



Presents

Art of Ending the Day

by

Dr. P.R. Subas Chandran, Ph.D.,



This is a Lifestyle book covering most aspects of mundane life, illustrated briefly. An inevitable part of your life; in case, not interested in you or others, please don't buy...doesn't matter.

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Dr. P.R. Subas Chandran, Ph.D.,

This book is for those who.....

Are yet to write...

Wish to write...

Have been writing...

Continue writing... success stories

Life changing audios! Resolutions of rescheduling your humdrum routine life atleast an iota after reading this book? Confronting starting trouble like everyone does how to induce those thoughts into your memory system? The scientifically contrived technique, the 'Art of Altering Attitude through audio files', once listened to before hitting the bed (at the alpha hour) just for 18 days shows the way magical spell charms on you working miracles.

The pudding is in the eating. Don't have to believe your eyes or ears. For any guidance (for instance to get up on time with a smile or how to eliminate irritation, etc.) contact the undersigned; we will attune the content and facilitate you record; in fact, the tips are free of cost; the readily available piece, indeed. Service to humanity is service to Mother Nature.

Dr. P.R. Subas Chandran,Ph.D.,

Journalist,
Motivational Speaker,
Social Activist,
Psychologist,
Short Film Maker,
Biographer,

Fulfledged Scribe for Inspirational writing to students,
employees and every other individual of all age group.

Dedicated to

those who are longing to draw the curtain smoothly.



FROM THE AUTHOR

Art of Ending the day (AOETD)

“உறங்குவது போலூஞ் சாக்காடு உறங்கி
விழிப்பது போலும் பிறப்பு.”

[A long slumber, Death; birth is waking up from it.]

In the end is the beginning. The closing ceremony is equally important, as the opening one. Unless you close the computer properly, the next day will be a near disaster when you want to send an urgent mail. It means well ended alone can afford the next well beginning; lest should it be a disaster. (In my experience) When the closing ceremony takes place, I mean, when you are in bed, count the positive and negative attitude of yours. Your response, not reaction, then self-auditing will help you rectify your errors and pave the best opportunity to begin the next day morning differently.

In other words, you are going to sleep means, according to Thiruvalluvar, once you get to bed, you are dead. The moment you open your eyes, you are alive. Life is too fragile and let us be a little awake alert in dealing the day that usually begins and ends. Yet, you can make it more dynamic, useful if you transform your personality following some adaptable yet straightforward methods. This handbook revolving around those tiny tips pursuing such trivia, you will be able to manage your show too well. Are we there? Please read to reap the richest benefits. Good Luck!

All the best

(Dr. P.R. Subas Chandran)





Prof. T. V. Kattimani
Vice-Chancellor

FOREWORD

केन्द्रीय जनजातीय विश्वविद्यालय आन्ध्र प्रदेश Central Tribal University of Andhra Pradesh

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Date : 14.09.2020

Foreword

Art of Ending the day

Informative and interesting as well. Illustrative yet crispy. I was left wondering about a pocket-size which could speak upon the philosophy of life. An easy-to-carry book with rich content is available for a song. Nobody should miss this opportunity. I was excited to write a foreword for a book which could lay the road map for you to start everything afresh. The ending is as important as the beginning. Dr. Subas Chandran known to me for more than a decade, has explained the concept in detail, and every page is interspersed with anecdotes, quotes, case studies and above all, inspiring stories. This book is a treasure which could be finished in 30 minutes. The book is an apt gift to those who wish to make their mundane life more enchanting. The content will teach you something new. As a teacher, I recommend that everyone should utilize this golden opportunity to enrich themselves with such righteous information for a happier life.

My best wishes to the author and the reader.

T. V. Kattimani
14.9.2020



About the Author



Dr. P.R. Subas Chandran is a non-clinical psychologist, biographer, social activist, short-film maker and live-wire-motivational speaker. He has penned '**Aakaasameehaddu**', a compilation of interviews with 72 women officers in Swati, a Telugu weekly. 'Why Modi should become the Prime Minister', a pre-poll book (2015) with **Mr. Modi's** message was a well received publication. The author of 'Who Wrote My Destiny?', the authorized biography of former Union Home Minister, **Shri. Sushil Kumar Shinde**. People from all streams approach the author for counselling. His favourite theme is Inclusive Life, where he wants to serve the communities by unlocking the hidden potential of executives, students, and the working class. The Art series by the Life Style Dynamics – from Art of Beginning the Day to Art of Ending the Day- is his latest venture.

