

# I never knew it

నువ్వు అంటే.. నీ అలవాట్లే అంటారు వ్యక్తిత్వ వికాస నిపుణులు. మంచి అలవాట్లు ఉన్నత స్థానానికి తీసుకెళ్తాయి. చెడు అలవాట్లు పాతాళానికి తోక్కెస్తాయి. ఓ మంచి అలవాటును జీవనశైలిలో భాగం చేసుకోవడం అంత సులభం కాదు. తగినంత కసరత్తు చేయాలి. చిత్తశుద్ధి అవసరం. ఈ సంభాషణ సారాంశమూ ఇదే.



**Suri:** I told him about the folly of using fat burners.

**Manu:** Fat burners? Any more don'ts?

ఇంగ్లీష్ మాట్లాడడం



behaved.

**Suri:** Don't be childish. He wasn't disciplined otherwise.

**Manu:** I don't understand you.

**Suri:** He had no idea of health and fitness. He wanted thick muscles quickly.

**Manu:** I never knew it.

**Suri:** He wanted two years' shape to happen in one month.

**Manu:** Absurd!

**Suri:** He resorted to steroids. I told him that shortcuts would turn out to be pitfalls.

**Manu:** I can't believe it!

**Suri:** I told him about the side effects of steroids -how they affect the heart adversely.

**Manu:** Do they affect the heart?

**Suri:** I told him about the folly of using fat burners.

**Manu:** Fat burners? Any more don'ts?

**Suri:** Over exercise, insufficient sleep, little or no liquid diet.

**Manu:** Sound advice!

**Suri:** A six-pack in two weeks is an impossible, incredible and impractical ambition.

**Manu:** Shortcuts may push us into pitfalls, in your words.

**Suri:** Man, I haven't seen you in the gym for long. Aren't you going there now-a-days?

**Manu:** Su, I've said goodbye to the gym.

**Suri:** Has your stint at the gym come to a halt? Has your enthusiasm fizzled out?

**Manu:** I've felt devastated since the Nubesh incident. The way he collapsed suddenly. He was in ....

**Suri:** In the prime of his youth. I felt sorry, too.

**Manu:** A healthy young man breathing his last while working out in a gym ...

**Suri:** That was rather freak. Such incidents are not frequent.

**Manu:** I'm scared of the gym. I don't want any more body building or cardio training.

**Suri:** Nubesh was not disciplined. It was all his own doing.

**Manu:** Not disciplined? He was regular and punctual. He was well

## IT'S CURTAIL!

Kamlesh: What are the different types of dogtails?

Mahesh: Bobbed, docked, curly, corkscrew, snap tail.

Kamlesh: You miss the important type.

Mahesh: Sickie, otter, swimmer tail?

Kamlesh: Still you miss it.

Mahesh: Whip, carrot, tufted, gay, saber tail?

Kamlesh: It's curtail!

Mahesh: Dear scholar, there's no tail in curtail!



**సూర్యారావు ఎం.వి**  
వివేకానంద ఇన్స్టిట్యూట్ ఆఫ్ లాంగ్వేజెస్, రామకృష్ణ మఠం.