vaccine to prevent HIV infections & AIDS.







# WORLD OF WORDS



# CONSTERNATE

(v.) (kon'stər nāt')

Consternate means "*to throw into confusion,*" or "*to be terrified*". Mostly consternate is confused with concertation which is actually completely opposite to consternate. In the state of concertation, one is supposed to be focus and clear-headed while in a consternate, a person lacks the confidence to act or thinks because he lacks clarity either due to fear or some kind of confusion. The etymology of the terms goes back to the late 16th century. Borrowed from the Latin term *consternāre* i.e., to unsettle or throw into confusion.

To give an example of the term one can say, "**after the terrorist attack, people looked consternated.**"

- by Adv. Ravisha



# MARVELS OF HUMAN BODY & MIND



# SUPER- STRENGTH HORMONE

The hormone- adrenalin, produced naturally in the body under stress, has the power to increase a person's strength far beyond its usual limits. There is a remarkable demonstration of its effect, which took place in a US city Tampa, few decades back. A lady Mrs. Maxwell Rogers, who weighs just 55.8 Kg, was at her home with her teenage son when a car jack collapsed, pinning him under the family's station wagon. Hysterical with fear, she rescued her son by lifting one end of the 1.6 tonne car unaided.

So massive was the effort that she cracked her some back vertebrae. But for a few seconds, the surge of hormone triggered by her panic had helped to make her at least as strong as an ***Olympic weightlifter.***

This really is an example of the Marvels of a human body.

- by Dr. Navkiran Panesar

*Sourced from Reader's Digest BOOK OF FACTS*







Marshall

PEAVEY

Roland

Gibson

BASS

ZONY 12

# PRESS FREEDOM DAY

## 3RD MAY

Epiphone

Epiphone

VOX

Epiphone



# प्रेस की स्वतंत्रता

- कृष्ण कांत त्रिपाठी

स्वतंत्रता एक ऐसी अनुभूति है जो सबको आकर्षित करती है, प्रत्येक व्यक्ति इसका अनुभव करना चाहता है, क्योंकि परतंत्रता को युग युगांतर से ही सबसे बड़ा अभिशाप माना जाता रहा है, इसी बात को ध्यान में रखकर भारत के स्वतंत्रता के उपरांत संविधान की संरचना की गई और "स्वतंत्रता के अधिकार" को मौलिक अधिकार के अन्तर्गत रखा गया। इस मौलिक अधिकार के रक्षा का दायित्व प्रत्यक्ष रूप से न्यायालय तथा अप्रत्यक्ष रूप से लोकतंत्र के चौथे स्तंभ "प्रेस" को दिया गया, क्योंकि ये दोनों ही संस्थाएं स्वतंत्र हैं, और एक स्वतंत्र संस्था ही अन्य लोगों के स्वतंत्रता की रक्षा कर सकती है। परंतु जब गुलामी को ही हम अपना नियति मानकर उसी अनुरूप कार्य करने लगते हैं तो बड़ी से बड़ी स्वतंत्र संस्था को भी गुलाम होने में देर नहीं लगता है।

वर्तमान समय में जबकि सरकार और जनता के विरोध प्रदर्शन का निरंतर टकराव हो रहा है ऐसे में सरकार के तानाशाही रवैया तथा जनता के मौलिक अधिकारों के बीच में प्रेस की भूमिका महत्वपूर्ण हो जाती है। इस स्थिति में प्रेस के स्वतंत्रता पर सवाल उठना लाजिमी है, क्योंकि प्रेस जनता के अधिकारों की रक्षक है ना की सरकार की प्रवक्ता... पिछले कुछ सालों में प्रेस जिस प्रकार से जन सरोकार के मुद्दों को छोड़कर सरकार का यशगान करने में मशगूल है, ऐसा प्रतीत होता है कि प्रेस ने अपनी आज़ादी को सत्ता के हाथों बेच दिया है और जनता के प्रति अपने दायित्वों से आज़ादी पा लिया है।

प्रेस और जनता के बीच बढ़ती खाई का मुख्य कारण क्या है? यदि इस विषय में रिसर्च किया जाए तो तमाम कारण हैं जो उभरकर आयेंगे, लेकिन दिन प्रतिदिन कॉरपोरेट सेक्टर का प्रेस में बढ़ता वर्चस्व इनमें से सबसे प्रमुख कारण है, क्योंकि प्राइवेट संस्थान अपने सुविधानुसार खबरों को तोड़ मरोड़कर पेश करना प्रारंभ कर चुके हैं और उनका आम नागरिक के मौलिक अधिकारों से कोई संबंध नहीं है। प्राइवेट संस्थान जो कि स्वयं शोषण के पर्याय हैं उनसे यह उम्मीद करना कि आम जनमानस की आवाज़ को उठाने में मददगार होंगे, यह केवल खयाली पुलाव मात्र है क्योंकि स्वयं के पैर पर कुल्हाड़ी वे कभी नहीं मारेंगे।

वहीं प्रेस के गिरते स्तर का दूसरा कारण यह भी है कि प्रेस अब लोकतंत्र का चौथा स्तंभ न रहकर पैसा कमाने का साधन बन चुका है। अब इसके स्वतंत्रता का धड़ल्ले से दुरुपयोग किया जा रहा है। प्रेस की स्वतंत्रता अब जनमानस की आवाज़ को कोसों दूर छोड़कर नो एंट्री एरिया में प्रवेश करने का फ्री पास बनकर रह गई है। बड़ी बड़ी गाड़ियों के चमकते कांच पर बड़े बड़े अक्षरों में प्रेस लिखवाकर प्रशासन पर धौंस जमाना प्रेस की सबसे बड़ी आज़ादी है, और यदि प्रशासन इन्हें रोकने की कोशिश कर दे तो उस वक्त लोकतंत्र और प्रेस की आज़ादी खतरे में आ जाती है। जबकि हर रोज महंगाई, बेरोजगारी, महामारी और भुखमरी से मरते लोगों की खबर जमींदोज़ हो जाती है मगर प्रेस के कानों तले जूं तक नहीं रेंगता है।