He is one of the Senate members of the 104-year-old SNTD Women's University, Mumbai and a visiting faculty for National Forensic Sciences University, Gujarat. He is also a resource person for Meenakshi Mission Hospital and Research Centre, Madurai and Meenakshi Hospital, Thanjavur.

ACKNOWLEDGEMENTS

This presentation reflects the Master who has sent a messenger to disseminate the message. A repository of creative people interspersed with worldly wisdom from mundane to spiritual fields is incorporated.

The author owes his accolades to **Prof. Shri. T.V. Kattimani**, Vice-chancellor, Central Tribal University of Andhra Pradesh to have foreworded the Art of Ending the Day vouchsafing the contents shared.

Of course, **Dr. S. Gurushankar**, Chairman Meenakshi Mission Hospital & Research Centre deserves a more than thanks for the all round support.

The author extends his due accreditations to **Mr. Sam Rajappa** and remains in gratitude to **Mrs. Latha Sharma**, Associate Editor, for making this book a possibility.

Also, applauds Google.com, Wikipedia, the team members **Mr. Sam Arackal**, **Mr. S. Manikanda Raja** & Designing Team of MMHRC whose contribution is immeasurable in publishing the pocket-sized book.

Special adulations to the first reviewer

The author and his team gratefully acknowledges the angel's (name not to be revealed) immaculate appraisal, correcting, editing as well as amending, to have the book rendered nearly error-free.



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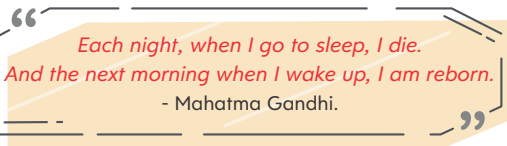
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NOTE

This book is a compilation of wisdom from myriad sources intended to benefit the general readers, certainly not experts. Most of them are suggestive, self-experienced that readers may consult health care specialist, should they find information not in rhythm with their expectation. Moreover, the write-up is governed by the British English Language/Grammar rules. Any reconciliation with the computer language be kindly overlooked. The author and the publisher bear no responsibility for abusing or misusing the indicative measures.

Art of Ending the Day

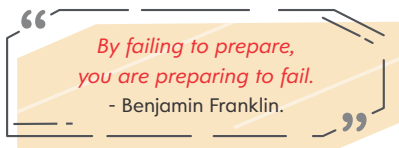
All's well that ends well!



When it comes to beginning the day, we all have interesting concepts. People get up between 6 and 7 am. Some, after 7 am; a few others, between 4 am and 5 am. They rush to have their bathroom rituals; be busy with preparing breakfast; then, rush to work. In these days unless and until one plans the activities of the day, he will end up with nothing.

Many struggle with their day because they don't plan. Had they planned for the day the previous night itself, then many could have had successful days that would reduce tension in life. To have a wonderful day one should know the secret of ending the day to emerge a new being full of exuberance and confidence organising the tasks better.

To earn your livelihood you should have a job, to have a job you should perform, to perform you need to plan. Each is closely



interlinked with the other. Now the question arises how and what should you plan? Reflect, what is your agenda today? What was the sequence yesterday? Where are the gaps? How to fix gaps and fill them in by a well-thought out plan for tomorrow? Think over.

How should I manage my time this evening?

How much time, should I spend on socialising?

At what time should I finish my dinner?

At what time should I sleep?

For how long should I sleep?

Mental preparation and planning are very important things in this busy world where you should identify flaws and eliminate them completely with the help of smart planning. Let us meditate on a few tips in organising ourselves.

