




Shirish P. Sebastian



PEACE
BEGINS WITH A
SMILE

Mother Teresa





**The ability to
know how
to think – is
far better
than
knowing
what to
think!**

Starting point

Thoughts

Destiny

**Soch
Badalna
Jaroori
Hai !**

Words

Character

Actions

Habits



Are you ready to step
Out of your COMFORT zone???



WT Winning Team
The Team of Champions

**KUCH
PAANE
KE LIYE
KUCH...**



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**COMFORT
ZONE**

**EFFORT
ZONE**



WT **Winning Team**
The Team of Champions



SURVIVAL

The word "SURVIVAL" is rendered in large, bold, black capital letters. Each letter is a silhouette of a 3D block. Various human and animal silhouettes are positioned around the letters: a person stands on the 'S', a person climbs the 'U', a person stands triumphantly on the 'R', a person crouches on the 'V', a person sits on the 'I', a person climbs the 'V', a person sits on the 'A', and a person sits on the 'L'. Animals include a monkey on the 'S', a monkey on the 'U', an elephant on the 'R', a giraffe on the 'V', and a monkey on the 'A'. The background is a bright orange and yellow sunset sky.

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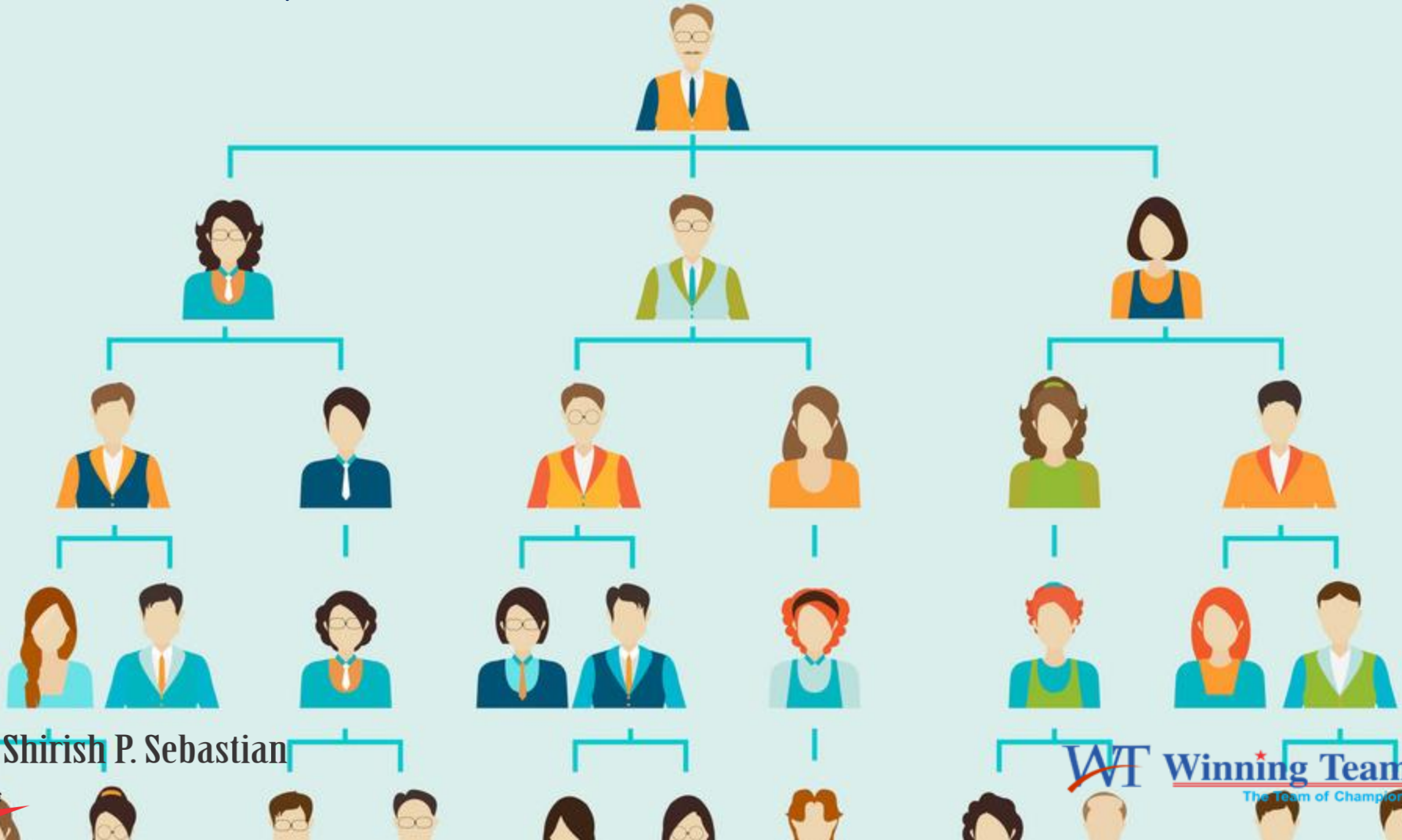


Significance



Position Based Leader

People don't have a choice



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Permission Based Leader

People like to follow you!

