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QUARTER LIFE CHAOS

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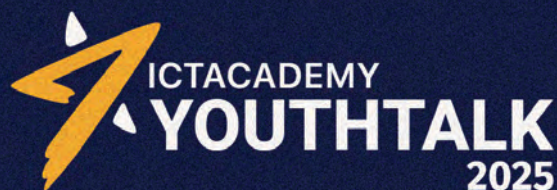
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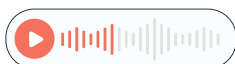


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EMOTIONAL HUNGER

THE NEEDS WE FORGET TO FEED

Becoming aware of our emotions is the first step—just like how we notice the cues of physical hunger. Maybe our stomach growls, we feel lightheaded, or we just know it's time to eat. Emotional awareness works the same way. You might feel tightness in your chest, a lump in your throat, or a wave of irritation or sadness. These are signal that your inner world is asking for attention.



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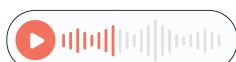


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PSYCHOLOGIST

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ARE YOU CENTRIPETAL OR CENTRIFUGAL



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Humans naturally seek acceptance from those around them — starting with family, neighbours, classmates, colleagues, friends, and the wider community. Truly wise individuals make it a point to befriend everyone they meet. They strive to be kind and helpful without expecting anything in return. Through small acts of generosity, respectful behaviour, and thoughtful words, they uplift others without causing harm.



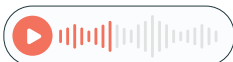
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AUTHOR

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CRACKING THE TECH INTERVIEW IN 2025

Today's tech interviews are designed to evaluate how you think—not just how well you can code. Problem-solving questions often present ambiguous or open-ended scenarios, where the process matters as much as the solution. Interviewers want to see how you break down complex challenges, how you approach uncertainty, and how clearly you articulate your reasoning.



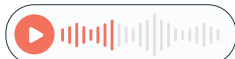
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ASSISTANT PROFESSOR
JEPPIAAR COLLEGE OF ARTS AND SCIENCE

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BRIDGING THE SKILL GAP

A LEADER'S GUIDE TO BUILDING FUTURE-READY TEAMS

A skill gap is the difference between the skills your team currently has and the skills they need to succeed. It's like trying to build a house with only half the tools in your toolbox. Skill gaps can appear in any area—technology, communication, leadership, or even time management. And if not addressed, they can slow down progress, reduce morale, and hurt business performance.



ARTHI SUBRAMANIAN

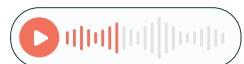
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THE SILENT THREAT OF NOISE



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In many Indian cities, ambient sound levels frequently exceed 70 to 90 decibels (dB), well above the World Health Organization's (WHO) recommended residential limit of 55 dB. This is not merely about hearing loss but prolonged exposure to high noise levels affects the cardiovascular system, disrupts sleep, impairs cognitive function, and even hampers child development.



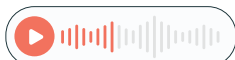
REEMA LODHA
MENTOR
INSTRUCTIONAL DESIGNER

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COACHING SELF BEFORE MANAGING OTHERS

Imagine attempting to navigate a ship without being aware of its actual position, advantages, or disadvantages. Unaware of their internal environment, many leaders operate independently. The inner game's primary aspect is self-awareness. It includes having an in-depth understanding of your strengths, weaknesses, biases, values, and even triggers. Knowing what truly drives you, why you behave the way you do, and how your communication style affects others gives you a priceless compass.



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RANJINI RAJASHEKARAN
SENIOR DIRECTOR, LEARNING & DEVELOPMENT
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IMPLEMENTING **THE DPDP ACT** WITH PRECISION



For any organization handling the personal data of Indian citizens, the DPDP Act is a strategic inflection point. Compliance is no longer a back-office function, it is a boardroom priority. Enterprises that embrace the Act as a framework for trust and innovation will be the ones to lead in customer confidence and digital growth.

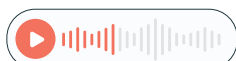


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SENIOR MANAGER – (GOVERNANCE, RISK, COMPLIANCE)
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THE HUMAN-AI SYNERGY IN TALENT CONSULTING



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In today's fluid talent era, where roles evolve faster than organizational charts and employee expectations defy traditional moulds, the fusion of AI with human advisory insight is not a nice-to-have- it's mission-critical. This is not a tale of replacement, but one of resonance: where machine precision meets human perspective.



