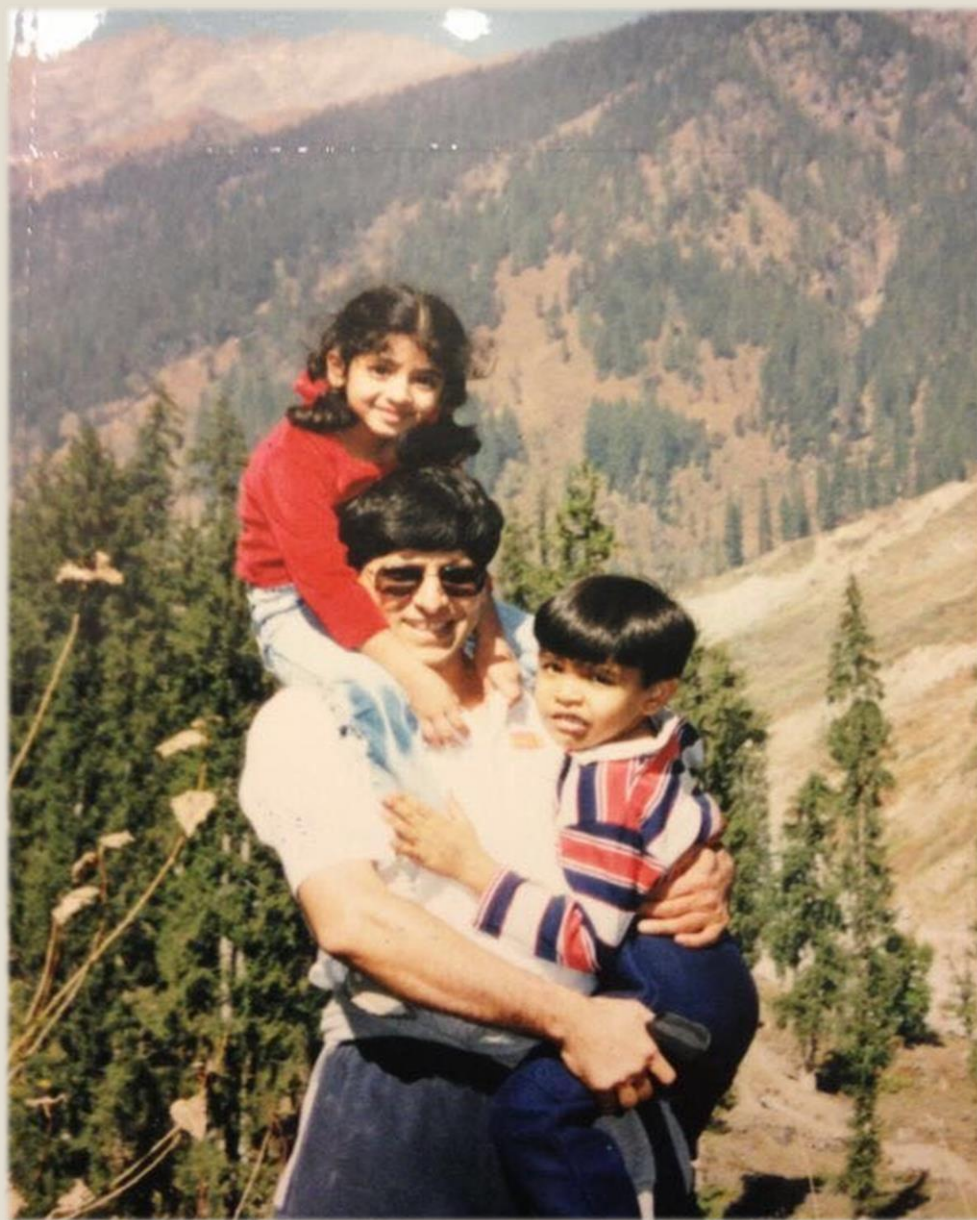


A scenic landscape photograph of a turquoise lake reflecting snow-capped mountains under a sunset sky. The mountains are rugged and partially covered in snow, with the sun setting behind them, casting a warm orange glow. The lake is calm, creating a clear reflection of the mountains and the sky. The foreground shows a dense forest of evergreen trees along the shoreline.

