



Duglas Joseph

When I was a school student, my notion was that film stars fashion models and body builders have super personality. To me outward look and glamour were important to become a smart person. Later when I joined for Psychology course my whole concept of personality had collapsed like a sand castle and I understood that, as far as personality is concerned handsome or beautiful looks is only a tip of iceberg. However, many of us still think physical appearance and beauty equate a great personality. If six pack body or slim beauty is only a minor factor of personality, what is personality? Personality is the sum total of how you look, how you speak, how you connect with people and how you confidently face life. The Personality is way we think, feel and behave that is what makes all of us unique. An individual's personality refers to his/her appearance, characteristics, attitude, mindset, inter personal relations and behaviour with others.

Importance of personality development

Until quite recently it was believed that personality is permanent ie. cannot change. In 1890 William James, the famous Harvard psychologist, wrote in his influential work 'The Principles of Psychology', that personality was "set in plaster" by early adulthood. However, modern studies show that while we can only enhance our looks to a certain extent, we have the ability to improve the person-

ality as much as we want.

Our success in professional life, family life, personal life and social life depends on our personality. In fact, approximately 85 percent of our success and happiness depend on the strength of personality. Ultimately, it is your personality that determines whether people are attracted to, or shy away from you. Personality development plays an important role in developing not only your outer but also inner self. Everyone wants to be attractive to others. An impressive personality makes you stand apart from the rest. Personality development also plays a vital role in improving one's communication skills. Personality development makes you a confident individual who is appreciated and respected wherever he goes.

How can you improve your personality?

Let us see some traits that make an attractive personality.

1. Positive outlook

I came across many people who always complain and find fault with everyone and everything. Such people emit negative energy and make us unhappy. A positive attitude makes you happier, more creative, improves your relationships, and it even increases your chances of success in any endeavour.

2. Be confident

Be confident in every respect. Our lifetime is short. Enjoy every moment. Do not waste precious time worrying about things you cannot control.

3. Know yourself

Know your strengths and weakness. Work on your weak areas and develop your skills to excel in life. Many people are worried about what others think about them.

4. Enlarge friend's circle.

Enlarge your friend circle. In my experience a wide



EMOTIONAL CONTROL IS ESSENTIAL FOR A CHARMING PERSONALITY. PATIENCE IS BETTER THAN VIOLENT REACTIONS. I FACED MANY EMBARRASSING SITUATIONS DUE TO BURST OUT AND ANGRY REACTIONS. KEEP A CALM AND STRESS FREE POSTURE TO SMILE ON DIFFICULT SITUATIONS.

Personality Development and Success in life

network of friends from all walks of life will certainly enrich life. Join in clubs and associations in your work place, locality, school and colleges. Social networks such as facebook, whatsapp, twitter and linkedin will help you to be in touch your friends, classmates, relatives, professionals and meeting new people

5. Be flexible

Always ready to accept changes and adapt to new situations. Flexibility and adaptability are signs of good personality. I have few friends who are stubborn, rigid and not open minded. I had seen the negative impact of hard core nature on their career, family life and friendships.

6. Be courteous

Polite behaviour is well appreciated and respected by everyone. Be humble and greet everyone with a smile. Never shy away from helping or supporting your peers and being available to them whenever they need you.

7. Be a good listener

Most people like to talk and not interested to listen

while others speak. When somebody talks to you, listen with interest and give them all the attention and importance. Maintain a direct eye contact and appreciate with a nodding head or facial expressions.

8. Have an opinion

Update yourself with latest local and world news and it will help you to form an opinion about various topics and issues. Don't shy away from expressing your ideas fearing that others may disagree. Discussing issues and ideas are better than talking bad about people or gossiping.

9. Improve your Body Language

Body language is very important for our personality. Walk in an upright position with shoulders straight. Do not droop. Sit in a relaxed posture and make always eye contact while speaking.

10. Check your attire

Be more attentive to your outward appearance. Dress smartly keeping in mind of your professional requirements and circumstances.

11. Communicate effectively

Develop effective communication skills to enhance your personality. Whether you speak someone face to face or addressing a huge crowd, speaking skills will draw attention of others. Don't shy away from any opportunity to speak whether it is a company meeting or club gathering.

12. Manage your emotions with care.

Emotional control is essential for a charming personality. Patience is better than violent reactions. I faced many embarrassing situations due to burst out and angry reactions. Keep a calm and stress free posture to smile on difficult situations.

Now it's the time to take a sincere assessment of your personality based on the above traits. I want to make it clear that, the above traits are not a complete list. There are hundreds of qualities that we can include to fine tune our personality. Add more and more traits to your personality to make it attractive, charming and awesome.

Ten then, but now?

Reading: Malachi 3:1-12

"God loves a cheerful giver" (2 Cor 9:7b)

Brother R. Stanley

One of the commonest questions of Christians is, Is tithing compulsory? This is the question of a thankless heart. For all that God has bestowed on us, the tithe, that is the one tenth, is the minimum we can give Him to thank and honour Him.

Abraham tithed when there was no law of tithing (Gen 14:20). His was a voluntary act of thanksgiving. His grandson Jacob voluntarily promised God, "Of all that You give me I will surely give a tenth to You" (Gen 28:22).

This voluntary practice became a law of God to His people when the Nation of Israel was constituted. The Law given through Moses says, "All the tithe of the land, whether of the seed of the land or of the fruit of the tree, is the Lord's. It is holy to the Lord" (Lev 27:30).

The Scribes and Pharisees of Jesus' day were tithing of even "mint and anise and cummin," but they left out justice and mercy and faith. So He taught

them that the act of tithing must be done in the attitude of love (Mt 23:23).

