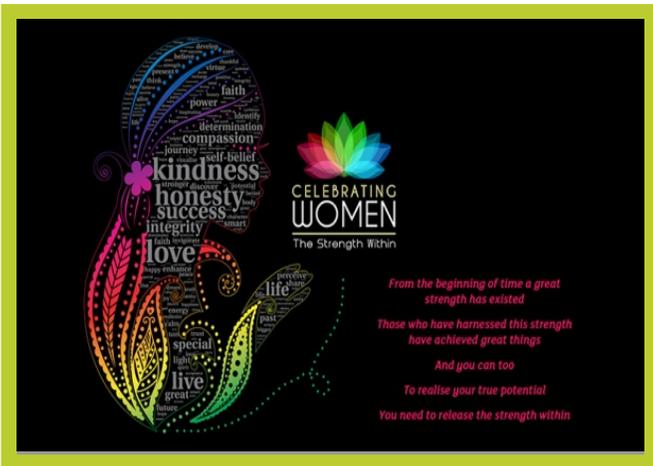




Women's Day- Sunday, March 8



KRITICONS LTD

THE EVENT

Women's Day : is celebrated on **March 8** every year. In different regions the focus of the celebrations ranges from general celebration of respect, appreciation and love towards women to a celebration for women's economic, political, and social achievements. Started as a Socialist political event, the holiday blended in the culture of many countries, primarily in Europe, including Russia.

In some regions, the day lost its political flavor, and became simply an occasion for men to express their love for women in a way somewhat similar to a mixture of Mother's Day and Valentine's Day. In other regions, however, the political and human rights theme designated by the United Nations runs strong, and political and social awareness of the struggles of women worldwide are brought out and examined in a hopeful manner. This is a day which some people celebrate by wearing purple ribbons

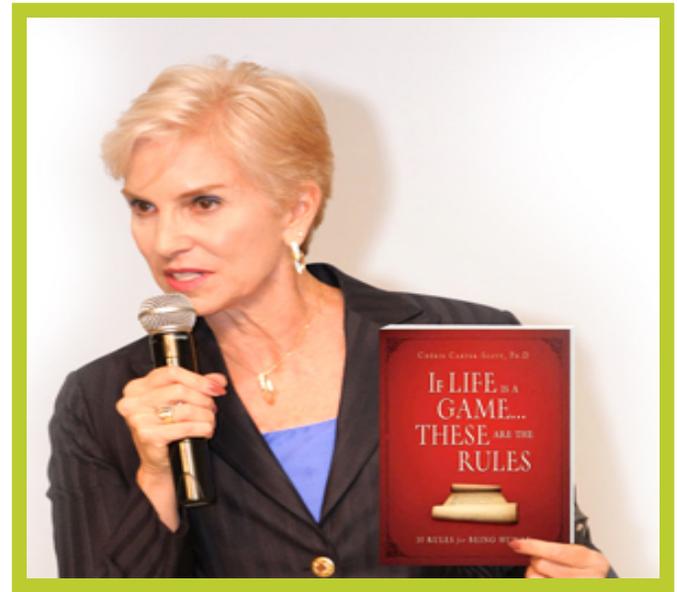
The tradition sees men honouring their mothers, wives, girlfriends, colleagues and friends with flowers and gifts. Thousands of events are held throughout the world to inspire women and celebrate achievements. Many global corporations also acknowledge this day by running their own internal events.

'Ceebros Centre'
No.3, 4th Floor,
45, Montieth Road,
Chennai – 600 008.
www.kriticon.com

E: admin@kriticon.com
P: 28592075 / 2099 / 2165 / 2168
F: 044-28592243

TEN RULES FOR LIFE

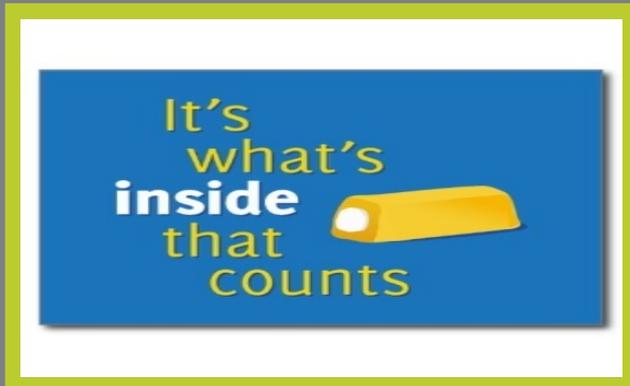
This summary is merely a brief outline and simply does not do the book justice, nor the wisdom within it. If you are interested in making the most of your life, and helping others do the same, buy Cherie Carter Scott's book 'If Life Is A Game, These Are The Rules'. Carter Scott references this quotation: *"Life is a succession of lessons which must be lived to be understood"* - **Helen Keller**.