Living Fully and Longer

By
Rahul Bhasin
Baring Private Equity Partner India
February 2020









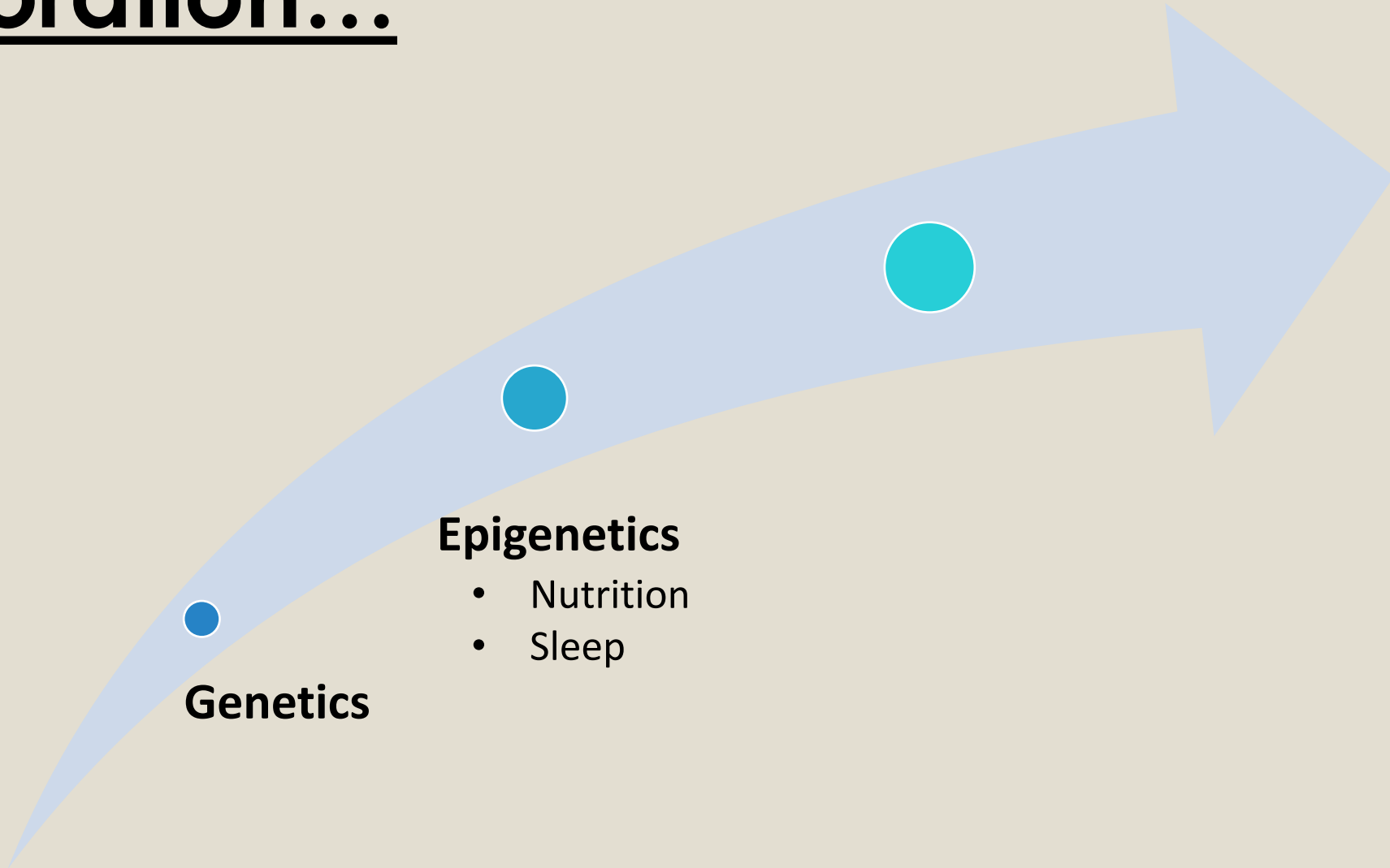
IMG_5330.JPG







Exploration...



Sleep

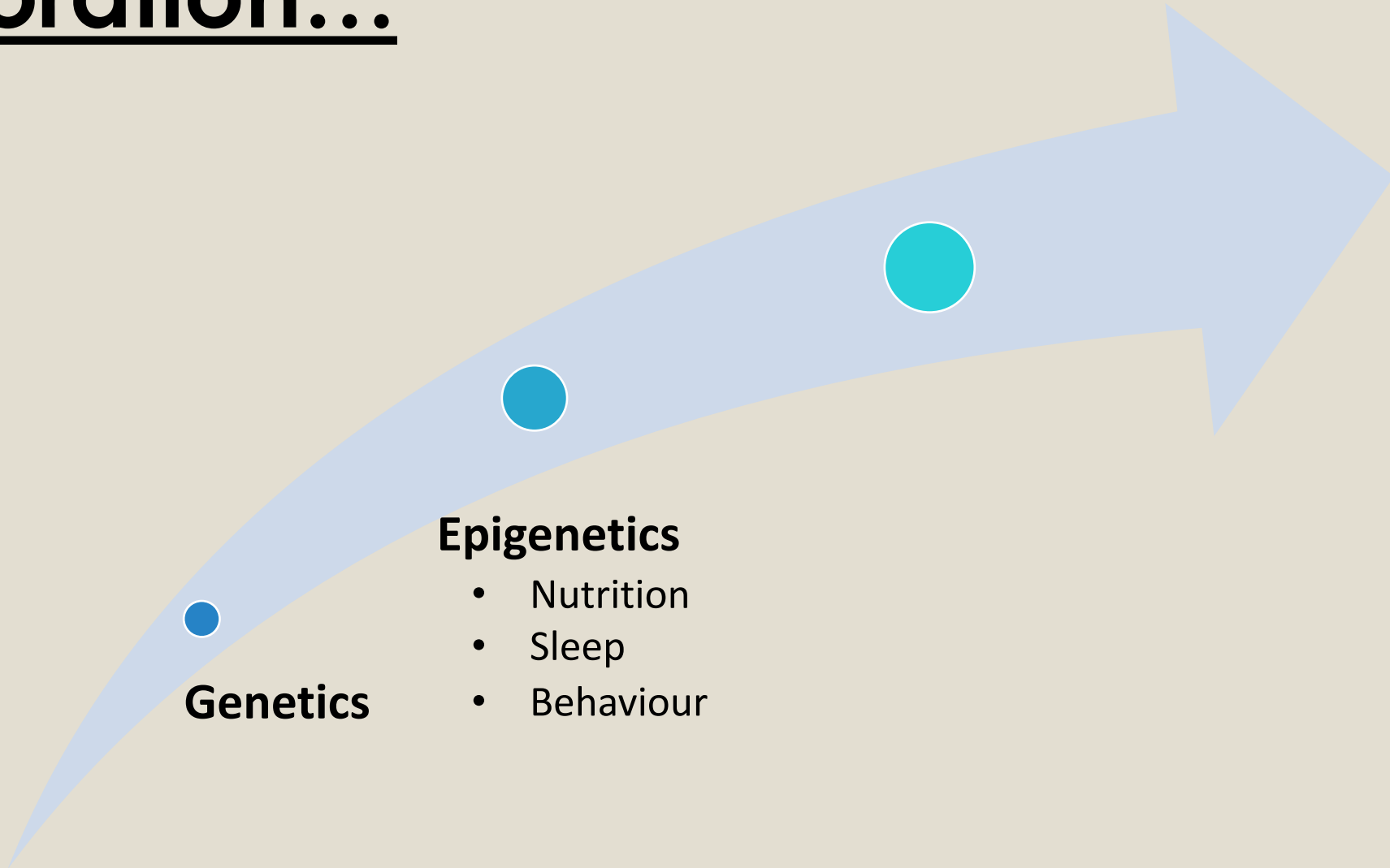
How well do you sleep?

