



PART-01

Who doesn't want to be healthy in daily life? In order to keep ourselves healthy we try to have good food habits apart from other wellness exercises we do like- Yoga, Meditation, Pranayama, Walking, Jogging, Running etc., Besides healthy Life style.

For doing this, one need to spend certain amount of time, whereas Smiles, Giggles, Laugh will put a smile on your beautiful Face with a glance. I promise you that this book provides you all this at free of cost. Try to have daily glance or whenever you feel otherwise-These Giggles works as a tonic for your health.

After all Smile improves face value besides giving health!

Just go ahead to read on.....

Murthy

Life is always beautiful. It all depends on us...

"

Till recently I was considered as a young surfer in the cyber world-soon after my hairs turned into grey I am called a silver surfer!

"

Elderly talk will be Harmonious talk!

Teenage talk will be Hormones talk!



I am busy in teaching "machine learning" to machines

As long is my blood is red and my heart is Pink I am with Pink of Health

When Past catches up with us sometimes- it's like catching up with Cold. Cured or incurredTreated, untreatedStays for some time!



How to avoid Home sickness ??? Leave" it" at home!



If you don't move for a long time from the chair- you can't move without g the help of "moov" Gel!

Till now People have been sitting in the "Balconies" of Cinema Halls. This is the first time all of them must be sitting in their balconies Thanks to "Stay at Home"

"

Is Studying about the waste material is waste in life!?

What a paradigm shift in everyone's Life-People are wishing Highly Positive to be "Negative" nowadays!





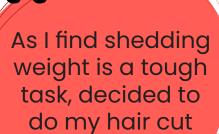
We should help to flatten the Corona Curve by staying Home Safely. Be alive first and then we can flatten our belly's curve later.



Pure souls transported to
Heaven via Hell just to have
glimpse and sampling,
besides for saying Hi to many
of our friends there!



Someone says "Lifelong" doesn't mean that our Life is Looooooong!



Whenever I travel-I personalize my space in the entire seatspread my body for a sleep!



Nowadays People forget walkingas they are busy travelling through cyber space domains!



"Ego" is one of the most tempting Exhibits-and many people love to showcase it in these days!

Can we call the people who invest in health improvement equipment are called healthy investors?



Whether clouds rains the water or not, it rains the data if one can hack it!

Karma" is Past, Present continuous and Future as it always follows us!



Talking is interesting!!

Stalking is fascinatingespecially in FB!



Nowadays People forget walkingas they are busy travelling through cyber space domains!

"

Whether clouds rains the water or not, it rains the data-if one can hack it!



Some people hesitate to communicate as if they are suffering from "communicable disease"!

Who works
Non-stop without
looking at time?
?
?
CLOCK!!

It's futile to fight with tough Exam.
Better to surrender and come out
of "It" from the Hall. It's a Win- Win
Situation- But not in Life!

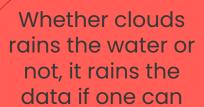


Whenever I hear Tesla's "Elon Musk" name, it sounds like Musk Melon!



It's not necessary to know the name of your neighbor, as long as you know their Wi-Fi password.

Nothing Roman in "romantic"- it's for all. As all Romans neither is romantic or all romantics are Romans!



hack it!

I am busy in rewriting the history as I am unable to create!

Few people while talking always complaints on others- thinking that they are calling the customer service!

"Sorry" is the most abused word in people's mouth. And "Sorry" feels very sorry for it, as none uses "it" with sincerity. And I am also sincerely sorry to say this!



Concentration is the key for success- that's why I always look at the Key with concentration!

"Agents of death" are roaming freely in our hands, drive carefully without catching its attention!



A person who utters lies- never agrees, like a snorer never agrees that he is snoring!

People love passing the buck to others without any hesitation- not the real bucks!





I live in a Multi star Residence!

I sleep under the Open sky!

"

Change makers: not the people who work in the "Mint"!