We all need to understand clearly ending the day well is the foundation of having a wonderful day ahead. Many think good beginning is an achievement and they begin the day well. But not all end well, because there was some problem in ending their day. Beginning is one thing and sustaining is another. To understand this more clearly good beginning is about creating the first impression. Ask a question, after the first impression what happens? Is the



“
*There are many people
that we meet in our life.
But only a very few will make
a lasting impression on
our minds and hearts.*
- Susan Polis Schutz.

”

impression consistent? If not, how will I make it consistent? If you learn this art, then personal brand building will be an easy task.

The Law of Nature teaches the trilogy of Creation, Conservation and Destruction. The river that takes birth on the hilltop preserves the vegetation down its way and dies out into the ocean. Let's ponder: Who is greater, Creator, Preserver or Destroyer? Know for yourself. Each is wiser but the one represents or addresses the issue considers himself the wisest. I put me in such a stance to want to give one therefore, reveal what I have in my mind.

Innovative habits matter

To my ken the task of creating seems easier than preserving and destroying, even though a prolonged process. We don't find Lord Brahma (HINDU Mythological representative of Creation) doing much hard work to create. Every being is a Creator, for that matter, once he creates



things of his own, say for example, cooking a good dish. But you see, destruction is easier too. The preparation for 'The Little Boys' and 'Fat Men' bombs took a longer time, huge investment and great labour still the destruction was within a fraction of a second. Shshsh not to muse.... The little guys toiled to have become great guys, although. For example, addition of excess chilli or salt to a proportionately cooked dish that tastes delicious. What is difficult and arduous is preserving. Therefore, I subscribe Lord Vishnu's (HINDU Mythological representative of Preservation) task is more difficult, and leave the others to come out with their opinion.

You are responsible for your life. You are the creator of your career, family, social circle, etc. In the same way it is your responsibility to

preserve your reputation, utility, success etc. Well, you also need to understand on and off you need to destroy certain old elements in your brand, character, or lifestyle. Herein comes the relevance of your being the destroyer of yesterday's ideas, strategies, approaches, etc.

Writing success story is not a great deal but writing sustainable success story is success.

You need to preserve your success story. Only when we preserve, can we create a lasting impact. You know success is a habit. In your habit, ending your day as well as beginning your day plays a vital role. For everything, there should be a purpose. You plan how to end the day for success or to struggle to survive in your career.

In marketing, we find the importance of innovation to be ahead of the curve. A product once launched should not remain like it has to undergo continuous improvement in terms of quality, shape, size and price. I remember seeing an imported camera from Singapore in the year 1998. It was a 3-megapixel camera a good configuration at that time. By the way, how many of us would feel it good to use a 3-megapixel camera now?

The answer will be none. Today, we have 38-megapixel camera available at affordable cost. All through the years from 1998-2019 so much of innovation has taken place in product development with the help of Artificial Intelligence or any other smart technology. The point of the matter here is preserving or sustaining success is no ordinary task. The first impression will go off in a few days with new people to compete with us. One needs to struggle hard to remain competitive with innovative ideas and that includes planned way of ending the day. Make it a habit where you meditate upon innovation during evenings.



Habit is a continuous process

Let me unravel it how. It all requires developing a new approach. For example, just for the sake of any competition the next day, many do much planning in the evening so that their following day is productive, successful, with expected results. Why just one day? Why not 365 days have a definite pattern to end the day purposefully with a to-do list like eat in time, a meditation about the day, sleep in time, so that we get up early and set our homes, tasks, health, priorities in order for the following day.

Every view, and every object I studied attentively, viewing them again and again on every side, for, I was anxious in making a lasting impression of it on my imagination.

- Karl Philipp Moritz.

To become successful, one needs to modify habits, and for that one has to die constantly to his/her old self. Humans have to die daily in order to live a new life the next day. Yes, he has to die daily. To most of us, it may sound strange, though.

How should we die daily?

We need to die to our bad experiences, ill-feeling, verbal battles, bad temper, spirit of a loser et al. Our mind is the battleground where many battles are won and lost due to what we feed our minds with. Keep your mind pure and fresh.

Now, let us see what happens when you practise it. Yesterday, you were bitter with someone in your office for insulting you. Today, you don't remember that and the person who insulted you feels bad. Here there are chances for the person to apologise to you.

