

Name: Shivangi Goutam

Roll No.: 202311079

Gender: Female

Age: 19

1. Our London business is good, but Vienna and Berlin are quiet. Mr. D. Lloyd has gone to Switzerland, and I hope for good news. He will be there for a week at 1496 Louviot Street and then goes to Tunis and Rome. He will join Colonel Parry and arrive at Athens, Greece, on November 29 or December 2. Letters there should be addressed to King James Blvd 3580. We expect Charles E. Fuller on Tuesday. Dr. L. McQuaid and Robert Unger, Esq., left on the 'Y. X.' Express tonight.

2. My daily routine consists of a structured morning which includes some Yoga, exercises etc., college (or institute) schedule, leisure activities in the evening, and a restful night routine. By following this routine diligently, I have found myself more productive, happier, and physically healthier. I wake up early and get ready for classes, then take my breakfast and if there is some time left, I set goals for the day, then attend the lectures. After lectures, I try to take nap to keep my mind fresh and calm. After dinner, I study what I have studied in the lecture and work on my skills and before going on the bed, I pray to God and then sleep.