



Maha Shivaratri- Tuesday, February 17



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THE EVENT

Maha Shivaratri : Maha Shivratri is the night of the worship of Shiva. It occurs on the 14th night of the new moon during the dark half of the month of Phalguna in the month of February or March when Hindus offer special prayer to the lord of destruction.

As per traditions, lord Sadashiv appeared in the form of "Lingodbhav Moorti" exactly at midnight on Maha Shivratri. That is why all Shiva devotees stay awake throughout the night of Shivratri and do "Shivlingam abhishekham" (prayers) at midnight.

Lord Shiva was married to Devi Parvati on Shivratri. With his illusive power, (Maya, Parvati) He becomes the "Sagun Brahman" for the purpose of the pious devotion of his devotees.

Another story states that, on Shivratri, Lord Shiva became 'Neelkantham' or the blue-throated by swallowing the deadly poison that came up during the churning of "Kshir Sagar" or the milky ocean. The poison was deadly that even a drop in His stomach, which represents the universe, would have annihilated the whole of Universe.

It is believed that anyone who utters the name of Shiva during Shivratri with pure devotion is freed from all sins. He or she reaches the abode of Shiva and is liberated from the cycle of birth and death.

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Living Long, Living Good – 10 Inspiring Thoughts From Dr.Shigeaki

Dr.Shigeaki Hinohara of Japan, who turned 100 on 4th October 2011, is world's longest serving physician. Starting from 1941. His power of healing and giving mankind a better life is extra-ordinary. His career marked by kindness, perseverance, and a positive vision dedicated to make people's life happy and healthy. His life and work is an inspiration and a lesson in living well. He has published around 15 books since his 75th birthday, including one "Living Long, Living Good" that has sold more than 1.2 million copies.



Dr.Shigeaki Hinohara

1. Feeling good is most important:

As compared to eating well or sleeping enough, it is most important to feel good. Just as children do not remember to eat or sleep when they are playing, if we as adults can rekindle the same spiritedness we would feel the energy inside us.



2. Manage your weight:

Your body cannot carry on for long if it has to carry the extra kilos. Eat light and healthy meals. Never burden your stomach. It causes slumber and sluggishness.



3. Have a plan to look forward to:

To sustain the vigor of the mind and soul, there has to be a consistent flow of positive, creative and enjoyable activities. The more things you have to look forward to, the more upbeat and interested you would be.

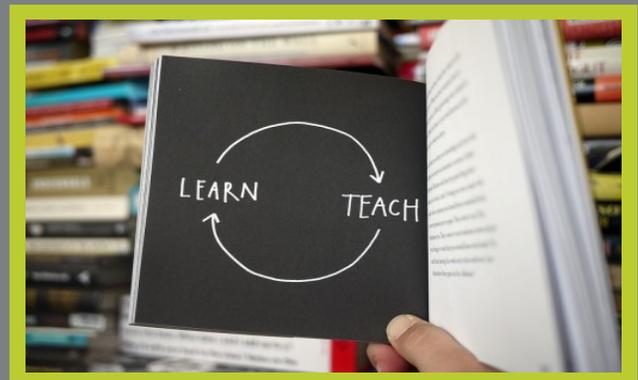


4. Enjoy what you do, and then there would be no need to retire:

People who are living and loving every moment of their work have the energy that is unparalleled. It keeps them charged up and going. They naturally have a desire and drive to live longer so that they can do more of what they already like.

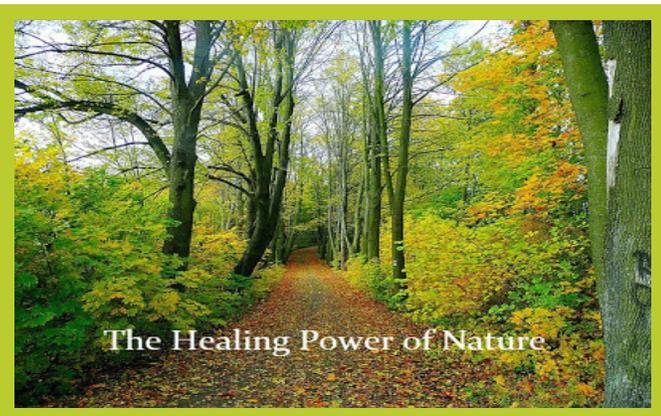
5. Reach out and share what you have learnt:

Learned people are everywhere, but it is rare to find those who make active effort to share what they know. There must be an inner realization of giving back, so that others can benefit. Try to find ways to share your knowledge and wisdom you have gathered through your experience.