"Gut feeling" is not you feel in your gut-it comes from the Mind!

Harmonium and Harmony become extinct- that's why we don't see both in many homes!

As "Fat" not able to become slim is under stress, it became slim immediately!



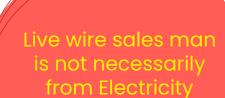
Don't cry for me, when I exit, I am back with memory back Up to chase you people!

"

If you want to retain the energy everyday- don't drain your smart-phone's battery.



When you have too many sweet teeth-you are sowing the seed of Diabetes in your fertile body!



board

If you are intelligent-don't think it's your greatness. You would have used the Fountain Pen with "Bril" ink in your childhood!



Spirit is not adventurous- "Spirits" are- as they make us adventurous!



"Open Mind" Doesn't mean that you make it as a "free entry" to public!

Clouds are nameless what we know, nowadays every company have their own cloud!

Nowadays relationships are click away for making as well as snapping-It's all one click of the Mouse!

I am busy in rewriting the history as I am unable to create!

Like every Man is not a Gentleman, Every Gentleman is not gentle!



Actors are meant to "play to the gallery"; whereas our Politicians overtaken them in mastering this art!



Making money is very easy, when you have learnt how to make it!

Nowadays Life has become so hard, people wants Life to be in a "soft copy format"!

I am a very good human being-without signing self-disclosure clause!

Generally I take long walks as I am a strong believer of "Walk the talk"!

You can't have the cake and eat too is the saying. But one can eat also provided it is shared!

The reason I sleep more is to conserve oxygen as the consumption get reduced by my body cells-not because of procrastination!



I kill boredom; otherwise it kills me as I am old enough!

It seems "Wireless" is sounding as "Wear less" for few people, hence started conserving their cloth!



When you go to park, don't park yourselves –just walk. Park is meant for walk not to park!







Spiders are moving freely all over in the home as I started living in the Web!



If you are planning for a "Weight-loss" programme-re-member you will have to "wait"!

Nowadays Life has become so hard, people wants Life to be in a "soft copy format"!



Though I am a giant killer- I am gentle in my killing as I do it slowly!

I am dating into my past as I have World of time-"currently!"



Few people are so Selfish in their Life as if "Selfness" is patented by someone!



We heard, know, and seen Shells and Companies, thanks to few Politicians, and Rich &Famous for making us to know about "Shell companies"!



Enlightenment is not entertainment; hence many people are disinterested in it. As nowadays people don't 'entertain' anything other than Entertainment in life!

Though I am a giant killer- I am gentle in my killing as I do it slowly!

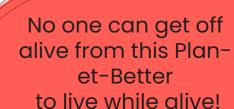
Cigarette



Sign board hanging on a shop

Steal Traders!!!!

Exclusive dealers in Authentic stolen material only!





I hardly get the time in doing things as I am always busy in updating "Things do to list"!



I hardly get the time in doing things as I am always busy in up-dating "Things do to list"!



I allow my brain to have power nap while I am talking to disinteresting people!



If you are not getting enlightened- don't worry- Even Arjuna have it after listening to 18 Chapters of Bhagavadgita!

Basically I have Shakespearean's Jargon with me. The problem is with this "Auto correct".



Funny writing, fun in writing is a Fun you know! But it's a serious business!

"

Few people try very hard to become spiritual in life, whereas many becomes, by a single hand with a bottle opener!

"

Swing denotes-joy and happiness- but few are happy with their Mood swings!



Antidote for stress, worry and anxiety!

•

Don't fall for them!

What it is called when teenagers talks?

Hormonal talk!



Never argue with a fool, rather you can do with the God-as He can tolerate your foolishness also!



How to avoid Monday Blues?

Where the blue dress every Monday!

It's futile to fight with Exam-better to surrender and come out of "it" from the hall- it's a "Win- Win" sit-uation!



"Love & Hug the World" doesn't mean that you hug the first person you meet on the road-I don't think that's the way we get inspired!