Some will like you, some won't.



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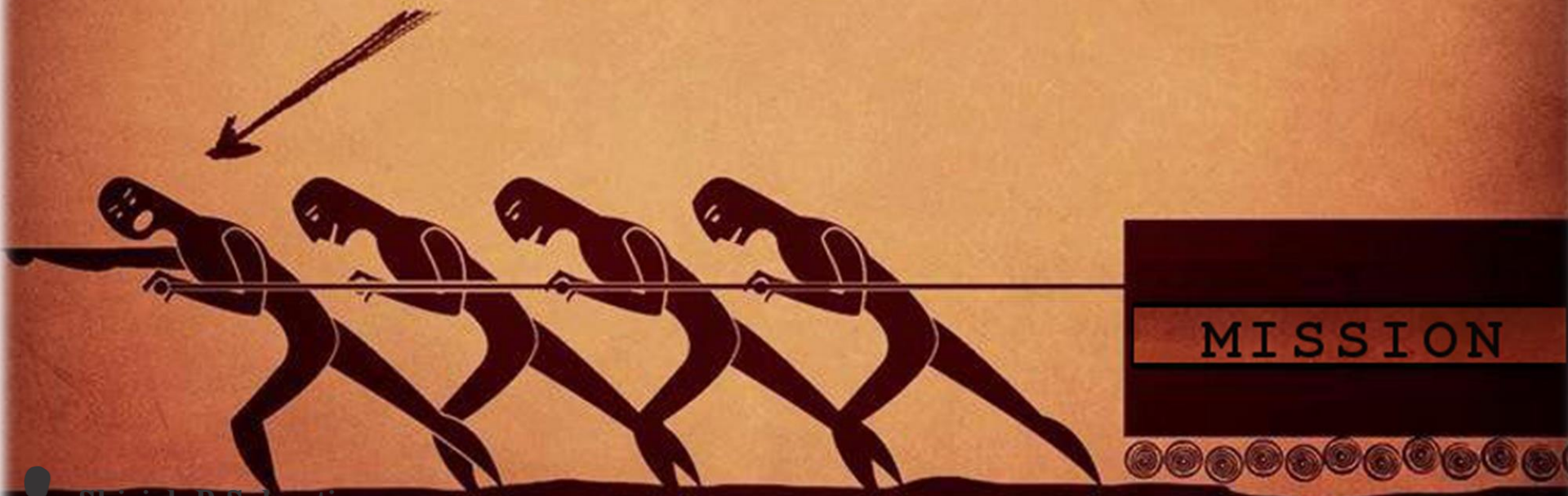
WT Winning Team
The Team of Champions

Production Based Leader

You are producing results, people with you also need to produce results!

LEADER

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The Team of Champions



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Development Based Leader

*You get people to
produce results!.*



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Personhood Based Leader

People just want to be with you.

