

BoDE Galaxy 'M-81'

Issue 2 | February 2021 | BoDE Foundation



Message from the Chairman – Neil Bhaskar

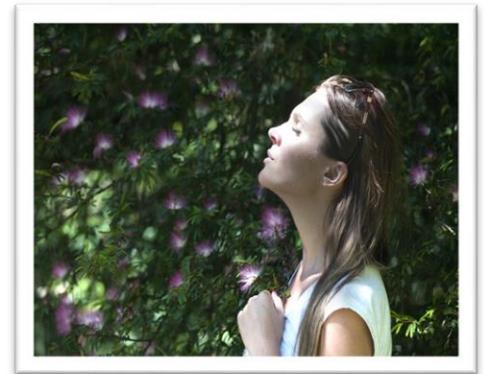
“The Human body is like a vehicle and the Soul is the driver”.

It is very important for each one of us to take care of the health of our body and mind. When we decide to look upon our own health, we unknowingly bring about a change into the world. And the factor that decides the overall health of a person, is ‘**Breath**’.

Why is ‘Breath’ important?

Breathing is the first thing we learn to do when we are born. Our bodily functions start operating from within the womb, but we need to begin breathing when we first see the light of day.

As per studies, it is something, which if focused upon, can bring about many positive changes in our life.



Blog Post

Learning the nuances and exploring one of the most essential part of a man’s life. Something that controls the body and the mind.

[Art of Breathing](#)

[‘Exploring breath is an utterly fascinating journey into the way we are wired.’](#)

The need for ‘Values’

Values are an integral part of human life. Our values are that which shape our lives and personalities.

Not only in an individual, but values also play a major role within any organization. When every individual starts living as per those values, the organization tends to reach an indomitable height.

When true values come to life

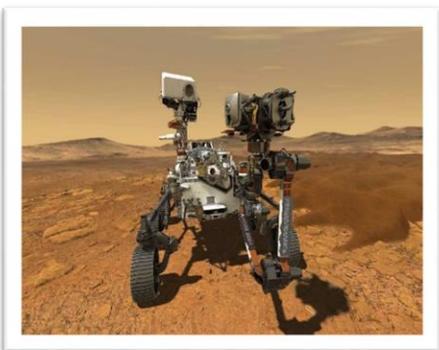
‘An act of giving is another face of an act of building’.

Story of Success

Some stories are those that encourage us to work. Some ventures set benchmarks for the world to follow. With changing times, entrepreneurship travels distinct paths, those lead the world forward.

The Changing face of logistics

‘In today’s world, with fast paced lives and the steady rise of internet, we have become dependent on speed’.



Innovations Around

Mars Rover, lands ‘flawless’

‘With the landing done, the plucky Nasa robot will begin its mission to search for signs of ancient life on Mars.’

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