यूनेस्को द्वारा 1997 से प्रत्येक वर्ष 3 मई को विश्व प्रेस स्वतंत्रता दिवस के अवसर पर "गिलेरमो कानो वर्ल्ड प्रेस फ्रीडम प्राइज" दिया जाता है। यह पुरस्कार उस व्यक्ति अथवा संस्थान को दिया जाता है जिसने प्रेस की स्वतंत्रता के लिए उल्लेखनीय कार्य किया हो। लेकिन गौरतबल है कि भारत में प्रेस ने इतने उल्लेखनीय कार्य किए हैं कि 1997 से अब तक भारत के किसी भी पत्रकार को यह पुरस्कार नहीं प्राप्त हुआ है। इसकी सबसे बड़ी वजह है भारत में पत्रकारों के ऊपर उनके दायित्व से ज्यादा

उनकी वैचारिकता का हावी है। जबकि स्वतंत्र पत्रकारिता के लिए आवश्यक हो जाता है कि हम वैचारीकता और काम की जिम्मेवारी को पृथक करके आगे बढ़ें। भारत में पत्रकारों के ऊपर वैचारिकता के हावी होने का ही दुष्परिणाम है कि तथ्यात्मक रिपोर्ट धीरे धीरे गायब होती जा रही हैं और प्रेस सूचनांक में भारत 180 देशों की सूची में 142 वें स्थान पर है।

वर्तमान समय में भारत जैसे लोकतांत्रिक देश के लिए यह अति आवश्यक है कि मीडिया संस्थान अपने महत्व और दायित्व को समझें तथा वैचारिकता को किनारे कर के जन सरोकार से जुड़े मुद्दों को कवर करें,

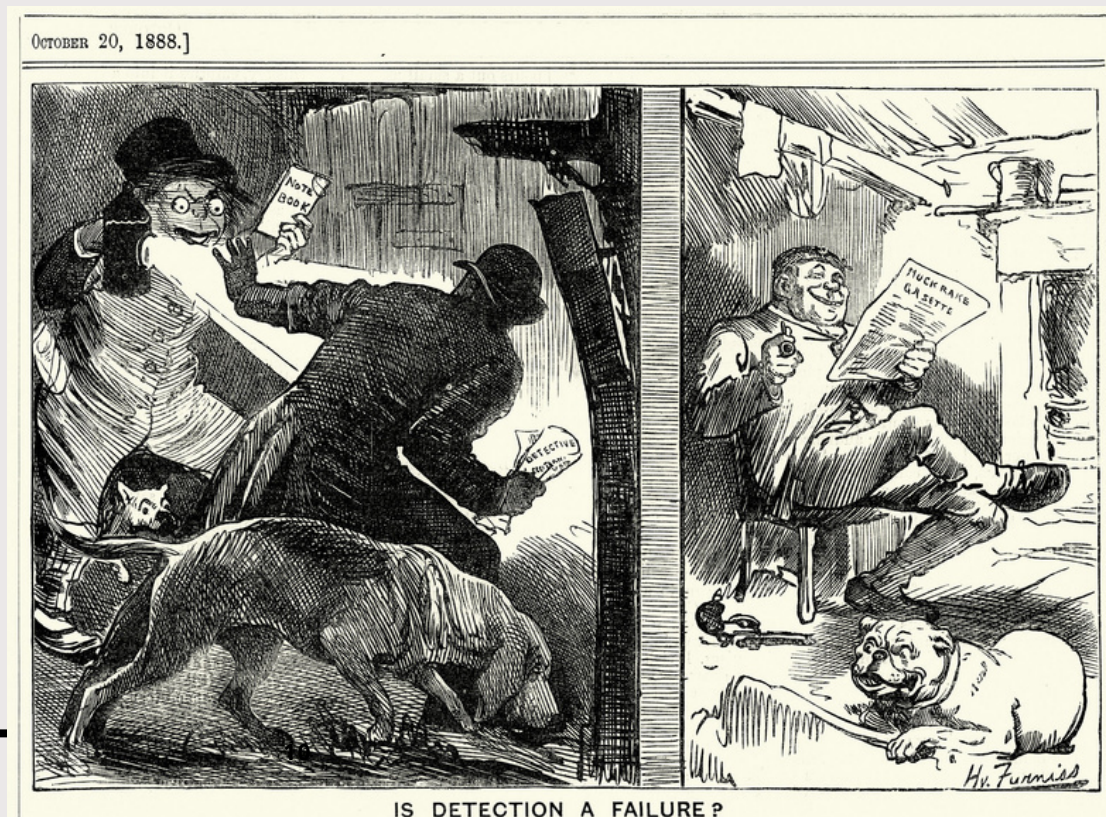
अन्यथा टीआरपी की चाहत धीरे धीरे प्रेस की विश्वसनीयता समाप्त कर देगी और फिर जनता की आवाज़ समझे जाने वाले प्रेस को जनता का दुश्मन बनते देर नहीं लगेगा और उस स्थिति में प्रेस की स्वतंत्रता सड़क, गली, मोहल्ले और चौराहों से कहीं दूर बस एसी कमरों तक ही सिमटकर रह जायेगी।।



प्रेस की स्वतंत्रता के संबंध में अमेरिका द्वारा चलाया गया पहला डाक



सबसे पुराना भारतीय डाक टिकट 1999 में भारत सरकार द्वारा जारी किया गया



IS DETECTION A FAILURE ?



# WORLD ASTHAMA DAY

4TH MAY



# WORLD ASTHAMA DAY

by Sudhanshu

Some diseases are very familiar to us but we are unaware of their cure, and today we still don't know how to protect ourselves from these types of diseases. What their symptoms are, How to treat the disease, and What should be the first aid when we encounter such unexplored and untalked diseases. Today we are going to talk about the most common disease in today's world **ASTHMA**.

