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**Let Us Love...
Let Us
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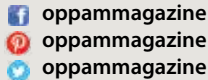
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Editorial

PROF ANTONY P JOSEPH
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What Happened During That Train Journey?

That train was travelling from Mumbai to Bangalore. The ticket examiner came to check the passengers. Among them was a young girl who watched him with great fear. The reason was that she didn't have a ticket. To escape his notice, she quickly hid under a seat. But the examiner caught her red-handed.

He realized she had no ticket and tried to make her get down from the train. The girl began to cry. She was in a completely helpless state. All the other passengers simply watched; none were willing to intervene.

At that moment, a woman passenger who had been observing everything stepped in. She offered to pay the fare for wherever the girl needed to go. Though the immediate issue was resolved, the girl didn't even know where she was headed. She was only about thirteen or fourteen years old. Having left home without any clear destination or out of helplessness, she was taken by that woman to Bangalore, which was her own destination.

The woman's name was Usha Bhattacharya, and the girl's name was Chitra.

In Bangalore, Usha handed the girl over to a charitable organization. She knew that staying there would completely transform the girl's life. Soon after, Usha left Bangalore, and as time passed, all contact between them was lost.

One day, Usha Bhattacharya was invited to San Francisco for a lecture. She stayed in a large hotel. When she went to check out and pay the bill, the hotel staff stopped her and said, "Madam, your bill has already been paid. Here is the copy."

Usha was astonished- who would have paid her hotel bill in America? The staff pointed to a couple at the reception and said they had paid it. Usha went up to them and asked, "Why did you pay my bill?"

The woman replied, "Madam, compared to the train ticket from Mumbai to Bangalore, this hotel bill is nothing."

Only then did Usha recognize her- it was Chitra.

Today, the world knows that Chitra as Sudha Murty. This incident is recorded in the book *The Day I Stopped Drinking Milk*.

Many people, once they gain wealth and comfort, tend to forget the gratitude and debts they owe. Their present status often doesn't allow them to recall or openly speak about a past where they had nothing- they may even feel ashamed of it.

Among such people, Sudha Murty stands out as different. She carried that train journey- and the incident that changed her life- in her heart with gratitude throughout her life. And when she got the opportunity to repay it, she did so beautifully.

How many people are like that? Ask yourself.

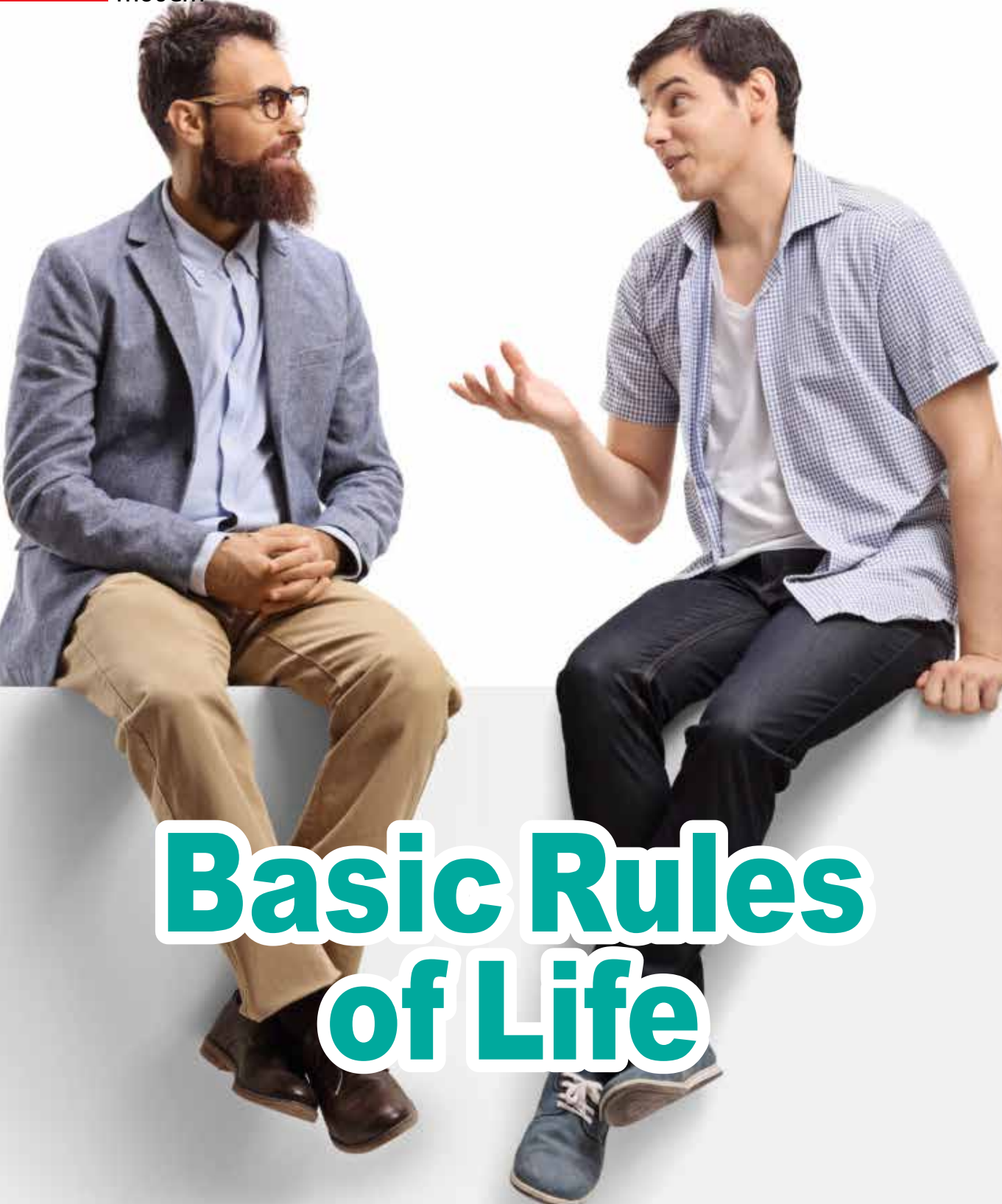
There is another side to this story. Even the smallest help we offer can profoundly change someone's life. Even a single word we say can bring meaningful transformation in another person's life.

