



Date: 18.06.2021

Venue: KLEF (Online Event)

21 DAYS HABIT THEORY

Description of the Event:

KLEF-CEA has organized few events and competitions like, session with psychologist, PPT preparation, and clarification of doubts CIA webinar. The registrations were opened on 14.06.2021 and closed by 20.06.2021. The total numbers of registered participants were 230. The event has started on 18th of July 2021 by 11:00 a.m. in the morning and ended by 1:00 p.m. in the afternoon of the same day. The webinar has been conducted using CISCO WEBEX. The participants are allowed to join their respective registered events using the link provided in the event groups.

Benefits:

1. Mental awareness for young minds
2. To get adopted to an event within 21 days

No. of Volunteers Involved For The Event: 4

Event Photos:

KL CENTRE FOR EXTENSION ACTIVITIES

21 DAYS HABIT THEORY

18th JUNE, 2021

Contact:-
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+91 6305 627 128

REGISTRATION : <http://bit.ly/21DAYSHABITTHEORY>
* certificate will be awarded to the participants *

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It's challenging to figure out exactly how many cells in the human body die each day. Cells aren't created equal when it comes to the length of their life cycles.

For example, white blood cells only live for about 13 days, whereas red blood cells live for about 120 days. Liver cells, on the other hand, can live up to 18 months. Cells in the brain will stay alive throughout a person's life.

This way you can first hone the skills of habit-forming, along with the chosen practice, in a controlled and reasonable way.

Before getting into a few ideas of what you can choose for your outdoor practice, let's take a closer look at some of the main factors you need to make it effective.

Discipline/Repetition. In sadhana, you pick a length of time, a period of practice, a place to practice, and a practice or set of practices. By keeping these factors the same throughout, your progress is reasonable day by day. There's less resistance, and you're able to put more focus and energy into the practice and into cultivating positive skills like patience, dedication, compassion, honesty, and honesty.

How many cells in the human body die each day?

Most, but not all, cells in the body will eventually die and need to be replaced. Fortunately, a healthy human body is capable of maintaining a precise balance between the number of cells produced and the number of cells that die.

For example, as the body is producing between 173 and 259 billion RBCs per day, roughly the same number of RBCs are dying off.

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Consider this:
A man commits a theft. Many people call him a thief. The man returns the goods and never steals again. He commits the rest of his life to serving others. Is he still a thief?

Depending on you're point of view, you may say yes, you may say no.

In the yogic tradition, the answer is neither. The man was never a thief. There was an act of stealing, but there was never any thief.

In the same way, there is only ever the actions we choose to make now. We are not defined or shackled by the actions we did in the past. Because we are not separate from our actions or what we are doing in this moment.

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