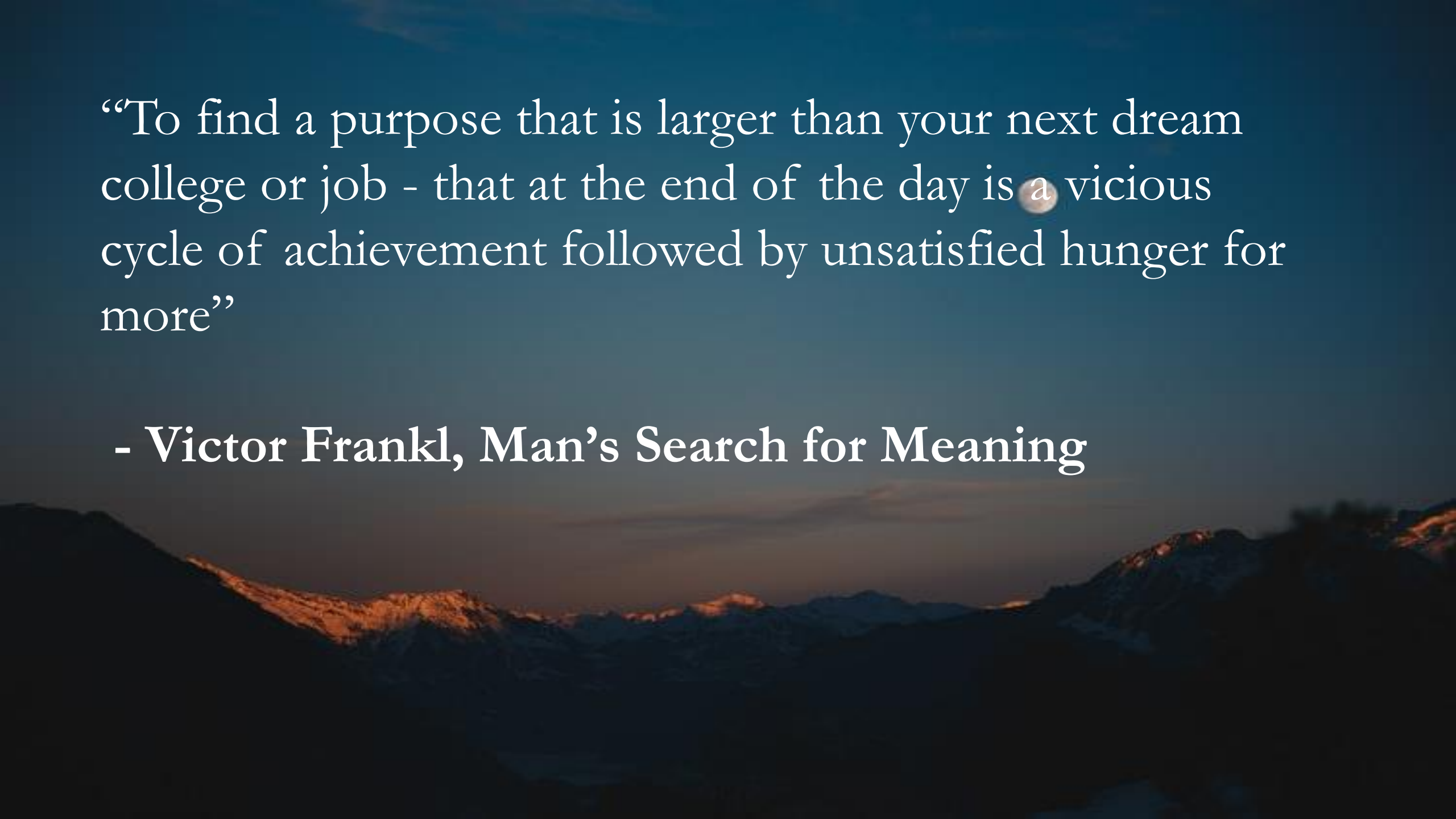
- Depth
- Duration
- Continuity
- Regularity