The help that Usha Bhattacharya gave Chitra may have seemed very small- but it completely transformed her life.

So, love one another. Help whenever you can and always carry gratitude in your heart for the goodness you have received.

Regards

Prof Antony P Joseph



Basic Rules of Life

Each person's life is different. One's approach to life also changes accordingly. However, in general, the attitude towards life- or what can be called the basic principles of life- is the same. Some people speak in a complicated way and hide many things. A sense of mystery is mixed into everything they do. People usually do not like such individuals.

There are also people who please others in order to achieve their own goals. They act in ways that make others happy, gain their favor and then achieve what they want. Excessive praise and flattery are characteristics of such people.

Those who speak and behave openly and honestly are generally more accepted. Therefore, one of the basic rules of life is to be transparent and behave without artificiality. Another is to accept and respect oneself. While self-criticism and self-evaluation are good, one should not devalue oneself. Understanding one's mistakes and accepting faults is good, but seeing oneself as worthless is not desirable. That is not humility; often it is inferiority complex.

There are people who always expect others to be with them in everything. But that is not practical. One should prepare the mind to be alone. Learn to do things independently. Live with the understanding that being alone or staying alone is not a weakness.

What often prevents a person from admitting mistakes is ego- the feeling of "I." Because of this sense of "I," responsibility for one's mistakes is often shifted onto others. This is not the right approach. Accepting and admitting one's own mistakes is something only those with a big heart can do.

Be willing to listen to others. Today, many people are more interested in talking about themselves than listening to others. Those who are willing to listen will also be listened to by others.

In short, the basic principles of life are these: be transparent, love yourself, love solitude, accept mistakes and be willing to listen.





A Husband Watching TV And A Working Wife

Dinto and Sherin are a married couple. Both are employed professionals. They go to the office and return home together. But once they reach home, things change. Without even changing his clothes, Dinto sits in front of the TV. Otherwise, he'll be chatting with someone on the phone. Sherin, on the other hand, changes her clothes and heads straight to the kitchen.

When she sees Dinto glued to the TV or his phone, she gets extremely irritated. If she occasionally calls him into the kitchen for some help, Dinto doesn't like it. When he refuses to come or gets annoyed, Sherin also feels upset.

The names of these characters may change, but a similar situation repeats in most families. While the wife works in the kitchen, the husband sits watching TV or using his mobile. The reason behind the wife's anger is that she doesn't get the same free time as her husband. Researchers say there are scientific reasons behind this frustration. A study conducted by researchers at the University of California in the United States found that when husbands relax or entertain themselves while wives are doing household chores, the wives' cortisol levels increase significantly. Cortisol is a stress hormone. This shows that there is a connection between the divi-

sion of household work and mental stress.

What is the solution to this problem?

In many families, this issue leads to conflicts between couples. How can this be avoided? The wife thinks: "I also go to work like my husband. After coming back, I still have to do household chores. Meanwhile, he just relaxes at home. How is that fair? Can't he at least help me?" This is a valid question. The problem is not that the husband is resting, but that he is not helping with the work.