Charismatic leadership





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CHALLENGES



AHEAD

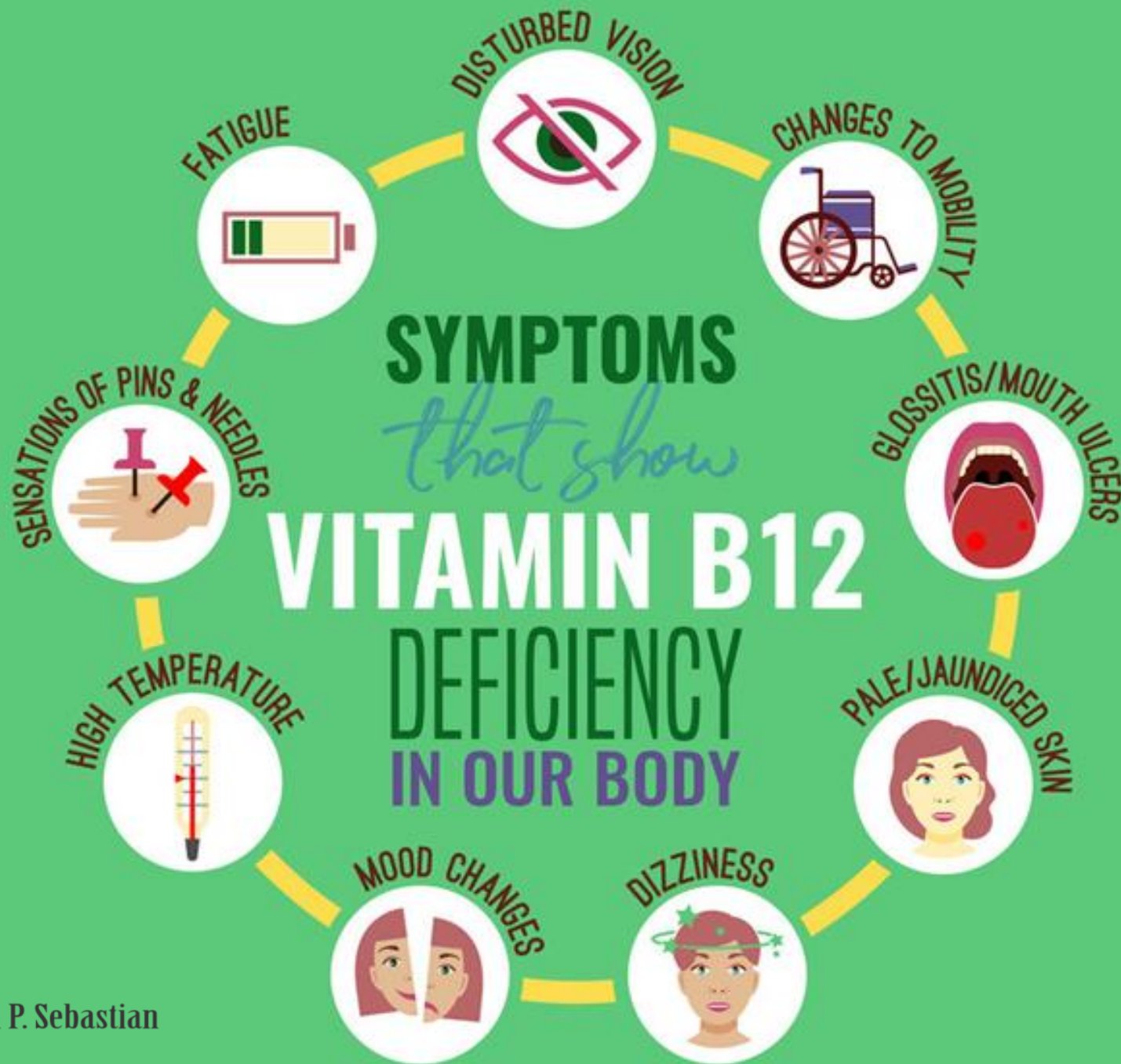
Sources of food



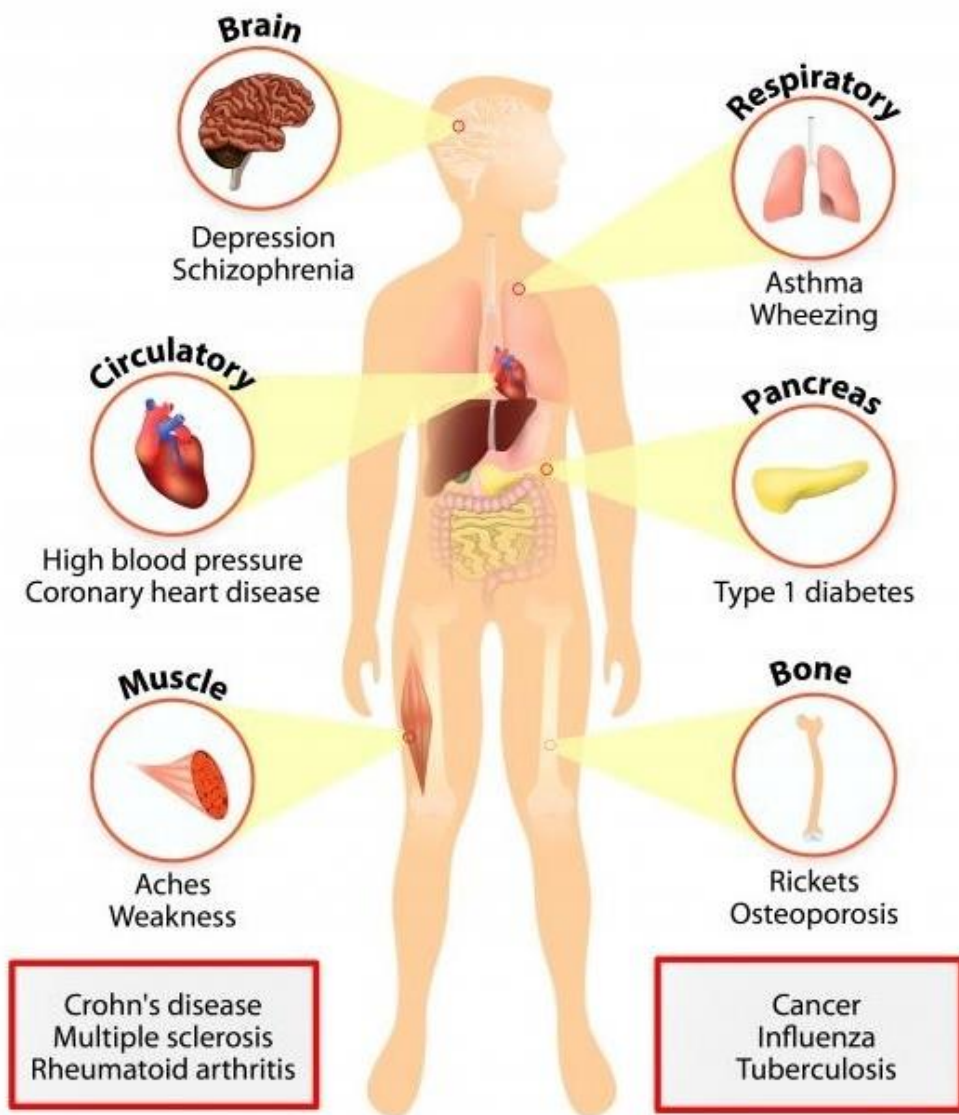
Uber
Eats

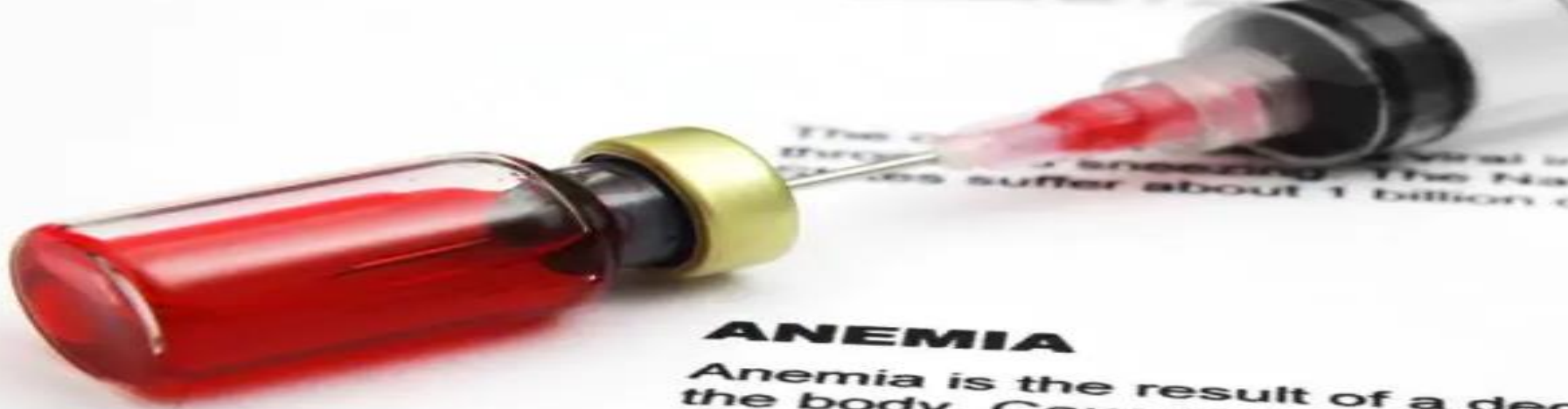
zomato

SWIGGY
FOOD DELIVERY APP



7 Signs of Vitamin D Deficiency





ANEMIA

Anemia is the result of a decrease in the number of red blood cells in the body. Causes include...