Deprivation can cause

- Loneliness
- 45% increase in mortality risk
- Immune system shift

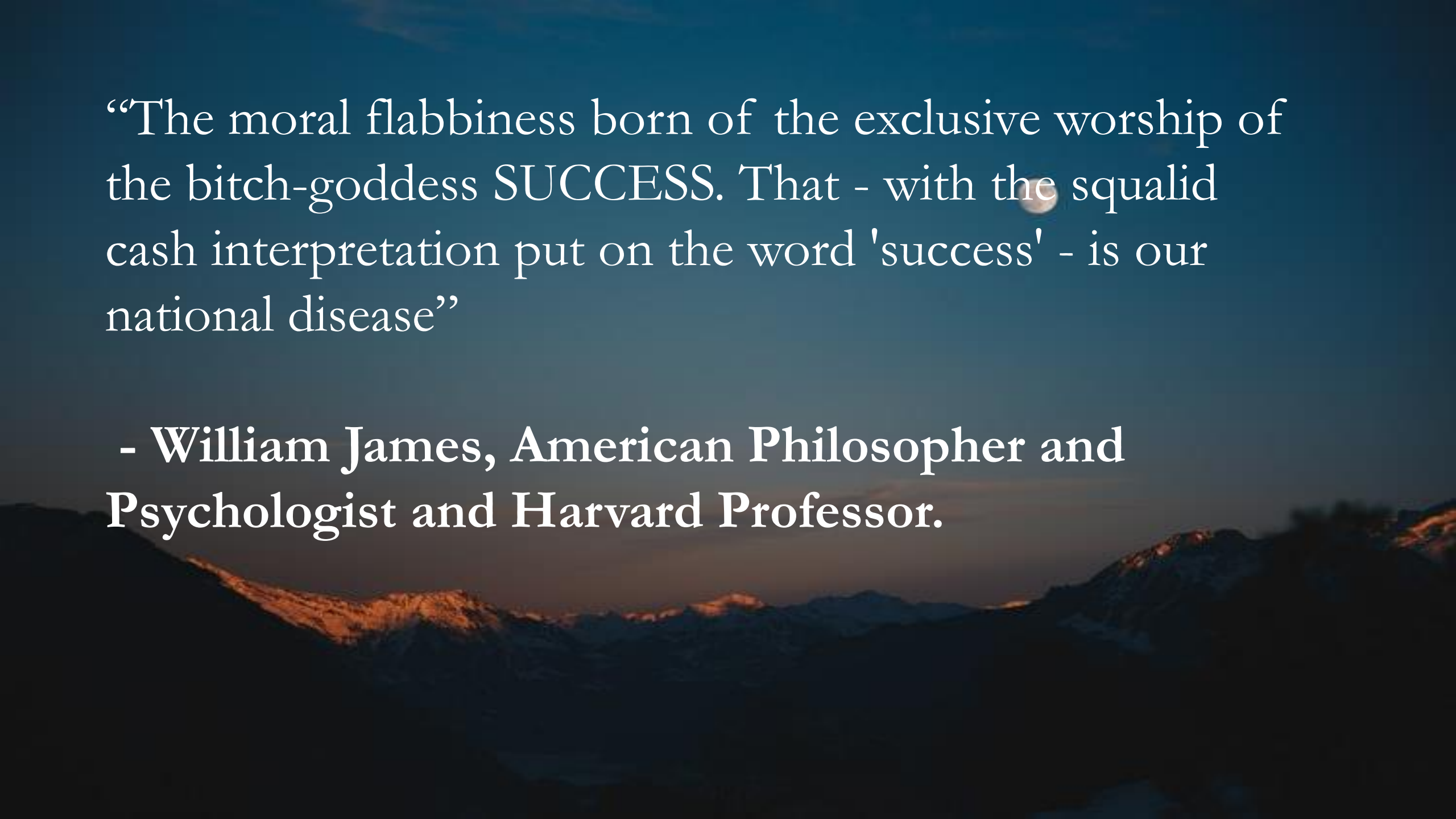
Exploration...





