



MONOMOUSUMI PRESENTS

ECCENTRIC WRITE UP'S

BY SWAROOPA MANTHRI

Eccentric Write Up's

By

Swaroopa Manthri

B.Tech (IT), Freelance Content Writer

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This book **Eccentric Write Up's** authored by Swaroopa Manthri B.Tech IT and published by Monomousumi Services. All the designing, editing, compiling and formatting is powered by

Monomousumi Services

Mumbai. Maharashtra

www.monomousumi.com

monomousumi@gmail.com

+91 9869807603

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MRP:

100 INR eBook Version

300 INR Printed Version

First Published in March, 2024

About the author



Swaroopa Manthri is a passionate freelance writer by profession. She came from a B.Tech background and pursued her career as a writer. As a freelance writer with five years of experience in the pencil9 company, she has participated in many writing contests and was recognized with many book prizes and medals. Her write-ups have been featured in a CPP insights magazine, Cocktail Creatives Volume 4 & 6 books. Her writeups have been featured in online platforms like “Wetalk”, “Storymirror” & “Weaver Magazine” platforms. She believes

that the art of writing is possible when you are passionate about it.

About the Book

The Eccentric Write ups is a book of multiple articles with unique and trending topics. It is my first book as an author and I am thankful to Monomousumi for their great contribution to this book publication. I hope reading this book will be a healthy experience for everyone which encompasses articles of different genre.

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Hormonal Imbalances

Maintaining a healthy lifestyle sounds much more difficult nowadays. There are many reasons behind it. Majorly leading a stressful life plays a vital role. Of course, people are mostly engaged in their busy schedules. In short most of the ones bother more about finding their leisure time. And yes work is important. But being healthy is equally important. Eating a healthy diet with plenty of fiber and with nutritional values is highly concentrated for more benefits.

You know in the past, people used to follow a healthy diet with maximum exercises. But today, due to hectic schedules, no one could find time to even. For example, if you want to do exercise, you might face sleeping disorders with your follow-up busy work assignments. So due to these irregular timings, you might fall into a serious hormonal imbalance problem. So what is the hormonal imbalance?

Let's know about what causes hormonal imbalance in your body:

According to professionals, planning a day is important for a healthy lifestyle. It's possible based on your work schedules and all other programs, you have to plan your day. Here remember that excessive stress, lack of sleep, no exercise, etc. It will cost your health much worse. This is why hormonal balance needs to be bothered. Of course today this problem is caused by both men and women, including school going kids. The key reason is an irregular and unhealthy lifestyle.

What to know more now? Let's discuss in detail;

Hormonal imbalance problem is highly seen in women nowadays.

You can't even expect how serious this problem is? You know most of the women are suffering vastly from this problem. In general, you can find several supplements to cure this problem medically. The infertility problem is a highlighted reason for many women who are suffering from this issue. You know when women face these hormonal imbalances, their estrogen levels will gradually decrease which results in infertility. Moreover, they even experience obesity, overweight, insomnia, facial unwanted hair, acne, etc. In some cases, a male pattern like baldness can be seen in women too.

Of course, using supplements and therapies such as [buy testosterone injections online](#) does help to cure this problem. But it is not suitable for all women. Here all you need to focus on following a particular diet, doing yoga and heavy intensive workouts do benefits a lot. So, here balancing of the hormones is required. Trying to consume a low-carb diet with heavy workouts and maintaining proper weight is important.

Remember that, women are advised to stop consuming dairy products, sugary products, cool drinks or cool water, red meat like that. Instead of that, prefer nutritional foods, fiber food, and taking high protein foods are recommended to plan your diet intake.

Males do experience this problem:

When it comes to the male category, this problem is prevented gradually by maintaining a consistent low-carb diet, avoiding alcohol completely. According to researchers, reports from internet sources state that daily consumption of alcohol might slowly decrease the quality of the sperm. It certainly means that the men's testosterone levels do gradually change which leads to infertility.

Even kids are getting affected by this problem:

Here the prevention of this problem especially in kids is; cutting off the following essentials. Kids love to eat chocolates, ice creams, and all kinds of sugary intakes. So, cut off these sugary diets first as similar to adults that those usually follow to maintain a perfect weight. For example, athletes and sportspersons cut off the sugary diet to maintain fitness and their lean body shape. Moreover processed food does increase insulin resistance which enhances hormonal imbalances.

A preferably low carb diet is recommended to all the age groups actually to balance the hormonal issues in your body.

How can I balance my hormones?

Do's to balance hormones:

- ✓ Sleep well by switching off all the lights in your room.
- ✓ Having 7 to 8 hours of sleep is very much helpful to keep your hormones normal.
- ✓ Do exercise for about 1 hour per day. It makes you stay active all day.
- ✓ Prefer green tea to boost your body health. The key reason for having green tea helps out in developing antioxidants in your body.
- ✓ Eat much fiber and fruits that keep your hormones healthy better by controlling insulin resistance.

Don'ts to balance hormones:

- × Firstly stop overeating.
- × You should eat much moderately to balance your hormones.
- × Never overeat. For example, segment your healthy eatables at least 6 times a day.
- × Avoid smoking and alcohol.

Following all the above tips discussed will be very much helpful to overcome hormonal imbalances and health problems. This is why, for an active healthy lifestyle, balancing your hormones is much needed.

The Demand for Online Education

Nowadays

In short online education is also termed an online learning system. Today people are spending most of their time on the internet world. Yes, it is necessary. Apart from class learning, online learning benefits a lot. In the live environment, a tutor couldn't spend much time with every student. But this online education module provides enormous advantages to the student.

The popularity of online teaching or training is increasing day by day in society. Of course, in the educational world, an online mode of learning is a highly recommended option. In the past, people used to prefer websites to gather the required information apart from their textbooks or reference books available in the library. But now most online education institutions are offering both online learning along with plenty of subject manuals. You know two years ago, due to the chronic pandemic situation like Covid, people are dependent on this online platform vastly.

Some key advantages and disadvantages found in this online education platform:

- Online classes are a comfortable mode of learning individually.
- Moreover, it allows you to avoid traveling long distances. Here choosing the right online education institute is important for being a learner. Your research plays a key role over here.
- You can learn happily from your smartphones, personal computers pc, tablets, etc. You can attend the course based on your free time and can interact with your tutor individually to clear off your doubts. This is why most schools and colleges offer online education to their students nowadays due to its huge demand.
- Even though this mode of online learning is cost-effective, their services are quite impressive and knowledgeable. Here cost-effectiveness is one of the disadvantages for the people who couldn't afford it.
- Moreover, you will get more information on the course relevant compared to live class learning. Your instructor is readily available at any point in time in this virtual mode platform.

Cons:

There are fewer cons to this mode of learning.

- Generally, online classes allow you to concentrate consistently with more screen time. It might affect your eye retina.
- Similarly learning for more hours is also not recommended. Take your time and learn flexibly by avoiding physical stress.
- The impact of internet speed or some technical issues might deviate your concentration while learning online. This is why most of the institutes provide you with a link to the respective online class. So, if you click on it, you can participate and learn well.
- Installation of the course learning apps is more time-consuming and it is also one of the biggest frustration now. Taking this problem into consideration, most institutes offer links on social media platforms. So, that students could engage well.

- The demand for this platform lets the online educational institutes focus on hiring expert instructors or trainers. Especially those who are efficient and have depth knowledge of the desired subject.

Concluded finally:

This is the beauty of online education. Before going to decide the mode of learning, try to compare both pros and cons of this online learning platform. Let's hope the essence of this type of learning benefits everyone and the ones that are passionate about learning online.

Impact of Smart Technologies in Daily Life

Technology plays a vital role in everyone's lives today. Eventually, we all are running our lives with different smart technologies. In short, a smartphone is ruling our professional life. Moreover, society has been affected by modern technologies and also by their evolution.

