

Work becomes a curse when it makes us forget our purpose in life

Day in the Life of Everyman

MANUEL needs to be busy.

Otherwise he feels that his life is meaningless, that he's wasting his time, that society does not need him, nobody loves him, nobody wants him.

Therefore, upon waking up, he has a series of tasks: He will watch the news on television (something may have happened during the night), read the newspaper (something may have happened during the day yesterday), ask his wife to make sure the children are not late for school, get into a taxi, a bus, a subway — always focused, looking at emptiness, watching the clock, if possible making a few calls on his cell phone, and making sure that everyone sees what an important man looks like, one who is good for the world.

Manuel arrives at work and looks at the paperwork that awaits him. If Manuel is an employee, he does his best to make sure the boss notices that he is there on time. If he is the boss, he puts everyone to work immediately. If there are no important or pressing tasks, Manuel will develop them, create them, implement a new plan and establish new lines of action.

Manuel goes to lunch — but never alone. If he is the boss, he will be found sitting with friends, discussing new strategies, speaking ill of competitors, always having a card up his sleeve, and complaining (quite proudly) of work overload.

If Manuel is an employee, he also sits with friends, complaining about the boss, says he is working too much overtime, says with despair (and pride) that many things in the company depend on him.

Manuel — whether a boss or employee — works all afternoon.

Occasionally, he will look at the clock, it's almost time to go back home, but will still sign this document or that one, will still decide to resolve a pressing issue before the day is done. He is an honest man and wants to justify his salary, the expectations of others, and the dreams of his parents, who both struggled to give him the necessary education.

Finally he comes back home.

He bathes, puts on more comfortable clothes, and goes to dinner with the family. He inquires about the children's homework, the activities his wife did throughout the day.

Every so often he speaks of his work, only to serve as an example — because he does not usually bring home concerns from the office.

When dinner is over, the children, who are not there for examples, duties, or similar things, immediately leave the table and go to the computer.

Manuel will go sit in front of his old childhood entertainment called television. Again he will watch the news (something may have happened in the afternoon).

He always goes to bed to read the technical book that is always on the bedside table — whether boss or employee, he knows the competition is great, and believes that he who does not update himself will risk losing his job and will end up having to face the worst curse: unemployment.

He talks to his wife — after all, he is a gentle,

hardworking, loving man who cares for his family and is ready to defend it under any circumstances.

Sleepiness comes soon, and then Manuel will sleep, knowing that the next day will be very busy, and that he needs to reenergise.

That night, Manuel has a dream. An angel asks, “

Why you do it?” He replied that is a responsible man.

The angel continues, “Would you be able to, for at least fifteen minutes of your day, stop a bit, see the world, look at yourself and just do nothing?” Manuel says he would love, but has no time for that.

“You're kidding me,”

says the angel. “Everybody has time for that, what is lacking is courage. Work is a blessing, but only when it helps us figure out what we're doing.

But it becomes a curse when its only use is to avoid thinking about our purpose in life.” Manuel wakes up in the night in cold sweat.

Courage? How does a man who sacrifices himself for his family not have the courage to stop for fifteen minutes? It is better to sleep again, he thinks. Everything that happened was just a dream, those questions lead to nothing, and tomorrow will be very, very busy.

Delhi Kids know fast food is unhealthy but won't stop gorging on it

AWARENESS alone does not lead to action when it comes to healthy eating habits among schoolchildren in Delhi, according to a new study conducted by the scientists of Maulana Azad Medical College in the Capital.

The study surveyed 293 children in Class VI to VIII of a government and a private school in central Delhi and the results were published in the Journal of Nursing Science and Practice. It showed that children possessed a lot of information on healthy food and the importance of physical activity, but when it came to actual practice, most chose to eat unhealthy food and spend time in front of the television or the

computer.

Around 80 to 90 per cent of the children in the age group of eight to 12 years knew that green vegetables, lentils, milk and fruits were good for health and that fast food was unhealthy. However, this awareness did not reflect in the children's lifestyle. Half the children surveyed had soft drinks at least three times a week while almost the same percentage ate chocolates and crisps.

“Eating junk food more than twice a week or consuming sweets on a daily basis are unhealthy food habits. Though, 70 to 80 per cent of the children ate healthy food at least three times a week, standard guidelines require that they eat them twice each day,”

Tanu Anand, one of the authors, said.

“We chose this age group because this is the habit-forming time in their life. There is a need to design interventions like lifestyle approach which means giving choices and skills to children.

For example, pizzas and burgers can be made healthy at home by adding vegetables,” Anand added.

