



Pongal – 15/01/15



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THE EVENT

Pongal is a major celebration in India and people celebrate it for about four days. The first day is called Bhogi. Many people burn and get rid of old household items and purchase new household items on this day. This marks the start of a new cycle. The second day is Perum, also known as Surya Pongal, and is the most important day of Pongal. Many people worship the sun god, Lord Surya by offering prayers on this day. Many people also wear new clothes and women decorate houses with *Kolam* (designs) using rice flour and red clay.

Mattu Pongal is the third day and includes worshipping cattle because it is believed that cattle help give a good harvest. The fourth day is called Kanum Pongal, which is when many people go on picnic and spend time with families and friends. The Pongal festival also includes exchanging gifts, dancing, and buffalo-taming contests.

Pongal festival is also celebrated as Tamil Nadu's New Year Day. The Pongal festival also happens to coincide with **Makar Sankranti** that is a harvest festival celebrated in northern and other parts of India. In other regions it is known as **Lohri, Bihu, Hadaga, and Poki**.

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5 TIPS TO IMPROVE SELF-ESTEEM

What is self-esteem and why does a person need it? Is self-esteem, in any way similar or connected to self-confidence? If self-esteem is a much needed quality for an individual how can one improve it? Well, if these are the questions you are pondering on, you've reached the right place to get some clarity.

Self-esteem is not a behavioral aspect rather, technically speaking; it can be called as a quality which helps individuals feel good about what they are, their capabilities and achievements. Self-esteem is much needed for a person to get their emotional quotient in a balance, especially during a failure or in general, to realize one's true worth.

Self-esteem and self-confidence are different from each other but they go hand in hand and are dependent on each other. While self esteem is about feeling right about yourself, self-confidence is the positive thought you have about your ability to take up tasks or engage with people. If you aren't feeling happy about yourself chances are more likely for you to have a low confidence level in utilizing opportunities and taking up responsibilities.



With that said, it is time for us to know how and through what ways an individual could improve her/his self-esteem.

1. Self analysis:

You are the best one to begin your self-esteem improvement campaign with. Analyzing your positives and negatives is the first step in doing it.



2.Set your own targets:

Well, pick one out of the list of negatives you've jotted down and try to get the better of it. After getting to realize that you are good at many things, the next step to be taken is to prove yourself that you are capable of achieving better. Make sure not to set a stringent timeline to achieve it because a failure in your attempt would frustrate and demoralize you.



4.Self-appreciation:

Self appreciation can be carried out as an exercise on a daily basis. A self-appreciation exercise could be a timeout from what you regularly do, to recollect points on what you are good at and appreciate yourself for that. This activity, if done on a daily basis, can induce a huge difference in your overall character.



3.Relax a bit:

At times when you feel frustrated or low in confidence, getting yourself into a relaxed mood is important. Stop thinking of your failures or try to do so by getting yourself involved in things which you like doing the most.



5.Avoid comparisons:

Probably the biggest and the worst damage you could do to diminish your self-esteem is to compare yourself with others. Comparisons are good for businesses for competitor analysis. In such cases comparisons will give you valuable takeaways. If your comparison has no point or if it is just because you envy someone, it would do you worse.

BEST QUOTES

'Your future is created by what you do today not tomorrow'



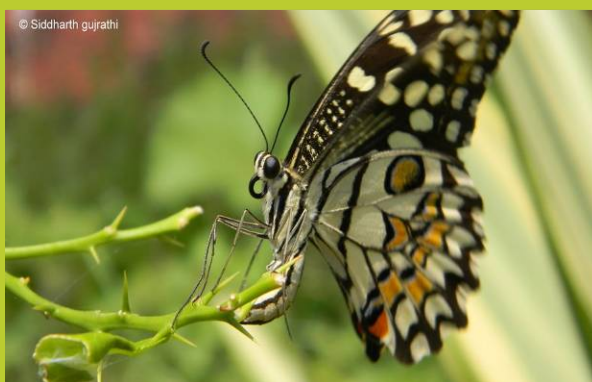
'Time & memory are true artists; they remould reality nearer to the heart's desire' – John Dewey



'Never make permanent decision on temporary feeling' – Wiz Khalifa



'Nature was here a series of wonders, and a fund of delight' – Daniel Boone



HOLIDAY LIST –Jan'15

1. New Year - 01/01/2015
2. Pongal - 15/01/2015
3. Thiruvalluvar Day - 16/01/2015
4. Republic Day - 26/01/2015



Just 3 Keys to Enjoy Life: CTRL+ALT+DEL



1. Control yourself



2. Look for Alternative solutions



3. Delete the situation which gives you tension....!!