Efficiency lays pathway for success in professional, private life

Doing things efficiently is not to be treated as a burden of 'compliance'—if effortlessly built into one's day-to-day business, efficiency would improve the quality of life and open up a new source of self-satisfaction or a kind of happiness that can only be felt from within, not seen by the world outside.

Being efficient is not a 'compulsion'. However, one should be aware that it could be the 'perceived ground' for one's performance evaluation by 'outsiders' who were used to applying certain prescribed parameters for that purpose. Efficiency is also not something that requires the sacrifice of one's leisure time. It is more a matter of developing an attitude and a practice for one's moral or even spiritual well-being. Any 'material' benefit that it brought in as its natural consequence, was to be looked at as a bonus.

Does 'efficiency' have a definition and can it be incorporated into a higher purpose of life and made a means of self-improvement? In Hindu philosophy- so precisely defined by Gita- 'karma' or duty performed with 'devotion', is termed the highest expression of life's spiritual objective particularly if carried out without being weighed down by the thought of the possible material outcome of the same.

Any 'duty' is fulfilled best when it is performed on a note of efficiency for it is only then that it produces an optimal advantage for the beneficiary. Duty is an act of 'giving' not 'taking' that requires a spend of your energy and 'resource' and the return on it lay in the realm of morality and 'good deeds' measured by a deeper sense of pleasure touching the heart and soul.

On a mundane note, 'efficiency' can be defined as a measure of output per unit of resource used- money, material and manpower with 'time' having been added as the new resource- in a situation of global competitiveness. In fact, in today's world, efficiency is judged by how much an employee produces in a given time and that is the reason why in a developed economy a person is paid 'per hour' of work.

Two things govern the output of the worker- one is his or her 'skill' development and the other is the degree of 'concentration' of mind with which the work was handled. In a successful organisation, importance is attached to orientation programmes designed to help the employee understand the essence of the work and at the same time the leadership tries to ensure that people work in a stress-free environment was often polluted by organisational infirmities.

In a good organisation there was no confusion about credit-sharing and work ethics defined the boss-subordinate relationship, interaction among colleagues and business meetings with clients and other 'outsiders'.

The CEO of the enterprise has to understand human relations and sensitivities and realise that 'all business is human activity'. He should know how to constitute best-performing teams- and should be able to appreciate the importance of diversity as a source of strength

and fix the mandate of a team leader.

The leader of a team ought to have emotional intelligence in the right measure as he or she should be able to understand and share the concerns of an employee if any, in the areas outside the workplace, especially on the family front. An efficient way of working should be inculcated by everybody in their personal life as well. If engaged in dealing with a task, no distractions should be allowed to creep in there is a time to work and a time to relax. A mix-up would ordinarily have to be avoided- however personalised the engagement was.

A disciplined lifestyle is an efficient way of living as it allows for a fuller use of time, strikes a balance between mental and physical health and adds to self-confidence. It enables the person to identify an urgency or a spell of difficulty requiring a conscious redistribution of time and resources and visualise the time frame of return to normalcy.

This gives a better sense of control in a situation of emergency in personal life which could come to anybody.

In business some ups and downs and leaders could ride a crisis instead of getting overwhelmed by it- knew what 'course correction' was needed. Practitioners of a disciplined lifestyle would also know more easily, what reorganisation of routine should be put in place to tide throughout disruption. There is a beginning of life and there is a destined closure- one should have this ultimate awareness at the back of the mind- and logically therefore, the best life lived is where no time is wasted in 'emptiness'.

Efficiency, discipline, value of time, purposefulness in life and fulfilment of pursuits are all synonymous with a successful life.

A sense of enrichment in material and spiritual terms is what defines a life well-lived and this satisfaction is an individual's own experience not a copy of someone else's life. This is what makes everybody's life a unique story that belonged to him or her alone.

'Efficiency' converts life into an achievement for it maximises the utility of time, fulfilment of 'duty' and contribution to the larger cause of humanity. 'Vasudhaiva Kutumbakam' is a fine gift of Indian Thought- it elevates everybody's life as a contributor to the supreme cause of human collectivity.

Valuing life as one's unique experience minimises the tendency to vie with someone else and blame others for the non-fulfilment of one's desires.

An objective assessment of one's strengths and weaknesses, identifying one's areas of interest and willingness to put in hard work is the recipe for success for any endeavours attempted in life- without the fear of failure putting you down unnecessarily.

Optimism free of false notions, can be developed in thought and practice by sticking to a value system and belief in the honesty of one's effort.