Asthma is also known as chronic respiratory disease, in which a patient feels heavy, as a consequence, the breathing process gets faster because of shortness of breathing. Such a strained situation might be normal for some perhaps, it can be a major problem which may lead to a life-threatening asthma attack, especially for senior citizens.

## Symptoms

Asthma symptoms vary from person to person, but some symptoms are very common which you

can easily get to know, that include chest pain, shortness of breathing, wheezing sound while exhaling mostly in children, trouble while sleeping, coughing or wheezing attack that is caused by flu or cold. If these symptoms are recorded in a continuous span no delay should be made and consult a good doctor before they get worse.

For some people, asthma symptoms and causes might be different, they can be caught by Asthma while exercising. Exercising is one such activity which requires discipline inhale and exhale of breath but a problem is created in a heavy cold or dry air environment. Occupational asthma is triggered by workplace or some specific gases, air or dust and sometimes allergy-induced asthma. These symptoms are a few of many situations that can produce Asthmatic issues in a person.



## Precautions

Get vaccinated for influenza and pneumonia, stay connected with your doctor's action plan if you had asthma before, always be aware of attacks, treat them with patience, monitor your breathing, and always avoid smoking and also dusty air or storms.

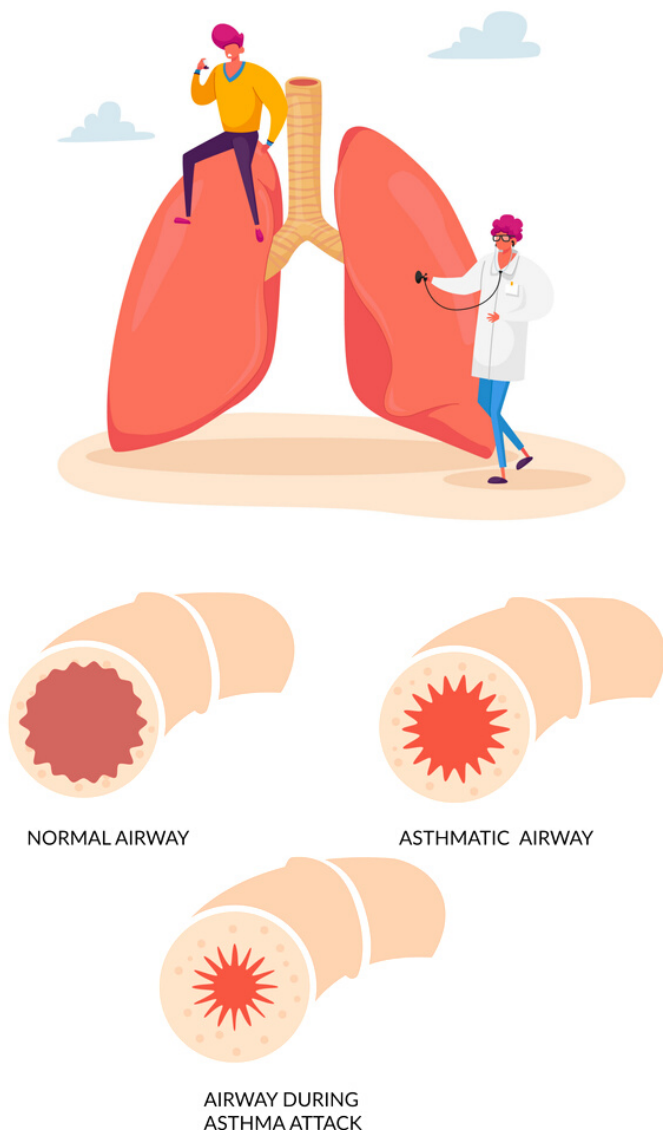
Important prevention you always have to take is if your parents or blood relatives have asthma then always be aware of this because sometimes it is genetic.



## Global Initiatives

Asthma day is organized by **Global Initiative for Asthma (GINA)**, on the first Tuesday of the month of May, the first time world Asthma day was organised in 1998 in collaboration with the World Health Organization which was founded in 1993. The purpose of the event is to raise awareness about asthma and other respiratory diseases and bring every medical professional together in one stage where everyone can discuss the ways to get controlled and get rid of asthma.

According to WHO, it was recognised that more than 339 million people had Asthma globally and there were 417,918 deaths due to asthma at the global level in 2016. In 2021 the theme was *"Uncovering Asthma Misconceptions"*. GINA has chosen **'Closing Gaps in Asthma Care'** as the theme for the 2022 World Asthma Day. And this year it will be held on 3rd May 2022.

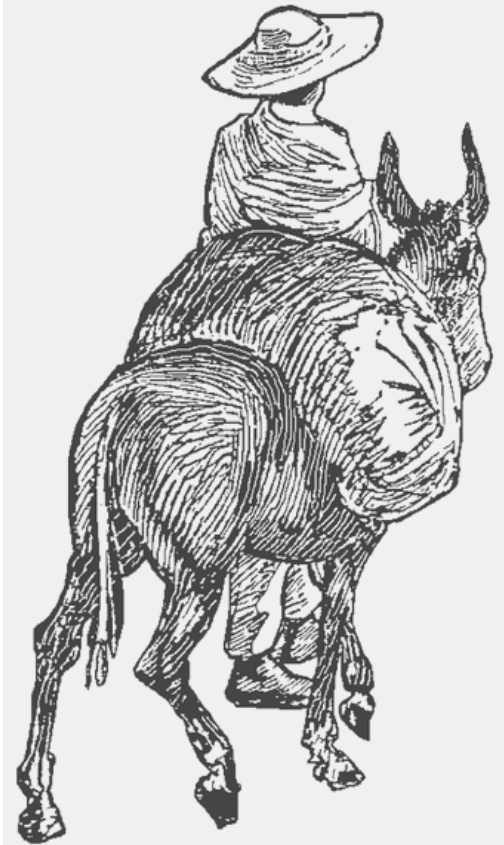






**BLUNDERS**  
**OOPS & !!!**  
**BLOOMERS**





Each language has its peculiarities, its idiosyncrasies, its structural abnormalities. These are road blocks which often prove disastrous to those who undertake translation of a text or a speech from one language to another. Some of the blunders, which translators have committed, are stupendous.

