

#LIFESTYLE

From Houseplants to High-end Touches

Simplifying your space can give your home a classy look!



Whether you're looking to fix up your home to put it on the market or just want to bring some fresh updates to your living space, you don't have to spend a lot of time and money to get big results. The home is where we spend most of our time. We

Simplicity Is Sophistication

While it may feel intuitive to keep adding expensive decor to your home, in today's age, less is more. Simplifying your space can give your home a classy look. Invest in a few accent decor pieces, a lamp, wall art, decor

Plush Seating

The most important part of creating a luxurious house is to add furniture that is comfortable and elegant. Pillows and cushions of various sizes can instantly make a home feel more inviting. Play around with colours and fabrics of the

Lavish Lighting

Lighting can make all the difference to the vibe of your house. Using multiple sources of light that draw attention to various corners in the house can make a space look well put together. Invest in ceiling lamps, floor

Layering

Layering works wonders everywhere. Add decor pieces to your furniture for a luxe look. Carpets add splendour and elegance, instantly changing the way a room looks. Area rugs under tables and sofas help in defining spaces and

Metallics

You can add a small, yet, noticeable metallic touch to upgrade your interiors, but don't overdo it. The key to going bling is to keep the metallic accents

Freshen it up With Flowers

You don't need a wallet-busting mega-arrangement to add luxury to your space. A simple bouquet from the grocery store can be all you need to add sophistication. Besides, it's all about

Declutter

Clutter and mess are decidedly un-chic. It's one thing to have a generously styled bookshelf or mantel-piece, but too much stuff can look cheap and chaotic. Pare down your accessories, and edit your collected possessions



have all come to appreciate interiors more, looking for ways to enhance our personal space and make it look more stylish and appealing. If you are looking to revamp your house, know that there are many easy ways with which you can do it, without having to burn a hole in your pocket.

for a centre table that are cohesive and work well together with the theme of your room as opposed to having numerous things that do not look like they belong together. Resist the temptation to make your home look bulky.

furniture and find soft furnishings that complements the centrepieces. Invest in good quality fabrics like velvet, linen or suede to upholster your furniture. You can even try textured fabrics like denim blue and faux leather.

lamps, table lamps, and accent light fixtures to highlight your favourite areas. While it is advisable to keep a single colour and tone of light, the intensity and direction can be played with to enhance the ambience.

can blend together the whole look. Experiment with some elegant runners near your beds, on top of your dining tables, or even your bathrooms. You can also add wall and window coverings for a more inclusive aesthetic.

sorries minimal. Consider golds, bronzes, copper or silver hues and incorporate them in cushions, lamps, accent walls, lighting fixtures, or centrepieces.

how you arrange the flowers and the vase you arrange them in. First, separate the bouquet by stem type, then create several small arrangements to spread around your home.

to just those few favourites for a look that feels elevated and classic. If you're unsure where to start, set a few simple and actionable goals to store and organize your home. You'll also feel better for it, mentally and physically.

When Pennies Will Be Too Expensive ...

Now, in the new AI scenario, you have a factory with no workers. You have robots which are 3D printing refrigerators and so the production of refrigerators has gone from say, 20 per hour to 20,000 and the cost has come down to \$10 for a refrigerator. But who will buy them? Because the worker, who was earning a living building refrigerators, is now a homeless man with a shopping cart, with all his worldly belongings in it, sleeping in a shop entrance in the night. He may have \$10 to buy a refrigerator but he has nowhere to put it because he lost his house because he couldn't pay the mortgage. To add to that, you now have to stock millions of refrigerators. You can say that the solution to the stocking issue is to print on demand. But to demand, the person must have the money to pay which he gets by working, which he can't get now as he has no work. So, who will buy the product?



I know people are painful. I won't deny that. After all, I am also people. And I also know that almost every other creature, except dogs, would love to have a world free of people. I clearly recall visiting, living

in, and leaving places in the world and thinking, 'What an amazingly beautiful place this is. If only there weren't any people here.' Indian tiger tourism is an example. But this article is not about tigers or tourism. This is a question which I am putting out there for someone to please explain to me.