Symptoms of Anemia

Red = In severe anemia

Eyes

- Yellowing

Skin

- Paleness
- Coldness
- Yellowing

Respiratory

- Shortness of breath

Muscular

- Weakness

Intestinal

- Changed stool color

Central

- Fatigue
- Dizziness
- Fainting

Blood vessels

- Low blood pressure

Heart

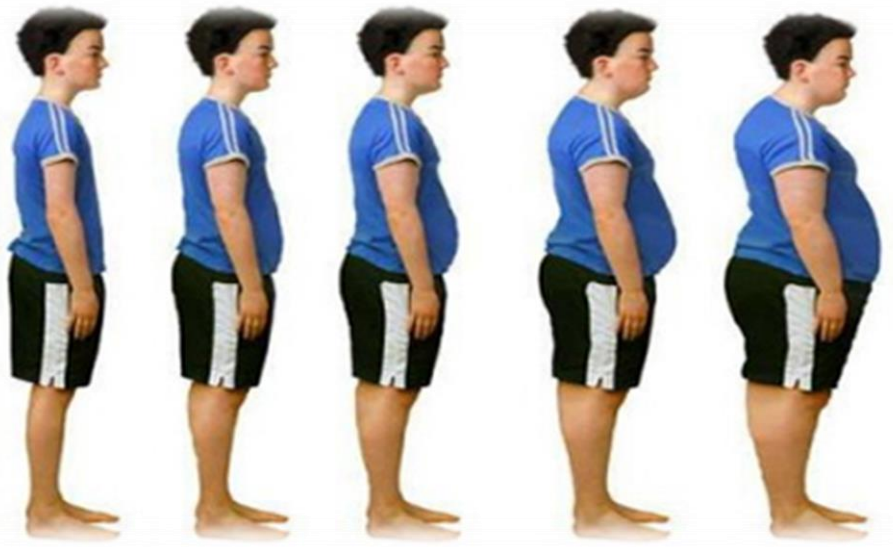
- Palpitations
- Rapid heart rate
- Chest pain
- Angina
- Heart attack