Of course, many hard-hearted or toxic people around you will not learn unless their karma backfires on them. That is a different thing.

BE PREPARED; EVERYDAY ATTITUDE

A home maker keeps her kitchen cleaned after the day's chores not to call the day of completing the errand but to be prepared for the next. Life always throws the challenge of "WHAT NEXT?" No doubt, we all need to die. Die for resurrecting a new 'You' for the following day. Recently, I was raised from the dead after a long time when I was at my friend 'Shekar's place. See, what had happened:

I knocked at his door; but he didn't open. I waited for a while and thought about what he might be doing. I longed to see him, so I waited.

Finally, he opened the door. I pushed him aside and ran to the sofa to lean on. And I asked him, "Is everything ok with you?" He replied with bubbling energy. "Yes, as of now, good going. What next?"

Shekar gently held my hand, and said, "It is me-time. I have my shower, finish my dinner, I brush my teeth and I like to be alone talking to myself before going to sleep."

I asked him, "Do you brush your teeth even at nights and talk to yourself?" Shekar answered, "Well, I ever do that."

"Cleansing is the first and foremost activity to end the day"; to become as fresh as flower to beckon the upcoming day. Thoughts and deeds are to be synchronised. He smiled again and said, "Yes, each evening it is an important activity."

He went on to say, "Good endings have great beginnings as well."

I countered, "You are telling it the other way around."



Shekar clarified, “It is this thought process that has helped me fight all the battles of the mind.”

Intrigued, I requested him to elaborate on.

He revealed, “I was moved and touched through various incidents and happenings in my life. I have arrived at the saturation where I thought my experiences would add value to your life.”

He continued, “We all lead such busy life; undoubtedly. You and I work tediously and long to reach home early. Your children seem to be happier in the evening than in the morning. Why? They want to watch their favourite cartoon show. You have promised one to go for an outing. Your wife may be waiting to spend quality time with you. She may expect it every day also. That is family all about.”

“Each of us has our own way of spending time as per our convenience.” Am I right Subas?

“Yes,” I answered.

I indeed learnt certain lessons from Shekar. I have spiced his ideology of preparedness with my viewpoints and have updated it you now. Brushing the teeth at night with paste and tongue cleaner is not an ordinary thing. It emulates the habit of tuning the mind to shed the unwanted; remove the dirty negative things. One of the mechanisms is to remove the food particles left behind during mastication. Because whatever you have eaten the whole day while brushing any food particles in between gums and teeth, during mastication if retained can breed germs and cause tooth decay; generate fresh saliva fresh gulp is not good for health when thoughts and mind are synchronised miracle takes place. Art of ending is also proclamation to good beginning. As it is said well begun is half done well ended is also half begun. Preparedness. Before venturing up with a task it is quite natural to set everything ready. This attitude of preparedness is imperative.

Make your evenings

Evenings are not the kind of ‘The End’ thing, as we see in movies but they are beginning of life unravelling good today for a better tomorrow. I know sun doesn't stay in the evenings for you. But you can make evenings anew, relax, having the enthusiasm and create new beginnings for the next day. All depends on your attitude and willingness to plan or not.

Let me put it this way. If you just retire home with your suitcase and other pending files you need to complete them. I can imagine what will happen to you in the event you don't complete your task. But my caution here is do not bring home work. You may be working for a promotion that is announced last week or perhaps want to impress your boss for a salary hike. The reason can be legitimate as it can be. But my assurance is, you can manage that workload at the office itself by ending your day properly. My boss walked past my desk and asked me, “Why are you not working?” I replied, “Because I never saw you coming, Sir”.

My employer announced in the office. In this job, we need someone who is responsible. I hinted, “I am the one you want. In my last job, every time something or the other went wrong because i had meddled up personal life with career. We should know to maintain aesthetic distance between the two. I mean work is work, do it while you are at the office. And home is home, where others are waiting for you.”

Believe me, it matters a lot, if you are a working individual. There are people who are waiting to spend time with you. I know people who put family first and have testified that it helped them to overcome many barriers in their lives ending their day on a positive note. To plan evenings, it is important to analyse your strengths and weaknesses.