It began with a friend sending me the following tweets or Xs. Take a look.

https://x.com/sharvilmalik/status/1925835977278283987s=4&t=ramF7SLAIJ3U79CKO7sA

Yesterday: Anthropic's CEO predicted world's first single person billion dollar company: 2024: We started building the economic layer powering it. The first single person billion dollar company won't look like a traditional start-up. No employees. No pitch decks. No cap table. Just one person. Coordinating labor, capital, execution with agents. Scaling with AI. Users own it. Agents run it. Capx powers it. These aren't tools. They're single person companies. Agent native businesses built by AI builders, co-owned by the users who use them. The AI builder economy is here. Where solo builders vibecode their way into companies. Some will hit \$10K/month. Few will hit \$1M and one will build a billion dollar company. Capx will power them all. The app store for their agents. The robinhood for their tokens. All under one roof. Capx.

I can almost see him drooling and more while writing this tweet. My question is, 'What will this sin-

gle person billion-dollar company build? Here's another tweet.

https://x.com/ns123abc/status/1925839773279019322?s=12

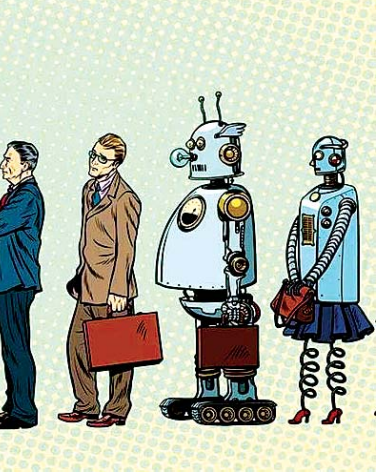
Anthropic researchers: "Even if AI progress completely stalls today and we don't reach AGI, the current systems are already capable of automating ALL white-collar jobs within the next five years." It's over.

This one is not drooling. I think he just had an orgasm. It's over, he says. For who? Obviously not for him, or he wouldn't say that so glibly.

Let me illustrate with an example of how any economy works. GE Appliances produces refrigerators. For this, it pays workers good salaries to build the refrigerators. These refrigerators are stocked in Walmart, Home Depot, Costco and so on. Who buys them? The same workers who built them. That enables GE to make a profit and build more refrigerators. And it enables the workers to have nice refrigerators in their homes and feed their kids ice-cream, while paying their mortgages, food and utility bills and so on.

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In any economy, there are producers of goods and services, who employ people and pay them. These



people are the buyers of the goods and services, and their money goes back to the producers. That is the virtuous cycle of any economy. If you remove one player from that cycle, the cycle breaks down and so does the economy.

Then, you have someone like Marc Andreessen who has this to say:

https://x.com/tsarnick/status/1779613296738542797?s=4&t=r6amF7SLAIJ3U79CKO7sA

Marc Andreessen explains how AI will amplify productivity to such an extent that the cost of everything from building a house to curing cancer will fall to a penny

To which I say: The cost of producing it may be a penny. But I am willing to bet my last penny that it will not be sold for a penny. And that is what matters. My question is, if you kill people's capacity to buy by kicking them out of their jobs and replacing them with AI, robots or whatever, then who will buy your sexy products?

I see that there is someone on Twitter, who echoes what I said:

Geoffrey Miller, Apr 14, 2024: This propaganda from the AI industry that AI will inevitably lead to a fully automated luxury communist utopia is the most cynical, sociopathic gaslighting I have ever witnessed. Pro tip: They will not share their windfalls with others. Why would they?

The point that I am making is that unless we think holistically we are going to find ourselves in a lot of hot water: Things don't happen in isolation. Actions have reactions which are equal and opposite to the action.

In my view, the problem lies with two things: how we define or measure the economic wellbeing of a society and with the gross overestimation of the value of so-called productivity. Let me explain. Take the first one. What if instead of defining a society based on the top 1%, we chose to define it based on the bottom 50%? What if instead of counting the number of mansions, Bugattis and Ferraris, we counted the number of homeless people? What if instead of counting the number of billionaires reported in the Financial Times, we counted the number of people sleeping on park benches using the Financial Times as their blanket? What if instead of having TV shows about the lives of the Kardashians and other denizens of Beverly Hills, we had TV shows based on the life of the little family sleeping in a tent under the bridge in LA? How would our world look? Not so nice, perhaps, but much more real. Then, it would become impossible to ignore all those millions who make up what we call our civilization. The character of a nation is not defined by its elites and their lifestyles. But by how that nation takes care of its weakest and most vulnerable.