We keep the trap for the "Mouse"-even in the digital age. Whereas strangely- all of us got trapped in to "Mouse" nowadays and they are running all over the home!





As everyone can't be perfect in Perfection- I become perfectly imperfect!

"

Don't be worry about your sudden weight increase on Mondays- it's all weekend craving effect. Eventually you lose it before week end!

"

Nowadays most of the time I am outside- as somewhere I read one need to get more exposed to come up in life!

> "Fast food" is allowed while you are "fasting"!

Miss in aisle seat is a missile-especially when yours is the next seat with one touch!



I am cautiously optimistic with few people in my Life as it always helped me!



Nothing is rocket science in Lifeexcept knowing "Rocket Science"!

Umbrellas are used by many Ladies in all seasons. To get protected from rain during Monsoon and in other seasons to protect their "Make up"- as it is made up!



When you do "search"
number of times- it becomes
research. We all are research
scholars from Google
research Institute!



U

I am doing research on sleeping patterns-which makes me rarely awake as I keep sleeping for research purposes. The problem is as I am always on sleep modenot able to write my research findings!

"

Working from home is becoming challenging to convince the boss.

Hence I recruited a boy to move the mouse!

"

Where will the dead go?

To the Deadly World!

It's said humankind, mankind-but never said "woman kind"!

Iron gets rusted when not put for use-Don't forget to use your brain!



Shaving has to be done from close- is it not called close shave?



As I can't afford "ill health"trying to stay back healthy!

Don't give your heart to anybody just like that!

As you don't get spare one easily!

"

Receding hairline doesn't always convey you are becoming Old-you are becoming just Bald!

"Secret keeper" is like a goal keeper, who can't stop the ball always!



Few people are not at all comfortable, if they don't carry their Ego-wherever they go. They feel like the Sun taking its shine wherever it goes!



When you become "Stupid" sometimes; you should be "Wise" enough to prepare for the cost of that stupidity!



The joy of arrival of Weekend is greater on Friday than its real arrival!



As per philosophy "Life is designed in such way that anything that gives pleasure in the beginning yields sorrow in the end".

Is any chance Marriage falls in to that?



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"Conversion" is generally a formula. In India it happens with money!

I never lie as my tongue does for me!



Do regular hair shedding- it benefits you as well the Saloon! People rest after they are tired- I take rest before I get tired. Then why people say I am a procrastinator instead of calling me Visionaire!





When a refugee refuses to be a refugee, still is called refugee?



When you lose your "Cool"you get Hotter!

Silly doubt!

Will robots do manual job?

"

If you want to feel Driverless car feeling- stop talking to the driver!

If you don't know,
"what you don't
know", how you will
know what to
know?



I frequently use the word
"Hopefully"- whether it's my buzz
word or with a real intent depends
on the person with whom
I am talking to!

"

My procrastination in life taught me one thing!

Whenever I fail, "I take moral responsibility"!

"

I believe in top down approach- Hence, I sit on the top floor and make the team to sit on the ground floor!

Don't irritate me, I am doing Anger management course!

What you need to do to become procrastinate?

Don't do anything!



Did you ever walk with a Lion? You would like to!

Come and walk with me!



Every Shoe has a Soul- its sole!

In order to stay one step ahead of others in Life- Always I walk faster while climbing the steps!

"

Whey Alexa has a female voice?

•

It's invented by Boys- as they have seen their Men at Home!

Hence wanted a Lady at their command!

If your wish is not attended to it immediately- consider that God is on leave!



Don't brand me as I have so much of curiosity in everything and in everybody. Remember what Aristotle said "Human beings are curious by nature"!

Many may suppress, I surpass it!

Humor is a Serious business to standup comedians!



Like there are no "Debt free" companies, there will not be any "Difficulties free" Life!

My teething problem in life is my Teeth!

Like there are no "Debt free" companies, there will not be any "Difficulties free" Life!



"Weight lifters" lifts weight!