You know a common individual knows the use of modern technologies very easily. For example, Wi-Fi, blue tooth, mp3, iPhone, how to use streaming apps and their installations on different sources, social networking sites usage, etc. Whatnot? People are developing awareness of many technological inventions like artificial intelligence (AI) as well. As we all know that artificial intelligence is a trending technological tool now.

Everyone's daily routine is occupied with smart technology

Mostly your day is occupied with your smartphone. You need to perform your professional work through your phone nowadays. The internet is the base for every activity now. Of course, smartphones do help with their existing Bluetooth and required apps. For example, you can do your household chores like cleaning your home through a tiny robotic device called a robotic vacuum. It's a small vacuum cleaner. Here you need to set your entire house route map on your phone to this robotic system and run this device to clean your home from any place.

Similarly, you can do your shopping online, can book a cab online, make doctor appointments online, and also have virtual talks, etc.

Let's discuss how technology and its various inventions impacted well on different fields:

Technology is a communication tool now:

Most of us widely depend on social media networks like Whatsapp, Facebook, Instagram, Twitter, etc. People are using these social media sources as a mode of communication. It's not only trending but also a valuable approach to connecting many people easily. You can chat, call or have video conversations through this social media technological network. This technological media benefits business people a lot in the name of promotional objectives. You can promote your business, and get clients or customers easily. Some people are using it for the sake of entertainment but some are using it as their smart business motive. And some want to develop new social relations too. This is the best invention that shows the importance of technology's impact on our lives.

Here are many more to know below;

The Trending Technology chatGPT (generative pre-trained transformer) AI (artificial intelligence) benefits everyone, especially students:

Generally, students work more on the internet to grab the information for their research and all. You can get plenty of information from the reference sources or from the research to download the required data. But today, chatGPT technology provides us with the basic information that you want. Moreover, you will get unique information whenever you type the same query. And this is the beauty of this wonderful AI chatbot (chatGPT) invention. Most professional experts, software engineers, and every working professional are using this AI.

Technological changes do happen in the education sector too:

The online education system is a clear example of technological advancements. You can see the number of schools, institutes, colleges, etc. are offering online education today. Of course in live classroom learning, students are taught with the help of projectors. As we know that covid pandemic brought tremendous changes in our lives. At this point, e-learning platforms occupied a significant role in the education industry. Even parents are allowing their children to prefer online education to understand the subject clearly from the tutor. You can download subject materials through the mobile apps of the respective classes. Here every student gets many benefits from this online source compared to live class learning. Besides tutorials, you can spend more time learning every subject in detail through these virtual conferencing classes conducted by teachers.

Entertainment is a live example of technology evolution:

You may have come across YouTube, and different streaming apps like amazon prime, Netflix, and whatnot to get entertained with movies and all. You can watch your favorite movie as many times through these streaming apps. There are plenty of streaming apps available where you can see movies, live TV shows, documentaries, animated movies, kids-related movies, adult content, etc.

Technological advancements benefit more to hospitals:

It was a tough challenge for doctors to treat serious chronic health diseases in the olden days. But now new technological inventions helped doctors easy to treat any kind of serious disease. It includes organ transplantation, cancer immunotherapy, robotic surgeries, etc. With the help of these inventions, doctors are detecting serious illnesses of patients and providing treatment as soon as possible.

Technologies do impact online gaming:

Start from kids to adults, people are fond of online gaming. Today virtual reality and augmented reality are the two new technological inventions in the gaming industry. In some legitimate online gaming sites, players get more benefits besides winning the game. You can improve your memory and also can develop smart decision-making skills by playing online games. So choose the right online gaming sites to play and have fun.

Summary:

The purpose of technology and its growing evolution is found everywhere. But knowing its importance and using properly makes out a big deal to an individual.

MBA is an outstanding career for graduates

Most of the students worry about what's next after completing graduation. Some students crack jobs on campus interviews and some may rely on choosing the best post-graduate programs. You know graduates don't get high-paying jobs until and unless they are highly skilled apart of their academic knowledge. Even though some skilled students prefer postgraduate programs like MBA (master of business administration). Currently, this is the best-desired PG degree and a highly recommended option.

Why an MBA is the best career option:

- ✓ Every graduate aspirant may list out in what way, this MBA degree benefits their career. You know this degree improves your thinking capabilities, sharpens your understanding of subject knowledge, and ensures you learn and gain in-depth knowledge of management principles.
- ✓ Most importantly, this degree establishes you to achieve outstanding managerial skills and enhances leadership qualities, etc. You know nowadays, graduation doesn't sound great being a student. Doing a master's builds up great confidence to get the right job that suits you.
- ✓ In every stream, an MBA degree is awarded and shortlisted. For example, you can see the HR department in every office you visit. HR managers play a key role in recruiting the right candidate that is needed for a company. Doing an MBA specialization in human resources HR is a worthwhile career today.
- ✓ You can see HRs in small placement consultancies and all. If you want to acquire a better position, choose the right MBA specialization in the right institution/university. Similarly, marketing/ finance careers do have equivalent demand in the current global technological world. You can see MBA graduates in healthcare, the business sector, commercial industries, etc.

Some valuable queries for graduates before choosing an MBA:

In what way does an MBA degree promote you to achieve the best career? This is a very important doubt that every graduate holder thinks about.

There are tremendous opportunities with this MBA degree as it not only enhances you with eminent qualities like behavioral skills, and leadership qualities, develops strategic thinking abilities, and more but also introduces you to the efficient global market world.

What MBA specialization degree is the best choice to choose?

Moreover depending on your interests or current market demand, it's your wish to choose the right MBA specialization degree. It includes some may choose human resources and some may focus on marketing specialization. This MBA degree not only pays you more but also makes you hold huge responsibilities. It is such a challenging career option today.

Eligibility criteria matter more for doing an MBA:

You should complete any graduation of about 3 years from a recognized university or college and should have a minimum pass percentile of about 50 percent CGPA and more. All you need to prepare for MBA entrance exams starts in the final year of your graduation course.

Irrespective of age, you can apply for this degree. You can do it whenever you want. Most of the working professionals are doing executive MBAs from the top leading business schools and reputed universities nowadays.

Important note:

Always remember that, based on your merit marks or from the institution you complete MBA may decide your salary package sometimes. So choose the right institution and gain merit marks along with the skills you have to get a high salary package.

Some more essential information in detail:

You know doing an MBA impacts well in your professional life. There are significant benefits associated with this career choice. It is such a multi-faceted platform where you find plenty of demanding courses in this MBA degree. The specializations of this degree are having tremendous demand in many professional fields.

Let's see in which field, MBA Specialization is in Demand today:

There is a high demand for **MBA Specialization in the Finance Department** today in the market. Here you would acquire creative knowledge and full-length awareness of the entire financial management. This specialization acts as a base to crack a prestigious job in the financial market field.

Next comes doing an **MBA in Healthcare Management**; It has a huge demand now. You can see the HR team in hospitals those who deal perfectly with hospital administration and management, MBA graduates are needed. Today in the current modern healthcare environment, for managing records of doctors & nurses and all other patient records monitoring purposes, etc., HR executives are hired in hospitals. You can pursue a beautiful career in hospitals as an HR executive by holding this MBA degree in your hands. People who have an MBA specialization in healthcare management are well in this category.

MBA Specialization in International Business is a great option for students who want to excel well in the business world. The students who prefer this specialization can understand thoroughly the current economic trends, learn strategic decision-making skills, etc. If you want to see yourself somewhere in the global business world, doing this specialization creates a route to becoming a successful businessman/entrepreneur. Or else you can pursue your career in several global companies in and around the world.

The most outstanding career that MBA aspirants have in high demand is the **Specialization in Human Resource Management**. By doing this specialization, you can develop logical skills, organizational behavior skills, and managerial skills. People with great patience are the best in this

career. If you have a thorough knowledge of the principles of human resource management, you will get easily hired by the companies.

