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# The RNB Times

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## PLASTIC MONEY

Plastic Money is a term that is used mostly in reference to the hard-plastic cards we use every day in place of actual bank notes. They can come in many different form such as cash cards, credit cards, debit cards, pre-paid cash cards and store cards. Cash cards allows you to withdraw money directly from your bank via ATM but it does not allow the holder to purchase anything directly with it.

Credit cards allows the holder to purchase goods and services directly and also form the ATMS Debit cards allow the user to purchase goods and services and the amount will be deducted directly from the bank account with the introduction of these cards. The state of country's economy has been increased rising card payment drive economics growth value which we have retained from the migration to electronic payment. By using these cards t we don't have to carry cash thus it is very convenient.

It also gives us tax rebate and also it has lower cash handling cost it also has one more benefit as it ensures guaranteed payments for merchants .A reduction in the grey economy due to lower unreported cash transaction. These plastic cards provides benefits to both the parties that is consumer and bank .It is more secured as compared to cash transactions .It is more convenient and it even provides rewards to the customer in terms of bonus .All the policies are transparent and it is not confusing it is very simple to use these cards. Thus, concluding I would like to say that really the impact of these money cards has changed our buying experience .it is very fast and secure.

**- ADITYA BOTHRA, B. Com II sem.**

## WORDS OF MOTIVATION

If you can't be a pine on the top of the hill,
Be a shrub in the valley—but be
The best little shrub at the side of the hill;
Be a bush if you can't be a tree.
We can't all be captains,
We've got to be crew.
There's something for all of us here;
There is big work to do, and there's lesser to do
And the task we must do is the near.
If you can't be a highway, then just be a trail,
If you can't be the sun, be a star;
It isn't the size that you win or you fail;
Be the best of whatever you are.

**-Editorial Board**

# Happiness Matters

Does happiness matter? People react to this question in surprisingly different ways. Some suggest that there are far more significant things to worry about; others see happiness as vitally important and something that every human being ultimately wants in life. To explore this conundrum, we need to start by looking at what happiness actually means. Happiness relates to how we feel, but it is more than just a passing mood. We are emotional beings and experience a wide range of feelings on a daily basis. Negative emotions such as fear and anger – help us to get away from danger or defend ourselves. And positive emotions – such as enjoyment and hope – help us to connect with others and build our capacity to cope when things go wrong. Trying to live a happy life is not about denying negative emotions or pretending to feel joyful all the time. We all encounter adversity and it's completely natural for us to feel anger, sadness, frustration and other negative emotions as a result. To suggest otherwise would be to deny part of the human condition. In the words of the biochemist turned Buddhist monk Matthieu Ricard: "Happiness is a deep sense of flourishing, not a mere pleasurable feeling or fleeting emotion but an optimal state of being." happier are more likely to make a positive contribution to society. In particular, they are more likely to vote, do voluntary work and participate in public activities. They also have a greater respect for law and order and offer more help to others.

So, happiness does matters. Be happy and make others too.

**-Editorial Board**

## Kabir's Teachings

Kabir's philosophical tenets were extremely simple. He was known as the guiding spirit of the Bhakti Movement. He preached Bhakti or 'Devotion' through the medium of his 'Dohas'. Kabir's Dohas touched everybody's heart and he was endeared by all.

**Love:**
Love for all was Kabir's principal tenet. He emphasized that love was the only medium which could bind the entire human kind in an unbreakable bond of fraternity. Kabir detested the frivolities and rituals in Hinduism and Islam for, these could never bind together mankind. Hence, he advised all to give up hatred and perpetuate love for one and all.

**God:**
God was the focal point of Kabir's religion and Kabir addressed him in different names. In his opinion God alone was Ram, Rahim, Govind, Allah, Khuda, Hari etc. But for Kabir, 'Saheb' was his favorite name. He said god was everywhere and His domain is unlimited. God was pure, sacred, existing, without form, light, endless and inseparatable. Hence God was all powerful and he could only be worshipped through love and devotion. In whatever name one addresses Him, God is one and has no second. Hence Kabir preached Monotheism.

**Teacher:**
In Kabir's dictum the Teacher or 'Guru' has been accorded the prime position. The teacher according to him was the incarnation of God. Kabirs had this realization only when he came in contact with Ramananda. It was the guidance of a teacher that led man in the proper direction and helped him in developing the right insight.