Do self-evaluation

We have to make life compartments. When you go to office never bring office to home or home to office. In this context let me share an episode about a particular gentle man, Sunil. He would kiss his wife, bid his children and family adieu. Before leaving he would take a nail and hammer the nail on the wall. When he returned home

he would remove the nail and enter the home. There was no noise of quarrel nor a squabble; the house was calm; children well behaved. But then, the neighbour who had been watching this ceremonious practice was evoked with the curiosity to know the reason behind the drama. One evening he braved his way unable to control his zeal asked him the reason. Sunil replied, “When step out of the house I’m only committed to office; when I remove the nail and enter the house home is my prerogative. I arrest the unwonted tension of the workplace. I simply don’t want to meddle my personal life with officialdom. I compartmentalise each activity and orient it to its respective place. Home is a home; office, office. Never carry home to office. The neighbour was aghast. He learnt a lesson not to carry the burden of office home because 90% of the problems in the world arise as a result of not knowing oneself. One has to know what are his/her strengths and weaknesses, if any. 10% is just your planning, smart work and adhering to take you to success. Finally, you will end up saying, “Oh, my day was amazing, my boss appreciated me for my work, and my work was my play all along.”



Reflect the day

After returning from work putting long hours of labour, you can reflect. If you are satisfied with the proceedings of that particular day, it'll be good for you. If not, gather all your thoughts and actions happened during the day and critically analyse them. I am sure you can arrive at a better alternative for your course of actions. Evenings are the best times to think what had happened during the day, be it at your office, or petrol station or perhaps at a traffic signal or anywhere you stopped by.

Life does not end in one evening. It has another day to it in the course of time. One has the opportunity to look back what he/she has been during that day when he/she retires from work. Almost all of us analyse and count the cost before getting on to do something be it small task or big ones. As long as one is prepared to do what it takes, I think there is success by itself even before working it out. Life has so many things to offer to every individual.

Reflect, unwind

Shekar once advised me, "Please take a personal time off in the evening. Just take 10-15 minutes to rewind the activities in your memory lane. This helps you to evaluate and do a critical examination of your thoughts and actions."

Reflections unwind great potential within you. Make it a ritual; you are bound to be blessed with more command in your proceedings of the subsequent day.

And next day you will be excited to go to the office and eventually will end the day better, than the day before.

Make a good end-In the end is the beginning

If the end is good then the day will be fantastic. Try to go to bed preferably before 9 pm to get up at Brahma muhurtam. If you find it difficult, get up a little late. Because Mother Nature teaches a simple philosophy that night is meant for sleep and day, for work. If you are contrary to nature, the body metabolism will react badly at a later stage. People working night shifts face lots of health hazards; have psychological problems including poor sexual relationships.



Make food habits right

Eat Breakfast like a king; Lunch like a prince and Dinner like a pauper

It is important to avoid unhealthy food for good sleep. Eating hard to digest food or excess food, this can affect your sleep. That is why you need to have an easy to digest dinner for a better sleep. You should also bear in mind it also makes sense to avoid very spicy food or junk food during evening. In case you take, have it at 7 pm or before.



Plan your sleep

Bear in mind you are more important than the company. So, try to find means to sleep early. If you have any problem to have a comfortable sleep then follow the instructions clearly:

- Before going to bed wash your feet in a small tub of warm water added with salt. Cleanse your feet and ensure that legs are like your face.
- Keep the bed preferably as white as possible because white has a lot of impact on your visual perception.
- Wear white pyjama or white kurta to make the whole ambience white. This will give you peace.
- Give good fragrance to the room also.
- Give dim red light to the bed room. Red light therapy promotes better sleep.

Tips for good sleep

Avoid:

- Late dinner (prefer to dine by 7pm..2 hours gap between food & bed)
- Eating heavily
- Non vegetarian dishes
- Second show film
- Watching porno
- Late night get together
- Watching movies of horror /tragedy
- Texting/ Chatting after hitting bed
- Emotional info to listen to or read while entering sleep zone.