Similarly, there are MBA specialization degrees in **Operations Management** is a great opportunity for job seekers today. Here the students get well-trained in the name of managing resources to enhance the company's fame and work on company operations with no interruptions.

Simultaneously, an MBA from a marketing background is an asset to industries or organizations a lot. Students from **Marketing Specialization** get well trained in learning consumer behavior in different situations and how to analyze them. Moreover, they can create advertising or promote their company brand product using their marketing strategies easily. For the success of an organization, marketing MBA holders play a key role. This specialization degree gained a great demand with attractive salary now in the industry.

Finally, it is your interest to choose the desired field. So that you can settle well and understand based on the current job market eventually. Here you need to qualify for the entrance exam for doing an MBA like a CAT, CMAT, or GMAT.

Summary:

After graduation, most of the students may fall into a dilemma of whether to do a master's or get a good salary package jobs. But if you want to get a recognizable career and a salary job, doing PG is the best choice. Among all, an MBA is a good choice now. From the above discussion, this article might help you all.

APJ Abdul Kalam is a man of Scientific Excellence

The life journey of APJ (AvulPakirJainulabdeen) Abdul Kalam is an inspiration to many young scientists. You know people who are desired to become a scientist, he is one of the best role models then and now.

His remarkable excellence and achievements helped a lot in India's development in terms of technology. His life story and biography show wonders to the present younger generation and enable them to lead a disciplined life to fulfill their dreams.

Abdul Kalam biography:

He was the youngest son to Mr. Jainulabdeen (a boat owner and Imam of a local mosque) and Mrs. Ashiamma (a housewife) and was born on October 15th 1931 at Rameswaram Tamilnadu.

Even though he was brought up in a middle-class background, he proved his excellence in his academics. Coming to his siblings, he has a sister and four brothers. He faced many obstacles in his childhood and worked as a paperboy at a very young age to help his family financially.

Moreover, he worked very hard to fulfill his dream of becoming an aeronautical engineer since his childhood. He is a vegetarian and well-disciplined. He always says that he learned a lot of good qualities like honesty, and discipline from his father. And qualities like being kind, and belief in goodness are learned from his mother.

Educational background of Kalam:

He had done his schooling at Schwartz higher secondary school in Ramanathapuram. Later he graduated in physics from St.josephs College Tiruchirapalli in 1954. After that, in 1955 he shifted to the madras institute of Technology Chennai to study aerospace engineering and completed it in 1960.

Kalam's Professional journey:

He started his professional journey in 1960 as a scientist at the aeronautical development establishment of DRDO (defence research and development organization). He used to design tiny hovercrafts at the beginning of his career. Moreover in 1965 at DRDO, Kalam worked out on independently on a rocket project. And later he is not satisfied with his job. So he then transferred to ISRO (Indian space research organization) in the year 1969.

Achievements and Records in ISRO:

- Initially, his contributions towards the SLV-111 satellite launch vehicle development in July 1980 is extraordinary, and deployed the ROHINI satellite successfully in space. Here Kalam headed this creation. From the mid-1970 to the 1990s, Kalam successfully launched PSLV (polar satellite launch vehicle) satellite as well.
- His valuable contributions to ISRO are incredible in his entire career. Almost he continues his services to ISRO for about 20 years. Kalam headed over many projects in ISRO after slv-111 success.
- Coming to point, after the successful launch of SLV-111, he concentrated on developing ballistic missiles like Agni and Pruthvi with the assistance of his other project members. Later on, he focused on developing Dhanush, Trishul, and Prahaar ballistic missiles. On successful implementation of these missiles honored Kalam as a missile man of India.
- Kalam's directorship of conducting nuclear tests has earned incredible recognition as a nuclear-armed India. He conducted several nuclear tests between the years 1992 to 1999's. You know in 1998, he also headed over the successful organization of a nuclear test namely Pokhran-11. Without the support of Kalam, this mission is impossible and it's a great challenge to other countries with the success of the Pokhran nuclear test.

And many more:

- He also headed over many Indian soldiers. And he worked as a chief scientific advisor to India's prime minister Atal Bihari Vajpayee from July 1992 to December 1999 and also served as a secretary of DRDO simultaneously.
- In 2002, many political parties like the BharatiyaJanatha Party and the Indian national congress supported and elected APJ Abdul Kalam as the eleventh president of India. His achievements in developing several ballistic missiles enabled and honored him with due respect on behalf of the Indian government.

Awards and rewards of Abdul Kalam:

- Kalam received almost seven doctorates from forty universities. In the year 1981, Kalam is awarded with Padma Bhushan.
- After that in the 1990s, he is awarded Padma Vibhushan for his services in ISRO and DRDO.
- In 1997, his contributions to scientific research and modernization in Indian defence led him to receive the prestigious and honourable Bharat Ratna award. In the same year, he received the Indira Gandhi Award for national integration.
- In 1998, he received a Veer Savarkar award and many more.
- You know 15th October of every year is celebrated as youth renaissance day and this special day is a tribute to Kalam which was announced by the Tamilnadu state government. Moreover, on the occasion of Kalam's birthday, the current Indian Prime

Minister Narendra Modi released postage stamps in DRDO as a note of tribute to Abdul Kalam.

Abdul Kalam's writings:

Kalam is an excellent writer and he wrote many inspirational books. You know students are inspired a lot by his writings and one of his books 'Wings of Fire' is worthy.

Some of his books like my journey, ignited Minds, mission India, the life tree, etc. His writing created such a great impact on everyone who reads these books thoroughly. Most of his inspirational books have been translated into all Indian languages.

Some more interesting facts:

- Kalam loves students a lot and he always mesmerizes them with his powerful and inspiring speeches. He calls the younger minds to 'think big'. He interacts with students more and answers their queries more admiringly.
- His remarkable quotations in the seminars are extremely outstanding and courageous. You know in one seminar during the interaction with the students, one of his quotations remarks as extraordinary. It portrays the meaning like; dream and dream big.
- And that converts into thoughts and then makes them into actions finally. So here if you dream about something great, it is not your fault. It makes you think creatively and innovate something that makes your country proud. His speeches occupied such a great impact on present younger minds as well.
- He always believed an advanced technology in any field will eradicate poverty and unemployment in India. He is entirely positive-minded and wants to travel across India to share his ideologies for the successful development of technology.

Conclusion:

His contributions, services, and all are remarkable then and now. He died on 27th July 2015 due to cardiac arrest while giving his lecture on IIM (Indian Institute of Management) Shillong. His obstacles, achievements, hard work, effort, the motive of learning mistakes from failures, inspiring youngsters through his speeches, and whatnot? It is an amazing biography of Kalam. His 83 years of Kalam's life journey is a lesson to the present generation which called him a 'People's president' for his services in the Indian nation.

Essay vs Research Paper

Key analysis of the Differences between Essay Writing and a Research Paper:

The actual purpose of an Essay and a Research paper is to provide information on a particular topic. But presenting the information might vary in essay writing and research paper services. From the beginning of our school days to graduation, essay writing is quite common. In English subjects, you can find a column of essay writing in almost all the examinations.

The key theme of introducing the concept of essay writing to the students is to develop their creative knowledge. Essay writing is a known term to almost all students. But what is the purpose of the term research paper? Even it states the wise information available to all the people who go through these research papers.

Essays can be easier work to present your creative skills. And when you come across a research paper, here a deep search is advised for a writer to prepare material on the given topic. In short, how long you research a topic is different from how much information you gather from the research. And this is what matters over here.

Some professionals search more diplomatically to gather tricky information within less time.

Let's point out key differences between an Essay and a Research Paper:

Most of us have some stuff about writing an essay since our childhood. Somehow academic writing is quite helpful to present the essay very easily whenever you are asked to write an essay. And it is not easily happened while presenting a research paper.

Coming across writing an Essay:

Most of the essays come with a word limit to present the essay within the time. The essay questions are answerable too. And the essays are not too complex like research papers and you need not worry about writing essays with lengthy paragraphs. It should be short and understandable to the readers.