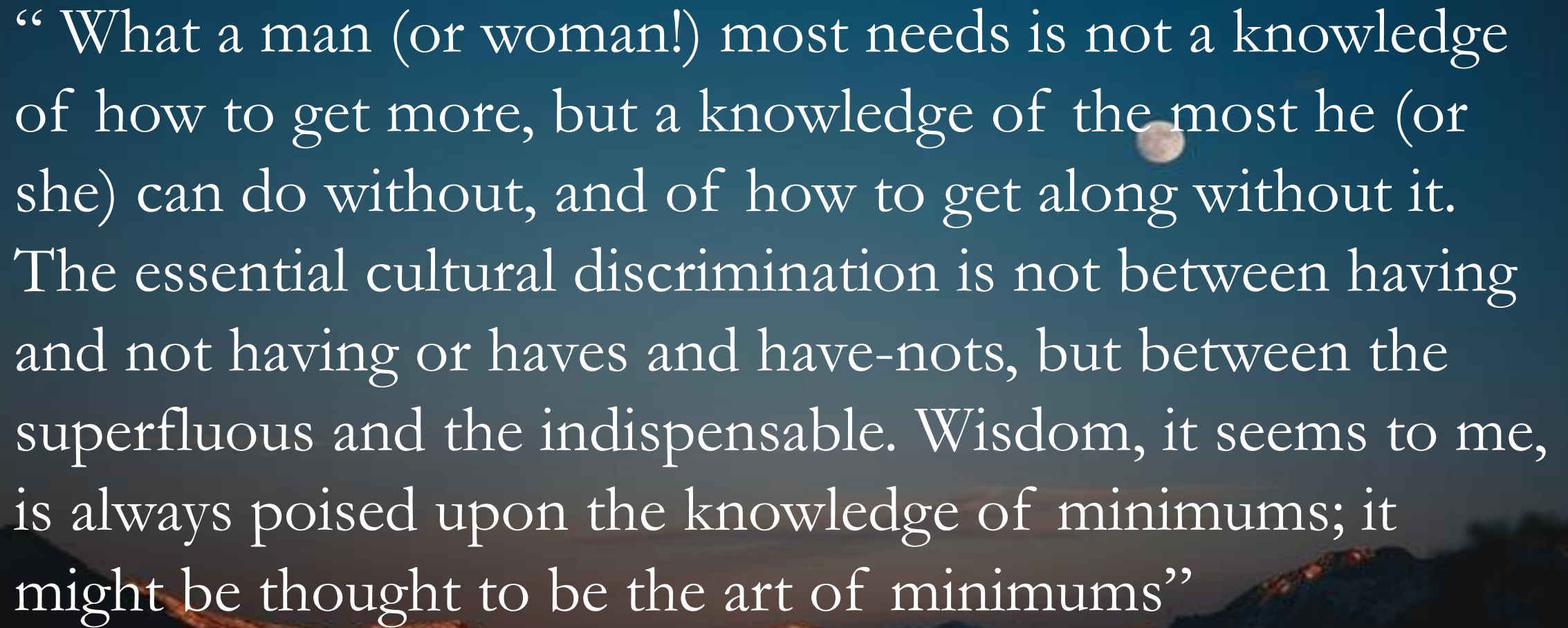
“To find a purpose that is larger than your next dream college or job - that at the end of the day is a vicious cycle of achievement followed by unsatisfied hunger for more”

- Victor Frankl, *Man's Search for Meaning*

The background of the image is a dark, atmospheric landscape. It features a range of mountains with some peaks illuminated by a warm, orange light, possibly from a low sun or moon. The sky is a deep, dark blue, and a full moon is visible in the upper right quadrant. The overall mood is somber and contemplative.

“The moral flabbiness born of the exclusive worship of the bitch-goddess SUCCESS. That - with the squalid cash interpretation put on the word 'success' - is our national disease”

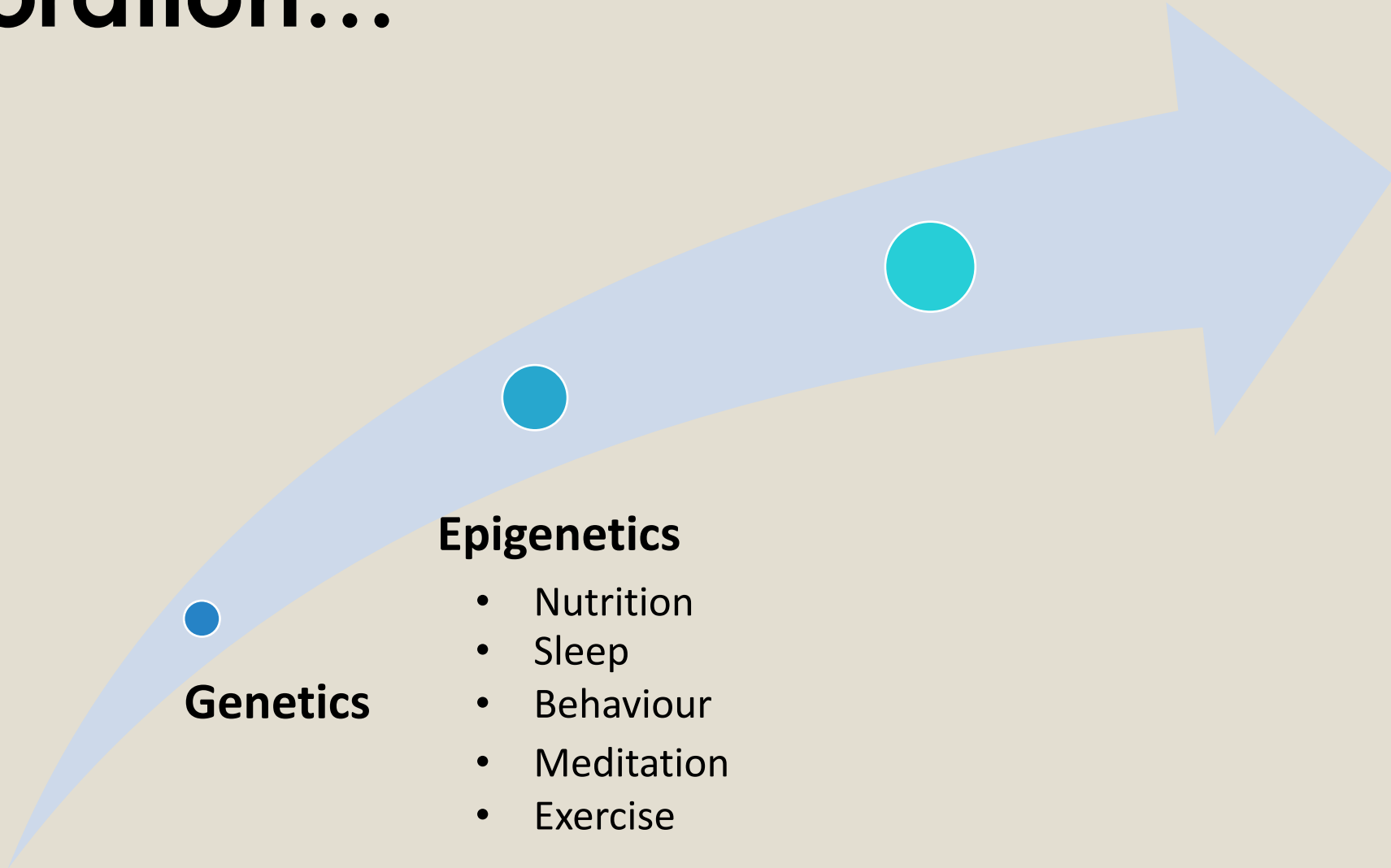
- William James, American Philosopher and Psychologist and Harvard Professor.

