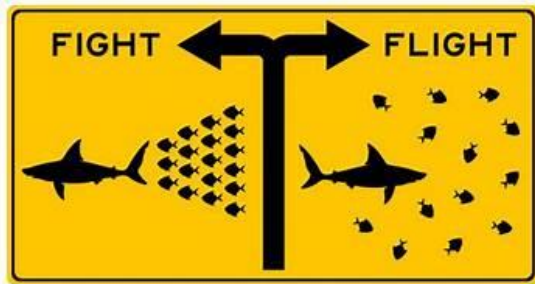


The human brain responds to stimuli in two ways. "Fight" or "Flight".



If the enemy is conquerable the brain instructs the body to "fight" and take on the aggressor.

If the stimuli is big then the brain deciphers it as a serious threat and instructs the body to take the "flight" route.

In both the cases, adrenaline is generated to increase the heart rate to cope up with the requirement for oxygen, which is so very essential for combustion.

Covid is a new animal. Both the "Flight" and the "Fight" have to be carefully calibrated and timed to perfection. Lockdown, alone won't help, neither will gay abandon.

Am sure, most of us would have used this time for Improvement. Improvement begins with a Capital "I". Let's Improve our Immune system by thinking right and doing right, which includes eating right. A body out of control is a sign of mind out of control.

Our culture, traditions, mythology and cartoons have a lot of reasoning and logic. Be it the "chunna" in the "paan" that neutralizes any excess acids that the guts may have generated due to excess intake at The "davat" or Popeye's energy source the humble spinach or the fact the Count Dracula could be warded off with a pearl of garlic. It's time to get back to basics.



Our culture to be grateful to the elements is what the modern world describes as Sustainability. What **Five Star Climate Change Conferences** couldn't do in decades Covid achieved it in a matter of weeks. Marine life thrived, dolphins were see off the Mumbai coast, The Ozone layer healed itself. Whatsapp was buzz with news of people being able to see the Himalayas from their windows, Burj Al Arab from their balconies and what not. It's a pity we can't enjoy the fresh natural air and have to wear masks. The greatest self-destruct species is MAN. In 1958 all sparrows n China were ordered to be killed as they were thought to consume too much grain, subsequently in the next three years 45 million people died of famine as the eco system was damaged. Famines, Floods and natural calamities are nature's way of communicating how little control we have. History repeats itself because we repeat our mistakes. Just about one milligram of an inanimate virus brought the entire humankind on its knees. Let's unite and fight the virus, the poverty rather than fighting and killing ourselves.

If this has struck a positive chord, please send a line to murali.shanker@krystalallied.com. Brickbats too are welcome.

By the way we also do a lot of mundane things like taking care of your property by offering facility services that are custom designed to meet your requirements and guaranteed to reduce your operational costs. Try us....