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bandhir ātmātmanas tasya
yenātmaivātmanā jitaḥ
anātmanas tu śatru-tve
vartetātmaiva śatru-vat

Bhagavad-Gita 6.35

(For him who has conquered the mind, the mind is the best of friends; but for one who has failed to do so, his mind will remain the greatest enemy.)

A journey is easier when you travel together. Interdependence is certainly more valuable than independence. This synopsis is the result of five year full time work whereby I have been accompanied and supported by my parents, teachers, friends and well-wishers. It is a pleasant aspect that I have now the opportunity to express my gratitude for all of them.

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“I"
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Shakti Prasanna Sahoo