Spleen

- Enlargement



PCOS SYMPTOMS



MALNUTRITION



NUTRIENTS MISSING FROM YOUR DIET



What we are today, is a result of what we have eaten in the past, what we will be depends on what's in our plate today!

 Shirish P. Sebastian








AT&T 9:21 AM

Discover People

Suggested Facebook Contacts

83 Contacts [Follow All](#)

-  **arawdon22**
Melissa Crangle [Follow](#)
-  **cindyrose117**
Cindy Rosade [Follow](#)
-  **dknightwoodley**
Danyelle Knight... [Follow](#)
-  **atkidds**
Jerry Link [Follow](#)
-  **babysamson**
[Follow](#)















Facebook

Phonebook Contacts

Phonebook Contacts









Facebook: Phonebook of other contacts can help organize your email, photos, calendar and Facebook events.

If you would like to remove your mobile address book from Facebook, you will no longer be able to sync it with your mobile phone and not Message.

-  Elizabeth Rosefield
1,811,883,2410
-  Ashley Rosefield
1,811,883,2410
-  Adam Clayton
1,811,883,2410
-  Adam Clayton
1,811,883,2410
-  Adam Clayton
1,811,883,2410
-  Adam Clayton
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1,811,883,2410
-  Adam Clayton
1,811,883,2410
-  Adam Clayton
1,811,883,2410
-  Adam Clayton
1,811,883,2410

Contacts

FAVORITES


-  Amit Verma
-  Amit Verma
-  Amit Verma
-  Amit Verma
-  Amit Verma
-  Amit Verma
-  Amit Verma
-  Amit Verma