For example, an incident was reported to Khushwant Singh by a reader. It read, "An Army regimental *dhobi* was in the habit of carrying an English officer, a Colonel's clothes on his head, but his senior officers, the Brigadier's and the General's washing on donkeys. This discrimination roused the Colonel's ire and he remonstrated with *dhobi*, "Brigadier Saheb gadha, General Saheb gadha, hum kis waste nahi gadha?" The *dhobi* was taken aback; With folded hand, the *dhobi* responded, "Nahin saheb, Aaj se aap bhi gadha," (From today you are also donkey), using Colonel's style to indicate that henceforth he would make the donkey carry the Colonel's clothes too.

# TRANSLATION TROUBLE

(Sourced from Book of Blunders by R.K.Murthi)

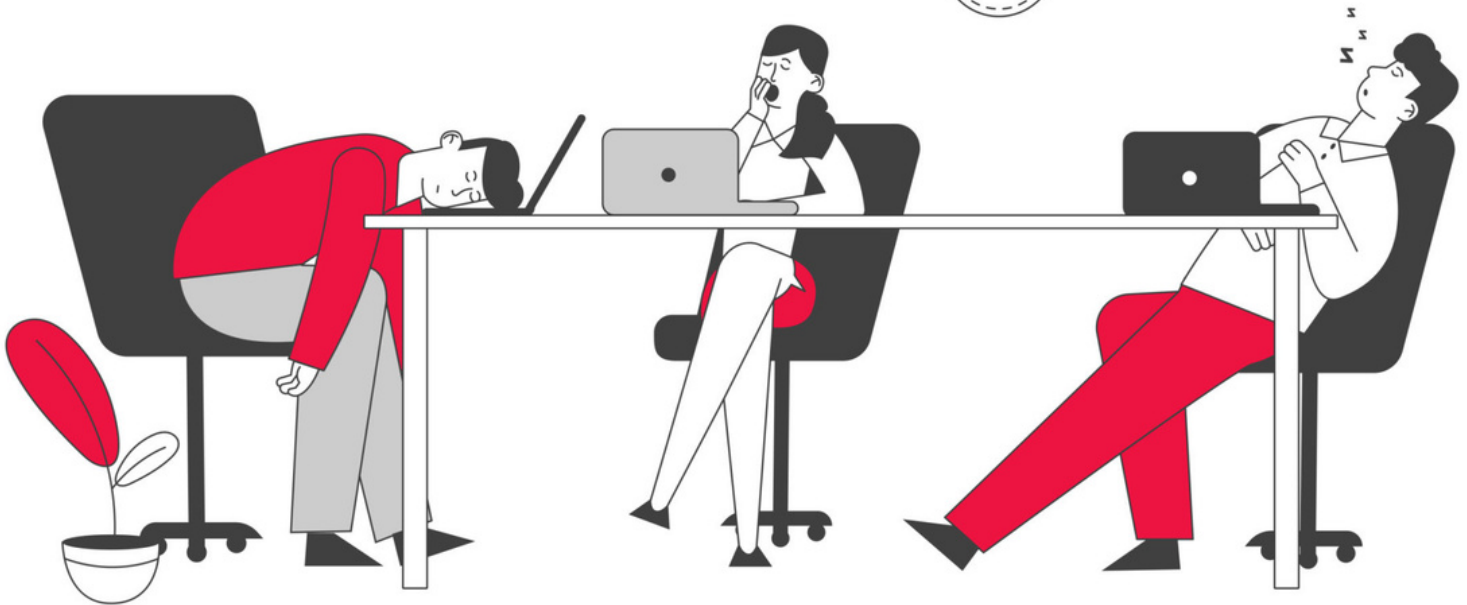
Lal Singh, Retd. Chief Engineer(IMS)





**STILL**

STILL



# BOREDOM

-By Nitish

Everyone feels bored at some point in their life. Boredom is a condition when your emotions are low, you feel like being insignificant and like doing nothing. Actually, no one wants to get bored. One takes out the phone without resisting even for a minute while standing in a queue. Remaining busy has become a trend in the modern era. If you are not busy you may be considered worthless or lazy. Men have created all sorts of stuff which tried to make us feel happy and pleasurable. We invented gadgets, video games, televisions, and now Instagram reels & youtube shorts videos that keep you engaged. **But is being bored actually that bad?** Some of the very unique creative ideas which changed the world have come out of Boredom. You may get clicked by something very unique when you were just wandering which otherwise never thought off although putting a lot of effort into your brain.