"Shop lifters" lifts light weight!



What is the Capital of diabetes?
.
Sweet shop!

It's better to have maximum of Two degrees- As Third Degree will be given in Police Stations!

"

'App'grade has become important factor in Digital Life, than to 'upgrade' ourselves in Life! When blood comes out for even a small injury why we put it under water?

As blood is thicker than the water!



Bangalore is full of "Parks" to park ourselves- but not a small place to Park our vehicles!

"

As Brain is very valuable, I preserve carefully with limited usage!

"

The person who can see the vision without spectacles is called "Visionary"!

Spirit is not adventurous- "Spirits" are- as they make us adventurous!

Nowadays no wife asks her hubby- where he is going- as Google tracks him and give feedback to her!



I am a good in "sharing"-I don't keep any "Forwards" with me for more than a minute!



What is the Capital of diabetes?
.
Sweet shop!

Generally I do Google search through my Goggles- And the other day I was searching for my Goggles in Google. How will I find in Google without Goggles!?

"

Sometimes, Ear phones help us in avoiding the people's annoyance and stupidity!

In a robotic restaurant- if I am not happy with the service, whom should I complain?

Is it again to Robot about- another Robot?



Crisis meeting underway to discuss on "crisis" is totally under crisis!

"

I never played any game from childhood as I am always a "standout player"!



It's my belief in child hood "Doctrine &Doctor in" are the same!

Becoming Icon is difficult; becoming "Buy" icon is the easiest thing to do nowadays!

More deliveries are happening through the online apps-than in maternity wards!



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Try to be transparent in life- I promise -World likes it!

Sunny Leone

"

People have been talking very big about Artificial Intelligence and going gaga about it. They never realized that my "Intelligence is Artificial" and have been managing people for decades!

"

Trivial matters- matters trivial- don't matter them!

Don't take your life so serious- ly; you don't get out of this planet alive!

We meet-"Few relatives, friends, well-wishers" always in someone's funeral only. Probably they do this in order to demonstrate their non-expiry relationships!



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I appreciate beauty also besides food as my Eyes too have taste buds!



At 61 everyone looks as 16 -not only at close encounter- even from a distance!

Let your wishes not be bigger than your size- as you can't hold if all are granted!



I am a fierce fighter-I keep fighting to keep my eyes open post lunch!



Any City is incomplete, without electricity- Bengaluru is dark even with Electricity- without Electronic City!





As per the psychologists most of the people are suffering with new phobia called "Textual affair", thanks to Smartphones!



When people become "rich and able" will not be reachable to others!

When you get a message "Caller is not reachable"- please don't mistake me and delete my number thinking that I left this Universe!



Election times are for "Son Strokes" like Summer times are for "Sun Strokes"! Speech disorder is one of the reasons for "muteness".
Nowadays smartphone become more a reason for this disease.





It used to be extremely difficult to do "A vow of silence" (Mouna Vratham) in olden days; Nowadays many are doing it with ease- thanks to smartphone texting!

"

Notice board in a Bar

A serene place for solace to your Past, Present and Future problems



Google play store has a new app- deleting "unwanted people" automatically!

Million downloads on first day itself



If you want zero problems in life, there is a way.....

Live in your dreams



If you tell someone there is a surprise for them- it's no more a surprise- it's now secret!

I have huge base of contact list- few moves to relationship list and few; I move them to voters list-as it helps the Government!

Men in pants are not infants

To make people to feel my presence I am absent yet times

You can't have the cake and eat too is the saying. But one can eat also provided it is shared!



If you are a person with "lie ability," go ahead-you are not a liar; sure shot you become a lawyer!



Thieves have to master "Arm tactics as well as Arms tactics" in order to shine in their profession!

Feel free with me- I don't charge for your feelings!



Just because I
have high sense of
humor-don't
expect me to smile
while sleeping!