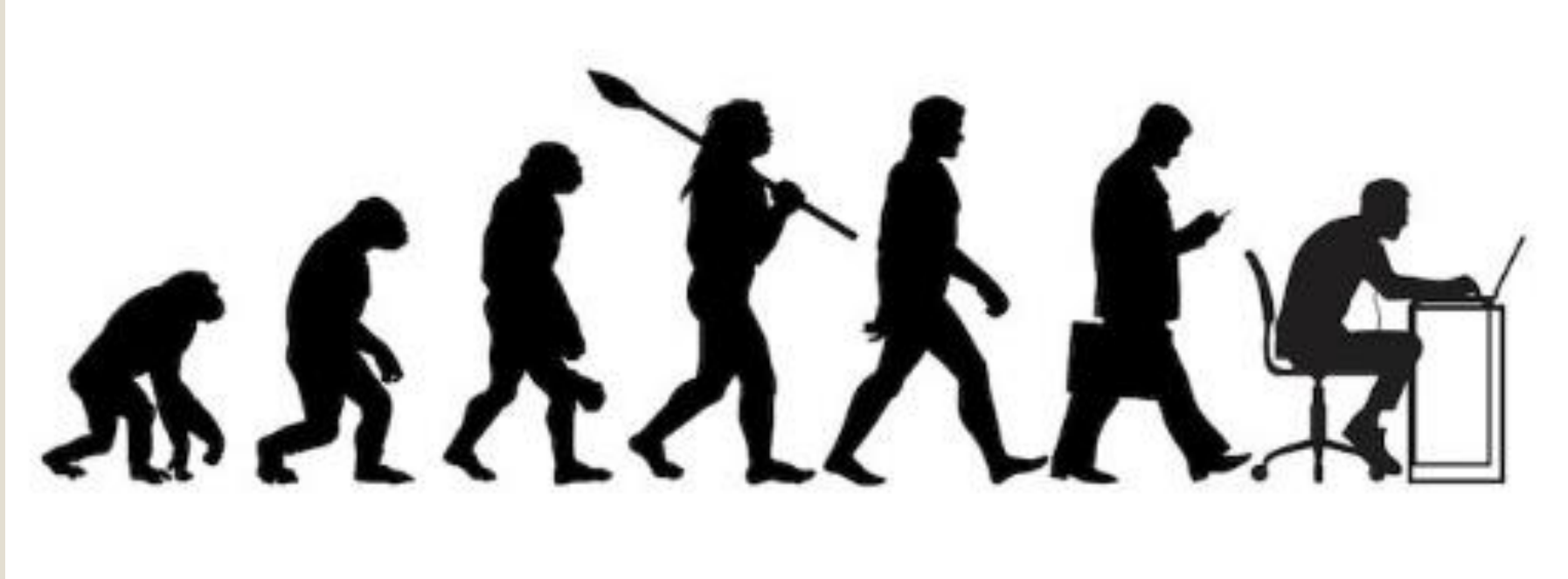
The background of the image is a dark, atmospheric landscape. It features silhouettes of mountains and hills under a deep blue night sky. A full moon is visible in the upper right portion of the sky, casting a soft glow. The overall mood is contemplative and serene.