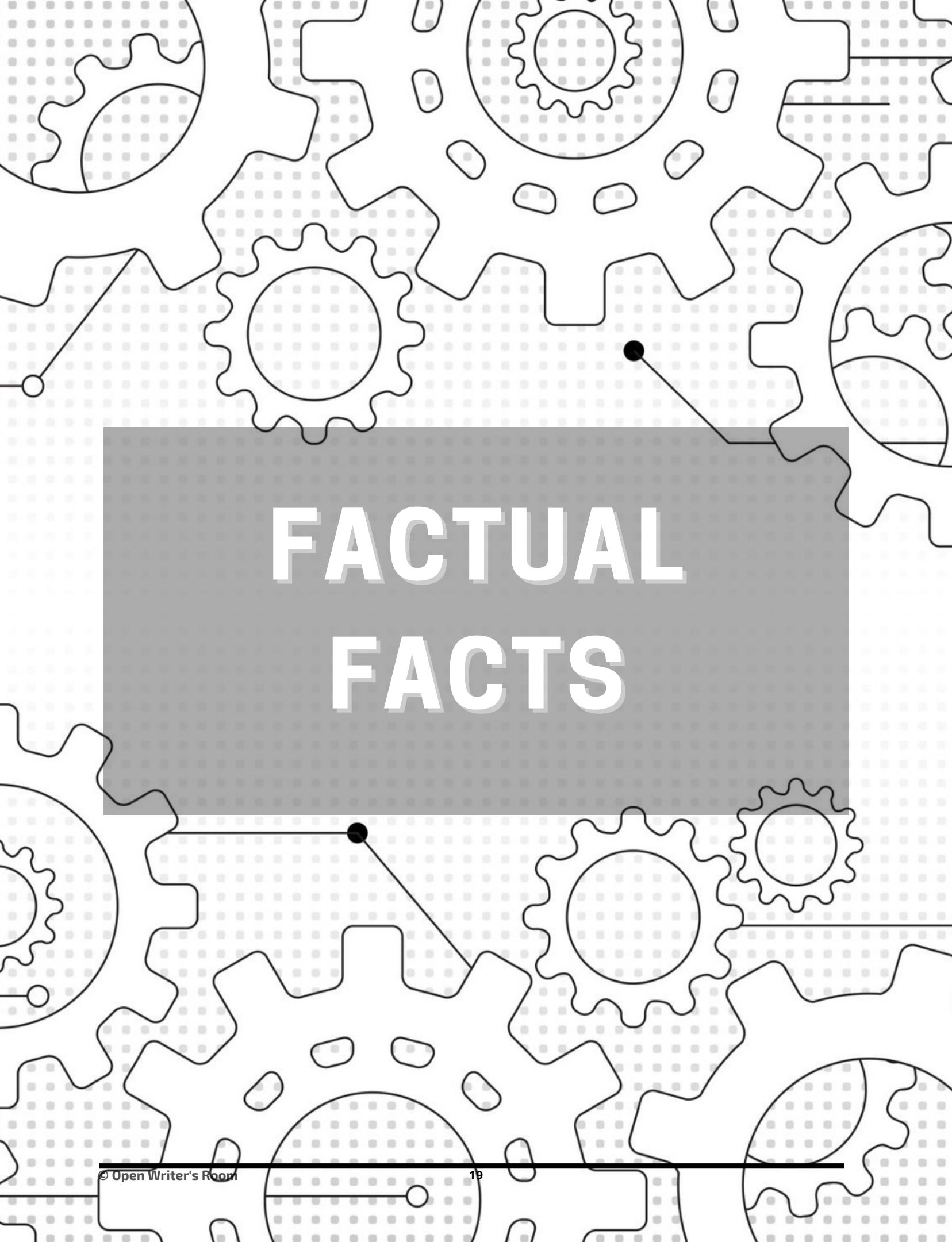
Boredom is a state when you feel like doing nothing and when you have to do nothing you can just do anything. You can simply take out the old photo album and relish the old memories. You can simply get mesmerised by the splendid creation of the universe around you. You can play your favourite music on speaker and sing out loud. You can do what you always wanted to and which gives meaning to your life but due to your hectic schedule and responsibilities, you almost forgot.

**“I’m a big believer in boredom.**

**Boredom allows one to indulge in curiosity, and out of curiosity comes everything.**

**-Steve Jobs”**



The background of the page is a repeating pattern of various-sized gears and mechanical parts, including a line graph with a dot and a connecting line. The entire background is overlaid with a light gray dotted grid. A large, semi-transparent gray rectangle is centered on the page, containing the title text.

# FACTUAL FACTS



# THE ROTTEN FLOWER

by Shakir



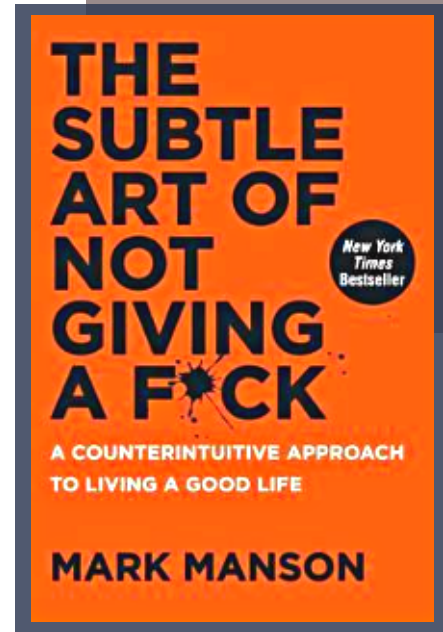
The Corpse Flower (*Amorphophallus Titanum*) is one of the world's rarest flowers, blooming only once every several decades. It's also recognised as one of the world's largest flowers, with a height of up to 3.6 metres. There are no roots, leaves, or even a stem on this flower. Furthermore, it appears to have only one petal, which is curved like a cone and is green on the outer and burgundy red from the inside. When in bloom, the corpse flower has a nasty odour that like decaying flesh or meat, which attracts flies and carrion beetles. Because the corpse flower blooms just once every few decades, crowds of people come to botanical gardens to see and smell it. Isn't it weird that people are prepared to spend time and energy smelling something that smells like rotten meat? Only the low-lying jungles of Indonesia are home to Corpse Flowers. The botanical gardens are protected by law because they are extremely rare.





# BOOK REVIEW

Books in themselves hold the power to transform a person. When read by young and impressionable minds they can leave indelible marks for the future. One such book is the 'Subtle art of not giving a f\*ck. As the title suggests this book is not for the faint-hearted, it uses the f word quite liberally. But the word itself is used in a way



# THE SUBTLE ART OF NO GIVING F\*CK

by Adv Mehak

to emphasize the importance of concepts that this book puts forward.

The writing of Mark Manson is quite impressive. He says the things as they are and as they should be said. He has very wittingly explained some important concepts such as those from Buddhism in a way that they are easy to understand for the reader, especially young readers who are getting started early in their lives. This book is for everyone but it is especially for those young minds who are trying to find and make a place of their own in this world. This book gives one, the kind of push that one is afraid to take oftentimes. Sometimes it takes a lifetime to move out of that self-created bubble and this book bursts that bubble in the right way.

