



Dr. B.H.S. Thimmapa

Mental Bandwidth Butter Bomb

Learn to distinguish between written history and hearsay for your mental diction

Do not confuse superb reportage with fact, while imagination is certainly a fiction

Always wear different thinking hats that compare and contrast reason versus emotion

Distinguishing bits from bytes is a proper step in the right direction as a mental norm

Our vision of future-ready competencies is to contrast looking
versus seeing anything

A lifelong growth mindset gives a guided thinking hero feeling
while reading and seeing

Needs to wake up and smell the coffee can work wonders in the
fertile journey foreplay

Spirit of service matters in active listening and hearing dealing with
everything everyday

Discover different layers of real-life versus reel-life in the tricky
terrain

Tread the fine line between instinct and intuition to inspire solid
brains

Differentiating black and slate are the merits of the matter to
consider

One is not the same as the other in need-based and greed-based life
order

The mental balance between wants and needs makes our life a lot
easier

Make no mistake of growth versus sustainable development
endeavor

Well-guarded secrets in the grey space and open-secret matters in
mind

A hope of bridging differences and creating bonds alters the overall
grind

Meaningful dialogue makes a milestone and meaningless exchange
estrangle

Building a moral society rooted in human values is a direct path to
change

Learn to distinguish good people from their poisonous cousins in society

Execute a particular glide from a few meters to many miles journey variety

Fearless spirit thrives on extremely focused target sector-specific learning

Make the democratic system respond to an ethically demanding earning

Influence evolutionary human behavior and modern lifestyle statement

Neuroplasticity expands mental bandwidth at this global crisis moment

The power of tradition versus the tradition of power makes all the subtle difference

Thinking matters to all of us while thinking ahead even more in principle and practice

We want to eat jackfruit but do not want to cut it and touch the sticky resin milking

Sowing the seeds of building universities is necessary for just university buildings

Doing things right and doing the right things makes sense in education execution duty

Plan your work as well as work your plan to distinguish decorated dolls with natural beauty

Promise what we deliver and deliver what we promise is true for contract with sufficiency

Do not confuse ends with means, rules with outcomes, as well as control with efficiency

Eat to live, not live to eat is the principle that not only adds life to years but adds years to life

Meanings are distinctly different when a cashless society and a less-cash society thrives

Learn to relax and relax to learn in palatable physical pain and difficult emotional pain

Bookish knowledge and knowledge to face the world are essential mental blockchain

Planning and construction rather than construction and planning provides a better temple

Good teachers deliver quality education while popular teacher connects on a personal level

Compare the supermarket product purchase with a gym service membership to work hard

Nature vs. nurture is a complex interplay of both while action speaks louder than slogan card

Make a shift in narrative to create a global quality revolution in the manufacturing ability

Take necessary actions with a commitment to sustainability and environmental responsibility

Increase your bandwidth to contribute to a global glimpse of multiple sustainable solutions

Lead mental bandwidth management to maintain cognitive capacity and executive functions

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Dr. Thimmappa has obtained his Ph.D. from IIT-Bombay. He writes mainly about higher education issues. His work related to poetry has been published in the *Muse India*, *The Criterion*, *The Creative Launcher*, and *Contemporary Literary Review India* journals. He is currently working as a professor at MIT, Manipal.

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