**The Path of Bhakti:**
Kabir stressed that the only way to attain God was through the path of Bhakti. Intense love and devotion would surely lead one to the ultimate attainment of Godhood. Total submission at His feet helps one to reach him and this should be the ultimate goal of all was what Kabir emphasized. For this no rituals or ceremonies were needed, only purity of heart and unflinching devotion were the two essentials. Hence Kabir advised his followers to attain Godhood through the path of Bhakti.

**-Editorial Board**

## Shutterbug

**- Astha Baid, LLB II sem.**

# Prayer and Meditation

what really is prayer and meditation? Well, I guess it depends on who you ask Well, after much thought, I realized, "Doesn't God already know what I want?" They were basically saying that if I didn't "pray" to God, He would be clueless as to my desires. That is ridiculous! Of course, "God" or the "Universal Mind" or whatever you want to call the All That Is knows my desires! It knows it before I know it!

Prayer is this: It is the direct application of our energy towards a goal, whether that be to acquire something or bring about a desired state (like praying for someone else to be healed). Quite simply, prayer is the directing of our energy. This is no different than the manifestation techniques I use to manifest my reality. When we go about our lives mildly wanting and wishing for things, our energy is like a light bulb for it is going out in 100 different directions and is almost useless. When we "pray" or purposely use manifestation techniques, we turn that same scattered energy into an exponentially more powerful energy laser. God already knows what you want, but you have to apply yourself and ask for it with energy defined by will and passion. In fact, the more passionately and fervently you wish for something, the greater the energy will be directed towards that goal. This is why I specifically state that the will power must be increased in order to manifest effectively. I also encourage you to create written goals, as those are "prayers on paper." You can't direct your thoughts if you don't even know what you want and articulate them. What do you want? Is it written down? Are you directing your will and passion towards it?

On the other hand, meditation is the art of quieting the inner noise in the mind to allow the higher self to "descend" into your consciousness. Every moment of your life, your higher self (or God or whatever) is sending you messages about life, yourself, and the universe, but because the noise in your head is so loud and constant, you rarely hear it. By going within, quieting the chatter, you will start to experience such things as psychic messages, bi-location, parallel dimensions and more. You will start to broaden your sense of "self" and realize that you are more than your physical body and in fact, have no real boundaries! Eventually, you will experience the God state and be one with all things. Meditation mixed with things like prayer, light work or affirmations increase results in those areas as well. Meditation can be a primer for any of those things.

Mediation and prayer are our natural tools to create and experience life more fully. Learn them, use them and expand your life.

**-Editorial Board**

# Navika Sagar Parikrama - Circumnavigating the Globe on an Indian-Built Sail Boat INSV Tarini by Women Naval Officers

Navika Sagar Parikrama is a project wherein a team of women officers of the Indian Navy would circumnavigate the globe on an Indian-built sail boat INSV Tarini. This is the first ever Indian circumnavigation of the globe by an all-women crew. The project is scheduled to commence in early Sep 17. INSV Tarini is the sister vessel of INSV Mhadei. The project is considered essential towards promoting Ocean Sailing activities in the Navy while depicting Government of India's thrust for 'Nari Shakti'

The all-women crew have trained extensively for the forthcoming voyage. They have sailed approximately 20,000 Nm onboard INSV Mhadei and Tarini as part of training, the expedition has been aptly titled 'Navika Sagar Parikrama', aimed at promoting women empowerment in the country and ocean sailing by the Indian Navy. The expedition would inspire the youth of our nation to develop an understanding of the sea and instill a spirit of adventure and camaraderie.

**Additional aims of the Expedition are as follows:**

**Nari Shakti-** In consonance with the National policy to empower women to attain their full potential, the expedition aims to showcase 'Nari Shakti' on the world platform. This would also help to discard the societal attitudes and mindset towards women in India by raising visibility of participation by women in challenging environment.

**Environment and Climate Change-** Sailing encourages the use of environment friendly non-conventional renewable energy resources which affects the life of women. The expedition thereby aims at harnessing the energy to optimise the livelihood of the women onboard.

**Meteorological/ Ocean/ Wave Data Observation-** The crew would also collate and update Meteorological/ Ocean/ Wave data on a daily basis for subsequent analysis by research and development organizations.

**Marine Pollution-** The crew would monitor and report marine pollution on the high seas.

**-Editorial Board**

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