It basically tells its reader what all is worthy of one's attention and what all should not be

bothering you. And as the title suggests, the writer does this in the most subtle way. The writer has used personal anecdotes and very interesting stories from the lives of different people in a way that sounds very relatable to the reader.

This is an interesting read for anyone willing to transform oneself and take control of their lives. It in fact should come with a warning that you won't be the same after reading it cover to cover. Or as in my case if you listen to this in the audiobook form. This is a bestselling book that is found on the top of every list and is hard to ignore because of its audacious title and maybe the lessons inside it have been so overstated that some might not find any novelty as to the concepts. But, to that, I'd say that the writing makes it a definite must-read, for it's too provocative that it puts one into an action mode and makes even the dull topics shine.

**"WHO YOU ARE IS  
DEFINED BY WHAT  
YOU'RE WILLING TO  
STRUGGLE FOR"  
- MARK MANSON**



My Story

# BIOGRAPHY

# PRASHANT GADE

by Adv Ravisha

Someone has truly said, without purpose the end of life is meaningless. Finding it and acknowledging it is something that differentiates you from the log of people. One such great story is of Prashant Gade, who at the age of 25 started to create prosthetic arms for people who are disabled.

A young engineering boy working on his college project, one day encountered a little girl who was disabled and approached her. In the motion to help her he decided to create a prosthetic arm that could help her to live a



**Inali Foundation**  
Enabling Lives One Hand At A Time

normal life like any other child. And this was the turning point of Prashant's life where he found his purpose of existence. He observed that it is not the





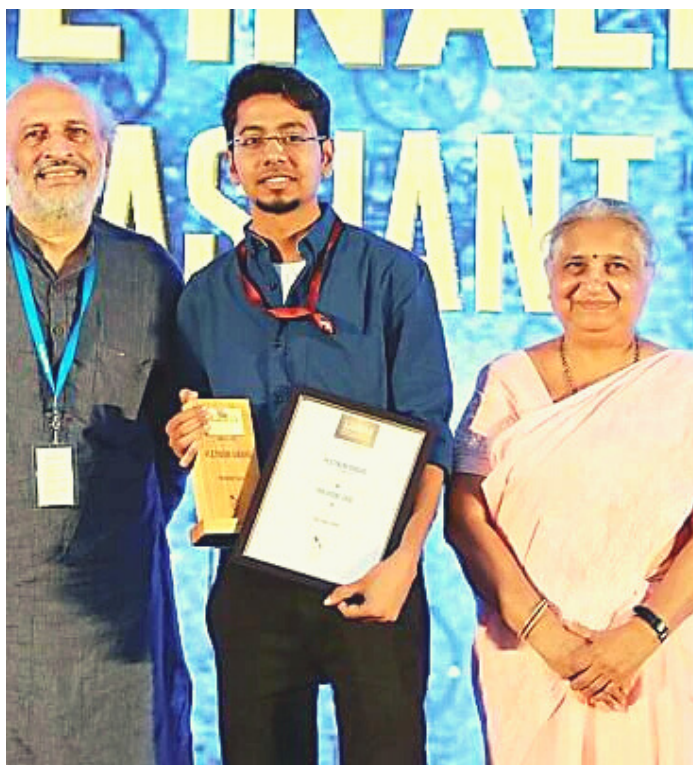
## BIOGRAPHY

problem of one child, disability is taboo in a society like ours, which makes a disabled human, less qualified than an abled man. With this mindset, he decided to drop from his third year of college and completely dedicate his entire time to curing this disability by generating more effective and affordable prosthetic arms.

In the end, it all depends on the cost-effectiveness, the one prosthetic arm was costing Prashant almost 12 lacs which is commonly grounded in an unaffordable zone for many common Indian families. Cutting the price to its lowest was next to impossible. This was the crucial time for him when he was juggling a lot. He was balancing his dream with his family, where his father wanted him to have a decent job like any young boy, gather some money and live a normal life.

As it is said, the right people come at the right time. One US professor who was impressed by his YouTube video called Gade to show him prototypes on which he was working. He presented his vision at a biomedical conference from which he got his first funding for 10 machines. He built his designs at Inali Foundation along with his versatile team.

Small Steps lead to big achievements. Inali is now able to provide free prosthetics arms thanks to the support of the Infosys Foundation Chairman, Ms. Sudha Murty. He regards the veterans as the mother of Inali Foundation. The Foundation is also backed by other great organizations like the SRF Foundation, NASSCOM. In 2021, Gade's efforts were recognized on Kaun Banega Crorepati's Mission Karmvir episode, hosted by Sh. Amitabh Bachan. He participated along with actor and humanitarian, Sonu Sood.





# FINANCE & INVESTMENT



# Is Age is Just a Number?

by Gaurav

Sameer, 32, Sanjay 46, and Ashok 51 were meeting in Bar after Vivek sir, their senior and guru were fired after a long service. They were sitting on the counter facing Vinod 23- the bartender. It was really disappointing. Vivek's losing a lucrative job would affect his life financially and socially in his sixties. They were concerned about the little savings he had. He bought a house with a down payment eating his savings and Emi's House and car eating his scope of savings in future. They were discussing. So, there is no financial planning for Vivek Sir. Right? Asked Vinod being their close acquaintance since day One.



"What Financial planning?" Sameer asked. "He bought a decent flat, a car and has life insurance for investment and safety" Sanjay added.

"Ok, that's basic but what about real financial planning? And what about you guys? Have you planned for these tough times? what would happen if something like this happens to you?" Vinod fired his questionnaire.

All of them were numb for a second.

Ashok being the senior-most on the counter said, "How about you Vinod? What have you done till now, we are seeing you here for two years and you are still here, What would you do if something happens to you?"

