

Hitting Unseen Target

Yogi Raman was a master of the art of archery. One morning, he asked his favorite disciple to witness a display of his skill. The disciple had seen this over a hundred times before, but he obeyed. They went into the woods and when they reached a beautiful oak tree, Yogi Raman took a flower and placed it on one of the branches of the tree.

He opened his bag and took out three objects: his bow made of precious wood, an arrow and a white handkerchief, beautifully embroidered with lilacs. He positioned himself one hundred paces from the spot where he had placed the flower. While he was facing his target, he asked his disciple to blindfold him with the embroidered handkerchief.

The disciple followed his teacher's instructions. Yogi Raman then asked his disciple how often he had seen him practice the ancient sport of archery. The disciple

replied that he saw him every day. He added that the teacher had always managed to hit the flower from three hundred paces away.

With his eyes covered by the handkerchief, Yogi Raman stood firm, drew back the bowstring, aiming at the flower placed on the branch of the oak tree, and released the arrow. The arrow whistled through the air, but missed even the tree and missed the target by a huge margin. Raman asked if he hit the flower, removing the handkerchief. The disciple replied that he had missed it completely. The disciple told the master that he had thought that he was going to demonstrate the power of thought and the ability to perform magic.

Yogi Raman replied that he had just taught him the most important lesson about the power of thought. He said that when we want something, we must concentrate only on that. No one can hit a target they cannot see.

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FDA Urges Restaurants, Food Manufacturers to Limit Sodium

The US Food and Drug Administration (FDA) has issued new guidance asking food manufacturers and restaurants to limit the amount of sodium in processed, packaged and prepared foods by 12% over the next 2½ years.

Acting FDA Commissioner, Janet Woodcock, said that the country is fighting an epidemic of chronic diseases related to the diet, such as CVD, diabetes and obesity. Meanwhile, Susan Mayne, Director of the FDA's Center for Food Safety and Applied Nutrition, stated that Americans consume more than 50% more sodium than the recommended level.

The guidance specifies voluntary short-term sodium reduction targets for restaurants, food manufacturers, as well as food service operators for 163 types of processed, packaged or prepared foods... (Source: *Medpage Today*)

Poor Sleep Quality Impacts Students' Mental Health, Finds Study

A new research has suggested that over two thirds (65.5%) of students are experiencing poor sleep quality and this is associated with mental health problems.

The study, published in *Annals of Human Biology*, included 1,113 men and women attending university full-time. The findings suggested that students reporting depressive symptoms were nearly four-fold more likely to have inadequate sleep habits. Excessive daytime sleepiness (EDS) was noted in around 55% of the students and they were about twice as likely to suffer from depression or have moderate to high-stress levels. Poor quality sleep and EDS were commonly seen among women.

The research is part of the Longitudinal Study on the Lifestyle and Health of University Students (ELESEU) and made use of data from 2016 and 2017... (Source: *HT – ANI*)