The second thing is the overvaluation of productivity. AI aided automation gives the unique opportunity to do so and everyone is

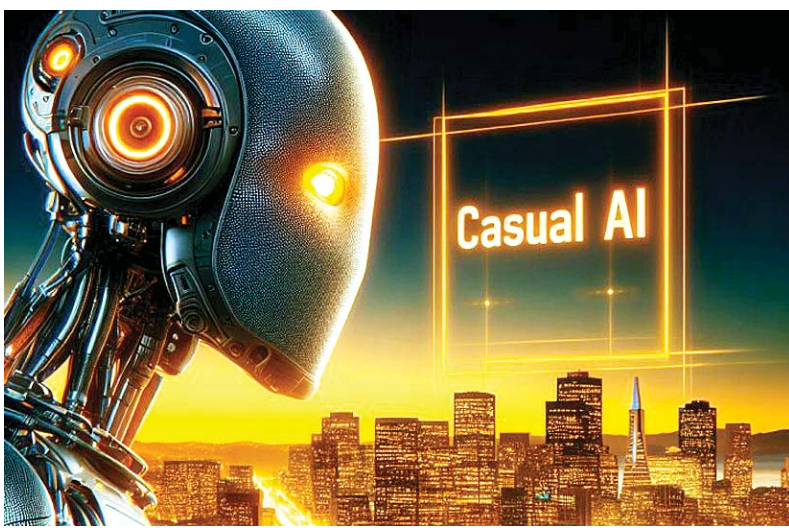
chasing that. I want to give two examples to illustrate that using productivity/unit blindly as our life goal is a very bad idea. Firstly, if we use this rule, then how can we evaluate original art, research, discovery, and invention? Michelangelo didn't evaluate his work based on his ability to cover more square feet of ceiling per minute with paint than the next artist. And neither would you. When you look at his work on the ceiling of Sistine Chapel, you are not thinking, 'If he had used AI, he could have produced that in five minutes.' You are marveling at the beauty and intricacy of his work, and you don't care how long he took to do it. That it is unique is what gives it value.

Self-driving trucks will not only get rid of drivers but will reduce turnaround time because the truck can drive continuously without the driver having to take rest. The trucks will be safer, have fewer accidents, and will enhance profitability. What we don't ask is, 'For whom?'

Because converting all 16 wheelers in America today means that 5 million truck drivers will be out of work. Multiply that by 5 for average family size and you have affected up to 25 million voting citizens. These people will suddenly go from being household names with incomes of between US \$80-100 per annum to zero. But with the same bills, mortgages, utilities, health insurance, car payments, kids school fees, education loans, and let's not forget food, but without the ability to pay for them. The AI propagandists glibly talk about retraining truck drivers and anyone who AI throws out on the street.

My question is, 'Who will train them and in what?' Weaving baskets won't do. In the case of truck drivers, it must be something that will give them an income to match the one they used to have so that they can continue to live in the style to which they had become

#NEWTON'S LAW



accustomed. That is the twist in the tale that nobody has any clue about, but they don't want to admit that. Without this, you will simply have destroyed the lives of 25 million people so that trucking company owners can make more money. Believe me, these people will not silently disappear into thin air making it slightly thicker. They will first vote. Then, they will fight. They will protest, riot, even kill.

The point that I am making is that unless we think holistically we are going to find ourselves in a lot of hot water: Things don't happen in isolation. Actions have reactions which are equal and opposite to the action.