“ What a man (or woman!) most needs is not a knowledge of how to get more, but a knowledge of the most he (or she) can do without, and of how to get along without it. The essential cultural discrimination is not between having and not having or haves and have-nots, but between the superfluous and the indispensable. Wisdom, it seems to me, is always poised upon the knowledge of minimums; it might be thought to be the art of minimums”

- Henry David Thoreau, American Writer

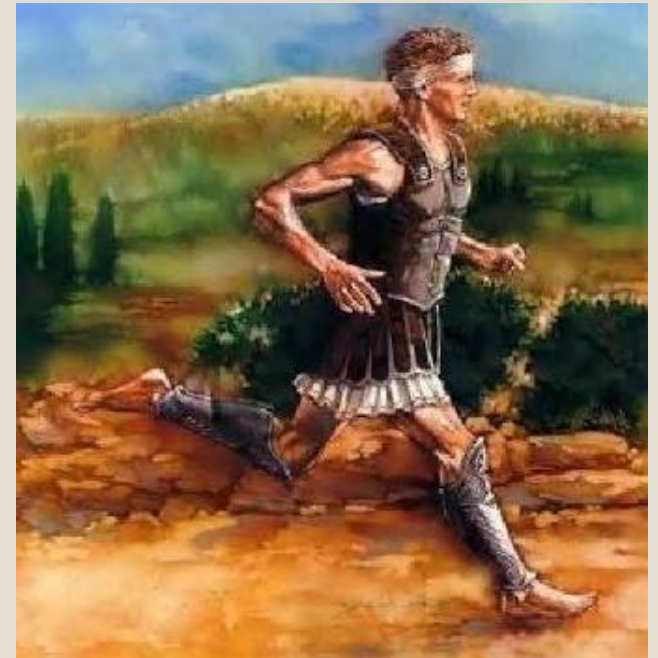
Exploration...

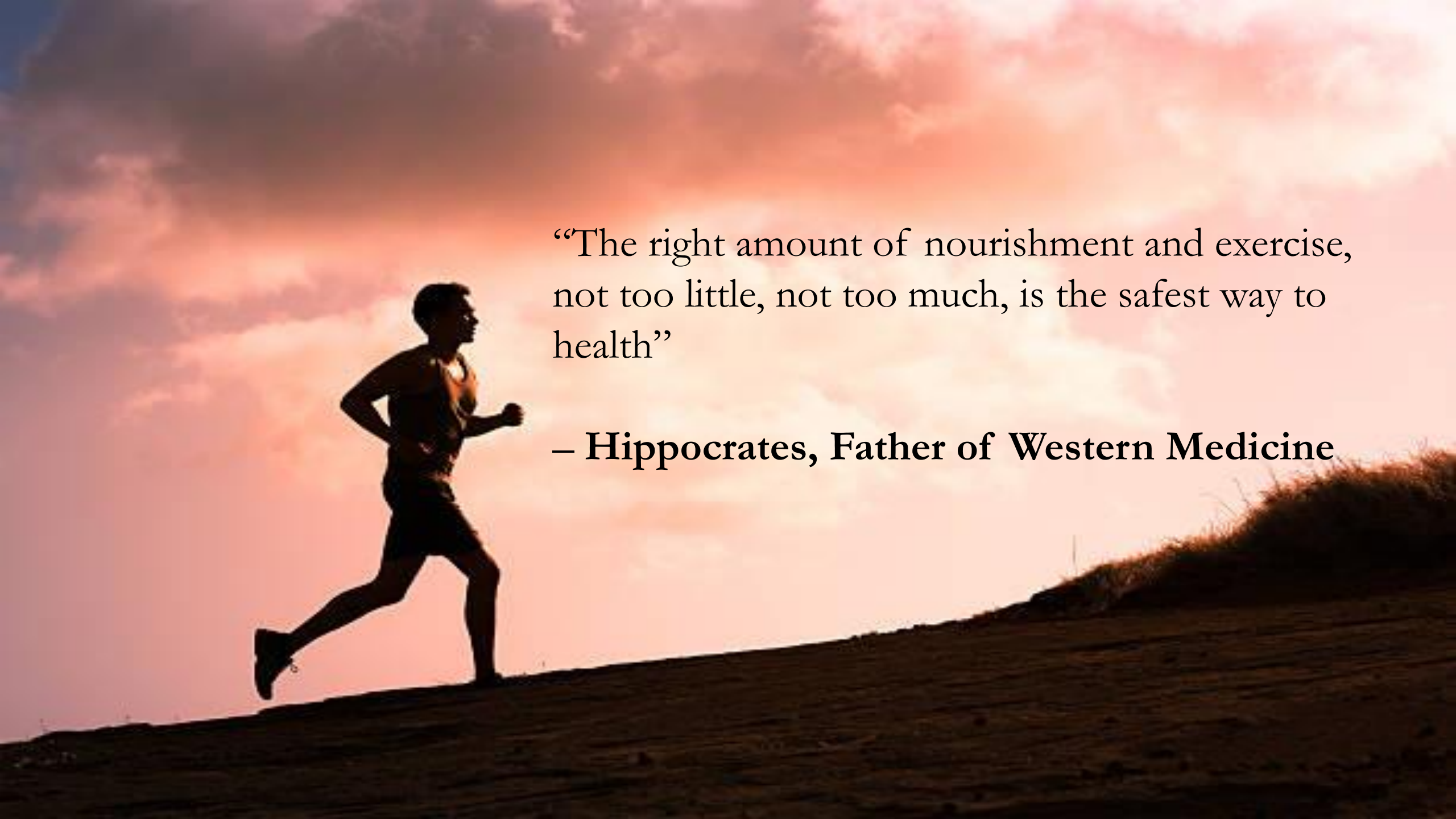




Exercise - Moderation is Key

- Joggers live 6 year longer than non-joggers/runners
- Exercise helps you protect against diabetes, heart disease, dementia, cancer, & obesity
- BUT like any drug, High Intensity Exercise
 - Too little = No benefit
 - Too much = Harmful
- Don't be an extreme intensity runner,
It can affect your heart!