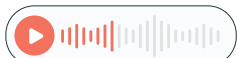
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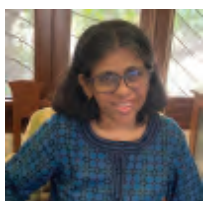


COMBATING LOOKISM AT WORK



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In an article in *Psyche*, Chris Westbury and Daniel King discuss the pull of the halo effect, which is a “psychological bias” where an aspect of a person influences our perception of other unrelated facets. The most common form is the “attractiveness halo effect” that involves forming conclusions about a person’s character based on their appearance. This bias predisposes us to think that attractive people are also smart, competent, friendly and helpful.



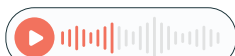
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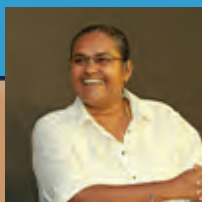


LIFE SKILLS ARE NOT THE EXTRAS

Parents and families play a crucial role too. They can model emotional awareness, effective communication, conflict resolution, and resilience in everyday life. Communities and workplaces should also invest in life skills, offering training that builds confidence, empathy, ethics, adaptability, and teamwork.



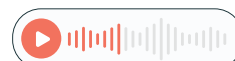
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CO-FOUNDER & MANAGING DIRECTOR
VITASKILLS ACADEMY

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WOMEN IN GCC LEADERSHIP

What began as a deliberate attempt to correct representation is now a potent movement. Senior leadership teams across global enterprises have recognized that maintaining a balanced gender ratio is not just a matter of equity; it is a business imperative. According to a 2024 report by NASSCOM, women now constitute 35% of the 1.9 million-strong workforce in Indian GCCs, a significant leap from 26% in 2016



KUMAR RAJAGOPALAN
VICE PRESIDENT
STRATEGIC INITIATIVES AND COUNTRY HEAD INDIA
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THE QUIET DISRUPTOR



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VAISHALI RAJPARA NAIR
FOUNDER
THE PATIENT CODE

Today, modern hospitals reflect a new era in healthcare, where AI-driven tools are seamlessly built into daily processes. From diagnostics and robotic surgery to self-check-in kiosks and cloud-synced monitoring, they represent a remarkable showcase of medical innovation. Yet, these technological advances often eclipse the one element that patients value most: human connection.

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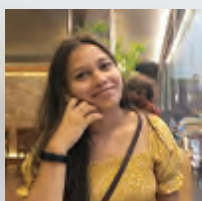


THE INVISIBLE PAYCHECK



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A workplace isn't just desks and deadlines; it's an emotional ecosystem. Whether or not you notice it, your brain responds to the tone of your manager's emails, silence in team meetings and the subtle lack of acknowledgment after extra hours.



APARNA VERMA
CO-FOUNDER
MANOVIRTI

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WHERE STRATEGY MEETS SCALE

Textbook leadership styles do not work out as the GCC Leaders work in a complex matrix structure and sometimes in helix models. GCC Leaders provide on-the-ground conflict resolution and also inter-geography alignment to enable organizational progress.



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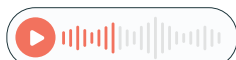


KUMAR RAJAGOPALAN
VICE PRESIDENT
STRATEGIC INITIATIVES AND COUNTRY HEAD INDIA
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THE POWER OF ADAPTIVE LEARNING



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At a leadership bootcamp I led in 2022, we replaced traditional roleplays with a VR module that simulated a high-pressure board meeting. Guess what? Learners scored 30% higher on post-training decision-making assessments. It was awkwardly real, and incredibly effective.

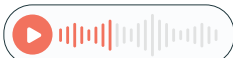


TORAL V
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CREATING A HEALTHY SCHOOL WORKPLACE



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Workplace culture is about the tone in staff meetings, the hallway conversations, the way feedback is given, and whether people feel safe speaking up. Do teachers feel appreciated or just evaluated? Do people have each other's backs? Can you be honest about being overwhelmed, or do you have to pretend everything's fine?



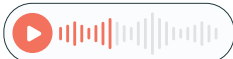
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ACADEMIC CONSULTANT
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SKILL GAP

ANALYSIS AND SOLUTIONS



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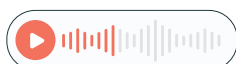
Workplace culture is about the tone in staff meetings, the hallway conversations, the way feedback is given, and whether people feel safe speaking up. Do teachers feel appreciated or just evaluated? Do people have each other's backs? Can you be honest about being overwhelmed, or do you have to pretend everything's fine?



SMITA SUHASARIA
FOUNDER
BRAINLABS ACADEMY

ARE YOU CENTRIPETAL OR CENTRIFUGAL ?

