

## BoDE Galaxy 'M-81'

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### *Message from the Chairman – Neil Bhaskar*

“We often tend to focus on the upper layer of the present and tend to forget the deep layer within, that has the actual potential to lead towards a better future”.

Even in case of business and entrepreneurship, in most cases we become myopic to the immediate returns, or the profit-making motive, neglecting the inner value of the enterprise.

### *The business world today*

The present day is mostly governed by the rise in technology guided by some ground-breaking innovations that carry within them the seed to a prosperous future. Most businesses today are ruled by advanced and modern technologies, some even completely shattering the primitive convention of an office building. It is time we understand the actual machinery that is required to be an entrepreneur and to create an impression on the fast-developing minds and conscience of the fast-paced world.



### *Blog Post*

#### *Evaluating True Success;*

*‘Any enterprise must have the capacity to be successful on the outer and the inner front simultaneously’.*

## *Monthly Communiqué / Periodical*

### *Self-control is a ‘must’, to take the helm*

For an individual to be at the helm of an initiative or an enterprise, it is highly necessary for them to be in full control of their body and mind. The most effective method for this is to have a grasp over one’s breathing.

For instance, when we are sitting or relaxing, a normal breathing rate for an adult is 8 to 16 breaths per minute. We do this without any thought, and it keeps us alive. However, by mindfully practicing deep breathing, we are utilizing one of our simplest and available methods to decrease anxiety and stress, lower high blood pressure, lessen pain, and even help our digestive system. When we take extra oxygen into our body, we are cleaning and exercising a calming effect on various bodily functions.

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### *The pillars of a good society*

It has always been thought of that businessmen make up for the strong base required for any society to stand upon. Be it enormous developments, employment, stabilizing the economy, it is the businessmen we count upon. Hence they form the pillars supporting a nation and its functioning.

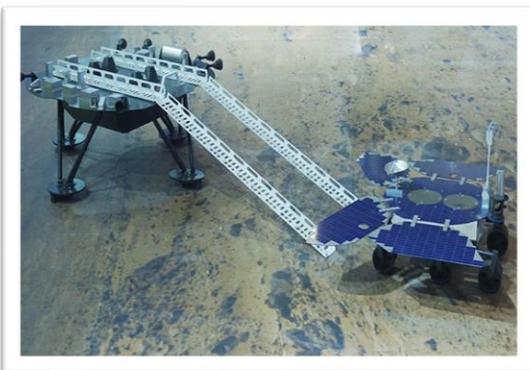
Recent time has shown us a different angle of contribution from these very pillars.



### *Businesses being lifesavers, in crisis*

*‘As time gets tougher, there grows more and more hands to fall back upon’*

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### *Innovations Around*

#### *Chinese Rover drives on Mars.*

*‘China’s remote-controlled rover, which landed on Mars a week ago, has driven down from its landing platform to the surface of the planet’.*

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