We have the New Covenant following the death of Christ, and under this there is no legalistic teaching on tithing. Because the New Covenant is a "better" Covenant, better methods of giving are taught: Cheerful giving (2 Cor 9:7), Liberal giving (2 Cor 8:2), Sacrificial giving (2 Cor 8:3). Therefore for a Christian today

tithing is a good place to "start," but he must grow in it. We must give and give and keep on giving until it affects us! That which costs us nothing is worth nothing (2 Sam 24:24).

A poor widow gave away all she had (Mk 12:41-44). Mary poured out all her savings (Mk 14:3-9). Jesus praised both of them profusely. Going from "tithe" to "total" is part of Christian growth (2 Cor 8:7). Those who don't even give a tenth of their income to God are called thieves and robbers (Mal 3:8).

We have entered second half of this year today. If in your life and family you don't have the habit of setting aside atleast ten percent of your income for God, begin today. Don't start spending immediately after you receive your salary. Kneel down before God, thank Him for His blessing, set aside His portion, and after that go ahead with your payments and purchase. This is a healthy habit.



AMERICA

Facebook remains the most popular Social Media



A research carried out by the Reuters Institute covering 34 countries in Europe, the Americas and Asia shows Facebook remains the most popular social media

A total of 71,805 people were surveyed in January and February to generate its data.

The results indicate that Facebook remains the most popular social media and messaging service.

But it adds that use of Facebook for news had dipped in more than half of all the territories.

Coconut oil 'as unhealthy beef fat and butter' American Heart Association

Coconut oil is as unhealthy as beef dripping and butter, say US heart experts. It is packed with saturated fat which can raise "bad" cholesterol, says the American Heart Association in an updated advice.

Coconut oil is commonly sold as a health food and some claim the fat in it may be better for us than other saturated fats. The AHA, however, says there are no good studies to support this.

Animal fats are generally seen as bad, while plant oils, such as olive and sunflower, are seen as healthier options. Saturated fat is said to be bad for our health.

Eating a diet high in satu-

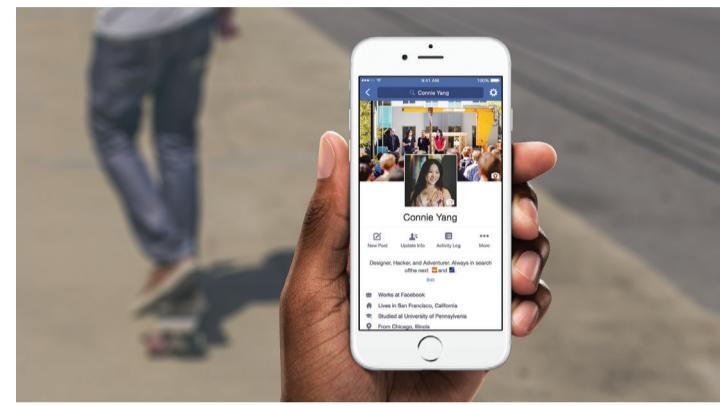
rated fat can raise the level of "bad" (LDL) cholesterol in the blood, which, in turn, may clog the arteries and increase the risk of heart disease and stroke.

According to the AHA, 82% of the fat in coconut oil is saturated. That's more than in butter (63%), beef fat (50%) and pork lard (39%). And, like other saturated fats, studies show it can increase "bad" cholesterol.

But experts stress that fat is still an essential part of a healthy, balanced diet. We shouldn't cut out too much. Fat is a source of essential fatty acids and helps the body absorb vitamins, such as A, D and E.

Facebook is introducing a new feature in India that could stop someone from stealing another person's identity. The tool gives users more say over who can download and share their profile pictures.

Many in India especially women choose not to share profile pictures with their face because they're concerned with what will happen to the photo. According to a blog post by Facebook, "In India, we've heard that people want more control over their profile pictures, and we've been working over the past year to understand how we can help,"



Users in India will soon be able to add a safety guard to profile pictures. If the setting is activated, others will not be able to download, share or send another person's profile picture via Facebook. The protected photo will show a blue border and shield around it.

Kerala woman gave birth to Baby boy on Saudi-India flight



A Kerala woman gave birth to a healthy baby boy while flying at a height of 35,000 feet on Jet Airways's Dammam(Saudi Arabia) – Kochi (India) flight . Both mother and child are in "stable condition".

Jet's 9W-569 flight, with 162 passengers on board, was diverted to Mumbai for handling the medical emergency as the 29-year-old Kerala woman who was travelling alone, went into premature labour on Sunday morning when the plane was flying in Pakistan airspace.

The flight crew made an announcement to find out if there was any doctor on board, but there was only a

trained nurse Mini Wilson, who stepped forward to help.

When labour pain started, the lady was shifted to the first class, where Mini Wilson, assisted by cabin crew helped deliver the baby boy safely.

Upon landing, mother and

child were rushed to the Holy Spirit Hospital in Andheri East where their condition was reported to be "stable".

Jet Airways announced that being the first baby to be born in flight for the airlines, the kid would get a free lifetime free travel on the carrier.

EUROPE/ASIA

Football fans can travel to Russia visa free for 2018 World Cup



Happy news for football fans around the world who eagerly waiting for the 2018 World Cup football.Russia announced that visa free travel for football fans to enter the country for the 2018 World Cup.Russian President Vladimir Putin has signed a law regarding the visa-free system for football fans visiting the country for the 2018 World Cup. The visa-free system is only eligible for the dates surrounding the tournament. Travelers are only required to present both have their 'fan ID' and valid passport.

The FIFA 2018 World Cup will be held on June 14-July

15 2018 in the cities of Moscow, St Petersburg, Sochi, Kazan, Ekaterinburg, Kalin- ingrad, Nizhny Novgorod, Rostov-on-Don, Samara, Saransk, and Volgograd.