Here how well you analyze the given topic is important. Moreover, the pictures relevant to the topic are also not entertained in essay writing. How much information you provide is important in essays. It is an entirely creative writing job and no kind of typical process is involved. You have to provide an introduction, body paragraphs, and conclusion part in writing an essay. Any kind of methodologies is not involved in essays.

Here comes the Research Paper:

In short, this mode of writing is technical related. Unlike essays, research papers come with deep research of a particular topic with some practical and technical information. Research papers involve searching the given topic from available books, articles related to it, interviews, and whatnot including some internet sources.

You know a certain methodology is followed in writing a research paper:

- Based on the topic or subject you have chosen to frame a research paper; the right methodological work is needed. The research paper is a theoretical-based framework. You know the introduction part of the research paper conveys the given research question.
- Next comes, the literature review. Here you have to explain the information that you are using in this research paper thesis.
- The objective of presenting the research paper must be clear.
- Whatever research you have done so far including your findings on the subject, the things that helped you to take this methodology and achieve the result, etc. All these elements should be presented in this research paper.
- In the end, you can include your references modules that helped your research and if possible add the recommendations. Of course, it is required in the conclusion part.

Essay writing is easier to search and portray the required information. But when comes to research papers, there are certain limitations involved.

Research papers are helpful for academic students mostly:

You know most Master's or Ph.D. Students make use of these research papers for their projects. Academically, research papers have good information and especially provide the required data for students who are undergoing tough projects. You will find solutions to the problems on a certain subject in these research papers only.

Conclusion:

Listing out key points is very important to present your creative writing skill either in essay writing or in the research paper.

- Of course, there are some similarities found in the essay and research paper. The organizational structure of both is nearly the same. Introduction, body paragraphs, and conclusion part. But the difference is; that you can see arguments, reality incidental examples, and facts and all can be presented in the research paper. And this is not so obligatory in writing an essay.

- References and the relevant sources of data are presented in the research paper and that is not required for presenting an essay. Some kind of statistical data is also seen in the research paper but that is not at all required in essay writings.

Moreover both from essay writing and research papers, you can get track of your academic writing skill easily. For people who are interested in technical writing, referring to research papers is a good choice. But for students who want to qualify for essay writing in government exams purpose, referring to different essays is required. You know in most government jobs, you can find essay writing on different topics. Finally, for your bright future, both essay writing and research paper act as the biggest assets to portray your writing skill wisely.

How to write an essay fast

Writing an essay defines the key information on a particular subject:

You don't need to work on framing out larger sentences to portray your message on a certain topic. All you need to work on is; how fastly you deliver the information in the right sense. And of course, it is what matters. Writing lengthy or brief paragraphs doesn't mean an essay. Writing an essay needs specific planning to present the topic in the right format.

Some writers work on a certain topic for hours:

Yes, it's true. Finding the topic from different materials like search engines might take more time than planned. Some people hardly work for around 24 hours to present tricky essays. Most of us think that writing a definite essay consumes less time than researching time. This statement is not true. There are different modules involved to present the final structure of the essay. To speed up essay writing faster, you need to follow up on certain tips eventually.

Let's see the crucial tips involved:

To present your essay as fast as possible, you have to enhance your writing skills with practice. Along with it, proper planning helps you a lot to improve your presentation work. Let's see some below tips for writing an essay faster.

Time management matters a lot to write an essay faster.

For example, if you are planning to write a desired essay, fix the time to around 30 to 40 minutes. Here you have to segment the time for writing different modules of the essay.

- ✓ It's like planning time of about ten minutes to write key outlines of the essay.
- ✓ Then the body of the essay takes more than 15 minutes.
- ✓ And the final reading of the essay takes around 5 to 10 minutes.

Ensure that the time you spent on the specific essay is reasonable to allocate for it or not. Remember that, some tricky essays take more time. It doesn't mean that you are weak at this point. It only means; how well you are presenting based on the scheduled time and the genre of the essay (like some essays are easy and some are more tricky). This is why managing your time on essay writing plays a crucial role.

Answering the essay questions matters your writing skills:

Before writing any kind of essay, initially, you have to understand the essay question clearly. Some writers take more time to understand an essay and some crack the answer very quickly. Here an essay writer must be aware of different topics and must develop an awareness of general topics. Majorly, some writers come up with quick answers and some directly pen down whatever strikes their mind in essay writing. So, try to answer essay questions of different modes as quickly as possible.

Whatever the topic is, research well on the key issues related to it. Always notice that, be concise and brief on the major points of the essay.

Quick outlining of the essay is crucial:

Of course, frame the essay into key paragraphs. It involves; the introduction paragraph, the body of the essay in 2 to 3 paragraphs, and the conclusion paragraph. Remember that each paragraph must be interlinked. It shouldn't look like a confusing article. Write whatever is needed for the essay you are answering about. But the final revision matters to conclude whether your essay is readable or not. All you need to focus on is; whether the essay writing is going to be completed within the time scheduled or not.

Grammar check and editing equally matter:

You know most of us present the essay without any grammar checks and editing. Even though your essay sentences are having good stuff and all. Don't worry, editing an essay takes less time only.

In a motive for faster essay presentation, writers simply submit copied content:

Some writers blindly reframe the sentences of the essay directly from internet sources. It looks like a copied essay content. Some websites present clear information on the topic. Unfortunately, most beginner writers blindly copy the essay to complete it as faster as possible.

The best tip for writing an essay faster especially for beginners is;

Fix a particular time alarm to start and stop writing an essay. In the meantime, you can research the topic and write the essay. Practice this pattern to write more essays as per the time scheduled.

Spending most of the time on essay writing is different from spending less time. Planning the quality time on the essay you write defines your caliber of writing. Don't blindly spend time on easy essays. Some writers sit more on writing easy topics by collecting more information than required. Always establish the essay in a brief and precise way to let the readers understandable.

Conclusion:

You know writing an essay faster is a skill for a writer. Practice well in writing more essays and also try to read more essays from your available sources. It is not only helpful for a successful essay writing career but also makes you more knowledgeable too.

Diwali – Beautiful Day to Celebrate

Celebrating a safe Diwali is a must nowadays

Festivals play an active role in everyone's life. Doing a festival not only brings health, wealth, and prosperity but also brings happiness everywhere. Especially Diwali, an auspicious festival that brings light and eradicates darkness in society. Celebrating a Diwali means winning in good over bad. The word Diwali originated from the Sanskrit language named Dipavali. It is the only festival where we can see people celebrate in and around the world.

Diwali is known for a festival of lights:

- **Decorating home entrances with beautiful Rangoli:**

On the day of Diwali, many families welcome the goddesses Lakshmi to their homes. The motive of welcoming goddess Lakshmi on this eve is to bring good luck and wealth. As we can see people used to clean their homes and fill their house entrances with beautiful and colorful Rangoli.

- **Gifting sweets and snacks are our festival tradition:**

You know buying or preparing sweets on any festival occasion is our culture and tradition. Most people visit and celebrate Diwali by gifting sweets. Most of the families share especially halwa or semolina-like traditional sweets to enjoy this auspicious festival along with their family and friends. This is the festival where you can bond with your kids as well. Remember this kind of festival celebration play a major role to spend quality time with your family and friends.

- Especially in the evening, by doing Lakshmi puja and lighting your homes with colorful lights, and candles, the Diwali festival is celebrated. Most of us firecrackers as well.

- Donating clothes and sweets in the orphanages or at temples with your kids is a good move on this auspicious festival. You know this act brings social responsibility in your kids and motivates kids to be brought up in the right way from their childhood only. Some people don't even wear proper clothes or have food too. To celebrate a happy Diwali, it is advised to donate clothes and sweets or snacks to the people.