Madame Curie, the Nobel Laureate famously said after a lab 'mishap' that 'nothing in life is to be feared, it has only to be understood'. A certain level of understanding about life as a finite existence helps to preserve the sanity that was so essential for making a sound decision. Life is a phenomenon of ongoing decision-making, big or small and it should be understood that well-informed decisions are the best guarantee of success.

Plants to invite positive energy into your home

Incorporating plants into your home not only enhances its aesthetic appeal but also brings numerous benefits, including improved air quality and a sense of tranquillity. According to Vastu Shastra, the ancient Indian science of architecture and design, certain plants can attract positive energy, promote harmony, and boost well-being within your living space. This article explores the best Vastu plants for your home, providing insights into their unique properties and the specific benefits they offer. Whether you're looking to rejuvenate your surroundings or align your home with Vastu principles, these plants will help create a balanced and harmonious environment.

As per Vastu, certain plants are considered auspicious as they remove negative energies and attract positive energies. Healthy plants, placed in the right direction, can attract abundance into your life. Vastu states that houseplants aid to maintain the flow and balance of energy in a household. They can also affect the health, affluence and fortune of the inhabitants. On the other hand, if the plants are not compliant with Vastu, they can attract negative vibrations and bad luck.

The tulsi plant is described as a form of goddess Lakshmi in the Vedas. The tulsi plant is auspicious for the financial, mental and physical health of the family. Vastu suggests a tulsi plant at home brings harmony, happiness and spirituality. Tulsi is also known as a mosquito repellent and has medicinal properties. The ideal place for the plant is in the east. You can also place it on the balcony or near the window in the north or the northeast. Ensure sufficient sunlight is available to the plant.

Bamboo plants are considered lucky according to Vastu Shastra and Feng Shui. Keeping bamboo plants at home leads to good luck, wealth and fortune. The lucky bamboo plant attracts well-being when placed in the east. It invites money and wealth when placed in the southeast. Keep bamboo plants at the centre of the dining table to boost positive energy and attract abundance. A six-stalk plant attracts prosperity. A seven-stalk bamboo symbolises good health. An eight-stalk bamboo brings growth and prosperity.

True to its name, the money plant is associated with wealth and prosperity. Money plants help remove obstacles in financial growth. It is believed that having a money plant at home brings good luck, happiness and positive energy and protects against evil eyes. Vastu states that you should keep a money plant indoors in the southeast of the living room for positive energies as Ganesha is the god of the southeast. Avoid placing the money plant in the northeast. Ensure that the vines do not grow to spread their leaves on the floor. Use threads or climbers so that the plant grows vertically upwards. A dried money plant is the symbol of misfortune. Never keep it at home. Avoid placing your money plant near the kitchen.

The jade plant is associated with positive energy, growth and prosperity in Vastu Shastra and Feng Shui. East, southeast, west and northwest are ideal directions to keep the jade plant. You can also keep this plant near the entrance to invite success and blessing. The dining room table, reflected in a mirror on the opposite side, is apt for a jade plant to bring abundance as the leaves resemble jade stones that symbolise wealth and prosperity. For good health keep a healthy jade plant in the east. Never keep the jade plant in a bathroom or bedroom.

Snake plants spread positive energy and make an environment healthy by absorbing toxins and removing carbon dioxide. As per Vastu, keep the snake plant in the southeast. It aids in reducing stress and promoting a positive ambience. When placed near the window, it advances the oxygen stream and creates a calm ambience as it is regarded as one of the top air-purifying plants. As it releases oxygen in the night it is an ideal bedroom plant.

Weekly Horoscope: August 31st to 6th September 2025

You're probably sick of hearing this but: there's a lot happening this week. The astrology of 2025 isn't getting any less intense, but it is getting a bit more joyful. That being said: sometimes it's only when things get easier that the impact is felt. Like delayed soreness after a workout. Communication planet Mercury meets up with expansive Jupiter on the 9th, an aspect that closes the loop between our big ideas and the steps we must take to achieve them.

Aries Saturn enters Pisces early in the week, and the Moon will briefly be in the sign of Sagittarius, showing you that you are unstoppable. Understanding your value and what you bring to the table will be emphasized as the Moon enters Capricorn on Tuesday. You've set your eyes on the prize, and you have the momentum to keep going. Thursday's Aquarius Moon puts the spotlight on what you have accomplished during the Saturn in Pisces transit. This is your green light to dive into learning new topics, but remember that we're still in Virgo season, which reminds you that you need patience and a blueprint before impulsively rushing ahead.