Therefore, the only way to avoid such issues is to share household responsibilities. Even though we talk about gender equality, our families have not yet achieved such equality when it comes to housework. As a result, women face significant stress. At the same time, studies show that when husbands help with household tasks, women's cortisol levels decrease and they feel more energetic.

So, to make a family life harmonious, husbands must also help their wives in the kitchen. Divide kitchen work equally. If the husband doesn't know how to cook, he can do tasks like cleaning. When one person works while the other rests, it weakens emotional closeness. But when both work together, it strengthens their emotional bond. This means sharing all responsibilities of the family.



The Hidden Dangers of Foul Odors

Foul smells are something no one likes. Yet, at various stages of life, we often have to endure different kinds of unpleasant odors. Recent studies suggest that these odors deeply affect both our body and mind. Unpleasant smells in the air are not just a source of discomfort—they are a silent threat that can negatively impact various aspects of health.

The main sources of such odors are garbage dumps in cities, failures in sewage systems and industrial waste. For those living in such environments, these smells may seem like a part of daily life, but the changes happening within their bodies can be quite serious.

Foul odors first affect the mind. Since the part of the brain that processes smells is closely linked to emotions, unpleasant odors immediately create feelings of discomfort and aversion. For some people, this may manifest as headaches or mental stress. A person who lives for a long time in a foul-smelling environment may develop reduced tolerance and become easily irritated even by small matters. It can also lead to sleep disturbances and mental fatigue.

Next, let's look at how foul odors affect the body physically. When such

smells enter the respiratory system, they can cause irritation in the nose and throat, along with coughing. Prolonged exposure to such gases can weaken the lungs and worsen respiratory conditions like asthma. Some chemical substances can also cause dizziness and fatigue, affecting a person's daily life.

Unpleasant smells can reduce appetite and cause nausea, which may prevent the body from receiving necessary nutrients. This can be especially harmful to children and the elderly, as their immunity may already be weaker.

Foul odors also create major social problems. If a place becomes known for bad smells, the quality of life of its residents is often perceived as low. People tend to avoid such areas, which in turn affects economic activities. Thus, foul odors become not just a health issue, but also a social and economic challenge.

For these reasons, foul odors should not be seen as a minor inconvenience, but as a serious threat to health and quality of life. Maintaining cleanliness, managing waste properly and ensuring clean air are the responsibilities of every individual. We must not forget that a clean environment is essential for protecting human health and well-being.



Slowly... Slowly

A friend who used to respond immediately after a message is sent now regularly delays replying. You keep staring at the screen, waiting for the blue tick. A lover who used to get anxious and call if she didn't see him even for a while now doesn't mind even if a week passes without seeing him.

The above are two instances of a pattern seen not only in romantic or friendship relationships, but even in married life. What is happening here? Psychologists say these are signs that distance has begun in the relationship and that one person has decided to end it. Instead of directly saying that the relationship is over, what they do is slowly withdraw from it.

Without big fights or blame games, without hurting the other person or making them feel guilty, this is a conscious effort to step away from the relationship. That is what the new term "soft exit theory" refers to.

We can point out some more signs of such attempts to slowly move away from relationships. Messages become fewer; those who used to reply within minutes

now don't respond even after days. Long conversations decrease. The number of calls and their duration become less. Calls end quickly without much talking. If you express a desire to meet in person, they act busy or never seem ready to meet. When you talk about trips planned together in the future, they remain silent (they don't wish to travel with you). Expressions of affection decrease; they avoid hugging or holding hands. Instead of behaving like a friend or partner, they interact more like a stranger or just an acquaintance.

There are many such signs that can be pointed out. If two people who were very close until yesterday begin to show this kind of growing distance in their affection and interactions, it is most likely a sign that they are no longer interested in continuing the relationship. If a friend or lover shows such behavior, talk directly and bring clarity to things. Understand the situation and try to protect yourself. Otherwise, you may end up running behind them trying to win back their love, losing your self-worth and damaging your life.





Enough, Let's Part Now

What could be the reason for women choosing on their own to walk away from marriages after twenty or twenty-five years?

When we hear that women are legally divorcing their husbands after twenty or twenty-five years of married life, we are often surprised. Questions and doubts arise in our minds- what happened between them, why did they choose divorce at this stage of life? Many eventually arrive at the conclusion that

she might have another relationship. But this is not true in all cases of divorce. Then what could be the reason why women ask for divorce?

New studies say that long-term neglect from the husband and the boredom that builds up in married life push women towards divorce. Approaching women with selfishness and ignoring their emotional and mental needs is a major reason that distances women from men. Divorce is not a decision a



woman takes in a single day or moment. It is the result of years of mental stress and emotional distress that she has been going through.