- Do you know some kids don't even have firecrackers and are unable to celebrate Diwali? Just think about them. Like all of us, some kids do want to firecrackers and feel joyful by firing different crackers. Try to buy some firecrackers and donate to the poor kids in your nearby areas.

- Try to take care of animals in your locality at least. Safeguard them in your place if possible and treat them if they got injured due to a crackers attack.

Some tips to know to celebrate this festival:

- Initially let your kids understand the importance of Diwali. And then try to know how to handle different types of crackers.
- Ensure what kind of clothes are recommended to wear for celebrating this festival. Let your kids know about the type of cloth worn. Wearing cotton clothes is advisable.
- Buy the firecrackers from a leading manufacturer especially. It's best to allow your child to read the safety instructions on the firecrackers initially before handling them. Try to fire the crackers for a definite time. So that all the families in your apartment enjoy this Diwali eventually.
- If you are going to ignite rockets, try to light those rockets directly to the sky by avoiding fire accidents in any of the houses or balconies nearby.
- It's best to place some bucket of water in your nearby place before firing crackers. Make sure if you notice that your cracker doesn't burst, never rush immediately to that place. There are chances of bursting suddenly once you reach the cracker and that results in severe damage to your body. It's best to wait for some time and maintain distance for lighting crackers.
- Always be prepared to face emergencies and just stop panicking about the unfortunate accidents in this festival. Immediately call the emergency. If any of your body parts got burned, immediately pour a bucket of water and reach the burn specialist to overcome large damage.
- Especially in children, try to wear a face mask like an anti-pollution mask before handling firecrackers.
- You know celebrating Diwali is a fun and joyful moment. In the same way, after burning firecrackers, it's best to eat some jaggery or available natural immunity booster remedies/medicines to overcome throat-related problems. Of course, since our childhood days, all of us are advised to take some natural immunity boosters majorly. To clear off throat irritancy in kids caused due to smoke or dust, try to know about such immunity booster medicines.

Some kind of allergy risks may also be experienced during this Diwali festival:

- This festival is not only celebrated with lights but also you can experience great fun and excitement with crackers and all. It is a festival that brings all your family members together to experience joy and entertainment too. But there are some allergy risks associated with this Diwali.
- You know inhaling crackers odor does affect your lungs badly due to the presence of sulphur dioxide emission in the air. It subsequently results in breathing problems. Especially asthma patients do affect. It's better to avoid kids who are suffering from asthma problems.
- People experience skin allergies, and irritation in their eyes while burning crackers.
- Similarly, people suffering from dust allergies, heart problems, and respiratory problems need to stay away from this festival Diwali.

In short, a safe Diwali is known as a responsible Diwali too

Incredible facts about women's health

Maintaining a healthy lifestyle is a strong concern in everyone's lives. Whether it is men or women, no matter what; living healthier with no defects is challenging nowadays. You can find at least a small health problem in every individual life. It has become a common issue too. Of course, men and women have mostly similar types of health issues. It's like diabetes, thyroid, gastritis, or severe cardiovascular diseases too. But besides this fact, women are suffering more from different kinds of health problems when compared to men.

Causes of health problems in women

The majority of people who are ignoring physical exercise are falling under some key health problems.

- ❖ It includes eating disorders and of course, it is common. Simultaneously it results in an obesity problem. Probably, it leads to hypertension, diabetes and then into heart diseases, etc.
- ❖ You can find women with smoking and alcohol addiction as habituates. It might even lead to cancer and other kinds of heart-related diseases.

Knowing about some female reproductive system relevant health dangers now:

Always remember that how healthily you maintain your lifestyle and how much cleanliness you follow is important. And of course, it is what plays a crucial role to overcome serious health issues in the future. Coming to the point, you may have come across some significant health issues during your menstrual cycles and pregnancies. This is such a crucial phase for women.

Reproducing a baby naturally is also becoming tough due to such improper lifestyle patterns and it stands as a key reason too. Diseases like diabetes, high blood pressure, and anything is one part; and when comes to diseases concerned with reproduction age is another big aspect. Today, women are being affected with cervical cancers, endometriosis, PCOS/PCOD, thyroid (hypo/hyperthyroidism), hormonal imbalances, fibroids, etc.

Aware of the above health dangers and also how to overcome from before getting affected equally need to understand its importance.

Some other common problems, women are facing

- ❖ Due to improper eating timings, you might experience a lack of sleep, overstress, hormonal imbalance, etc. Moreover, if you have a hormonal imbalance, you will have more chances of being affected by gallstone formation in your body. Most women are facing this problem today. According to research; compared to men, women are majorly affected by this problem.

❖ Next comes, urinary tract infection and it is another health problem you can see mostly in women. Moreover, kidney problems, bladder problems, etc. Also can be observed more in women than in men. This is due to high BP, and diabetes only.

❖ Additionally, bone density depreciation starts from age 30 onwards in women due to the lack of calcium in their bodies. Women work a lot physically and mentally to manage household work and professional life equally.

❖ Another important health concern that is ruining women's life is breast cancer. Being a woman, developing awareness of it is required at any cost now. As it is life-threatening problem too and if you find any kind of abnormality during your manual check, don't hesitate to consult your doctor.

❖ Similarly, regular cosmetic usage is even a concerning element. Some cosmetics don't work efficiently in all skin types for a longer period. Before going with any kind of cosmetic product, a self-check is highly recommended.

❖ Skin cancers, lung cancers, ovarian cancers, and what not? There are many reasons and no one can tell you the exact reason for the respective cancer that affected your body.

Summary

No worries, there are plenty of treatments available for all the above-discussed issues. A woman is advised to be strong and maintain a healthy lifestyle. That's what you can do. Hope this article might provide a basic awareness of all the possible key health issues for women.

Maintaining Healthy Relationships Makes a Big Deal Now

You know leading a healthy life requires healthy relationships. Yes, it's pretty important as well. No matter what, such kind of pure relation comes from a family, friends, colleagues, life partner, and whoever it might be. All you need is to live a stress-less life is important. Every relationship is different but it must matter more important.

Let's look at the below two statements;

- Some people even don't know how to maintain great relations.
- Some people change themselves to maintain a good relationship.

Here the identity of an individual differs in the process of maintaining relations. Apart from it, there are many reasons why some people deal diplomatically to maintain great relations. Is it necessary of changing your character or identity? The answer is simply no.

Let's go with some small tips that might help you to maintain healthy relations.

- Always remember the key point of going through healthy relationships is; to live in reality and don't keep out any kind of expectations on the person you like the most.
- Whoever might be the relation is; just allow them to live as they wanted to be.
- Accepting people the way they are is the biggest gift from you. This is the most important thing when you want healthy and trustworthy relationships in your life.
- Listen to others' opinions and let them share their pain or anything else that they wanted to share with you. Understand them and share your opinions too by showing interest in them completely. Here your immense patience matters.

Starting a relationship with strangers:

It's best to share your required information with the one with whom you like to begin a relationship. Never share complete information unless and until you are connected to that person's heart fully. Take time and know them personally.

A relation with your love is your life:

Healthy relations don't expect and always accept change or growth of the respective person. If you are in a relationship with the one you love, sharing responsibilities is not only enough. Respect each other opinions and make out a decision mutually.

You know even in stronger relationships, you may have come across some disputes or fights among each other. Either the person could be a friend or any other relation. This is not wrong. Be calm and understand the pain of others who don't understand you. Remember that sometimes relationships might ruin due to heated arguments. Try to calm down and deal emotionally. Saying sorry is not wrong even if the mistake is not yours. It holds your relationship from getting spoiled and strengthens your relationship too. Mention your statement clearly and behave politely to understand their mistakes. This is why good communication skills are required in these situations.

If you feel the relationship is not healthy and allowing you to experience blame and all, try to come out of that relationship. Don't feel guilty. Sometimes staying off from unhealthy relationships also make your life more beautiful.