Taurus Saturn enters Pisces again this week, giving us a glimpse of the changes you'll experience over the next five months. But you are up for the challenge with the Capricorn Moon bringing out your adventurous side. Mercury enters Virgo on Tuesday, helping you become more efficient as the energy prompts you to consider your time management. Virgo season is also shedding some light on your relationship sector, and Saturn being back in Pisces will teach you a lot about your dynamic with romantic partners, both past and present.

Gemini Saturn re-enters Pisces on Monday, you're focused on getting the work done since it will make you more mindful of your responsibilities. Virgo season has already prepped you for this, so get your planner ready and take notes. When the Capricorn Moon enters the picture on Tuesday, you could have important conversations with your partner about shared finances. Those who are single experience the energy differently, with an emphasis on their material possessions or focusing on clearing out debt. When the Moon enters Aquarius on Thursday, travel is on your mind. .

Cancer If you've felt stagnant since Saturn entered Aries in May, the planet's return to Pisces on Monday could serve as the spark to get you back on track. The Capricorn Moon will oppose Jupiter in your sign early in the week, illuminating any problems within your relationship sector. Working things out will be easier with Mercury now in Virgo, allowing you to find your words and make compromises in love. When the Moon is in Aquarius starting on Thursday, it enhances the connections you make because you will be much more emotionally vulnerable.

Leo The Capricorn Moon early in the week helps you lay the foundation for what you are expecting within your relationships. Working well with others could be an epiphany of the Mercury in Virgo transit that starts on Tuesday. Virgo season has you taking your time to listen to others and be more present with the conversations at hand. This also prepares you for the Aquarius Moon on Thursday, which will impact your relationship sector. Learn to work things through with others and be more patient. Apply what you learned while Mercury was in your sign since the end of June and elevate the meaningful relationships in your life.

Virgo With Saturn entering your partnership house this week, your friendships serve as a source of incredible support and power. The first half of the week is a period of receiving inspiration before the eclipse in Pisces happens towards the end of the week. When the Moon is in Capricorn on Tuesday and Wednesday, it could inspire you to work on a creative project you abandoned. But this can also be a splendid time to consider the type of partner you want in business, romance, or friendship.

Libra Libra, starting this week, Saturn is no longer in opposition to your sign, which brings calming energy to your relationships. The Moon in Capricorn early in the week shifts your focus to home and family. This could be a period when you may want to make changes around the house, decorating or catching up with home improvement tasks. Starting on Tuesday, Mercury in Virgo can help you embrace new ideas that you could use when it comes to renovating your office space or home decor. The Moon in Aquarius conjunct Pluto on Thursday is a period of love, romance, and increased optimism.

Scorpio If you're in a relationship, Saturn in Pisces helps you strengthen or consider making changes to it. Depending on how you approach it, Saturn in Pisces could be a support or a wake-up call as you reflect on what relationships mean to you. However, this can be a time when collaborations become more meaningful, and you could find that listening to others can help free you from any creative blocks. The Aquarius Moon on Thursday will make you appreciative of the support you receive from others. The confidence boosters can also help you set the foundation for reaching the top.

Sagittarius With Saturn back in Pisces, you are continuing to put in the work you started two years ago and are giving it your all. This week, you're challenged to find a better balance between home and career. Since Saturn is bringing more responsibilities, you will discover that planning ahead could work wonders. This can also be a period when you become a lot more interested in your family history. Mercury entering Virgo fuels your curiosity and gives you the discipline needed to work on a family tree, plan a family reunion, or research your family's past.

Capricorn With your ruler, Saturn, back in the sign of Pisces this week, you are once again uncovering new things pertaining to your idea process and your confidence levels. Focus on those imaginative pursuits that spark a lot of happiness and motivate you. The Moon in your sign on Tuesday will serve as a confidence-building exercise, and with Mercury now in Virgo, you could experience breakthroughs with your thinking process. Working on a draft or jotting down your ideas will help you get more comfortable with building upon your creative energy.

Aquarius Saturn back in the sign of Pisces starts your week with momentous energy shifting your attention to your finances. You're back to building, and the Capricorn Moon on Tuesday gives you a lot of help. New plans and new ideas you come up with at the start of the week will take momentum when the Moon is in your sign on Thursday. You will be more receptive to learning new things and trying out new ideas. This is your time to shine and protect what is yours. Expect to reflect on how material possessions have influenced you.

Pisces Pisces, Saturn entering your sign once again can be a bit overwhelming, adding more significant changes to your life in the upcoming months. Don't fret, because once the Moon is in Capricorn, things could start to pick up — but you will be going with the flow since you are now so accustomed to this energy. It's time for you to get things done. On Thursday, the industrious Aquarius Moon will make you more aware of what you've been splurging and what you've been saving when it comes to your finances.