6. Give nature a chance:

Every ailment has a scientific cure. But science has its limitations because sometimes illness in the mind and worse still, in the heart. For true healing there is greater power in the beauty and abundance of nature. Be it in the form of a garden, or a pet birds, what the soul needs cannot be prescribed by a doctor.



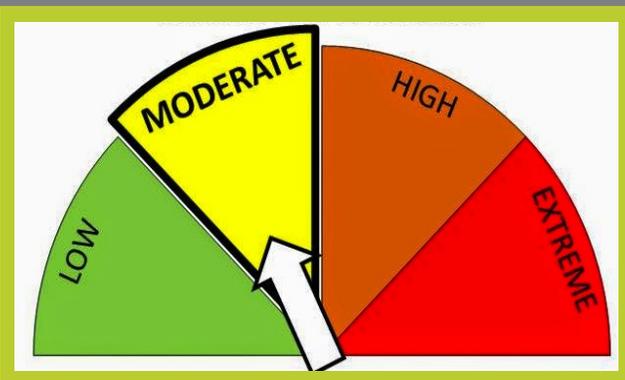
7. Climb the stairs:

Easy ways to keep your muscles healthy and going strong is to never miss an opportunity to use them. Resist taking the lift or escalator. Take the stairs instead. The benefit add up in the long run.



8. Be moderate about money and material:

After all the things that bring us deepest and lasting joy are those which cannot be bought by money. Spending the greatest part of your life acquiring wealth is hardly the best use of your life. Money is important, but contentment, even more.



9. Expect some unexpected incidents:

Life is unpredictable, so naturally a lot of times unexpected things will happen. Some pleasant and some not quite. Take things in your stride. Man is engineered to be able to thrive and not merely survive. Make the most of every situation, there is always something to learn from each experience.

10. Find a role model:

Set yourself a target higher than ordinary or normal. You would be surprised at the ability of a goal to propel you to higher levels. Have a role model, in fact have as many people who can inspire you to do your best. Examine your challenges using their perspective. It would unleash your inner potential, what you may not have even known.



Brithday Celebrity – Feb'15

1. Lalit - 15/02/15
2. Subhash - 19/02/15



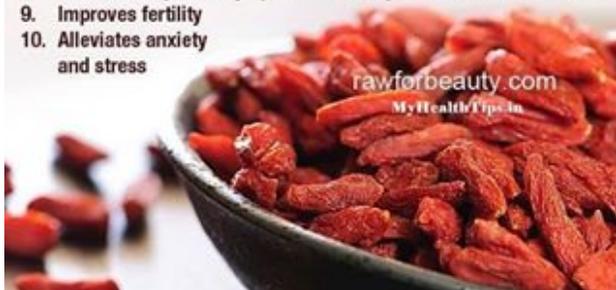
Best Quote

“Never play with the feeling of others because you may win the game but the risk is that you will surely lose the person for a life time” - Shakespeare



16 Health Benefits of Goji Berries

1. Powerful antioxidant
2. Maintains healthy blood pressure
3. Reduces cholesterol
4. Promotes normal blood sugar
5. Enhances sexual function
6. Improves your vision
7. Supports healthy liver function
8. Treats menopausal symptoms
9. Improves fertility
10. Alleviates anxiety and stress
11. Supports normal kidney function
12. Strengthens your muscles and bones
13. Improves your memory and recall ability
14. Helps chronic dry cough
15. Relieves insomnia and improves quality of sleep
16. Improves disease resistance



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