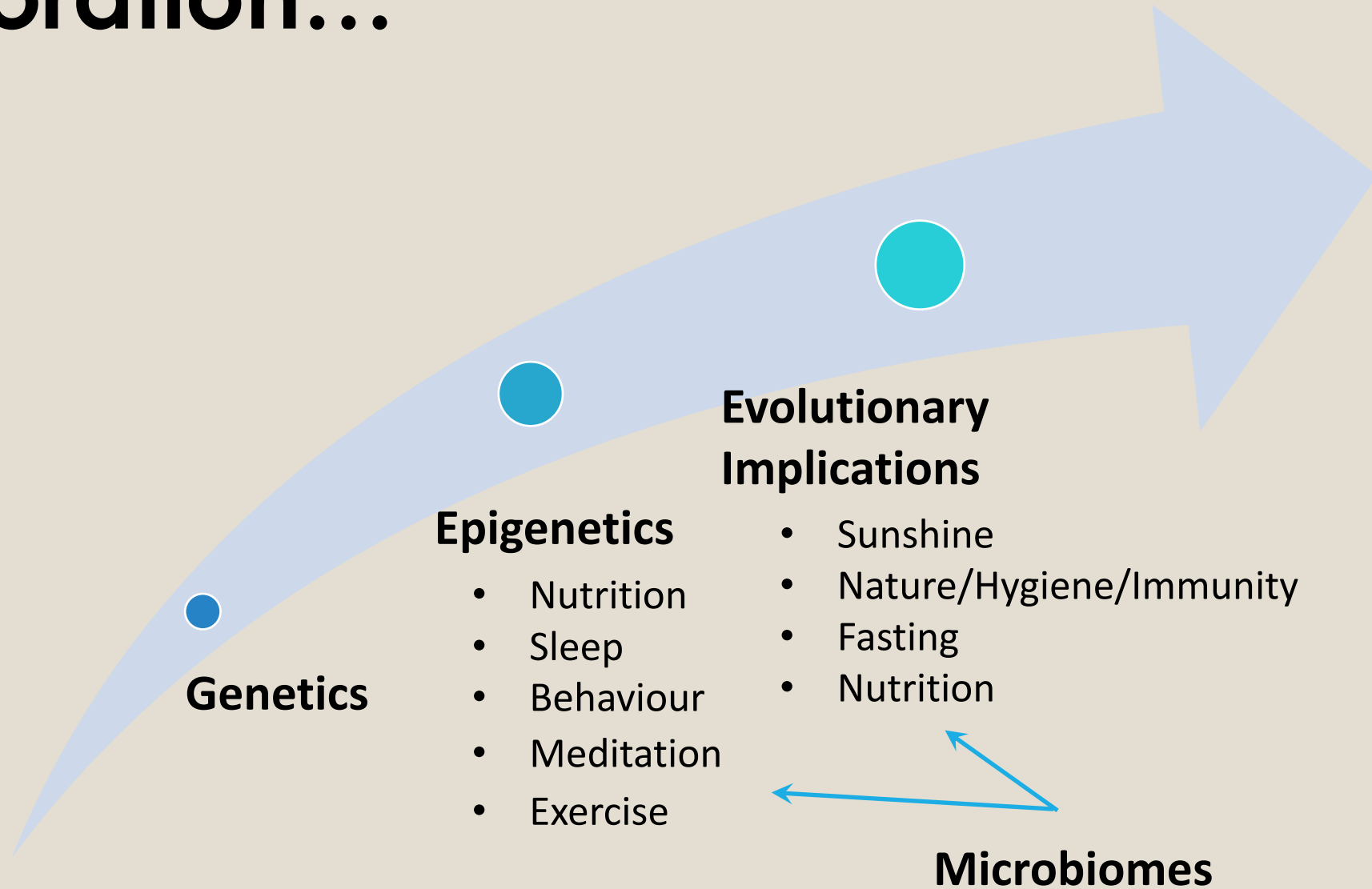
A silhouette of a person running on a dune against a sunset sky. The runner is in mid-stride, moving from left to right. The sky is filled with soft, pinkish-orange clouds, and the sun is low on the horizon, creating a warm glow. The dune is in the foreground, with some grass visible on the right side.

“The right amount of nourishment and exercise,
not too little, not too much, is the safest way to
health”

– Hippocrates, Father of Western Medicine

[Click here to view video](#)

Exploration...







A scenic landscape photograph of a mountain lake at sunset. The lake's surface is calm, reflecting the surrounding mountains and the warm, orange and pink hues of the sky. The mountains are rugged, with some snow patches visible on their peaks and slopes. A dense forest of evergreen trees lines the right side of the lake. The text "THANK YOU" is overlaid in the center of the image in a white, serif font.

THANK YOU