Jugal Kishore, who led the study, said: “We need to explore the reasons as to why children are not transforming knowledge into action. One reason is that unhealthy food is available closer to schools. Rather than eating food cooked at home, they buy food from the vendors. Advertisements

play a major role in guiding children's eating habits too.

Nearly 65 per cent of the children interviewed that they often buy food items after seeing an ad.” The study also found that a majority of the children opted to remain inactive during their leisure time. Over 70 per cent said they had around two hours of leisure every day but over 70 per cent chose to spend their time playing video and computer games or surfing the Net. Video and computer games were preferred by almost 42 per cent of the children while 29 per cent preferred watching TV and another two per cent surfed the Net. Only 27 per cent children opted for sports.



EVENTS DIRECTORY

Asian American Fair (Shreenath Enterprise Inc. & Royal Hotel)

Saturday, August 27, 2011
11:00 am - 10:00 pm
Garden State Exhibit & Convention Centre, New Jersey
Fee: \$2 Ticket with free raffle
More info: visit www.asianamericanfair.com

Free Health Fair (Gujarati Samaj of New York)

Sunday, September 18, 2011
10:00 am - 3:00 pm
More info: Contact Ashwin R. Pandya M.D. #516-280-7574
Apandya880@hotmail.com

Erasing Borders: Exhibition of Contemporary Indian Art of the Diaspora (Indo-American Arts)

Council -IAAC)
Opening Reception: Thursday, August 18, 2011
6:30 pm - 8:30 pm
Exhibition Dates: August 16 - September 3, 2011
Aicon Gallery, 35, Great Jones Street, New York City, NY
Free to attend
More info: visit www.iaac.us

Punjabi Virsa 2011

Saturday, October 1, 2011
Starts at 6:30 pm
The Hills Center, Carrington Road, Castle Hill, AUSTRALIA
Fee: Tickets purchase necessary (visit www.thehillscentre.com.au)
More info: visit: www.seeg.com.au

Sri Ganesh Chaturthi Celebration (Nava-Dina Mahotsavam)

(The Hindu Temple Society of North America)
Friday August 26th - Sunday September 4th, 2011
Different Timings (see ad in our newspaper)
45-57 Bowne Street, Flushing, NY 11355-2202
Free to attend
More info: visit: www.nyganesh temple.org

Exclusive Sound and Light Show and entertainment

(Shradhaa)
Friday August 26th 2011
Time: 6:30 pm onwards
Deewan Banquet Hall, 560 Stelton Road, Piscataway, NJ
Tickets: Applicable. Call: 732-713-1419, 732-689-4356
More info: visit: www.shradhaa.org

Entice with Spice - Easy Indian Recipes for Busy People By Shubhra Ramineni

Discussion about author's recipes, cooking techniques, Book Sale, Book Signing and Reception (IAAC & SAJA)
Thursday, August 25, 2011
Time: 6:30 pm - 8:30 pm
Aicon Gallery, 35 Great Jones St., NYC
Suggested Donation: \$5.00 More info: visit www.iaac.us

Shri Krishna Janam Mahotsava (Divya Jyoti Jagrati Sansthan)

Sunday, August 28, 2011
5:00 pm - 8:00 pm
Hindu Temple Auditorium, 143-09 Holly Ave., Flushing, NY 11355
Fee: Free to attend
More info: Call: (718) 463-3710

Vishnu - Hinduism's Blue Skinned Saviour Exhibition (IAAC)

Wednesday, August 31st, 2011
Starts at 4:00 pm
Brooklyn Museum, Brooklyn, NYC
Fee: \$35 (includes bus from Manhattan and back, private IAAC tour of the exhibition and reception with the Curator Joan Cummings)
More info: contact: tanu.iaac@gmail.com or visit www.iaac.us

An Exclusive Preview of the Sotheby's Fall Preview of Modern and Contemporary South Asian

Art including Indian Miniature Paintings (IAAC & Sothebys)
A Reception with Dr. Beth Citron, Assistant Curator RMA, and Priyanka Mathew, Head of Sale, Modern and Contemporary South Asian art, Sothebys
Monday, September 12th 2011
Starts at 5:00 pm
Sotheby's, 1334 York Ave @ 72nd Street, NYC
Suggested Donation: \$25
More info: visit www.iaac.us

Rehana Lew Mirza's play BARRIERS

(In commemoration of the tragedy of 9/11) (IAAC & Desipina)
Sunday, September 11th 2011
Barriers Benefit Schedule:
4:30-6:60 pm: Pre-performance Reception
5-5:30 pm: Discussion and Q&A with Director & Cast
7 pm: Performance of Barriers

HERE theatre, 145 Sixth Ave, NYC
Tickets: \$30 general admission; \$25 IAAC members/students w/ID
More info: visit www.iaac.us

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