Bottom line:

Recognizing the problems and rectifying them is very much needed to maintain a long-lasting relationship. Maintaining good relations is always beautiful in everyone's life.

About M. Vishveshwarayya

Becoming an engineer is a dream for most of us. Of course, it's a tough job to invent something new. It needs proper dedication, effort, knowledge, and hard work, and what not? Before this, a proud inspiration matters a lot to think more logically. When you think about the best eminent engineers in the search engine, you would notice Mr. Vishveshwarayya.

Mr. Vishveshwarayya is not only an engineer, he is a statesman, scholar, and a recognized personality in the engineer's world. He is well known for his hard work and disciplined nature. His achievements and his excellent, skills are incredible to know about. On the eve of his birthday, September 15th is celebrated as engineer's day on every year.

Let's know about this eminent personality in detail:

His full name is Mr. Mokshagundam Srinivasa Shastry Vishveshwarayya. He was born on 15th September 1860. His father Mokshagundam Srinivasa Shastry is a Sanskrit teacher and his mother Venkata Lakshamma is a housewife. But at the age of 12 years, Vishveshwarayya's father expired. He had completed a BA degree in central college Bangalore in the year 1881. After this, he completed his civil engineering in Pune.

Knowing more about his career challenges:

He came from poor family background and after the demise of his father's death, he led his life financially by teaching the kids. He is the one who designed the flood protection system in Hyderabad. He played a key role in this project designing phase being an eminent engineer. He received doctorates from 8 universities in India. He is such an intelligent personality. Throughout his career, his challenges as an engineer for 30 years and an administrator, and a government advisor for 20 years mark his track record in his professional life.

Some of his work milestones:

- He worked as a chief architect in the construction field and during the period of Krishna Raja Sagara dam construction in Mandya, his contribution and assistance in converting barren lands to fertile lands benefited many farmers to do farming. He is such an idealistic person and always wanted people to get benefited from his work as an engineer.
- He designed the largest Asia housing colony, Jaya Nagar, in south Bangalore with the best layout.
- He is the one who assisted the government engineering college in Bangalore in the 1917 year and this is one of the best engineering colleges in Bangalore it is later named Vishveshwarayya College of engineering university. You know it is the first engineering institute established with the help of Mr. Vishveshwarayya only.

- He joined as an assistant engineer in the public works department of Mumbai in the year 1884.
- In 1895, he designed waterworks for Sukkur municipality. His work is incredible and helped in healing the problem by designing a blockchain system to eradicate water that comes with the wasteful flow in dams.
- His design intelligence also helped out for the Visakhapatnam port area as well in solving the problem of sea erosion. Otherwise, its danger is unimaginable to predict.
- He installed automatic barrier water flood gates in Khadakvasla reservoir in Pune in the year 1903.
- He also worked as a chief engineer in Mysore in the year 1909.
- Moreover, in 1912 he was appointed as Divan in Mysore and he offered his service in this position for almost 7 years.
- You know on the eve of engineer's day in 2018, reputed company google created a special doodle for his 157th birthday. Moreover, you can see two metro stations in India honored with his name sir m Vishveshwarayya station and the sir Vishveshwarayya MotiBagh station in Delhi.

Apart from his achievements record and his success track, his dignity is well appreciated in his entire life.

You know Vishveshwarayya is famously known as VM sir. He is not only an engineer but also an expert in solving serious disasters in the irrigation department with his excellent irrigation techniques.

Finally, this eminent engineer expired at around 102 years of age on April 14 in the year 1962. His biography is a lesson to many young engineers today. His hard work and success as a leading engineer are honored with a prestigious award namely Bharat Ratna in the year 1955. He is proud of India's engineering sector. Moreover, King George v is honored him with a British knighthood award as well.

Bottom line:

If you want to become an engineer and an inspired personality, Mr. Vishveshwarayya's biography makes you learn more about how to succeed in your life. Just try to know more about him and spread awareness for the young engineers.

How far a woman is given equal priority to men in the society!

Feminism is a dedicated synonym to all the women over here. You know people are accepting the current trend and means of living. Especially women are giving their best to showcase themselves as much stronger personalities in all the aspects. As we all know that both men and women have equal rights. But how far are we accepting the change in society? Do you know even today women are treated as slaves in society? Of course, they are educated, gold medallists, professionals and eminent personalities too. But do you think that does the same happening in their personal lives?

Let's talk practically now.

Do you know that men have a possibility of taking leaves but women couldn't? Why? The rest is needed only for men and why not for women? A woman loses not only her energy but also her health sometimes in the name of taking responsibilities. She can't even sleep properly. She keeps on moving here and there. She has to be concerned about everyone in her family. If she is a working professional, there is no word of rest in her life. Of course, when comes to food; it is not fair enough by simply depending on available food delivery services. Here people raise a note that many online services are available to enjoy delicious food. But why not people think that taking outside food is also a sign of welcoming dangerous health issues.

The **responsibilities of women** in the name of mom, daughter-in-law, dedicated employee, etc. What not? Even though her services are criticized sometimes. In fact most of us defend that men is the only soul who works for his family. This is what the point of discrimination raises between men and women here. There are some families complaints taking individual decisions is a sin to a girl and even now it's happening.

In ancient times, women are compared in the name of their color, caste, and religion. But now people are bothering about whether she completed masters in her studies? Is she earning lakhs of rupees? Is she capable of managing both family and working environment with immense patience? Besides these many questions, some orthodox families don't offer a chance to decide on a girl. Especially in her career and marriage aspects. How pity it is? We can see even today some uneven incidents that challenges the women. May be immense care and love upon their daughters are allowing their parents to behave like that in the name of restriction barriers.

Married women are respectful but not in all the cases:

Let's take the example of the married woman either being a housewife or a working professional. She is the one who needs to cook, take care of her family, have to be responsible for her work, etc. There is another major aspect that a married woman faces today. She doesn't have a choice to

have kids or not. If a woman is childless, even today people behave worse by portraying it as a crime.

Bottom line:

Women are advised to stay as strong enough as needed to face all the challenges to live her life as she wanted to. Not everywhere, there is a situation where gender inequality is a major cause to some women? To overcome this, let's bring up the change in the individual and then the society by raising your voice as much louder.

So, all the women over here, be yourself and live your life and safeguard your self-respect.

If I Had a Superpower!

Today people come forward to give advice and immense suggestions to their beloved ones. Of course, it makes the people feel better, more positive and come back with extreme confidence. This is the beauty of positive thinking. Do you feel right that positive thinking makes you live the moment happier every time? Absolutely no. In most cases, people who prefer disciplinary life do face challenges. Commonly, many of us face challenges both sweet and sour-wise. So, here we can stop problems unless and until we come across them. This is why negative thinking makes you prepare as a planned individual while dealing with many aspects.

Positivity and negativity make a difference in the following discussion:

Too much positivity make you feel worse in the name of failures:

According to me, negative thinking is one of the best superpowers that I have. You know this kind of thinking will make you think more to avoid future attacks in all aspects. For example, if we learn something for an exam, then there is a point that the question is out of the syllabus. Do we write the question with confidence? No. This is why referring to all the types of questions related to the subject in different materials will help you. So, reading blindly with a particular portion of the subject will make you feel bad. Of course, this situation is rare. But knowing the possibility of the situation not only relieves you from tension but can make you learn new concepts as well.

Negativity is the best element sometimes to gain full-time positivity in your control:

It makes you feel stress-free. It is the major objective. Here negativity in the sense, knowing the possible problems clearly to overcome the challenges that counter you bad. This is why over-addicted positivity will make you feel guilty. In the same way, negativity must not be like the task will be ruined. It should be like how to overcome the flaws of the task to get it completed anyhow. This is the way of thinking negatively.

Accepting failures is a strength to negative thinkers:

Always be forward to accepting unexpected failures. It is the biggest challenge for an individual. Nothing seems straight and fair every time. So, accept the negativity.