"Sir, I don't know much but I follow a simple 10% rule, 10% of my income goes into investment since I started earning in college. I am 23 now and it's been 5 years of investment." "I saved enough for I can go a year without working and everything will be taken care of without earning a single penny, and if I continue doing so I would be earning a double salary in 4 more years with the growing value of my investment and returns on it".

This was a shock for those marketing trios. When they were thinking about retirement at the age of 60, this young man is all set to be free of worries of a job in his thirties. Vinod can retire at the age of 27. And they were thinking that they were all piled up in housing loan, car loan, education loan and personal loans that eats up all the scope of saving and investment.

Sameer asked Vinod, "How did you manage to do this with a meagre 10% saving?"

"Sir, with 10% of my savings I wanted to build a capital corpse to start my own business, my father

worked for a company, and one day the company came up with a technology upgrade and my father became obsolete. I decided not to follow his path. I took a firm decision to work for building a good capital. I decided to work in a bar only because it gives me access to connecting with a variety of people and makes me learn a lot about human behaviour and their need. And on top of that, drunk people are mostly true to their hearts, they speak their hearts out. On this very counter, I met investment bankers, finance tycoons, hedge fund managers, doctors, architects, politicians and media personnel. I always took the liberty to seek life advice from them. I learned from them and started investing and today it gives a great return beating the inflation and strengthening my capital fund."

"Still, don't you have family responsibilities?" Asked Ashok.

"I do, but there is a catch, how much can you expect from a bartender? Not much I guess." Vinod smiled.

"I kept it low and saw my wealth growing day by day, never ceased investing and regular investment gave me a whole lot of freedom to think out of the box, soon I will be owning a passive income stream that will add another form of income. By the speed I am going I am sure by the age of thirty I would have 4-5 sources of income that would constitute 3 Or four times of my present income beating the inflation."

Sameer, Sanjay and Ashok were looking at this young man Vinod completely in shock. This young man has a lot of knowledge.

"Ok, Vinod, What do you suggest to us to have a freedom of life like you have and we don't"

"Sir, Keep it simple, building wealth is a matter of understanding the rules of life."

"If you work hard, you will build up wealth but pay the price with your health, if you don't you will definitely end up with regrets. As the old adage goes, Nobody can Time the Markets, likewise, nobody can time the life, at one point in time life seems great and at the very next moment it may be tormenting. Balancing is important, never work too hard or too less, balance it."

"Very wise for your age, Vinod", Said Ashok. "Serving wine has its own privileges sir" Vinod smiled, "People I met advised me out of years of their experience in their respective fields which helped me develop my idea of life and freedom. Money is an epicentre of problems, one must learn to manage it, making it work for you and bring peace of mind so that you can balance your life and live happily."

"Is it goes in our case too?" Sameer asked.

"Sir, immaterial of your age, sex, language or place all of us can do it. Specifically investment part, the best time is now, don't just start investing money, invest in yourself, even Losses give finest lessons sir." Vinod added. (Planning is a symbol of procrastination, Just do it (Nike))"

"So there is no perfect age of starting, there are thousands of examples out there which have gone too far from limitations posed before people and they broke it.

Just do it, sir.

These words enlightened them. They all woke up and went straight to meet Vivek sir and execute their "Plan" that became a massive success, a marketing firm that can sell you your heart. Vinod was a consulting partner adding another stream of income to his portfolio.

They named their company- Beyond-Age.

(Age is just a number)





# FESTIVAL

# DEAD BUT NOT DEAD

by Shakir



**Death** is an inescapable reality of life. It is a universal sentiment. It is, however, not felt in the same manner everywhere throughout the world. While talking about death is difficult for most of us, it is a continuing endeavour for the Torajans who live in the magnificent mountain landscape of South Sulawesi, Indonesia, as death does not imply a final farewell. Torajans are taught to accept death as a part of life from an early age. Torajans treat their loved ones as if they were sick when they die (Toma Kula). Food, drink, and even cigarettes are given to a Toma Kula on a



regular basis because the spirit of the Toma Kula is believed to remain near the body and yearn for further care.

The tongkonan, or traditional Torajan house, is where the deceased corpse is stored and cared for. The remains are left there for several months, perhaps even decades, until the clan can afford a proper funeral and plan the ceremony. During Rambu Solo's funeral processions, the final breath of a sacrifice water buffalo signifies the formal death of a "sick person." Only then will the deceased's spirit be finally exalted to Puya, or Heaven in Torajan terms.

The funeral ritual might continue anywhere from three to five days, with the deceased being buried in a mausoleum or stone burial at the end. But the story does not end there. Ma'nene, which translates to "care for ancestors," is a ceremony that the clan performs every one to three years. During this period, the dead will be retrieved from their graves, cleansed, and dressed in new garments before being restored to their graves or tombs. Relatives travel long distances to attend this annual gathering, on gathering they tell stories, eat and remember their loved ones.





**UNCOMMON  
ORIGINS OF  
COMMON  
EXPRESSION**



# CROSS THAT BRIDGE WHEN YOU COME TO IT

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by Adv Ravisha

Cross the bridge is the most lovable term. Procrastinators adore this handy term since it is an easy approach to postponing or avoiding dealing with a situation! The saying "***cross that bridge when you come to it***" means that you don't ponder upon a scenario until it happens in real. Said in literal terms, it means "I'm not going to worry about it right now. Let's hope that doesn't happen, but if it does, we'll deal with it. The earliest record of the expression used is in Henry Wadsworth Longfellow's *The Golden Legend* (1851).

***"If we can't sell the house, we'll cross that bridge when we come to it."*** can be a great example to explain the proverb.





# SPORTS

# TOE POWER !!!!

by Vishwajeet

We all are well aware of John Cena and The Great Khali who are big shots in the world wrestling championship. Wrestling is a game in which two players fight each other using grappling type techniques such as throws and takedown, joint lock, pins etc. Do you ever think of wrestling in which you need to use only your toe? Yes, this might be sounds silly and funny and makes you a little surprised about this type of wrestling. So in this section, we are going to find out some interesting facts about Toe wrestling.