Mail ▾

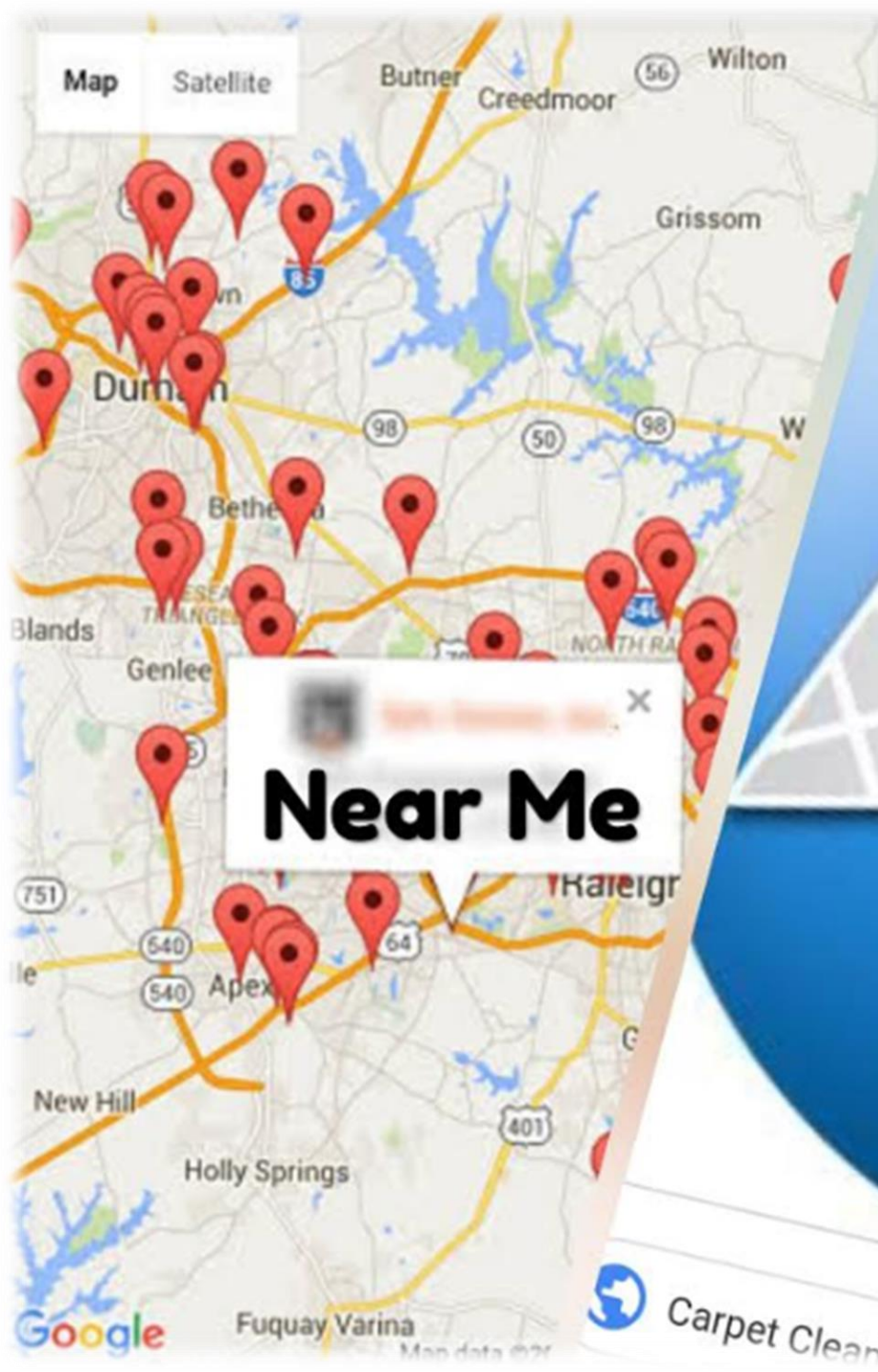
- Mail
- Contacts**
- Tasks

Sent Mail
Drafts (1)
Trash

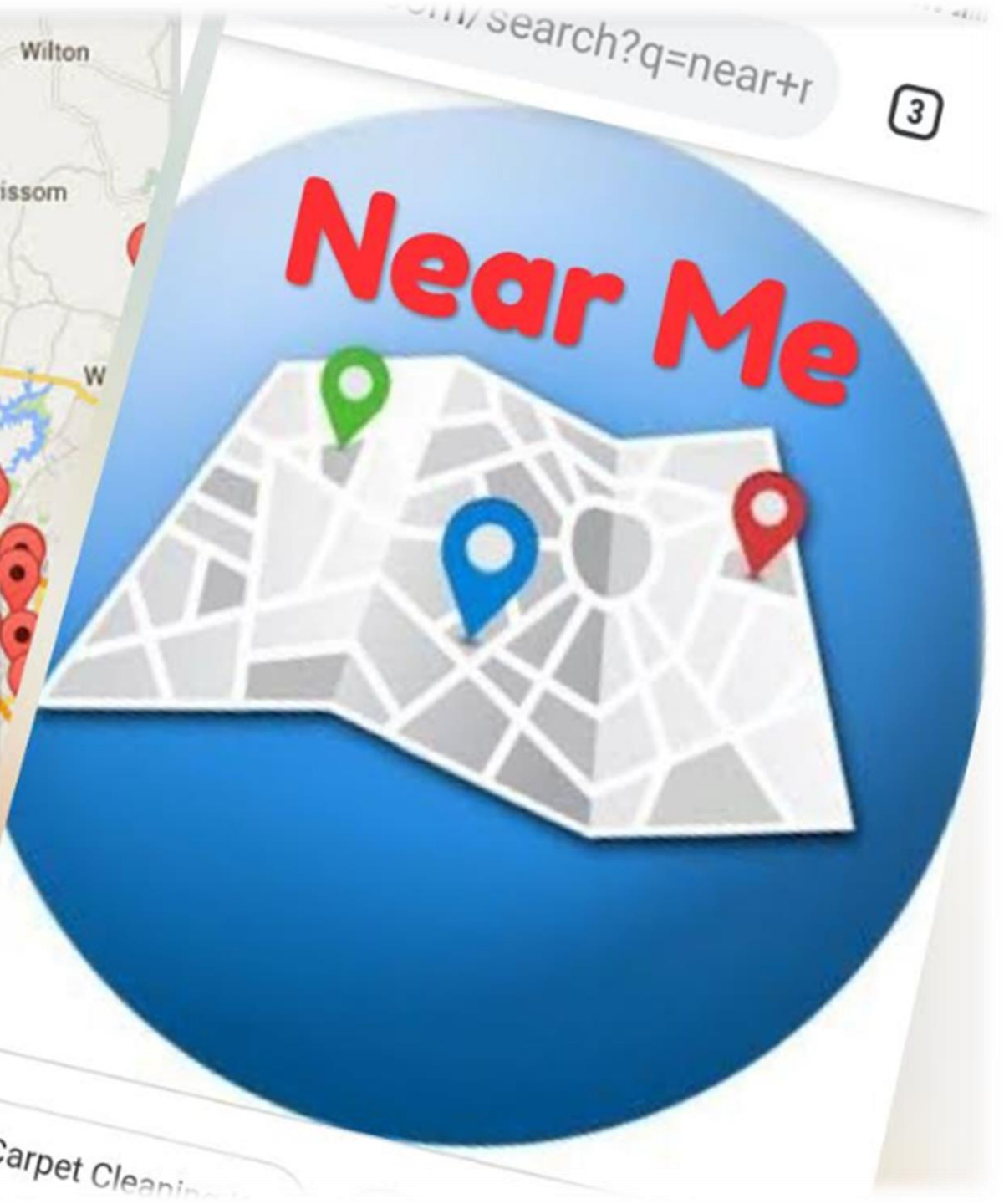
Press Releases - P

 Primary

   Mixpa

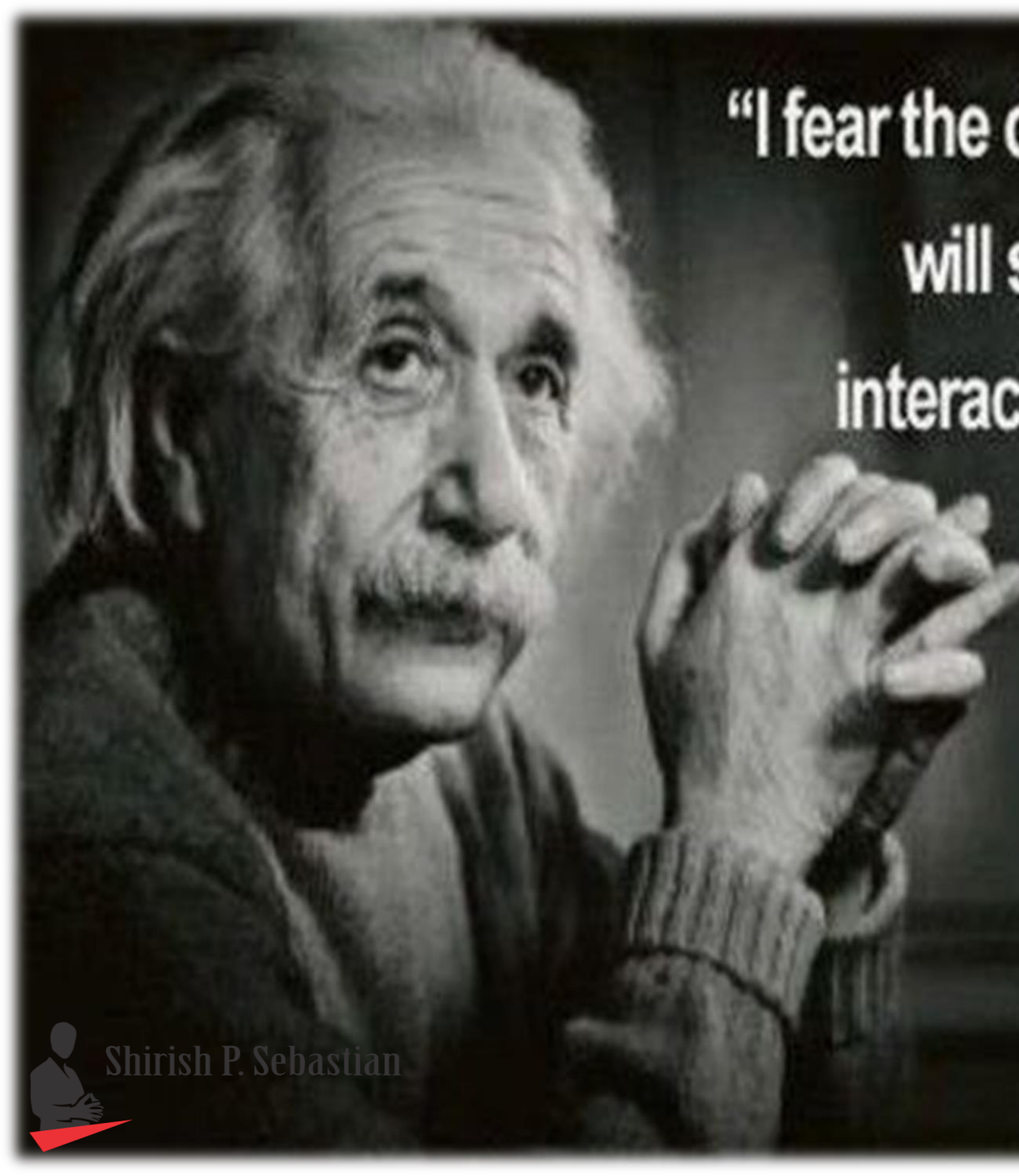


Near Me



**I
S
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A
T
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N**





“I fear the day that technology
will surpass our human
interaction. The world will
have a generation
of idiots.”