Express gratitude to sleep better: Research in the Journal of Psychosomatic Research has found that being grateful helps people sleep better and longer. Grateful thoughts help you get a great night's sleep. There is no guarantee we get up tomorrow as many don't get up. That is why one needs to be grateful to all. Remember, if you are getting up in the morning you are reborn.

So, thank all those, animate and inanimate, responsible for making your day good. Then go to sleep. To get good sleep, close your eyes for some time and the body metabolism will be tuned. The body may not cope with night shift job. Gradually, the body metabolism changes enabling you to sleep comfortably.

Thanks giving prayers-Pray before you get to bed
Power of Gratitude is another way to generate serotonin and Dopamine appositive chemical your factory can produce

Before closing the day, a prayer of Thanks Giving for making this possible...is an ideal way to call it a day. Remember the Last Supper; Jesus Christ prays asking for forgiveness. A similar poem by Coventry Patmore is given below for your reading how all of us become ignorant children before God not knowing what we do yet, kneeling in prayer:

Now the prayer should be upon this day's activities like what you did, how it worked, thanking God, having hurt anyone or being instrumental for hurting someone or being hurt yourself either by any inadvertent act or person. Seek apology if you have hurt any and forgiveness for those who have hurt you because forgiveness is the best revenge

Start the day with gratitude; spend the day with gratitude
Fill the day with gratitude; end the day with gratitude.

Some complains about poor sleep, still? I have concerns for them.

Are you sleep-deprived? Try self-hypnosis

Sleep deprivation is also a sort of disease, you know that?

In case you want some alternative mechanism to sleep faster I will suggest self-hypnotism as a tool to bring sleep. I have trained a couple of people on this topic and they have found it successful.

The term self-hypnosis refers to giving suggestions to oneself. It is nothing but obeying your command. Self-hypnosis programs help you change from one state of mind/one mood to another. It is a simple technique where you make positive suggestions to yourself.



You can develop very healthy sleeping habits. Try with the following steps:

- Close your eyes thank The Giver. Tell mind the body is going to relax, relax, relax.
- Tell every member of the body to relax.
- Head – forehead – eye – ear – nose – mouth – tongue – teeth – jaw – face – cheek – chin.
- Neck – throat – Adam's apple – shoulders.
- Arm – elbow – wrist – hand – fingers – thumb.
- Spine – chest – breast – ribcage.
- Abdomen – bellybutton – sex organs (penis/scrotum or clitoris/vagina) – rectum – anus.
- Hip – buttocks – leg – thigh – knee – calf – heel – ankle – foot – toes.

Start from the toe, then fingers, right leg toes, the whole nervous system all gradually numb, numb and drowsy.

Finally, tell your eyes, tell I am unable to open my eyes, as I am drowsy. Fall asleep as the whole body is heavy, relaxed and you fall asleep naturally. Good fragrance, preferably a blue coloured light of the colours suggested earlier, the good words you utter moot you to sound sleep.

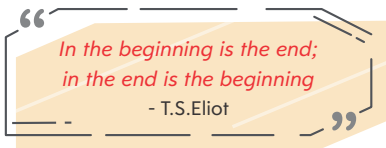
Say goodnight, goodnight and then fall into sleep. The author shall prepare an audio file* refer bibliography page.

Record your conversation to the body. Listen to it every day. Give the command for 40 days then sleep becomes your friend. Find the difference after trying this. Else the author shall do one for you. Are you ready for bidding the day... Let's call it off...

Conclusion and challenge

While concluding I would like to remind you to die to your old self during the evenings. Get up as a fresh creature to perform difficult task with ease. Ending the day deserves equal importance like beginning the day. If you haven't tasted success so far, try this day ending tips to be fit in all aspects and be successful.

Are we there?



Art of Ending the Day



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- ఆకాశమే హద్దు (Sky is the limit) - by Dr. P.R. Subas Chandran

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16. Art of Ramping Interpersonal Relationship
17. Art of Dating and Post Natal Caring
18. Art of Parenting and Career
19. Art of caring the Elderly
20. Art of Sensitising Gender
21. Art of Rewarding Responsibilities