PART-2



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Remember from my previous article, no one can succeed alone. We all need people around us, friends, family, colleagues—to help us grow, improve, and achieve what we want. We don't just need support in one part of life but in all areas, covering everything we do



ASH NAN
AUTHOR

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RUN YOUR OWN RACE

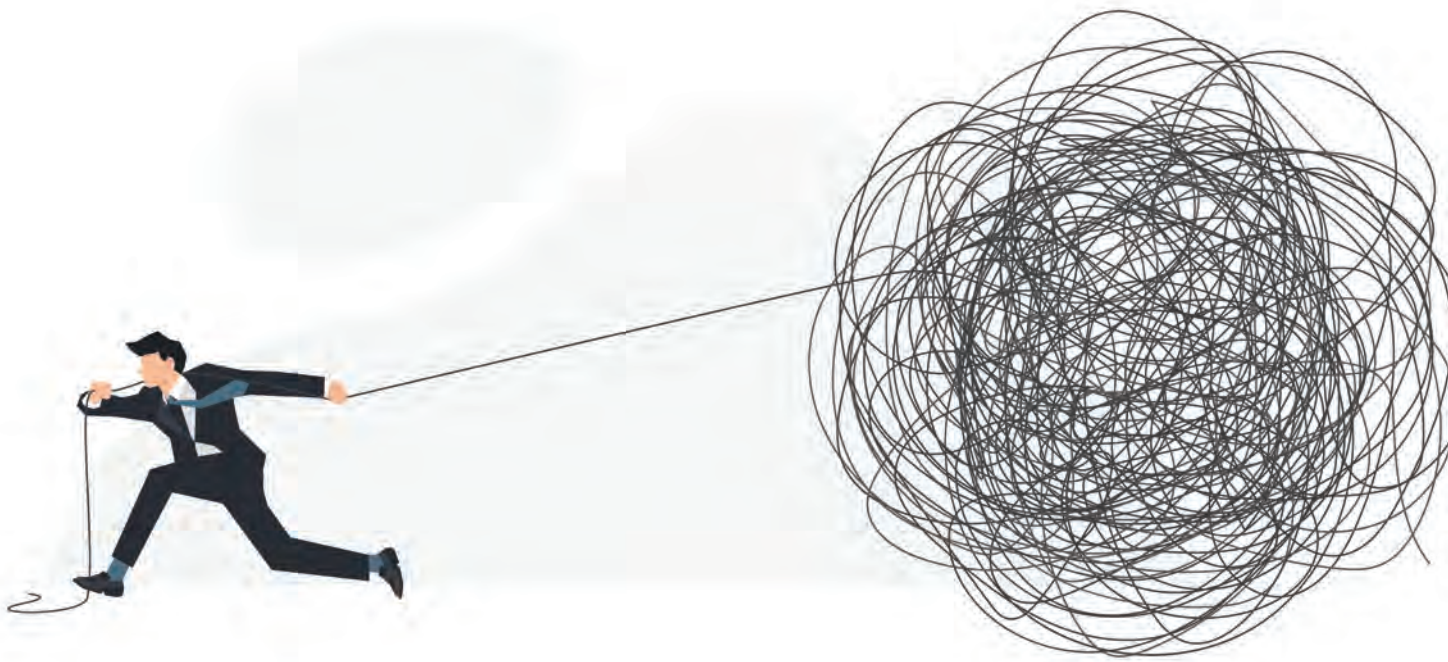


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The trend that's going around now is that people are doing multiple jobs to have a good life. But what criteria does it take to term it as good life matters. Peer pressure and societal norms take up a major part of our lives and even the peaceful environment that we are in would look less impressive when that pressure builds up. We would be willing to sacrifice all that just to be equal to them or even go ahead of them. But what did we lose along the way? I would say everything! Our life, our peace, our time, our health, our nature and I would go on to say ourselves!

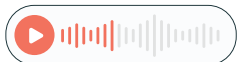


SHALINI SOLOMON
HEAD - PEOPLE AND VALUES
KAZH FINTECH PRIVATE LIMITED



BENEATH THE HUSTLE

HACK YOUR ANXIETY INTO SUPERPOWER



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Your vagus nerve is the most valuable player of your nervous system. It's the superhighway between your brain, heart, gut, and lungs. When it's regulated, you feel calm, confident, and clear.



DR. NAGAMANI KRISHNAMURTHY
FOUNDER
BALAVIKASA EDUCATION ACADEMY

QUARTER LIFE CHAOS



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Social media highlight reels, LinkedIn glow-ups, and TEDx-talking 22-year-olds have created a false timeline for success and self-awareness. There's this unspoken pressure to have it all locked in: the dream job, the soulmate, the skincare routine.



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