In my view, the problem lies with two things: how we define or measure the economic wellbeing of a society and with the gross overestimation of the value of so-called productivity. Let me explain. Take the first one. What if instead of defining a society based on the top 1%, we chose to define it based on the bottom 50%? What if instead of counting the number of mansions, Bugattis and Ferraris, we counted the number of homeless people? What if instead of counting the number of billionaires reported in the Financial Times, we counted the number of people sleeping on park benches using the Financial Times as their blanket? What if instead of having TV shows about the lives of the Kardashians and other denizens of Beverly Hills, we had TV shows based on the life of the little family sleeping in a tent under the bridge in LA? How would our world look? Not so nice, perhaps, but much more real. Then, it would become impossible to ignore all those millions who make up what we call our civilization. The character of a nation is not defined by its elites and their lifestyles. But by how that nation takes care of its weakest and most vulnerable.

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It is National Cheese Day

National Cheese Day (4th June) has been going on for quite some time now, and it has a rich background of fun. The day was first established in 1914, with the origins being traced to Monroe, Wisconsin in the United States. National Cheese Day is all about learning more about cheese, celebrating cheese, eating cheese, and not feeling guilty about it! In addition, it's about embracing this culinary delight, getting well educated about all things related to cheese, and trying out different recipes that incorporate this amazing ingredient. For those who are big fans of cheese, this day gives the ideal opportunity to eat as much of it as desired!



members and all the villagers agreed that they had watched this experiment and had no doubt about the benefit of the metal plowshare. The Ford Foundation people were delighted, and as a parting gift, gave the village a metal plowshare, for each farmer. The villagers were very grateful and thanked them profusely for their generosity.

Three years later, Ford Foundation returned to the village to assess their project to see how successfully it was functioning. To their complete astonishment, they discovered that nobody was using the metal plowshares. They asked the Mukhya (head of the Panchayat) what had been done with the plowshares that they had gifted the village with. They were taken to a storage hut and shown the plowshares, carefully wrapped in sackcloth and stacked in one corner.

"They are safe, Sir," said the Mukhya.

"But why are you not using them. We came all this way to teach you this better way of farming. We proved to you that this way is better, and you all agreed. We gave you the plowshares as a gift so that you wouldn't need to spend any money to buy them. But you are still not using them, why?" The Americans hit the proverbial Indian stone wall. I am convinced that stonewalling was invented in India because nobody does it better than us. "Sir, we are so grateful to you for coming all the way from America to teach us. You are Mahan (great) people. We are nothing compared to you. Yet, you took all this trouble for us. We are very grateful to you."

The Ford Foundation project leader tried his best to get an answer out of the Mukhya but an Indian, who knows our culture and the trouble we have with direct rejection or criticism will understand, he got nowhere. This is where my professor came into the picture. When he heard this story, he offered to go to the village and find out what was really going on. Ford Foundation needed an answer for their project report, so they hired Pulin. And therefore, one afternoon, Pulin arrived in the village. Let me tell you in Pulin's own words what he told us about this entire incident. It is a fascinating story which shows how culture

Pulin told us, "I arrived in the village and the Mukhya welcomed me. Naturally, we don't simply start asking questions as soon as we arrive. So, I drank the water they gave me, then tea. I was honoured by being invited to stay with the Mukhya in his home but opted for an empty house which they used for guests (usually Revenue Department officials) because when a stranger stays in a Jat home, it is a lot of hardship on the women, who are in purdah (veil). I had a bath and changed into a new dhoti (Prof. Pulin Garg always wore a dhoti, even in the IIMA), and we met for dinner. We chatted about everything under the moon except

the Ford Foundation experiment. They knew why I was there, but the propriety of the culture must be maintained. You don't ask the guest any questions and the guest will not tell you why he is there until the basic hospitality is over.

After the evening meal was over, we sat and smoked a hookah when I opened the topic. "I believe the Americans were here to show you some new farming ways!" "Jee Sahib, such nice people. They came all the way from America to teach us how to plow our fields."

"What did they do?" "They took two fields for their experiment." (He gave Pulin a detailed description of the entire experiment and admitted that the yield was 30% higher with metal plowshares.)

"Are you happy with what they showed you and are you using the new plowshares?" "Jee Sahib, we are convinced that their method is superior, but we can't use the metal plowshares."

"Why can't you use them? Is there any problem with the design? Is it difficult to use them? What is the problem?" "Sahib, there is nothing wrong with the design and it is not difficult to use them. But we have another problem if we use them."