Deep thinking is a weakness to a negative thinker:

Thinking deeply after the negativity happens is not a good move. It simply wastes your precious time. So, move on. Negativity like an emotional connection with people and something that are more important etc. Like reasons might take time to move on. Such kind of negativity is handled with moving on in your busy life.

Most of the ones state that being positive makes you feel stress-free. But it is wrong according to me, being too positive about the aspect might enhance your stress levels that need to be finished

according to your wish. In this process, if the aspect of work which couldn't be done as per your wish, it will be shocking news. This is why just be true for yourself. Being positive in the sense, building the nature of over confidence sometimes. It might not only affect your work but also your real authenticity.

Negative thinking is a good motivation:

You know if something doesn't work in your life, it shouldn't be treated as a big deal. Maybe it's a chance to learn something new with great challenges. Here negativity is helping you to taste the changes that are needed for your life. So, taste it.

A failure is not a big word and of course, it is equal to success only. Here both positive and negative modes of approach will allow you to take risks for your desires. But mostly negativity like a failure happens, you took a big risk and got affected badly. So, consider the risk you have taken but not the result you received. This is how negativity helps you to accept the countless risks that might have come across.

Psychological health is based on accepting negativity only:

For example, if you are mentally depressed then being with the positive mode of coming out from emotional imbalances is quite impossible. Even though you are busy yourselves, mingling with people, etc. like you might remember your reason for depression. So, what is the best treatment for this psychological situation? Just be negative and get rid of emotions. Confused? Here being negative means realizing the situation has no U-turn to come back and make you feel happy.

Staying strong is only possible with negative thinking to make possible changes by analyzing with clarity. Especially during tough times, the mode of negativity allows the thinkers to grab their opportunities in a much wiser way by making decisions firmly.

Geeta Phogat- an Inspiring Woman in Sports

We all know women are treated as stay at home slaves especially on those days. Of course in some villages, women are still living in such a superstitious world only. You know from birth the word 'she' is known to be a slave to her family and live for her family only till death.

Among such villages, a girl named Geeta phogat proves women can do anything equally to men. Especially in wrestling, she brought a gold medal to our India. What an inspiration to all of us, especially women over here.

Geeta Phogat is a role model to women wrestlers now:

A phogat family is recognized with fame in many news channels today. Now a small kid knows who Geeta phogat is. It's all because a super hit Bollywood film 'Dangal' hit the theatres in 2016. This movie portrays how the Phogat family brought up his kids into wrestling especially in those times of a male-dominated world. You know at those times, wrestlers were known for only men and at those peak times, Mahavir phogat (father of Geeta phogat) framed her daughter as a strong-built wrestler.

Coming to her personal life:

Geeta phogat was born to Mahavir phogat and Daya Kaur on the year 15th Dec 1988. Her native place is Balali village situated near Haryana district. You know Geeta's father is also a former wrestler. He is a great father who wants his child Geeta to become a leading wrestler and to present India with immense fame especially in Olympics. Mahavir phogat trained her daughters Geeta and Babita in such a way where none of the girls took up a wrestling career. And today Mahavir has become an inspiring example to all the fathers in that village when his daughters won a number of medals in wrestling sports.

Role of Geeta Phogat father in her wrestling career:

Being a former wrestler, Mahavir phogat had trained her daughters with great discipline and patience. His training for his daughters was very difficult and more commanding. Geeta and Babita used to wake up at 3.30 am on their childhood days and used to practice for almost 3 hours at a place named Akhada. After practice, they are even ready to go to school. And soon after they came back from school, Mahavir used to train Geeta and Babita for 3 more hours in the evening hours. This is what Geeta shared about their training from her dad in one of the interviews. Post to that, Geeta also shared that her father always demanded that she and her sister keep on working hard which was the difficult phase in her life of around five to six years at those times.

Geeta Phogat achievements:

She won the gold medal in 2009 commonwealth wrestling especially in the 55 kg freestyle wrestling category conducted in Jalandhar, Punjab. This is the best achievement in her life where this win took her into the limelight that she got qualified in 2010 commonwealth games organized in Delhi.

Another outstanding achievement in her track record is; she is the first wrestler who won the gold medal in the 2010 commonwealth games in New Delhi. And this achievement turned Geeta's career to an extreme level. With this achievement, she inspired and changed the future of many women in her native village that brought up the number of women wrestlers.

In the 2011 commonwealth games organized in Melbourne, she has kept another gold medal in her records.

In 2012 she qualified for the London Olympics and won another gold medal at Astana Kazakhstan. She is the first female wrestler who qualified for the Olympics from India.

Geeta won bronze medals too:

In 2012, she won the bronze medal at WWC (world wrestling championships) conducted in Strathcona county in Canada. In Asian wrestling championships, she won bronze there.

In 2015, she again won bronze in the Asian wrestling championships only that are organized in Doha. It is her last medal as a wrestler to present India.

In 2013, she won the silver medal in the 59kg event wrestling category conducted in CWC (commonwealth championships) Johannesburg. It is a high-weight category. It is such a splendid victory for a woman wrestler.

Her achievements history conveys how her passion has made history in the wrestling category so far.

Inspiring lines about Geeta Phogat:

You know there are no words to portray her struggles, hard work, and dedication to follow her passion with the guidance of her father. In short, she is an inspiration to today's young winning female wrestlers

Emails or Social Media: Which is better networks in content creation?

Nowadays presenting worthy content matters the most. For example, if you want to market a product, content creation skills are much required. In short, advertising or convincing skills can be presented in the name of delivering great content. This is why content plays a key role in smart marketing a business. So, this kind of smart work is possible with the help of email drafting and social media posting. You know, in the past, people used to make deals with the clients using great email drafting skills. But now, social media occupies the role of marketing.

Today you can see how people are connected to social media especially for their business promotion.

- For example, Instagram, Facebook, Whatsapp, twitter, etc. What not? The businessmen are advertising their business products through social media networks. Moreover, some are providing links in their official social networking pages and some are directly communicating with the clients on these social platforms only. Of course, emails are gained official popularity too from then and now. This is how the existence of social media and email drafting content has gained significant popularity.
- Both email drafting and social media networks work out on common aspects only. Both build up official and personal relationships with the clients or anyone else. This mode of communication even works more to increase your business product sales. You know both email and social media content framing act as a backbone to your business product marketing.

Let's see in detail what differs in content creation for email and social media actually;

Before going to create any content, you have to plan wisely. Of course, it is stressful to create unique content. Here delivering the content through email or social media might differ.

How email communicates and its impact works:

Moreover, you can get the target audience to send mail. In emails, you will find meaningful content that is what is needed between the sender and receiver. Here if you want to let your client know about the required information in detail, you can provide links in its attached file option. But when it comes to emails, it is entirely official and marketing objective access. Comparing the past to the present email communication, people are preferring these emails for a professional objective only. Some may even use it for their official video meetings too. You know today every working professional never starts or ends their day without checking their emails. It is such a necessary platform for professionals and students especially right now.

You know in email drafting, content does occupy a vital role besides social media. According to reports, most of the clients look forward to the official promotional emails sent from companies to make deals. And this is how email plays the best role in direct marketing today.

Similarly, how social media communicates and its purpose works for your business promotion:

Generally, in social media, you can write lengthy posts or post some exciting news, memes or comment something interesting like to different posts. You will get followers to count amazingly. Here meaningful direct information is not necessary to post. So, irrespective of age you can create your personal social media id and do postings. In fact, in these social media contents, you can message your subscribers whenever you want and there is no restriction as well. Currently, Facebook, Instagram, twitter, etc. Relevant social media networks grab the attention of millions of users. These networks are not only fun but also entertaining and informative too. People post wherever they want to and especially with an entertainment motive.