Cherie Carter Scott

1. You will receive a body:

Whether you love it or hate it, it's yours for life, so accept it. What counts is what's inside.



2. You will be presented with lessons:

Life is a constant learning experience, which every day provides opportunities for you to learn more. These lessons specific to you, and learning them 'is the key to discovering and fulfilling the meaning and relevance of your own life'.



3. There are no mistakes, only lessons:

Your development towards wisdom is a process of experimentation, trial and error, so it's inevitable things will not always go to plan or turn out how you'd want. Compassion is the remedy for harsh judgement - of ourselves and others. Forgiveness is not only divine - it's also 'the act of erasing an emotional debt'.



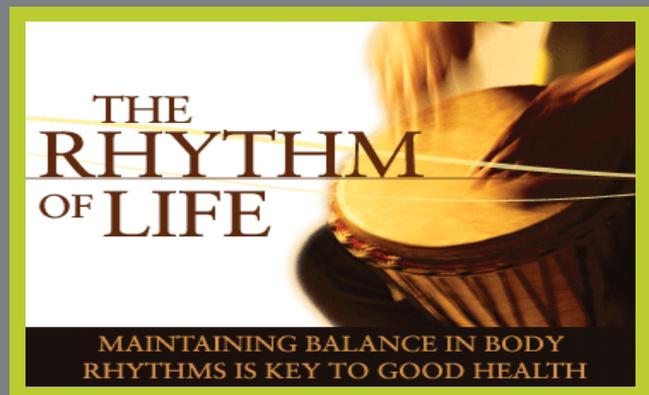
5. Learning does not end:

While you are alive there are always lessons to be learned. Surrender to the 'rhythm of life', don't struggle against it. Commit to the process of constant learning and change - be humble enough to always acknowledge your own weaknesses, and be flexible enough to adapt from what you may be accustomed to, because rigidity will deny you the freedom of new possibilities.



4. The lesson is repeated until learned:

Lessons repeat until learned. What manifest as problems and challenges, irritations and frustrations are more lessons - they will repeat until you see them as such and learn from them. Your own awareness and your ability to change are requisites of executing this rule.



6. "There" is no better than "here":

Be grateful for and enjoy what you have, and where you are on your journey. Appreciate the abundance of what's good in your life, rather than measure and amass things that do not actually lead to happiness. Living in the present helps you attain peace.

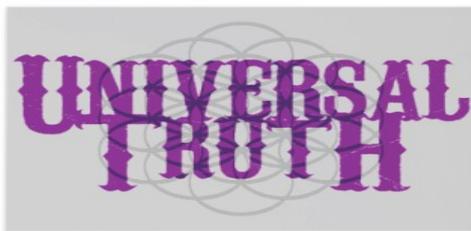
7. Others are only mirrors of you:

You love or hate something about another person according to what love or hate about yourself. Be tolerant; accept others as they are, and strive for clarity of self-awareness; strive to truly understand and have an objective perception of your own self, your thoughts and feelings. Negative experiences are opportunities to heal the wounds that you carry.



9. Your answers lie inside of you:

Trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration. Listen to feelings as well as sounds. Look, listen, and trust. Draw on your natural inspiration.



8. What you make of your life is up to you:

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things - bitter memories clutter your mind. Courage resides in all of us - use it when you need to do what's right for you.



10. You will forget all this at birth:

We are all born with all of these capabilities - our early experiences lead us into a physical world, away from our spiritual selves, so that we become doubtful, cynical and lacking belief and confidence. The ten Rules are not commandments, they are universal truths that apply to us all. When you lose your way, call upon them. Have faith in the strength of your spirit.

Birthday Celebrity – Mar'15

- 1. Saravanan - 06/03/15
- 2. Mathivanan - 06/03/15
- 3. Ramchand - 12/03/15
- 4. Purushotham - 18/03/15



Best Quote

The world suffers a lot, not because of the violence of bad people, but because of the silence of good people! - **Napoleon**



New Joinee – Feb'15

M. Satheesh