"What problem?" "Sahib, we have a family of carpenters in our village. If we use the metal plowshares, they will lose their livelihood. So, we decided to remain with our traditional method because their well-being is our responsibility," Pulin told us. Then, I made the biggest blunder of my career: I spoke to them like a management consultant. I said to them, "But that is simple. You will get a 20% higher yield. Out of that just pay them what they normally earn by sharpening your wooden plows."

The Mukhya looked at him with a mixture of amusement and pity and said, "Sahib, you are one of us, but it seems you don't understand us. Forgive me for saying it, but you are not in touch with your culture. We can't do what you said."

"Why not?" Pulin was not one to accept defeat so easily. "Because Sahib, they are artists (Karegar) not beggars

"I think it is good to remind and remember that at the end of the day, it is not about the technology or efficiency of using it. It is about why we use it at all. We use it for our benefit and the benefit of our families. If that seems to be threatened, then, we are looking at some 'interesting times,' in the context of the Chinese curse, 'May you have an interesting time.'"

According to Stine, prior research had not deduced what the required 'dose' of exercise was to help patients with NAFLD achieve clinically meaningful improvement, defined as at least a 30% relative reduction of liver fat, measured by magnetic resonance imaging (MRI).

Stine reviewed 14 studies with a total of 551 subjects who had NAFLD and participated in randomized, controlled trials involving exercise interventions. His team evaluated data pooled from all the studies including age, sex, body mass index, change in body weight, adherence to the exercise

regimen, and MRI-measured liver fat. The researchers' primary goal was to examine the association between exercise training and a clinically relevant improvement in liver fat. Independent of weight loss, the team found that exercise training was 3 1/2 times more likely to achieve clinically meaningful treatment response (greater than or equal to 30% relative reduction in MRI-measured liver fat) compared to standard clinical care.

In its secondary analysis, the team determined what the optimal 'dose' of exercise was to achieve clinically meaningful improvements in liver fat. They found that 39% of patients, prescribed greater than or equal to 750 metabolic equivalents of task (for example, 150 minutes per week of brisk walking), achieved significant treatment response compared to only 26% of those prescribed lesser doses of exercise. This is the same amount of physical activity recommended by the American Gastroenterological Association and the European Association for the Study of the Liver.

The results are published in the American Journal of Gastroenterology. According to Stine, when this amount of exercise was prescribed, clinically relevant reductions in MRI-measured liver fat were achieved at a rate similar to those reported in early-phase NASH drug trials evaluating medications that block fat production.

"Exercise is a lifestyle modification, so, the fact that it might match the ability of in-development therapeutics to achieve the same outcome is significant," says Stine, a Penn State Cancer Institute researcher. "Clinicians counseling patients with NAFLD should recommend this amount of activity to their patients. Brisk walking or light cycling for 1/2 an hour a day five times a week is just one example of a program that would meet these criteria." More research, particularly controlled randomized trials, are needed to validate their findings and to compare the impact of different exercise doses head-to-head, Stine says. Additional coauthors are from the University of California, San Diego and Penn State. Penn State researchers have no conflicts of interest to disclose.

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#EXERCISE

150 MINUTES OF BRISK WALKING A WEEK REDUCES LIVER FAT

Exercise can improve liver fat, physical fitness, body composition, and quality of life for patients.



The 150 minutes of moderate to intense aerobic activity per week, recommended by the US Department of Health and Human Services, can significantly reduce liver fat, according to new research. A meta-analysis of 14 previous studies confirms that exercise leads to clinically meaningful reductions in liver fat for patients with non-alcoholic fatty liver disease.

While prior research suggested that physical activity was beneficial, it had not determined the specific amount of exercise needed to make clinically meaningful improvement.

"Our findings can give physicians the confidence to prescribe exercise as a treatment for non-alcoholic fatty liver disease," says Jonathan Stine, associate professor of medicine and public health sciences, and hepatologist at Penn State Health Milton S. Eshesbach Medical Center.

"Having a target amount of physical activity to aim for will be useful for healthcare and exercise professionals to develop personalized approaches as they help patients modify their lifestyles and become more physically active."

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