Albert Einstein



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WT *Winning Team*
The Team of Champions





The average 24-hour workday

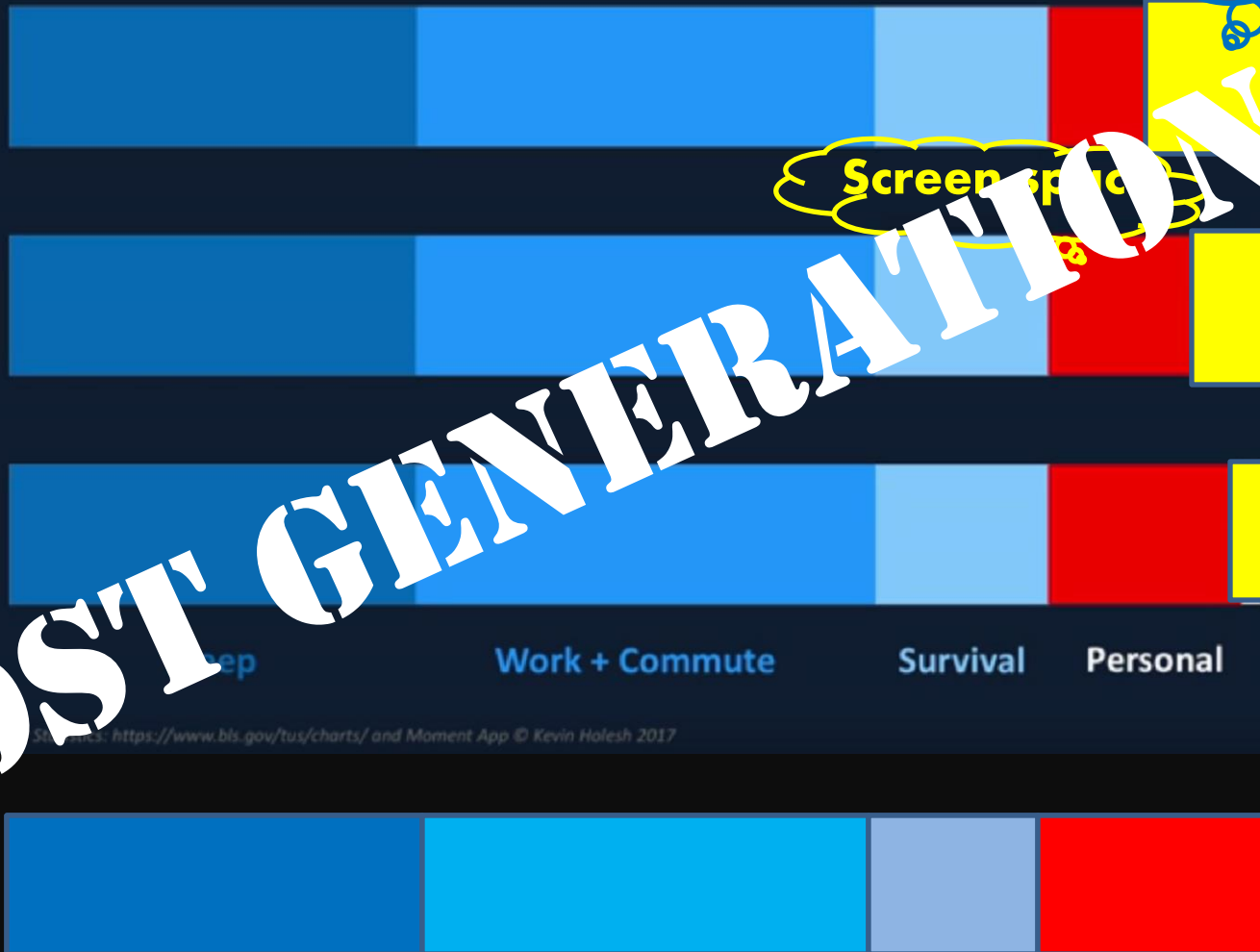
Creativity

2007


2015

2017

2020



Data from the Bureau of Labor Statistics: <https://www.bls.gov/tus/charts/> and Moment App © Kevin Holesh 2017



**The ability to
know how
to think – is
far better
than
knowing
what to
think!**

**Is your GPS
Activated ?**

Gods

Positioning

System



Access Posture for Unlimited Data!



**It starts
with **You!****





Knowledge

WISDOM

APPLY



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RECAP

MALNUTRITION / ISOLATION

10 MINUTES POSTURE



+



MISSION KRANTI POEM





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More details