The man does not understand the woman in the way she wishes to be understood. Within the system of home/family, divorce becomes the point a woman finally reaches after years of pressure she experiences. Even such late divorces can be avoided if noticed and addressed in time.

More than the beginning of married life, greater care and attention are needed when the marriage crosses ten or twenty years. The passage of years can make the relationship mechanical and create boredom.

So, to prevent the woman from walking away at a later stage, she should be given more consideration and love. Be willing to talk to each other, to open up from the heart, to spend time together, and to listen.

Are All Dry Fruits Good For Heart Health?



Even though eating dry fruits is good for controlling heart health and blood pressure, cardiologists say that not all dry fruits are equally beneficial. The key is to choose the right ones and eat them in the proper quantity. Dry fruits that are good for heart health mainly contain potassium, fiber and healthy fats.

For example, almonds contain unsaturated fats that are very beneficial for heart health. They help control cholesterol and relax blood vessels. Another one is walnuts. Since they contain omega-3 fatty acids, they help reduce inflammation and support blood pressure control. Pistachios, being rich in potassium, help reduce blood pressure. Raisins, which have high potassium content, are also shown in studies to

help lower BP. Dried apricots, with plenty of potassium, are very helpful for controlling blood pressure. Prunes (dried plums) contain antioxidants that improve heart health and help reduce BP.

In general, consuming these dry fruits daily in small amounts is good. However, there are some dry fruits that should be avoided, as some of them can increase BP. Let's see which they are.

Salted nuts- since they contain high sodium, they can raise blood pressure.

Sugar-added / candied dry fruits- excess sugar can increase body weight and raise BP.

Processed colored dry fruits (made using chemicals such as sulphur dioxide) are harmful to health.

Source: Internet





So That You Don't Wither Away

If there are people in life who constantly speak only negative thoughts and complaints, it can feel like a heavy burden on the mind. Dealing with such people should be done in a very careful and thoughtful way. More than positivity, it is often negativity that influences us. That is why negative thoughts and behaviors can affect us in harmful ways. So there are some things we should do to come out of negativity.

First, do not allow negativity to enter your mind. The opinions of people who see negativity in everything may not always be the truth. So when you hear their words, try to keep them from affecting your thoughts. Setting boundaries is the most important thing. If someone constantly complains or mentally drains you, reduce the time you spend with them. This is very necessary for mental health.

Third, try to change the topic when

needed. When they speak about negative things, try to shift the conversation to positive or practical matters. Sometimes, this itself may bring a change in them. Along with this, don't forget to show empathy. Often, negative people behave that way because of the struggles within them. So try to listen and understand what they are saying. But it should not be in a way that you lose your own peace of mind.

Another thing- learn to say "no." In situations you cannot handle, you should gently but clearly express your limits. Finally, strengthen your positive circle.

When you spend time with happy and encouraging people, negative influences reduce. Instead of trying to change negative people, what matters is how you can deal with them while protecting yourself. Your mental peace is more important than everything else.

Let Us Love... Let Us Keep Loving

Love is something that everyone needs the most. It even feels like humans are living just to love. In the name of love, some people show so many kinds of excesses and daring actions. But all of that is not for real love- it is only done in the name of love. What-

ever it is, no one truly wants love that is not sincere. That is what is needed too.

Love deeply, love sincerely. But even then, one thing should not be forgotten. Even if the person we love is not there, or even if they do not love us back the way we expect, our love does not be-



come meaningless, nor do we become worthless.

Suicides when loved ones are lost, and attempts to harm those we love when we feel they might leave us, all come from people who have no understanding of their own love or its value.

People come into our lives at different stages to love and to be loved. Isn't it like a long journey with many stops- people getting on and getting off? That is how it is with them too.

They enter our lives at one stage and leave at another. They get off where they are supposed to get off. We cannot stop them.

Childhood friends, school friends, friendships from workplaces- many such loves are lost along this journey. We may have loved them with all our heart. Likewise, some romantic rela-

tionships may not have succeeded and may have separated due to unavoidable reasons. Even then, the love invested there does not go to waste.

We cannot stop the journey either. Every journey has a destination. It starts from a point and ends at a specific place. During that journey, it does not stop just because there are fewer people. A bus reaches its destination even if it is for one passenger alone.

Life is the same. The meaning of our life is not decided by how many people are with us. So love- love sincerely. In every relationship, immerse yourself with hundred percent sincerity. But even if they do not give love back, even if they are not with you, your life does not become meaningless. Because you have the ability to love. And your love was sincere.



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