In social media, whatever content that you created to advertise your business product may enhance the count of buyers. So you can find the number of followers or subscribers who can also be converted into your potential buyers in the future. Gradually you can contact and build up relations with some list of potential followers. This is one way of marketing your business and of course, it stands as the best approach too. For example, when you consider Instagram, it is one of the business promotion media that most businessmen bother about to reach their customers or clients. Similarly, you can also post the demo of your products in the form of YouTube videos too. It is a trending approach nowadays.

Creating affordable content is very necessary to attract the attention of users:

You know most of the users consider that an email is an official communication tool and social media networks are very dynamic and an advanced approach to connect directly with people. Email grabs the attention of users for a specific reason. Social media connects the users to have fun and digestible conversation among the number of users through different communication tools. It's like through chatting or video calling. And this is how both email and social media content is more suitable for enhancing your business promotion.

Playing Chess is a Mind-Challenging Game

As of now, we used to spend quality time in different areas, especially in the name of entertainment. Isn't it? Most of us look forward to several ways to entertain ourselves on some special occasions. But there are some games that not only entertain us but also act as our passionate career too. There are many games like cricket, football, hockey, etc. and all are well known to everyone. Among all, there is a mind-challenging game that entertains and improves us mentally too. It is popularly known as a chess game. It's not easy to learn chess in an entertainment mode. In this game, too much of concentration and practice is required to win. Moreover, you have to be aware of different strategies especially based on your opponent's game plan. Once you are aware of the tricks and traps of knowing your opponent's chess player, you can easily win the game.

Understand the chessboard clearly

You can find plenty of tutorials online to learn typical strategies for playing chess. Learning chess is different from tutors rather than playing individually. Getting self-trained is equally difficult. Choosing the right learning platform and the right guidance is more required to play chess.

You know there are several chess online training platforms available now. Online learning is a source for beginners and also to those who want to know the actual basics to learn the game. You know, kids under 4 years of age are becoming passionate about this chess game. But according to game experts' knowledge, it's better to stop encouraging the kids to choose this game till they cross the kindergarten.

How psychologically your mind get benefited from this game:

- Most of the students prefer to learn chess to improve their concentration skills. It not only improves your concentration but also makes you excel in decision-making. Additionally, you may even develop intellectual planning skills, creativity, precise thinking skills, etc.
- For kids, this game is a best tool to enhance their memory. If you practice chess daily, you can easily excel in your schooling.
- You also get benefited by balancing your mind. You can develop patience too. And this chess not only benefits you educationally but also makes you psychologically fit and healthy.
- Taking the demand of this game into consideration, most of the institutions offer online training classes to students during covid like pandemic situations. In short, this game improves the mental sharpness of an individual which benefits the quality of a life.

Playing chess develops the mental ability to understand someone's perspective easily. For example, you can understand someone else thoughts and mode of thinking. So you can easily maintain healthy relationships for a lifetime with proper understanding. According to some research reports,

playing this game daily improves your memory power and also eradicates the problem of dementia during old age as well.

Some downsides of playing chess

Apart from the positive benefits of this game, there are some drawbacks for the players who play for time pass.

- This game is extremely stressful for the players who play with a winning objective only. You can see the players feel more tensed and stressed while playing. Especially if you play this game during competitions, you may observe some kind of disturbance in your nervous system during resolving tough chess matches. But this kind of stressful activity cannot be seen by inexperienced players.
- As we all know chess is good for stabilizing and boosting your memory performance. But there are equal risks that you don't recognize while playing this game. Initially, you have to sit and concentrate on the steps to win the game and that is what you observe. Here you never distract from the game which leads to a lack of zero physical moves from the place you resided. This is the drawback of playing this game as you may become obese easily as you continuously sit and play this chess game. Of course some experienced chess players don't agree with this drawback as they are passionate and love this game. This is why playing this game needs equal workouts and exercises to avoid chronic health diseases.
- **Consumes more time to learn this game for beginners:** It is time-consuming being a beginner. Here you have to understand the game, learn the game rules, know about the history, tricks, and strategies, etc. It entirely takes more time but once you crack the game basics, you can play the game easily. It's one of the drawbacks for beginners as this game takes a lot of time to learn the game well.

One major drawback is seen both in virtual and offline chess gaming

Playing chess is the same on both online and offline mode platforms. But the key difference is in virtual mode, you don't find opponents to interact but it is seen in offline chess gaming. As we all know that chess game even develops social relations and interactions. If you want to practice the game continuously, online gaming is the best platform. But if you want to maintain relations with your opponents, offline chess gaming is a good choice.

Conclusion

Chess is not a game. It's an addiction to passionate players and learners who love to enjoy this game. It's a fun game but it's a mind booster too. If you participate in several competitions, it shows how much capable you are in playing this game with your practice.

How to Start Blogging: Tips & Strategies

People today are mostly spending their time on the internet. It includes doing chatting, attending conference video calls, searching the informative materials, etc. Of course from the entertainment perspective, people are much concentrated to surf the internet. So, taking the speed of internet connectivity as a resource, you can post something interesting on your social media networks. For example, if you are a good expressive writer and excelled in expressing your views on different topics, then blogging is the best business platform for you. You have good knowledge of posting plenty of statuses and commenting on different issues happening in society especially on different social media platforms then why can't you start your own blogging business?

You know people love to learn new things and especially the content you present should come with informative, attractive and knowledgeable too. Blogging is the best resource that many writers are using now. Here is your blog writing, you have to excel in your skills effectively to become more profitable. Indeed you must be much focused on portraying your writing skills and the way of presenting your content. So, be careful that the blog you write should be simple and provide crispy-like information only.

Why blogging gained such incredible popularity?

Here when we bother about blogging, you need not require any kind of certification or qualification. Moreover, most of the bloggers focus on the current trending topics and gather more unique information to increase their visitors. It is such a simple start-up business and can be easily promoted in your friend circle. In short, blogging is not only allowing people to learn something useful but also presenting yourself to the public. You can't even imagine most of the companies are hiring candidates who have their own customized blogs. Also, remember that blogging is only a successful business platform for those who are passionate and grab plenty of visitor's attention exclusively.

Blogging is easy and sits at home business where your skills and promotion matter to earn more and to excel more. This is why its popularity is unimaginable.

Here are some tips to create a blog:

- ✓ Initially, you have to choose a perfect topic.
- ✓ Promote your blog by giving the abstract like what you are going to present in your blog.
- ✓ Write the content with SEO standards mark.
- ✓ If required write the content within points-wise to illustrate well. So, the readers can understand much easier and it is better to provide some pictures along with the topic you are writing.
- ✓ It is also fair to seek advice from the experienced bloggers you know to elaborate your content fairly.

Let's see more about how blogging matters and some tips to know for promoting it:

For example, if you have a good skill on fashion trends, you can share some data regarding that. It includes some tips or current trend arrivals or shares some reviews on any particular item. Similarly, if you want to create a blog on your skilled arts if any then you can share it. This is the beauty of sharing your talent in the public mode. Here creating a blog with some information on it is just not enough, you have to promote your blog. Make use of different sources that you have for your blog promotion.

Social media networks are the best choice now: As usual share your blog link in your social media networks like Whatsapp, Facebook, and Instagram, and where not? Use all the possible apps to promote your blog. Seek the help of your friends to know about your business simultaneously.

Some more blog promotional tips:

- ✓ Present the specific content in your blog is simple and clear to the point. Don't drag on the information unnecessarily. So, it will reach the number of visitors.
- ✓ Use all kinds of blogging groups to promote your blog. It will become the biggest asset for your professional life too.
- ✓ Try to comment on other blogs that you have come across and grab the attention of outside visitors. You know blogs do build up new relations too. Here your communication skills matters. Remember that sharing valuable information that is unique and helpful to many is the key secret to become a successful blogger.

You will be recognized effectively with your skills and be notified everywhere. Most importantly, if you have achieved great success in your blogging business, you will receive plenty of professional offers too. However, your dedication to your blogging business is important and how politely you reach your visitors is equally mattered. Do blogging and enjoy writing to become extremely profitable.