## Toe Wrestling

Toe wrestling is much similar to arm wrestling. This sport consists of two opponents who lock their bare feet with toes and try to pin the other's foot down. The sport was invented by a group of friends at Olde Royal Oak Inn, England. Pete Cheetam, Eddie Stanfield, Pete Dean and Mick Dawson were the people who invented this game in 1974. In the next year, 1975 the first world toe wrestling was held and Mick Dawson became the first world champion. After 1978 this game was discontinued for a long time. But recently it gaining popularity and it becomes a popular pastime in Northern England. Although the Olympics committee didn't allow this to Olympics. The world toe wrestling championship is held every year at Royal Oak Inn Wetton.

I hope you like these important facts about such a bizarre game Toe wrestling. And I really want that whenever you are free with your friends you must try this game. That will be a great joyful moment with them.



## Rules of Toe wrestling

- Players must link toes and each player's foot must touch flat on the other person's foot.
- The opponent proceeds to attempt to pin down the other's foot for three seconds while avoiding the same.
- There are 3 rounds played on a best 2 out of 3 bases. First with the right foot, then left, and right again if necessary.





# QUICK BITES



# राइस वर्मिसिली

-प्रतिष्ठा

आज के समय में बड़े, छोटे, सभी हेल्थ कॉन्सियस होते जा रहे हैं। और सभी हेल्दी टेस्टी नाश्ता के खोज में रहते हैं। तो आज मैं आप लोगो को बहुत ही हेल्दी, टेस्टी व झटपट से तैयार होने वाली रेसिपी बताने जा रही हूँ।

## राइस वर्मिसिली -

बहुत लोग इस को जानते होंगे और शायद बहुत लोगों ने इसका नाम भी नहीं सुने होंगे। ये नूडल्स की तरह होता है, पर ये राइस नूडल्स होने के कारण मैदा के नूडल्स की तरह हेल्थ को नुकसान नहीं करता है। ये अगर आपके घर के आस पास नहीं मिलता है तो आप अमेज़ॉन से Meishi - Rice Vermicelli मंगा सकते हैं।

## सामग्री -

- आधा पैकेट - राइस वर्मिसिली
- 1 - बाउल हरा मटर
- 1 - बाउल स्वीट कॉर्न
- 2 - गाजर छोटे कटे टुकड़ों में
- 2 - प्याज़ छोटे कटे टुकड़ों में
- 5 - 4 - हरी मिर्च कटी हुई
- तड़के के लिए थोड़ा कढ़ी नीम का पत्ता और थोड़ा राई
- स्वादानुसार नमक
- व कोई भी आयल या घी
- गार्निशिंग के लिए थोड़ा हरा धनिया



**विधि -**

सबसे पहले गैस ऑन कर के कढ़ाई रखेंगे। फिर उसमें आयल या घी डालके उसको गरम् होने देंगे। और दूसरी तरफ हरा मटर व स्वीट कॉर्न को बॉईल कर लेंगे। जब आयल गर्म हो जाए तो उसमें हरी मिर्च, राई व कढ़ी नीम से तड़का मारेगें। फिर उसमें चॉप प्याज़ डालेंगें, हल्का गुलाबी होने पर, कटा हुआ गाजर डालेंगें। फिर थोड़ी देर बाद उबली हुई मटर व स्वीट कॉर्न भी डाल देंगे। फिर सभी को मिक्स करेंगे थोड़ी देर, फिर उसमें स्वादानुसार नमक डाल के चलादेंगे और फिर राइस वर्मिसिली डालेंगे फिर उसको भी मिक्स कर के थोड़ी देर अच्छे से मिक्स करेंगे। फिर उसमें से पानी डाल देंगे और गैस का फ्लेम तेज़ कर के उसे मिक्स करेंगे। और जैसे ही पानी सूखेगा आपकी टेस्टी वर्मिसिली रेडी हो जाएगी।







# TRAVEL WITH OWR



## BATHU KI LADI TEMPLE

**Himachal Pradesh**, a traveller's paradise is blessed with towering snow peaks, canyons, lush valleys, thunderous rivers, stunning mountain lakes, flower carpeted meadows, old temples, and great monasteries lost in antiquity, and is known for its outstanding and panoramic scenery. It is dotted with several hill stations and is an ideal destination for travellers looking to unwind and just feel revived. Trekking, mountaineering, paragliding, skiing, golf, river rafting, and ice skating are all popular activities in the state. Himachal Pradesh preserves cultural history and nature with such a balance you rarely get this around the globe.

Likewise, I said it preserves history, at Kangra district of Himachal Pradesh a group of temples known as *Bathu temples*, also known as *Bathu ki Ladi*, the main temple devoted to *Goddess Parvati* and *Lord Shiva*. Maharana Pratap Sagar, a reservoir formed by the Pong Dam in the early 1970s, submerged these

temples. Since then, only the months of May and June are when the water level drops, which have been open to the public. It was allegedly built by a local king who ruled the region, according to popular belief. Many myths regarding the temples' origins are well-known in folk. According to certain legends, the Pandavas constructed the temple. According to legend, the Pandavas attempted to construct a staircase to climb to Heaven at the massive *Masrur Rock Temples* on the opposite side of the lake, but Indira interfered. However, in the '*Bathu ki Ladi*' temples, he successfully created the 'Stairway to Heaven,' which may still be climbed to the topmost portion to have a glimpse. *Lord Shiva* is honoured at the central temple. It is dated somewhere around 1200 years old temple. In the month of May and June if you are visiting Himachal Pradesh you must pay a visit to *Bathu ki Ladi*.

by Shakir





# CREATIVE FACTORY







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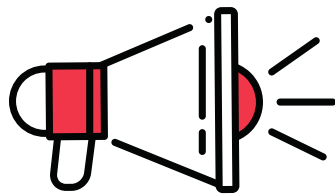
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