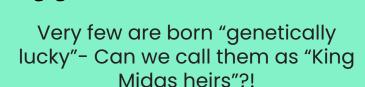
Yet times I feel I should have two mouths when I see my twin dual SIM phone!



Youngsters nowadays are not "Energetic, Enthusiastic and Swift"- as they are not old enough!



Politics will never have polite tricks- only poli-tricks



Devotion is running "House Full" in every religion-and Hell also running in "House Full" with waiting list!

Is Skilling us is for milking us by Management?

There are always few Spirited Friends who takes care of our liver every night in their company

Know or No!!

I know that you all know "What you know". But you should know that what we need to know is "New Knows". Now you know what you need to know- know or No?



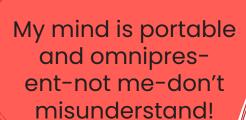
I am perfectly perfect in my "imperfection"!



"Are you getting disturbed because of me?" sorry, Not at all! It's a free package deal in my relationship!



Few people appear and behave as if they "born in coma"



If people pay for my lunch regularly-I get a feeling I am under "Free Mid-day meal scheme"



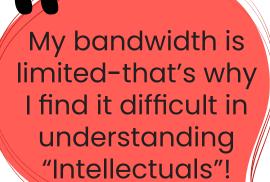
Someone said not to follow the footsteps of my parents as they think I am suspicious!



Do you know mental hospitals have family rooms to make us feel homely?!



As we do not want to miss the smell of antiques- we keep them on attic!



To make quick friendship, tell them, you are not as bad as you were- "Improved version"-as people always look for "it"!



Nowadays fingers speaks more than the mouth-thanks to our smartphones



There is no rule that decent people can't behave indecently!

Few women mistaken "brief clothing" as conservation of clothes!

"

When government echoes about eco system- I hear only the echo

It's good to take middle path sometimes in lifebut never on roads!



Some rocks have faces, like few people have rocky faces



Life after Death-discovered!

Lifeless!!

Hearing problem for many is:
Non-clearance of wax
in their ears!

"

My actions are instantaneous as I live on instant food!





You need not work in a cement company to have concrete intents!



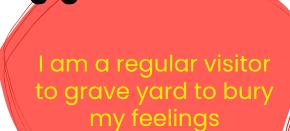
Few people maintain relationships like many Corporates CSR-which is mandatory!



Someone may just ask your company- always don't say "Yes" gleefully-they may mean owning your "Company!"



"Spirit" per se intangiblebut many it's tangiblethey smell, gulp and swallow it!



Only Leader has followers- as people standing behind you in the queue- don't feel you are the One!



Many people mistake "green drive" as driving in a park!



How to avoid Monday Blues?

Where the blue dress every Monday!

Don't blame the God if your wish is fulfilled only half-as your wish would have contained either spelling mistake or grammatical mistake



Why hospitals admit only sick people? Why not sickening people?

I don't have any friends who are allergenic to "fun" as my fun is contagious!





How to go from darkness to brightness in Life? . Switch on the lights

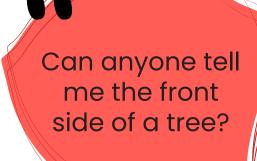


Becoming big in life is "in your hands"- becoming old is "out of your hands"

Its daunting task to Government for "recycling plastic", Nowadays people adding challenge by their plastic smiles!

"

Our stay in Heaven also temporary it appears-like here-so don't plan to rush there!







Nobody knows how death looks like as no dead person told me so far!

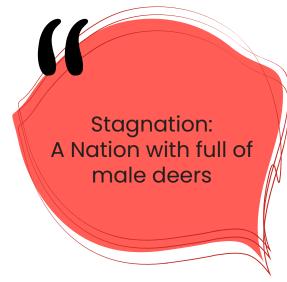


Don't be always at receiving end in life- you end up receiving till your end!

Every Cardiologist need not have to have good heart-like all sweet shop fellows will not have diabetes!

"

If I don't use the words properly- Is it also called abuse?



More on Next....